

## *Index*

- Abruzzo, 11-12, 15-16, 23-24, 38, 50, 85-86, 104, 106, 115, 118, 127, 144, 150, 161-62, 197, 202, 215, 220, 256, 263, 265
- Adriatic Coast, 13
- Aeolian Islands, 14-15
- Agnello Arrostito (Roasted Rack of Lamb—Done Two Ways), 216
- Agrigento, 14
- Alberobello, 13
- Amalfi Coast, 13, 15
- Anginetti (Sugar Glazed Vanilla Cookies), 268
- Apennine Mountains, 10-11, 14-15
- Apulia, 9, 11, 13, 15, 28, 32, 51, 57, 61, 66, 78, 83, 100, 108, 140, 160, 188, 192-93, 214
- Aquacotta alla Tuscia (Roman Bread Soup with Sausage, Spinach, Sundried Tomatoes, and Cubes of Mozzarella Cheese), 89
- Aragosta in Forno (Roasted Lobster with Spicy Garlic and Anchovy Sauce), 194
- Arancello e Limoncello (Sweet and Fragrant Citrus Liqueur), 249
- Arancini di Riso (Saffron Rice Croquettes Filled with Beef Ragù, Peas, and Mozzarella), 40
- Asparagi con Mollica e Peperoncino (Asparagus with Garlic, Crushed Red Chili Flakes, and Bread Crumbs), 170
- Baccala in Marinara (Salted Cod with Tomatoes, Onions, and Black Olives), 201
- Bagheria, 9, 19
- Basilicata, 9, 11-13, 15, 68, 82, 99, 103, 123, 128, 137, 159, 163, 196, 201, 230, 242, 255, 260
- Bay of Naples, 13
- Bietola con Pomodorini, Borlotti, e Prosciutto (Sautéed Swiss Chard with Cherry Tomatoes, Borlotti Beans, and Prosciutto), 159
- Biscotti al Cioccolato e Noce (Sugar-Glazed Chocolate Walnut Cookies), 276
- Biscotti di Pistacchi (Pistachio Cluster Cookies), 267
- Biscotti di Regina (Crunchy Sesame Seed Cookies), 266
- Biscotti di Semola (Braided, Ring-Shaped Semolina Biscuits with Sesame Seeds), 49
- Bracirole di Manzo Ripiene (Beef Roulades Stuffed with Hard-Boiled Eggs and Soppresata and Braised in Tomato Sauce), 228
- Braciolone di Maiale (Roasted Pork Stuffed with Spinach, Prosciutto, and Hard-Boiled Eggs), 224
- Bruschetta con Ceci in Mortaio (Bruschetta Topped with Chickpea and Garlic Mash Made in a Mortar), 24
- Bruschetta con Fegato di Lepre (Bruschetta Topped with Rabbit Liver Pate and Fig Preserves), 29
- Bruschetta con Insalata Tropeana (Bruschetta Topped with Cherry Tomatoes, Mixed Olives, Capers, and Red Onions), 27
- Bruschetta con Purea di Peperoni e Pomodori Secchi (Bruschetta Topped with Roasted Red Bell Pepper and Sundried Tomato Spread), 26
- Bruschetta con Rucola, Purea di Fave, e Pecorino (Bruschetta Topped with Field Greens, Fava Bean Spread, and Shaved Pecorino Cheese), 28
- Bruschetta (Grilled Country-Style Italian Bread), 23
- Calabria, 9, 11, 13-14, 16, 27, 35-36, 45, 59, 95, 97, 107, 109, 130, 146, 158, 170-71, 184, 200, 203, 218, 231, 234, 238, 252, 258
- Calamari Ripieni di Cuscusu (Squid Stuffed with Couscous and Topped with Spicy Garlic and Anchovy Sauce), 195
- Calzone Baresi (Country-Style Pie Filled with Sautéed Sweet Onions and Green Olives), 66
- Campania, 11-12, 15, 26, 33, 37, 42, 52, 56, 58, 74, 88, 117, 121, 136, 139, 142, 153, 157, 169, 175-76, 183, 189, 206, 228, 240, 249, 268, 276
- Campobasso, 13
- Caponata (Sweet and Sour Eggplant with Cherry Tomatoes, Green Olives, Pine Nuts, and Capers), 30
- Carciofi Chini (Artichokes Stuffed with Bread Crumbs, Parmigiano-Reggiano Cheese, and Herbs), 172
- Carciofini al Forno (Roasted Baby Artichokes with Fresh Herbs and Garlic), 171
- Carpaccio di Tonno con Insalata di Finocchio (Tuna Carpaccio with Fennel Slaw, Grapes, and Pistachios), 34
- Casatelli d'Agira (Turnover Cookies Filled with Chocolate and Chickpea Paste), 278
- Cavatelli e Broccoli (Cavatelli with Broccoli, Sundried Tomatoes, and Pine Nuts), 128
- Cavatelli (Ricotta Dumplings), 117
- Cavolfiore alla Palermitana (Baked Cauliflower with Pine Nuts, Raisins, and Crispy Bread Crumb Topping), 174
- Cavolo Nero con Patate e Ceci (Sautéed Tuscan Kale with

- Roasted Potatoes and Chickpeas), 161
- Cetriolo in Agrodolce (Sweet and Sour Cucumber Salad with Onions and Capers), 98
- Ciambelle di Olio di Olive e Pignoli (Lemon Flavored Olive Oil Cake Topped with Pine Nuts), 263
- Ciambotta in Frittata (Frittata with Sautéed Vegetables, Sausage, and Mozzarella), 68
- Cicerchiata (Honey-Covered Fried Pastry Nuggets), 256
- Ciliegie Ubriaco (Drunken Cherries), 250
- Civitavecchia, 15
- Coda Di Rospo con Olive Verde e Caperi (Monkfish Sautéed in White Wine Sauce with Green Olives and Capers), 202
- Coniglio Rustico (Rabbit Braised in White Wine Sauce with Artichokes, Green Olives, and Capers), 242
- Cosciotto d'Agnello Ripieno (Roasted Leg of Lamb Stuffed with Arugula, Sundried Tomatoes, and Pecorino Cheese), 218
- Cozze Grattinate (Baked Mussels with Crispy Bread Crumb Topping), 192
- Crespelle al Forno (Crepes Filled with Ricotta Cheese and Baked with Mozzarella and Tomato Sauce), 150
- Crocchette di Gamberi (Pan Fried Shrimp Croquettes), 42
- Crocchette di Patate e Zafferano (Pan Fried Saffron Potato Croquettes), 38
- Crostata di Albicocca e Mandorle (Almond and Apricot Tart), 258
- Cuccidati (Turnover Cookies Filled with Figs, Nuts, and Raisins), 270
- Cucuzzata (Sicilian Squash Marmalade), 253
- Cuscusu (Sicilian Couscous), 116
- Fagiolini, Patate, e Pomodorini (Sautéed Italian Flat Beans with Potatoes and Cherry Tomatoes), 169
- Farro con Funghi Arrostiti e Cipollato (Farro Cooked Risotto Style with Roasted Mushrooms, Green Onions and Fresh Herbs), 162
- Fave Secchi in Brodo (Stewed Dried Fava Beans with Garlic and Rosemary), 158
- Fiori di Zucchine in Fritella (Zucchini Blossom Omelet), 67
- Fiori di Zucchine Ripieni (Batter Fried Zucchini Blossoms Stuffed with Ricotta Cheese, Prosciutto, and Herbs), 43
- Focaccia (Country-Style Bread with Fresh Herbs and Pecorino Cheese), 51
- Fragole Sotto Marsala (Strawberries in Sweet Marsala Wine), 251
- Frascati, 9
- Friatelli con Aglio e Olio (Fried Cubanelle Peppers with Olive Oil and Garlic), 168
- Fritto Misto di Trabocchi (Mixed Fry of Mediterranean Seafood), 197
- Fritto Misto di Verdure (Mixed Fried Vegetables—Done Two Ways), 164
- Frutti di Mare alla Tarantina (Mixed Ionian Seafood with Fresh Herbs, Garlic, and White Wine), 188
- Funghi Ripieni con Spinaci (Mushroom Caps Stuffed with Sautéed Spinach, Prosciutto, and Parmigiano-Reggiano Cheese), 176
- Gamberi in Padella (Sautéed Head-On Shrimp with Tomatoes, Garlic, and Fresh Herbs), 187
- Gatto alla Palermitana (Meat Ragu Casserole with Potatoes and Eggplant), 232
- Gellu di Melone (Sicilian Watermelon Mold), 254
- Gnocchi di Patate (Potato Dumplings), 118
- Gnocchi di Semola alla Romana (Roman-Style Semolina Dumplings), 120
- Gnudi di Spinaci e Ricotta in Brodo (Spinach and Ricotta Dumplings in Chicken Broth), 84
- Gnudi di Spinaci e Ricotta in Forno (Spinach and Ricotta Dumplings Baked with Tomato Sauce and Mozzarella), 148
- Granchio in Salsa di Pomodoro (Crabs Braised in Tomato Sauce), 193
- Grigliata Mista con Salsa di Capperi (Mixed Grilled Meats with Caper Condiment), 213
- Grigliata Mista con Salsa Verde (Grilled Seafood with Green Sauce), 203
- Insalata di Arancia e Finocchio (Orange and Fennel Salad with Olives and Toasted Almonds), 96
- Insalata di Baccala (Salted Cod Salad with Capers, Green Olives, and Lemon Dressing), 183
- Insalata di Carciofi e Fave (Mixed Field Greens with Roasted Artichokes and Fava Beans), 100
- Insalata di Catalogne con Pomodorini e Ceci (Blanched Dandelion Greens Tossed with Cherry Tomatoes, Chickpeas, and Crumbled Provolone), 108
- Insalata di Farro con Asparagi e Funghi (Farro Salad with Asparagus, Cremini Mushrooms, and Sundried Tomatoes), 102
- Insalata di Funghi Misti (Marinated Mixed Mushroom Salad with Arugula and Shaved Parmigiano Reggiano Cheese), 104
- Insalata di Lenticchie (Lentil Salad with Cherry Tomatoes and Red Bell Peppers), 106
- Insalata di Mare (Seafood Salad with Diced Red Bell Pepper, Black Olives, and Lemon Dressing), 184
- Insalata di Patate (Roasted Potato Salad with Cherry Tomatoes, Green Olives, and Capers), 107
- Insalata di Peperoni Arrostiti con Provolone e Olive Nere (Roasted Red Bell Pepper Salad with Provolone Cheese and Black Olives), 99
- Insalata di Pomodoro e Basilico (Tomato and Basil Salad with Lemon Dressing), 97
- Insalata di Rapi e Boconcini (Blanched Broccoli Rabe with Mozzarella Balls and Sundried Tomatoes), 103
- Insalata di Tonno e Fagioli (Tuna and Cannellini Bean Salad), 109

- Involtni di Maiale Ripieni (Roasted Pork Roulades Stuffed with Bread Crumbs, Red Bell Pepper, Pine Nuts, and Raisins), 222
- Involtni di Melanzane (Eggplant Roulades Stuffed with Ricotta and Baked Parmigiana Style), 175
- Ionian coast, 14
- Italian Wedding Soup, 86
- L'Aquila, 12
- Lazio, 11-12, 15, 29, 43, 62, 67, 70, 75, 84, 89, 91, 102, 105, 120, 126, 132, 148, 172, 190, 216, 226, 236, 250, 262, 264, 272
- Lenticchie con Cavolo Nero e Verdure (Lentil Soup with Kale and Diced Vegetables), 85
- Marineo, 19
- Matera, 12
- Mbriolate (Spiral Semolina Bread with Sausage, Cheese, Sundried Tomatoes, and Black Olives), 54
- Melanzane Ripieni alla Paola (Baked Eggplant Halves Stuffed with Ground Beef and Pork), 234
- Melanzane Rollitini (Eggplant Roulades Stuffed with Chickpeas, Sundried Tomatoes, Capers, and Fresh Herbs), 32
- Merluzzo in Forno con Piselli (Oven Roasted Whiting with Fresh Herbs and Peas), 206
- Messina, 14
- Mezzogiorno, 12
- Minestra di Carciofi e Patate (Artichoke and Potato Soup with Garlic and Herbs), 75
- Minestra di Cucuzza (Rustic Sicilian Squash and Egg Soup), 76
- Minestra di Verdure Pugliese (Vegetable Soup Served with Bruschetta and Fresh Pesto), 78
- Minestra Maritata (Baby Meatballs, Pasta, and Swiss Chard in Broth), 86
- Mola, 13
- Molise, 11-12, 23-24, 38, 50, 85-86, 104, 106, 115, 118, 127, 144, 150, 161-62, 197, 202, 215, 220, 256, 263, 265
- Mollica di Pane (Toasted Bread Crumb Topping for Pasta Dishes), 122
- Monopoli, 13
- Mount Etna, 10, 14
- Mozzarella in Carozza (Pan Fried Mozzarella Pockets), 37
- Mpanate con Salsiccia e Bietola (Sicilian Turnovers Filled with Pork Sausage, Swiss Chard, Leeks, and Green Olives), 64
- Naples, 13, 15
- Nfasciateddi (Honey-Covered Almond Twists), 274
- Orecchiette con Piselli e Prosciutto (Orecchiette with Peas and Prosciutto in Tomato Broth), 83
- Orecchiette con Salsiccia e Bietola (Orecchiette with Pork Sausage, Swiss Chard, Leeks, and Green Olives), 140
- Ortona, 12
- Padella di Cacciatore (Chicken Braised in White Wine with Cherry Tomatoes, Black Olives, and Capers), 238
- Palermo, 9, 14-15
- Pandolce di Pasqua (Braided Easter Sweet Bread with Colored Eggs), 52
- Panecotto Rustico (Rustic Bread Soup with Poached Eggs, Prosciutto, and Peas), 88
- Pantelleria, 14
- Panzanella alla Romana (Rustic Bread Salad with Tomatoes, Green Olives, and Capers), 105
- Parma, 16
- Pasta Fresca alla Abruzzese (Fresh Semolina Pasta), 115
- Pasta Frolla (Savory Pie Crust—Done 2 Ways), 57
- Pasta per la Pizza Napoletana (Basic Neapolitan Pizza Dough), 56
- Patate e Cipolle Arrostate (Roasted Potatoes, Onions, and Garlic), 163
- Penne alla Palermitana (Penne with Cauliflower, Pine Nuts, Raisins, and Saffron), 124
- Penne con Pomodorini (Penne with Sautéed Cherry Tomatoes, Garlic, and Herbs), 130
- Peperoni Ripieni con Mollica, Pomodori Secchi, e Alici (Hot Cherry Peppers Stuffed with Bread Crumbs, Sundried Tomatoes, and Anchovies), 36
- Peperoni Ripieni (Stuffed Peppers—Done Two Ways), 166
- Perciatelli con le Sarde (Perciatelli with Sardines and Sicilian Fennel Sauce), 138
- Pescara, 12, 15
- Pescespada alla Ghiotta (Roasted Swordfish with Cherry Tomatoes, Black Olives, and Capers), 200
- Piccole Dolomiti Lucane, 13
- Piedmont, 10, 56, 204, 224
- Pizza alla Lipari (Pizza Topped with Tuna, Sautéed Sweet Onions, and Capers), 60
- Pizza alla Tropea (Pizza Topped with Cherry Tomatoes, Red Onions, Black Olives, and Marinated Anchovies), 59
- Pizza Margherita con Rucola e Prosciutto (Margherita Pizza Topped with Prosciutto, Fresh Arugula and Shaved Parmigiano Reggiano Cheese), 58
- Pizza Ricotta (Country-Style Sweet Ricotta Pie), 260
- Pizza Rustica (Easter Pie Filled with Layers of Ricotta Cheese, Soppresata, Salami, and Hard-Boiled Eggs), 61
- Pizzelle (Anise Wafer Cookies), 265
- Pizzo, 14
- Polpette (Beef and Pork Meatballs), 230
- Polpette di Sarde Finto (Pan Fried Tuna Cakes), 198
- Polpo in Forno (Citrus Marinated Roasted Octopus), 196
- Pomodorini con Alici Crudi (Cherry Tomatoes Wrapped with Marinated Anchovy Fillets), 35
- Positano, 13

- Praia a Mare, 14  
Protected Designation of Origin, 15
- Quaglie in Salmoriglio (Roasted Split Game Hens with Olive Oil and Lemon Marinade), 231
- Reggio, 14  
Rigatoni con Ragu di Cinghiale Finto (Rigatoni with Faux Wild Boar Sauce), 144  
Rome, 9-10, 12, 14
- Salerno, 26  
Salmoriglio (Olive Oil and Lemon Dressing with Garlic and Fresh Herbs), 95  
Salsa Marinara (Tomato Sauce with Garlic and Fresh Herbs), 121  
Salsiccia con Lenticchie e Cavolo Nero (Roasted Pork Sausage with Lentils and Tuscan Kale), 215  
Salsiccia con Peperonata (Roasted Pork Sausage with Red Bell Peppers, Onions, Olives, and Capers), 214  
Saltimbocca alla Romana con Funghi e Mozzarella (Veal Cutlets Stuffed with Prosciutto, Mushrooms, Mozzarella, and Sage), 226  
Sarde Beccafico (Baked Sardines with Fennel, Tomatoes, Pine Nuts, and Raisins), 207  
Scarola con Fagioli (Sautéed Escarole with Cannellini Beans, Garlic, and Paprika), 157  
Sele, 13  
Sicily, 9-11, 14-16, 19, 30, 34, 40, 49, 54, 60, 64, 71, 76, 80, 96, 98, 111, 116, 122, 124, 131, 134, 138, 164, 166, 168, 174, 179, 186-87, 194-95, 198, 204, 207, 209, 213, 222, 224, 232, 245, 251, 253-54, 266-67, 270, 274, 278  
Sila plateau, 14  
Sorrentine Peninsula, 13  
Southern Apennine Mountains, 12  
Spaghetti con Capelli di Zucchini (Spaghetti with Zucchini Strands, Garlic, and Herbs), 126  
Spaghetti con Pomodori Secchi, Capperi, e Peperoncino (Spaghetti with Olive Oil, Garlic, Sundried Tomatoes, Capers, and Crushed Red Chili Flakes), 123  
Spaghetti con Vongole e Prosciutto (Spaghetti with Clams, Prosciutto, and Red Bell Pepper), 139  
Spaghetti Primavera Romana (Spaghetti with Artichokes, Fava Beans, and Peas), 132  
Stinco Brassato con Funghi (Braised Lamb Shanks with Mushrooms), 220  
Stromboli, 14
- Tacchino Ripieno (Roasted Turkey with Bread and Egg Stuffing), 240  
Tagliatelle con Funghi di Bosco (Tagliatelle with Mushrooms, Green Onions, and Herbs), 127  
Tagliatelle con Ragu alla Napoletana (Tagliatelle with Neapolitan Meat Sauce), 142  
Taralli (Ring-Shaped Fennel Seed Biscuits), 50  
Tonno in Agrodolce (Tuna in Sweet and Sour Sauce with Onions and Capers), 186  
Torruna di Mandorle (Honey Almond Brittle), 252  
Torta di Ricotta con Ciliege (Rustic Ricotta Cake with Cherries), 264  
Torta Romana (Country-Style Pie Filled with Sautéed Escarole, Pine Nuts, and Raisins), 62  
Torte di Castagne (Chestnut Sponge Cake with Walnuts), 262  
Tozzetti (Crunchy Orange Hazelnut Biscotti Dipped in Dark Chocolate), 272  
Trapani, 14  
Trenette con Acciughe, Cipolle, e Mollica di Pane (Trenette with Anchovies, Sautéed Onions, and Toasted Bread Crumbs), 131  
Trippa alla Romana con Piselli (Beef Tripe Braised in Tomato Sauce with Peas, Onions, and Red Bell Peppers), 236  
Tubettini con Fagioli (Tubettini and Cannellini Beans in Tomato Broth), 82  
Tuscany, 11-12, 15  
Tyrrhenian coast, 14
- Umbria, 12
- Verdure in Brodo alla Siciliana con Couscuso (Sicilian Vegetable Soup with Couscous), 80  
Verdure Sott'aceto (Pickled Mixed Vegetables), 33  
Verdure Verde in Tiella (Sautéed Broccoli Rabe with Sundried Tomatoes, Capers, and Crispy Bread Crumb Topping), 160  
Vongole Oreganato (Clams Stuffed with Bread Crumbs, Prosciutto, and Red Bell Pepper), 189
- Zeppole (Festival Doughnuts), 255  
Ziti alla Norma (Ziti with Eggplant, Tomatoes, Mozzarella, and Dry Ricotta), 134  
Ziti con Baccala, Pomodorini, e Olive (Ziti with Salted Cod, Cherry Tomatoes, and Gaeta Olives), 137  
Ziti con Melanzane e Salsiccia in Forno (Baked Pasta Casserole with Ricotta, Pork Sausage, and Roasted Eggplant), 146  
Ziti con Verdure Verde e Fagioli (Pasta with Sautéed Mixed Greens, Chickpeas, Cannellini Beans, and Prosciutto), 136  
Zucchini e Pomodorini con Uova Stracciata (Sautéed Zucchini and Cherry Tomatoes with Egg Strands and Pecorino Romano Cheese), 70  
Zuppa di Pesce con Couscuso (Mixed Fish in Saffron Fennel Broth Served with Couscous), 204  
Zuppa di Scarola con Fagioli (Escarole and Cannellini Beans in Tomato Broth), 74  
Zuppa di Vongole e Fagioli (Sautéed Clams and Cannellini Beans in Tomato Broth Served Over Grilled Roman Bread), 190