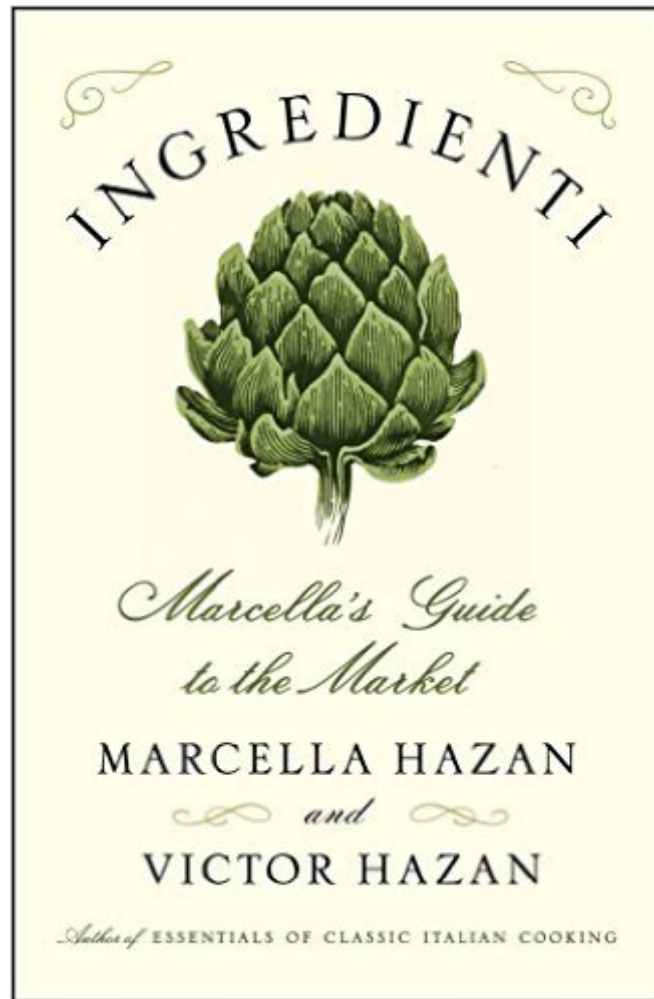


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# Ingredienti: Marcella's Guide To The Market



## Synopsis

From the inimitable woman who popularized Italian cuisine in America, Marcella Hazan's simple and elegant manual on how to shop for the best ingredients and prepare the most delicious meals is a must-have for every home cook. When Marcella Hazan died in 2013, the world mourned the passing of the "Godmother of Italian cooking." But her legacy lives on, through her cookbooks and recipes, and in the handwritten notebooks filled with her thoughts on how to select the best ingredients. "Ingredienti. Her husband and longtime collaborator Victor has translated and transcribed these vignettes on how to buy and what to do with the fresh produce used in Italian cooking, the elements of an essential pantry, and salumi. Before you know how to cook, you must know how to shop. From Artichokes to Zucchini, Anchovies to Ziti, *Ingredienti* offers succinct and compelling advice on how to choose vegetables, pasta, olive oil, Parmigiano Reggiano, prosciutto, and all of the key elements of Marcella's classic meals. Organic isn't necessarily best, boxed pasta can be better than fresh. Marcella's authoritative wisdom and surprising tips will change the way you cook. Her clear, practical guidance in acquiring the components of good cooking is helpful wherever you choose to shop—in supermarkets, farmers' markets, specialty food stores, or online. Based on sixty years of almost daily visits to the market to choose the ingredients of that day's meal, *Ingredienti* is a life's work, distilled—an expression of Marcella's judgments, advice, and suggestions. Uncomplicated and precise, this volume will be essential to home cooks eager to produce meals in the same delicious style Marcella was the first to introduce to America.

## Book Information

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## Customer Reviews

Although Marcella died, I truly wanted her to live forever. My wish will not come true, but her husband's publication of her last book will temper my grief. *Ingredienti* feels like a work of love. Her husband is dedicated to remaining true to Marcella's voice, her direct approach to allowing the ingredients to speak clearly for themselves. The maxim, "less is more," becomes increasingly inspirational with each page turned. Although this is not a cookbook, it does include descriptions of meals created with the ingredients. No exact measurements, just an organic orientation to creating simple meals with the ingredients. Marcella and her husband guide the reader through the market, train the eye as to what represents the highest quality. At times, the reader is guided to internet sources. She combines the old world with the new. This is a book that deserves a place of respect, along with her *Essentials of Classic Italian Cooking*.

*Ingredienti: Marcella's Guide to the Market* is an elegantly written cooking source as the book does not provide recipes in the typical sense. The book does provide kitchen wisdom on how to select ingredients such as produce, condiments or pork. You will also read about the different classifications, types and history of each featured ingredient. Some of the ingredients detailed in her book include: Garlic Truffles Tomatoes Swiss Chard Peppers Peas Potatoes Radishes Asparagus Beans Risotto Rice Parmigiano-Reggiano Red Wine Vinegar Butter Pancetta Lardo If you wish to learn how to select the best ingredients for cooking, I'd highly recommend purchasing *Ingredienti*. Review written after downloading a galley from Edelweiss

Although she died in 2013, Marcella Hazan leaves a legacy to today's cooks in the upcoming publication of a book based on the handwritten notebooks filled with her thoughts on how to select, and how to use, the very best ingredients for classic Italian cooking. Her husband and longtime collaborator, Victor, translated these notebooks from her native Italian and finished writing and editing them to produce *Ingredienti: Marcella's Guide to the Market*. The book is illustrated with lovely sketches, lively green line drawings of various ingredients. It's not the most comprehensive primer on produce, but it is a book that should appeal to both new and accomplished cooks and both home and professional ones and some tips and tricks are unique. I particularly appreciate Marcella's lessons on protecting such ingredients as garlic and onions in an excessively hot and humid climate, lessons that I have not found in other how-to cookbooks written by those lucky enough to live under food-friendly weather conditions. *Ingredienti* is not a recipe book. Marcella does describe her preferences for preparing each ingredient, but you won't find specific quantities or detailed instructions, simply ideas

for how to prepare ingredients for cooking " or serving " and most of all for a guide to select each at the peak of perfection. The writing is casual and very, very personal " as if the " were your very own godmother, sitting with you in her kitchen and sharing a lifetime of lessons over cups of espresso. The result is a book that is a joy to read. Marcella held very strong opinions, some I share and some I do not. I absolutely agree that one must know how to shop before one can know how to cook, but I don't share her disdain for red and sweet onions. Still, it is her perspective that makes the book so well worth reading no matter how much you do, or do not, know about picking produce and pantry staples and whether you do, or do not, share her likes and dislikes. Each chapter is essentially an essay on each ingredient, and one that combines both information and instruction. These make the book ideal for a leisurely read . . . but the writing may tempt you to race right through from beginning to end, as I did. Either way, enjoy! NOTE: I received an advanced reading copy from the publisher via NetGalley, which did not influence my review -- nor were any efforts made by anyone to do so.

I received this small, but rather thick, book which is chock full of information about vegetables eaten in Italy as well as here. Don't be put off by the fact that there are no recipes. Each vegetable is so finely described that you ( well, me) will come away from reading with a firm grasp about how to shop and use each one. A perfect addition to my cookbook library which will will teach me what I need to brush up on. Grazie, Marcella.

Each chapter discusses an individual ingredient, spinach, parmesan cheese, pasta, anchovies, etc. and describes how to find the best ones, suggestions for simple preparations and her own bias for and against how to use them. It's delightful. I plan to buy more copies for gifts for my friends. I have it by the bed and read one or two chapters each evening. This is NOT a cook book.

Whether you should purchase this book not will depend on why you are buying the book. If you are a fan of her work, as I am, then you definitely want this book. I own every book written by Marcella Hazan. Her comments and opinions are a joy to read; and I love her emphasis on real, unpretentious Italian cooking. However, if you are thinking you will learn new insights about Italian ingredients or that this book has recipes then you may be disappointed. There are no recipes and the information contained can be had in other sources. Having said that; if you love Marcella's candor and strong opinions then this is a must buy book. The culinary world lost a true advocate for honest cooking and tradition..

I discovered Marcella by accident years ago. I wish that I had a chance to cook with her so she could impart some of her wisdom to me. This book is like that, as if she were at the market beside you whilst you searched through the produce. You can tell that she took great care in selecting her vegetables and Italian pantry staples, and to paraphrase what she wrote -- it's all about the ingredients you use. This book needs to be on your shelf, hands down.

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