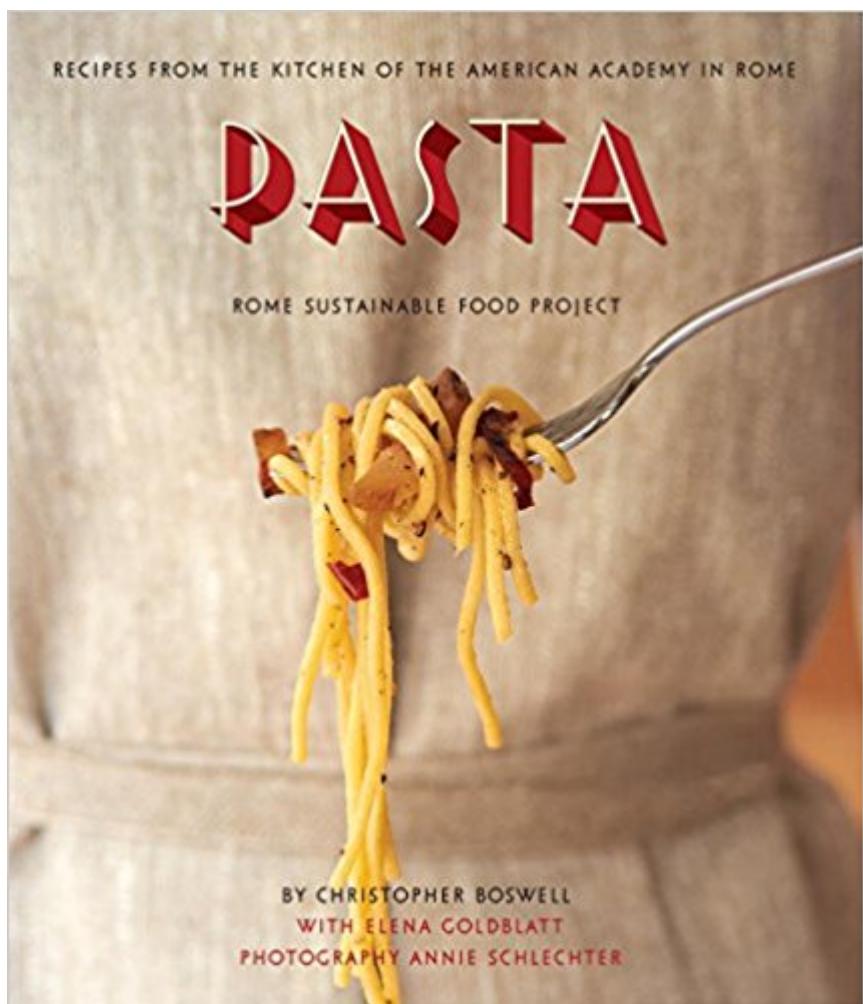


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Pasta: Recipes From The Kitchen Of The American Academy In Rome, Rome Sustainable Food Project



Synopsis

Even if you haven't landed one of the coveted internships in the kitchen at the American Academy in Rome, you can have a behind-the-scenes tutorial in the way that pastas and sauces are made in its kitchen. The recipes in *Pasta* are arranged in the same order as the interns are taught to make them, from simple to more complex, and are organized the way Italians think about pasta, not only as fresh or dry but by the base of the sauces (oil, tomato, meat, and vegetable).

Even the most sophisticated cooks will be intrigued by chef Christopher Boswell's engaging notes that explain what makes the flavors work together, why and how the sauces work with the pastas, and what makes a dish not only great but unforgettable. He includes simple techniques, small refinements, and easy variations. Among the more than ninety recipes you'll find *nduja*, a soft, spicy sausage spread from Calabria; a sauce that unexpectedly pairs basil and asparagus; delicate and refreshing summer pastas; and hearty and earthy vegetarian dishes. You'll find the go-to dish of southern Italian families, made when no one can agree on what they want to eat; a recipe traditionally made by shepherds that uses three ingredients readily found in most modern kitchens; inventive sauces that are riffs on the classics; and iconic sauces whose success depends on something as simple as when to grind the pepper.

The influence of Chez Panisse is everywhere in *Pasta* (Chef Boswell is an alum and the Rome Sustainable Food Project at the American Academy was founded by Alice Waters).

Sauces—and even meatballs—are often lighter than their Italian counterparts. Flavors are bright. Ingredients shine. Each dish tells a unique story.

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Customer Reviews

Christopher Boswell is the executive chef of the Rome Sustainable Food Project. He has been at the RSFP since the program was established in 2006, when he was chosen by Alice Waters to work with former RSFP executive chef, Mona Talbott. He started out as a dishwasher and a prep cook in the small gold-rush town of Jackson, California. After high school, he attended the California Culinary Academy where he received the distinguished Daniel Carlisle Walker Award for culinary excellence. He then went on to work at the restaurants Stars, Acquarello, and One Market before moving to Italy for a year to learn authentic Italian rustic cooking. Boswell then joined Chez Panisse, where he received five years of intensive training under Alice Waters and her brigade of distinguished chefs. Elena Goldblatt has always had a passion for cooking. She moved to her mother's native Rome when she was 12 years old, and has been drawn back ever since. She graduated from Yale University in 2010 and was an intern in the Rome Sustainable Food Project kitchen in 2011. She worked for author and journalist Mark Bittman at The New York Times before returning to Rome to work with Chef Christopher Boswell on the RSFP cookbooks Pasta.

Between this book and "Sauces and Shapes," you will be absolutely set for making any type of pasta you want. I like this book because it's a bit heavier on technique than most pasta cookbooks I've come across, and anyone who makes pasta can tell you that your technique is much more important than your recipe. The best pasta recipe in the world will get mangled when a cook who doesn't know how to put it all together. That being said, the recipes here are also delicious. I very rarely find myself needing to adjust the ratios of certain ingredients.

This is the best pasta book I have ever read because it explains the science behind the cooking and arranges the recipes in an order which demonstrates pasta cooking from the most simple recipes to the most complex. I already know a great deal about cooking pasta and still found this book extremely helpful. The recipes are authentic Italian and healthy.

It was so nice to get this book at a good price. I suspect it was because of a gross typo that the editors did not catch: "Ouva" for "Uova." The recipes are unfailingly good, and imparted with real insight into the culture of pasta.

YUM, says this Italian American.

Tiny book full of lots of useful information!

Very good

Wanted to get some great pasta recipes to go along with our pasta machine. This book has 4 pasta dough recipes that can be modified based on some of the book teachings. Great division of recipes by regions of Italy. Have tried two with great success. You will be surprised with how wonderful fresh pasta is and when the pasta is the center of the dish!

Having spent a year living at the Academy, I can say that chef Chris Boswell is extremely passionate, knowledgeable, and meticulous about his food, and it really shows in this book. A wide variety of recipes for the most authentic and regional pasta dishes are contained in this book, and everything is beautifully laid out and clearly explained. Having made a few dishes from it already, I am pleased with how much these dishes taste like the real thing I had in Italy.

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