



Ciao Italia in Umbria: Recipes and Reflections from the Heart of Italy

Mary Ann Esposito

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Just east of Tuscany, Umbria is lush with rolling hills and rustic small towns - and delicious, healthful, traditional Italian cooking. In her most intimate and personal cookbook to date, popular cooking-show host Mary Ann Esposito, beloved for her long-running series "Ciao Italia," takes us through this delightful, unspoiled region - cooking, eating, and making friends along the way.

With 60 authentic recipes along with anecdotes, profiles, and cooking tips, this companion to "Ciao Italia" is a "traveling cookbook" that transports us to the unforgettable foods of Umbria and the people who prepare them. You'll visit bustling food markets, glorious street festivals, aroma-filled home kitchens, family-run vineyards, top-secret truffle fields, and a heavenly chocolate museum. You'll also find information on mail-order sources, web sites, and Umbrian restaurants.

Everyone who loves Italy will savor the bounty of Umbrian specialties on these pages, including hearty gnocchi, sizzling vegetables and pork sausages alla griglia (on the grill), delectable black truffles, simple ragus, healthful lentils and farro, hearty country breads, and Perugian chocolate desserts.

So pull up a chair, pour a glass of Sangiovese, and come along to Umbria - and bring your appetite!

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