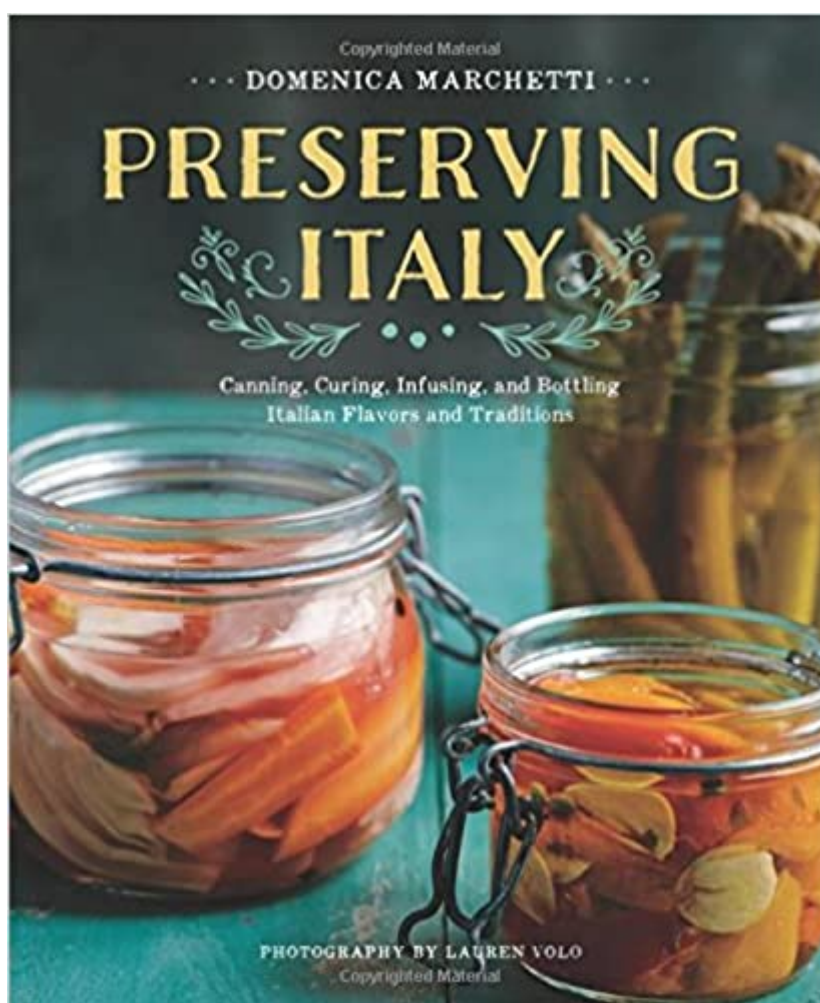


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Preserving Italy: Canning, Curing, Infusing, and Bottling Italian Flavors And Traditions



Synopsis

Capture the flavors of Italy with more than 150 recipes for preserves, pickles, sauces, liqueurs, infusions, and other preserves. The notion of preserving shouldn't be limited to American jams and jellies, and in this book, author Domenica Marchetti turns our gaze to the ever-alluring flavors and ingredients of Italy. There, abundant produce and other Mediterranean ingredients lend themselves particularly well to canning, bottling, and other preserving methods. Think of marinated artichokes in olive oil, classic giardiniera, or, of course, the late-summer tradition of putting up tomato sauce. But in this book we get so much more, from Marchetti's in-person travels across the regions of Italy as well as the recipes handed down through her family: sweet and sour peppers, Marsala-spiked apricot jam, lemon-infused olive oil, and her grandmother's amarene, sour cherries preserved in alcohol. Beyond canning and pickling, the book also includes recipes for making cheese, curing meats, infusing liqueurs, and even a few confections, plus recipes for finished dishes so you can savor each treasured jar all year long.

Book Information

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Customer Reviews

[View larger](#) Savory Mint Sauce from Preserving Italy Makes 1-1/3 cups This is one of the simplest sauces to make, and one of the most versatile. In Sicily it is known as zogghiu and is believed to be Maltese in origin. It is used to dress grilled fish, meat, and vegetables. It is also delicious spooned onto grilled bread and topped with fresh summer tomatoes. In this version, I've added some chopped walnuts to the basic sauce for a little extra body. See the variations that follow for more ways to switch up this spunky, garlicky sauce. **Directions** 1. Place

the mint and parsley leaves, garlic, and salt in the bowl of a food processor fitted with the metal blade. Pulse briefly to chop the leaves. Add the nuts and pulse again until everything is coarsely chopped. With the motor running, add the vinegar, 1 tablespoon at a time. Turn off the motor and scrape down the sides of the bowl if necessary. Then, with the motor running, drizzle in the oil. You should end up with a sauce that is somewhat thinner than classic basil pesto, but thick and spoonable nonetheless.

2. Scrape the sauce into a jar or container and top off with a thin layer of olive oil. Store in the refrigerator for up to 1 week, or in the freezer for up to 6 months. If you like, divide the sauce between two or three containers before storing.

Variations Add 3 or 4 anchovy fillets and 1 tablespoon capers. Substitute almonds for the walnuts. Add a handful of finely chopped olives and a generous pinch of dried peperoncini flakes or minced fresh peperoncini.

Ingredients 2 lightly packed cups (28 g) fresh mint leaves 2 lightly packed cups (28 g) fresh flat-leaf parsley leaves 2 large cloves garlic, coarsely chopped 1 teaspoon fine sea salt 1/4 cup (28 g) coarsely chopped walnuts 3 tablespoons white wine vinegar 3/4 cup (165 g) extra-virgin olive oil, plus more to cover

"In summer, books about canning and preserving are as common as apple cookbooks in the fall. But Domenica Marchetti's book caught my eye for its uncommon point of view: preserving food the Italian way. Pack artichokes, peppers and mushrooms in oil. Make deliciously spicy pickles from melon. Even limoncello, mostarda and confections like torrone can come straight from your kitchen... The techniques may have been passed down by generations of nonnas, but they knew what they were doing." -- Florence Fabricant for The New York Times "Marchetti elevates preserved food from the role of condiment to center stage." --Publishers Weekly "Bellissima e deliziosa, this book should be in every home preserver's kitchen. Peppered with stories and profiles, it introduces the reader to the world of Italian preserved foods well beyond the classic giardiniera, with chapters devoted to preserves in vinegar and in oil, fruits like peaches spiked with grappa, and plenty more." --Cathy Barrow, author of Mrs. Wheelbarrow's Practical Pantry "Preserving Italy is now the book I recommend when asked about techniques like preserving in oil and how to make true mostardas. It should be a mandatory addition to preservation libraries everywhere." --Marisa McClellan, author of Food in Jars "If you think 'preserve' is just another word for sweet fruit jam, think again. Domenica Marchetti explores the whole magnificent variety of traditional Italian preserves: a delicious plethora of jams and jellies, sausages and preserved meats (think pancetta and guanciale), sweet and tart drinks like limoncello and orzata, vinegar pickles, olive oil pickles--everything an Italian casalinga, like Marchetti's own

grandmother, counts on to supply friends and family with an ongoing parade of delights. I can't wait to make sweet-and-sour peppers, then pile them on a crostino with some fresh mozzarella."

--Nancy Harmon Jenkins, author of *Virgin Territory* and, with daughter Sara, *The Four Seasons of Pasta* "The produce of Italy is inspiring and delicious, but, sadly, seasonal ingredients come but once a year. Unless, of course, you have this book at hand. Domenica's engagingly

informative book explores, explains, and celebrates the age-old art of preserving seasonal goodness for the entire year."

--Elizabeth Minchilli, author of *Eating Rome* "Just when everyone thought all had been written about Italy's food, Domenica Marchetti brings us a collection of sweeping scope that teaches us how to make everything that can be put up, cured, or fermented. It

is not every day that a cookbook comes along that is not only beautiful and evocative, but

groundbreaking; *Preserving Italy* is such a book. Domenica is a terrific storyteller and a trustworthy guide to the marvels of the Italian pantry."

--Julia della Croce, journalist and author of *Italian Home Cooking*

A former newspaper reporter, DOMENICA MARCHETTI is the author of six cookbooks on Italian cooking, including *Ciao Biscotti* and *The Glorious Pasta of Italy*. Her articles and recipes have been featured in *The Washington Post*, *Food & Wine*, *Fine Cooking*, and *Cooking Light*, and on *Leite's Culinaria* and *NPR.org's Kitchen Window*, among others.

One of my favorite cookbooks of all time. After a couple of years growing vegetables and water bath canning and pickling, I heard the author interviewed on *The Splendid Table* and could not wait to get this book. As an Italian American I was so excited to learn about preserving vegetables in olive oil. The book is laid out sensibly with beautiful pictures and excellent explanations, and I will use these recipes again and again. I was hoping it would have a recipe for oven dried tomatoes under oil and it does, but it has so much more--not only does it teach you to preserve food, it has recipes for how to use the preserved food in other recipes, and even has a recipe for almond gelato. I am so grateful that these old Italian methods are being preserved (no pun intended) for future generations.

An absolute gem of a book. It brings to life traditional family recipes that were never written down and lost over time. Porchetta is an item one buys in the market, slice by beautiful slice. What joy to know I can make it in my home oven without having to roast a whole pig! The cultural insights and anecdotes are heartwarming. Cooking with amore...fantastico!

One of the best canning and preserving cookbooks. We have completed 7 recipes thus far, including making pancetta, and have loved every one of them. The instructions are detailed, precise and easy to follow. Several recipes are wonderful to make as gifts -- such as porchetta salt, melon balls, peppers in oil, etc. Certainly recommend this cookbook to anyone who loves cooking and preserving Italian food.

I love reading this book. I love Canning and Preserving so this is new information for me. I really enjoy the history she tells about each recipe and then recipes on how to use what you preserve. I am looking forward to learning a new way, preserving with olive oil and trying the recipes. Anyone that enjoys reading Canning books, should read this if nothing else,, it is a very interesting read.

I borrowed this book from the library so I could check it out. It is so inspiring that I bought it. What I like about this book is not only the great recipes for preserving but as someone else pointed out, she also provides recipes to use the preserved foods. I just took a canning class and her recipes are grounded in safe canning practices.

Love this cookbook! Bought it as a gift for a Sicilian friend who loves to cook and was treated to a feast featuring several of the recipes - all fantastic. As always Domenica Marchetti serves up great food with touching stories of our childhood and precious Italy. Have 2 more copies wrapped for others for Christmas and buying my own to accompany *The Glorious Vegetables of Italy* - another treasure!

An excellent resource and loved the recipes but one major flaw- none of the links in the kindle work (PC version). You click on an underlined recipe or page number and it doesn't link you to that page, it gives the dictionary definition of the word.

This wonderful book brings tears, memories of our mother's and grandmother's kitchens and the recipes to keep the traditions alive. The well written recipes have helped me share with friends and customers the incredible flavors and textures of my heritage. BravaDomenica Marchetti. This is the book to add to your collection. It is the perfect gift.

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