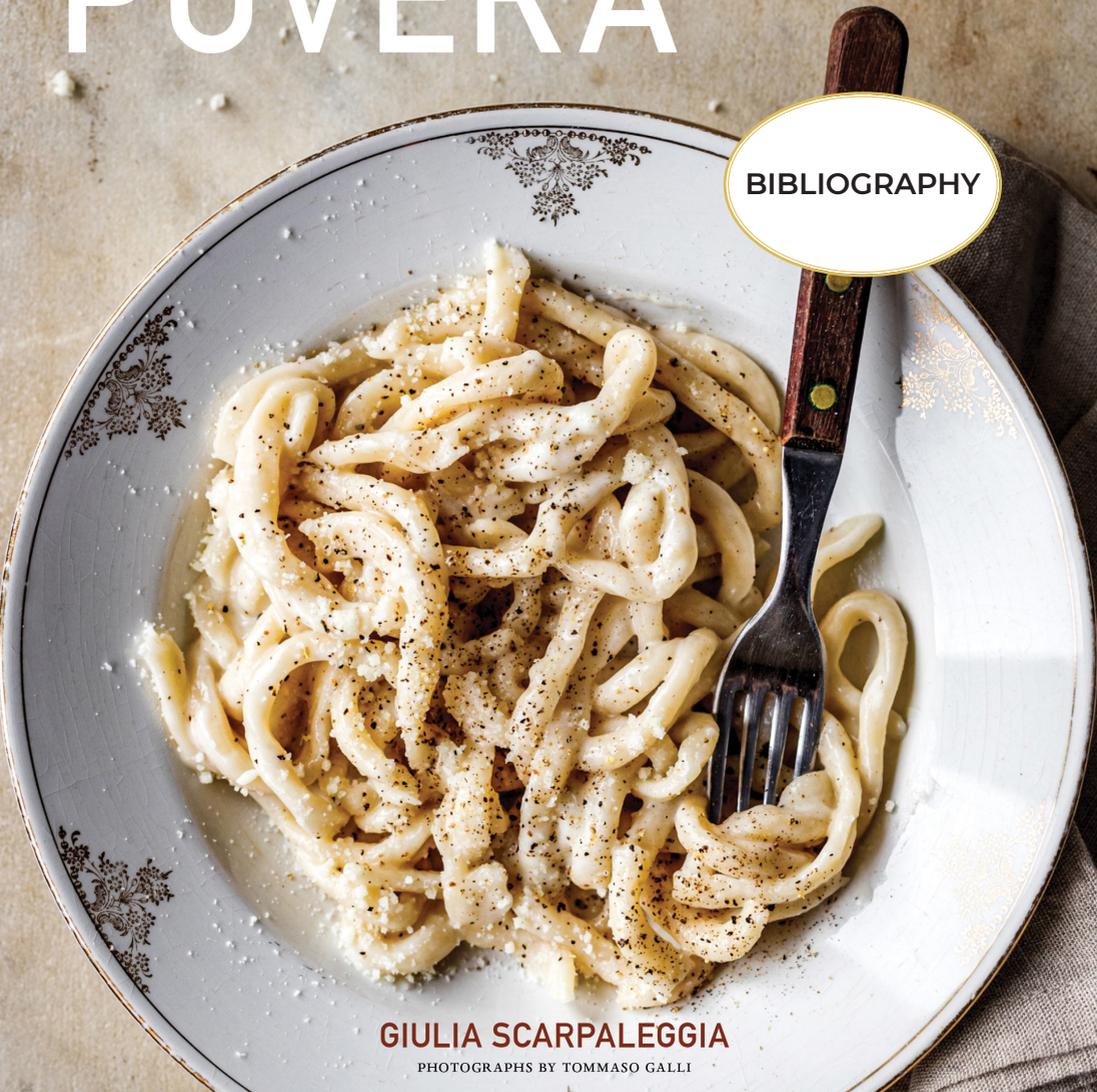


CUCINA POVERA

The Italian Way of
Transforming Humble
Ingredients into
Unforgettable Meals



BIBLIOGRAPHY

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PHOTOGRAPHS BY TOMMASO GALLI

Cucina Povera Bibliography

Unfortunately, we did not have enough pages to include the complete bibliography of Cucina Povera in the book. It sounds like the same old excuse, but the pandemic affected this as well. The cost of the paper increased significantly, which forced us to cut over 20 pages (originally there were two more chapters).

So, I want to give credit to those books that inspired my research and helped me have a better understanding of local culinary traditions, and the regional principles of this resourceful approach to cooking.

I decided to share these books with everyone, as they could be a starting point to get deeper into your love for Italian cooking (and the Italian language, as most of these books have never been translated to English).

Cucina Povera Bibliography

- Angiolina Oliveti, **Acquasale e Tielle, La Cucina Povera della Tradizione rurale calabrese**, Laruffa Editore, 2010
- Anna Lucia and Carlo Alberto Bauer, **Il Bauer. Cultura, tradizioni, ricette della cucina trentina**, Reverdito Edizioni, 2008 (*a book I love dearly, as I bought it one the first times I went to Trentino with Tommaso, and the source of the first surprise dinner party recipes I cooked for him in 2013*)
- Stanislao Porzio, **Cibi di Strada, Italia del Nord - Toscana, Umbria, Marche**. Guido Tommasi Editore, 2008
- Damiano Lucia, **La cucina povera e contadina del lazio: appunti per un repertorio di ricette**, 2019
- Giovanni Righi Parenti, **La Cucina Toscana**. Newton & Compton Libri, 1995 (*My favourite cookbook for Tuscan recipes of the Sienese and Grosseto areas*)
- AA.VV., **Grammatica illustrata della cucina italiana. Storia e ricette di 250 piatti simbolo**, Slow Food Editore, 2020 (*one of the most recent books, a treasure trove of regional recipes with very good headnotes regarding recipe histories, ingredients and techniques*)
- Massimo Montanari, **L'identità italiana in cucina**. Editori Laterza, 2010 (*available in English as The Italian Culinary Identity*)
- Massimo Montanari, **Il formaggio con le pere. La storia in un proverbio**, Editori Laterza, 2010 (*this brilliant little book, available also in English*)

as Cheese and Pears. History in a proverb, is able to explain the history of cheese and social class clash hidden in a popular saying)

- AA.VV., **Biblioteca di Cultura Gastronomica. L'uso dei formaggi nella cucina della tradizione regionale**, Accademia Italiana della cucina, 2017
(this and the following six books all belong to the prolific editorial activity of Accademia Italiana della Cucina¹. With essays and recipes, written by local experts, scholars, and gastronomes, they observe the regional Italian food traditions - meat, cheese, fish, rice, vegetables, courtyard cuisine... - from different perspectives, taking into account history, folklore, and local habits. An inestimable collection of knowledge and recipes)
- AA.VV., **Gli Itinerari di Cultura Gastronomica. La Cucina delle Carni da non dimenticare**, Accademia Italiana della cucina, 2013
- AA.VV., **Gli Itinerari di Cultura Gastronomica. La Cucina del Riso**, Accademia Italiana della cucina, 2014
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- AA.VV., **Gli Itinerari di Cultura Gastronomica. L'Italia del Pesce**, Accademia Italiana della cucina, 2006
- Carlo Petroni, **Il Libro della vera cucina toscana**, Giunti Demetra, 2016
(My favourite cookbook for Tuscan recipes of the Florentine area)
- Beppe Lodi and Luciano De Giacomi, **Nonna Genia**, Araba Fenice, 1999

(one of the most exciting discoveries during the research for Cucina Povera, a brilliant book with fun, inspiring essays and delicious, honest recipes from Le Langhe. The book is also available in English)

- Lucia Lazari, **Odori, sapori, colori della cucina salentina in 629 ricette di ieri e di oggi**, Congedo, 1997 *(big, huge love for this book that I bought the first time I visited Tommy's family in Salento. It is the source of my favourite Salentine recipes, and the way I'm trying to create family traditions for Livia and Tommy to remember my mother-in-law, Lucia)*
- Gillian Riley, **The Oxford Companion to Italian Food**. Oxford University Press, 2007
- Emilio Magni, **El pancott e altre delizie: Storie e ricette perdute della tradizione brianzola e lombarda**, Mursia, 2020 *(I didn't know much about Lombardy cuisine before Cucina Povera, but this book gave me a better understanding of the principles, traditions and poetry of the local cuisine)*
- Paolo Puddu, **Il Quinto Quarto**. Atesa Editrice, 2006 *(Because quinto quarto, offal, is one of the cornerstones of cucina povera)*
- Nicoletta Montemarano, **Le ricette di Nicoletta**, Arduino Sacco Editore, 2009 *(I'm a little jealous of this book, so consider this a huge act of generosity if I'm sharing this title with you. This little book holds most of the recipes belonging to the culinary tradition of Melfi, my grandfather's home town in Basilicata. I'm slowly building a Southern repertoire thanks to this book)*
- Anna Gosetti della Salda, **Le Ricette Regionali Italiane**, Solares, 2005 *(this is probably the book I referenced more to research regional varieties of the same recipe and local approach to ingredients. A precious collection of*

timeless recipes)

- Pellegrino Artusi, **La Scienza in cucina e l'arte di mangiar bene**, Adriano Salani Editore, III edition (*The book my grandma received as a wedding gift from her best friend, and the same book she gave her, as they got married exactly on the same day. This is probably the foundation of our family culinary tradition. The book is available also in English*)
- Ada Boni, **Il Talismano della Felicità**, Editoriale Domus, 1946 (*I bought a second-hand Talismano and fell in love with the handwritten notes of someone else's grandmother. This book, along with l'Artusi, as it is usually known the previous book, has been the foundation of the culinary education of Italian families for decades, and still is, for me. An abridged version is available also in English.*)
- Mariù Salvatori de Zuliani, **A Tola co i nostri veci**, La Cucina Veneziana, Franco Angeli, 2001 (*a fun book written in Venetian dialect, with a comprehensive collection of the important recipes of the Venetian tradition*)
- Renzo Bagnasco, **La vera cuciniera genovese... oggi**, Panesi Edizioni, 2017