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# My Italian Kitchen: Favorite Family Recipes From The Winner Of MasterChef Season 4 On FOX



## Synopsis

WELCOME TO MY ITALIAN KITCHEN AND MY BIGGEST PASSION: FOOD. Most of my family memories revolve around food, especially family holidays, and everyone knows how important food and wine are in Italian culture. Here are the recipes passed down from my nonnas (grandmothers) that reflect the warm, rustic flavors of Friuli, Italy: rich frico, risotto, and savory polenta. I also love the lighter bites, perfect with a glass of wine: crostini with ricotta and honey, or a tramezzini, the Italian version of English high-tea sandwiches. And I didn't forget the sweets—from the tiramisu I made with my mother when I was eight years old to the famous basil panna cotta I made to help win me the title of MasterChef. I love to teach, and I'll show you the fundamentals of fantastic Italian food, including homemade stock (I swear, it's easy), pasta from scratch, and more. My Italian Kitchen is packed with the food that I love and that you and your family will love too. (Plus I'll tell you some good behind-the-scenes stories from Season 4 of MasterChef!) Grazie! And welcome to my kitchen. Luca

## Book Information

Hardcover: 208 pages

Publisher: Stewart, Tabori and Chang; First Edition edition (May 13, 2014)

Language: English

ISBN-10: 1617691038

ISBN-13: 978-1617691034

Product Dimensions: 7.6 x 1 x 9.5 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars— See all reviews— (95 customer reviews)

Best Sellers Rank: #26,077 in Books (See Top 100 in Books) #27 in Books > Cookbooks, Food & Wine > Italian Cooking #84 in Books > Cookbooks, Food & Wine > Regional & International > European

## Customer Reviews

I confess, I was extremely disappointed with Christine Ha's cookbook when it came out and swore I would not buy another MasterChef cookbook without looking through it first. So instead of pre-ordering this title online I waited until I could look through it in a store--and then I couldn't leave without buying it! There were recipes within I wanted to try right away, didn't look too complicated and yes, looked very authentically Italian. I am Italian by heritage and have been to Italy many times. I also have a TON of Italian cookbooks so a new one has to really have some interesting and new

ideas in it for me to buy it. I liked how this book was organized into sections on typical Italian antipasti and small bites (like crostini), primi, secondi, desserts. The emphasis is also on more Northern Italian cuisine--like you would find in Venice or Friuli--so this is not your typical red gravy Italian-American cookbook. The recipes I've tried so far have turned out excellent, including the crostini with ricotta, honey and pine nuts and the risotto with sausage and radicchio. Many of these recipes appear very simple at first but you will find some interesting flavor twist that really elevates them to a different level; for instance, the orecchiette pasta with zucchini which has a surprising addition of mint with the ricotta cheese that makes it truly unique (and addictive!) He does use certain flavor/ingredient combinations repeatedly (beet and goat cheese, for instance), but that reflects popular ingredients of specific regions and how you can use those ingredients in multiple ways. The instructions are very thorough and clear, and you will really be turning out meals that look and taste restaurant-quality if you follow Luca!

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