

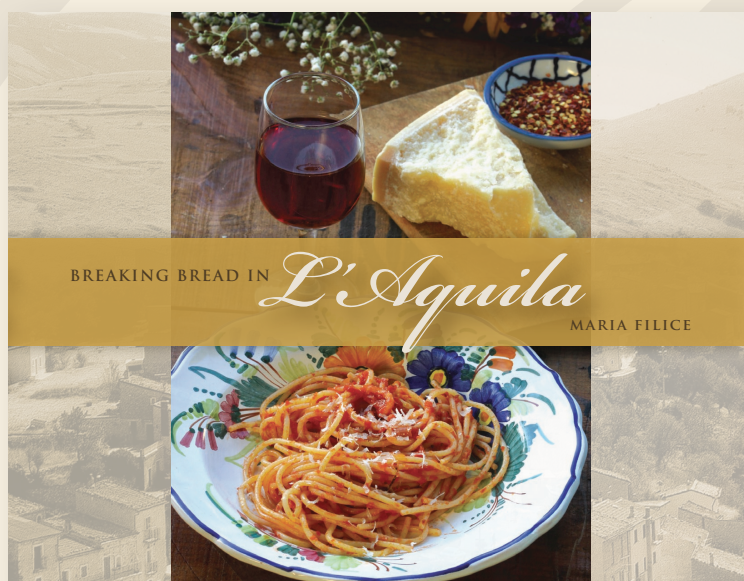
FOOD & FATE

P U B L I S H I N G

Breaking Bread in L'Aquila

by Maria Filice

When a project is conceived out of passion, its roots show. This is the case with the new Italian trattoria-style cookbook, *Breaking Bread in L'Aquila*. Author Maria Filice, who traveled many times to L'Aquila, the hometown of her late husband, Telos Press founder Paul Piccone, was immediately smitten by the fresh, clean, and incredibly tasty flavors of the region. There, Paul introduced his bride to San Biagio, a small and charming homestyle restaurant, owned by two brothers who knew how to make their customers happy through their warmth and delicious food. This book, whose recipes are inspired by those she sampled at San Biagio, shares Filice's favorite collection of appetizers, main courses, sides, and desserts. Bold, colorful, and easy to prepare, these Italian-born dishes are as gorgeous to behold as they are to savor. And they don't take hours of kitchen work! The 49-plus recipes, which are organized according to the seven days of the week (but perfect for any day of the week), are made with ingredients that are available in your local markets. Red and white wines from the Abruzzo region, which complement the meals, are suggested, as are serving tips. In this practical and fun cookbook, Filice, whose family came from Calabria to Canada and who grew up with a love of food, cooking, and entertaining, guides readers on a personal journey, complete with charming storytelling and tasty tips, to one of the most beautiful areas of Italy's countryside.



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PO BOX 811 · CANDOR, NY 13743

TEL: 917-873-3678

ff@foodandfate.com

www.foodandfate.com