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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Front matter -- Contents -- Foreword: Lazio'S Gastronomic Roots -- Translator'S Preface -- Acknowledgments -- Introduction -- The Agrarian Landscape Of The Campagna Romana -- The Tiber And Fish In Popular Cooking -- Water And Aqueducts -- Mills On The Tiber: Bread And Pasta In Rome -- Rome And Its Gardens -- Sheep, Shepherds, And The Pastoral Kitchen -- Roads And Taverns -- Fairs And Markets -- Roman Carnival -- The Jewish Kitchen Of The Roman Ghetto -- The Papal Table -- Giuseppe Gioacchino Belli, Poet Of The Roman Kitchen -- Hollywood On The Tiber -- Traditional Sweets -- Olives -- Etruscan Lands: Viterbo And Tuscia -- Sabina, Land Of Olive Trees And Hill Towns -- From The Castelli To The Ciociaria -- Buffalo Country: The Pontine Marshes -- Coastal Lazio And The Sea -- Recipes -- Glossary Of Terms And Ingredients -- Notes -- General Index -- Recipe Index
Sommario/riassunto	The food of Rome and its region, Lazio, is redolent of herbs, olive oil, ricotta, lamb, and pork. It is the food of ordinary, frugal people, yet it is a very modern cuisine in that it gives pride of place to the essential flavors of its ingredients. In this only English-language book to encompass the entire region, the award-winning author of

Encyclopedia of Pasta, Oretta Zanini De Vita, offers a substantial and complex social history of Rome and Lazio through the story of its food. Including more than 250 authentic, easy-to-follow recipes, the author leads readers on an exhilarating journey from antiquity through the Middle Ages to the mid-twentieth century.
