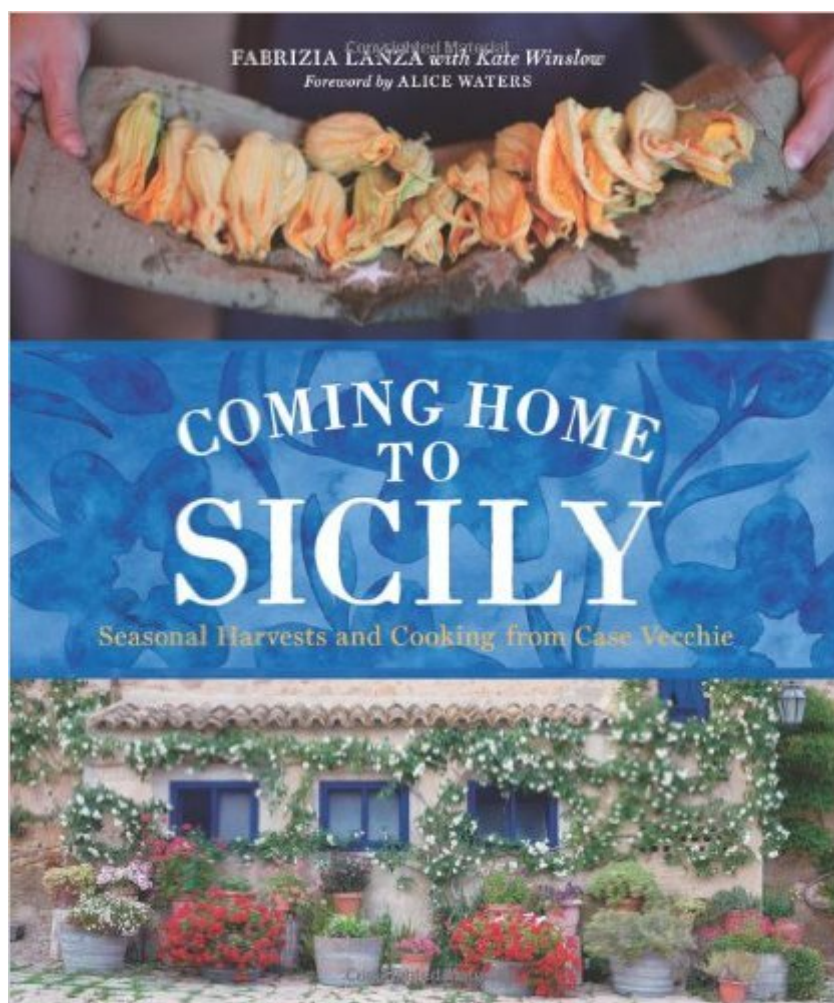


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# Coming Home To Sicily: Seasonal Harvests And Cooking From Case Vecchie



## Synopsis

Case Vecchie is the most notable cooking school in Sicily, a place where life is lived and food prepared the same way it has been for centuries. And this delectable cookbook from owner Fabrizia Lanza is the definitive source of authentic seasonal Sicilian foods. Co-authored with former Gourmet magazine editor Kate Winslow, it tells Fabrizia's story of coming home to the family estate, Regaleali, to assist her aging mother with the cooking school that she founded in 1989. Fabrizia writes eloquently and in detail about the seasonal harvests, the foods produced--cheeses, jams, olive oil, vin cotto, estratto, and more--and the loyal and talented staff who make it all possible. Along the way, she offers more than 100 family recipes that she shares with her students. Guy Ambrosino's stunning color photographs bring the beauty of Case Vecchie to life.

## Book Information

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## Customer Reviews

Coming Home to Sicily is a gorgeous cookbook. The coauthor and her husband, the photographer, spent a year at Fabrizia Lanza's estate in Sicily, where she runs a cooking school. All of the food used in the book is either sustainably grown or wild. The book follows the seasons at Case Vecchie, so it begins with Winter, where they make Orange and Lemon Marmalade, and Lemon and Tangerine Sorbet. There is a Blood Orange Salad with Red Onion and Black Olives. After Winter, the book moves on to The Holidays which is when they make Stuffed Brioche. Fried Stuffed Eggs, and Chicken Galantine. There is stuffed Turkey, and Filled Fig Cookies. Stewed Lamb, and beautiful vegetarian dishes like Kale and Potato Soup with Fresh Mint and Parsley, and Saffron Stewed

Potatoes. The book shows you how to make Sheep Milk's cheese, and classics such as Ricotta Gnocchi. Spring brings Fava Bean Soup, Wild Fennel Salad, Roasted Artichokes, and Frittella with Artichokes and Fava Beans. There are of course, recipes that are interesting to read, but that you likely will not make. For example, Fried Tuna Sperm, and the several day Summer process of making tomato paste (I don't think I could do that at my casa with all the insects we have outside in the summer, not to mention cats jumping on the tables). The Tomato and Onion Salad looks divine, as does the Eggplant Caponata. I will make Giovanna's Vegetable Stew at the first possible moment, as well as the Zucchini Soup with Tender Greens. The Fall brings in the grapes, and Pan-Roasted Rabbit with Vino Cotto, a recipe I can appreciate even though I don't cook rabbit. Even though I mainly cook and eat vegetarian, I actually prefer cookbooks such as this beautifully photographed book. The best vegetarian recipes come from long standing traditional recipes. This book is an important historical work as well, since doing things the slow, seasonal, old fashioned way is rapidly dying out in many parts of the world. It is nice to not have these traditions and recipes lost to future generations. It would be a dream to attend the cooking school in Sicily, but for those of us who can't, we can cook our way through it at home. For the armchair cook, this book is a delight with the stories of the people on the estate, and the bounty of food produced there. A random bit of delightful reading that caught my eye: "Now it is my turn to host Easter in Case Vecchie's courtyard. My children hide the chocolate eggs for the younger ones, and a crowd of friends and family come to share a feast of anelletti with tomato sauce and ricotta, herb-rubbed lamb ribs, roasted artichokes, of course, and a huge cassata. The artichokes are roasted in the coals of the grill while the lamb ribs and coils of sausage cook above."

My husband is from Sicily, and we still have a home there and spend several months every couple of years there. I was a fan already of her mother's cookbooks, but this one is very similar to the simple dishes that my mother in law whips up when we are 'home' in Sicily. They are much easier than her mother's dishes were, and I love the photos and feel of the book along with her stories. While every family does a little variation on these dishes, they are very true to the typical meals you would find today in any Sicilian home.

This book is a remake of the Sicilian classic cookbook, by Anna Tasca. It was lovingly written by the daughter of Anna Tasca and is resplendent with beautiful photographs of the family estate. Recipes include all the Sicilian favorites organized according to season. I highly recommend this book. My family has enjoyed the original for years and look forward to using this new book just as much.

We just got this last week and used one of the recipes to make an eggplant dish. Easy to follow, quick to make, and delicious to eat!!! This cookbook is a personal book too - pictures of friends and family, the beautiful countryside, and of course, the fabulous dishes waiting to be created. Thank you for the wonderful cookbook!! We will be making more creations from your book and hope to go to Sicily someday to take some of your cooking classes.

I loved this cookbook, which is so much more than just recipes. It outlines a wonderful connection between the land, humans, and the food they eat, but couched in ways that resonate, not alienate. There is nothing but a genuine embrace of a seamless way of living and eating that has existed for hundreds of years with none of the pretentious verbiage and self-promotion that sometimes accompanies the slow food or local sourcing movements. And it's Sicilian...what a treasure!

The recipes are very simple (usually under 5 ingredients), which is very typical for Sicilian cooking (to my understanding.) The book is arranged by season, so if you live in the same climate as Sicily, the book will be even more helpful. I highly recommend the grilled swordfish with breadcrumbs, but steer clear of the coffee pudding if you plan on sleeping within the next 48 hours (I guess we should have followed Fabrizia's advice to use decaffeinated coffee.) There is also information about the cultural aspects of Sicily which will be very useful for our upcoming trip.

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