



# Cooking the Roman Way

*David Downie*

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## Cooking the Roman Way David Downie

Rome is the most beloved city in Italy, if not the world. Rich in culture, art, and charm, the Eternal City is also home to some of the most delicious and accessible cooking in all of Italy. Influenced by both the earthy peasant fare of the surrounding hillsides and the fish from the nearby Mediterranean, Roman food makes the most of local ingredients and simple, age-old techniques. Yet while Italian cookbooks abound, no American book has focused on Rome's unique and varied fare. In this beautifully illustrated cookbook, author David Downie and photographer Alison Harris offer a comprehensive collection of more than 125 Roman recipes, exploring the lively, uncomplicated food traditionally served in Roman homes and trattorie. From well-known dishes like Spaghetti Carbonara, to popular snack food like Pizza Bianca, to distinctive specialties like Roast Suckling Lamb, each recipe in *Cooking the Roman Way* is simple, authentic, and easy to make at home. With four-color photographs of landmarks, markets and food, stories about and profiles of food vendors, entertaining anecdotes, and a food lovers guide to the streets of the city, this book paints a vivid picture of Rome and the food that has sustained it for millennia.

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