

Caff Alla Nocciola

For centuries herbs and spices have been an integral part of many of the world's great cuisines. But spices have a history of doing much more than adding life to bland foods. They have been the inspiration for, among other things, trade, exploration, and poetry. Priests employed them in worship, incantations, and rituals, and shamans used them as charms to ward off evil spirits. Nations fought over access to and monopoly of certain spices, like cinnamon and nutmeg, when they were rare commodities. Not only were many men's fortunes made in the pursuit of spices, spices at many periods throughout history literally served as currency. In *Culinary Herbs and Spices of the World*, Ben-Erik van Wyk offers the first fully illustrated, scientific guide to nearly all commercial herbs and spices in existence. Van Wyk covers more than 150 species—from black pepper and blackcurrant to white mustard and white ginger—detailing the propagation, cultivation, and culinary uses of each. Introductory chapters capture the essence of culinary traditions, traditional herb and spice mixtures, preservation, presentation, and the chemistry of flavors, and individual entries include the chemical compounds and structures responsible for each spice or herb's characteristic flavor. Many of the herbs and spices van Wyk covers are familiar fixtures in our own spice racks, but a few—especially those from Africa and China—will be introduced for the first time to American audiences. Van Wyk also offers a global view of the most famous use or signature dish for each herb or spice, satisfying the gourmand's curiosity for more information about new dishes from little-known culinary traditions. People all over the world are becoming more sophisticated and demanding about what they eat and how it is prepared. *Culinary Herbs and Spices of the World* will appeal to those inquisitive foodies in addition to gardeners and botanists.

A complete guide to the different types of drinks and mixers available, including spirits, fortified wines, beer, wine, and non-alcoholic drinks.

Lonely Planet vi guida alla scoperta alla Dublno che non conoscete ancora o di quella che volete rivedere, nei luoghi che hanno ispirato Swift, Yeats, Beckett e Joyce, sulla terrazza zen della Chester Beatty Library, a una partita di hurling o di football gaelico, dove diventerete rauchi a furia di gridare... Northside? Southside? Decidete con un drink (o due) su entrambe le sponde del Liffey. Un autore del posto. 500 ore di ricerche. 300 negozi, ristoranti e locali. Insetto a colori sul meglio di Dublino. Itinerari a tema istruttivi e divertenti. I consigli sullo shopping di una stilista locale e le indicazioni dei ristoranti migliori di un critico gastronomico. Cartina estraibile allegata

Vuoi immergerti nell'inglese in modo piacevole e rilassante? Immagina un giorno di svegliarti e di parlare l'inglese... magicamente. Come sarebbe? Se stai leggendo queste righe, significa che vuoi davvero parlare l'inglese molto bene. Immagina di essere già in grado di parlarlo fluentemente, come ti sentiresti? Emozionato? Felice? Ma certo! E che ne diresti di divertirti e goderti anche il processo di apprendimento? Non sarebbe fantastico? Con *Speak English Magically!* tu: * Viaggerai per gli Stati Uniti e scoprirai alcuni tra i più bei posti della West Coast! * Ti rilasserai imparando parole ed espressioni di uso quotidiano! * Ti divertirai con dieci magiche avventure negli Stati Uniti e nell'inglese americano, e il personaggio principale sarai tu! * Comincerai a pensare in inglese! * Potrai riattivare l'inglese che magari avevi imparato in passato! Ecco alcune caratteristiche di *Speak English Magically!*: * Metodi di apprendimento accelerato per aiutarti ad assorbire la lingua più velocemente * Testi bilingui in italiano e inglese per farti capire davvero tutto, dall'inizio alla fine * Tanti file audio gratuiti e registrati da una parlante nativa della lingua per ascoltare le tue avventure americane. * Nessun esercizio di memorizzazione "Dalle alte vette montuose alle iridescenti barriere coralline, dai ritmi coinvolgenti della salsa alle percussioni profonde del reggae, dai covi dei pirati alle spiagge di morbida sabbia, lo scenario dei Caraibi è straordinariamente vario" (Paul Clammer, autore Lonely Planet). Esperienze straordinarie: foto suggestive, i consigli degli autori e la vera essenza dei luoghi. Personalizza il tuo viaggio: gli strumenti e gli itinerari per pianificare il viaggio che preferisci. Scelte d'autore: i luoghi più famosi e quelli meno noti per rendere unico il tuo viaggio. In questa guida: immersioni e snorkelling; in crociera ai Caraibi; matrimonio e luna di miele; attività all'aperto.

"Even 150 years after unification, Italy is still a divided nation where individual regions are defined by their local cuisine-- mirrors of their culture, history, and geography. But the cucina romana is the country's greatest standout. In [this book], journalist Katie Parla and photographer Kristina Gill capture Rome's unique character and truly evolved food culture--a [culmination] of two thousand years of history"--Amazon.com.

La truffa e il meccanismo con il quale si convince una persona di avere un vantaggio di qualche tipo circa una certa questione. E la certezza di avere questo vantaggio riduce, o in certi casi annulla le difese mentali del truffato. Come per difendersi dagli aggressori si frequentano corsi di difesa personale, così per diventare immuni agli attacchi informatici bisogna fare allenamento, una ginnastica mentale che ci consenta di cambiare il punto di vista, non leggere i messaggi con gli occhi di una potenziale vittima, ma con quelli del truffatore che li ha scritti. Questo libro vuole essere a meta tra un romanzo ed un saggio, dove è possibile guardare attraverso una serie di raggiri informatici dapprima con gli occhi di una vittima, e poi con quelli dell'aggressore, ed imparare in questo modo ad osservare i fatti dai due diversi ma complementari punti di vista."

"L'esperienza dell'America è totalizzante: vi attendono spiagge e prateria, vette innevate e foreste, città frenetiche e cieli sconfinati" (Regis St Louis, autore Lonely Planet). Esperienze straordinarie: foto suggestive, i consigli degli autori e la vera essenza dei luoghi. Personalizza il tuo viaggio: gli strumenti e gli itinerari per pianificare il viaggio che preferisci. Scelte d'autore: i luoghi più famosi e quelli meno noti per rendere unico il tuo viaggio. Itinerari in automobile; a tavola con gli americani; guida a Central Park; attività all'aperto.

A stunning instructional from beloved Los Angeles baker Margarita Manzke, who teaches the key doughs, batters, recipes, and clever ways for creating wow-factor and bakery-quality results at home. NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY THE NEW YORK TIMES For all who aspire to master brioche, croissant, pâte à choux, or even cookie dough and muffin and cake batter, Margarita Manzke, super-star baker and co-owner of Los Angeles hotspot République, takes bakers through her methods for perfecting texture and amplifying flavors, one inspiring photograph and brilliant trick at a time. With chapters dedicated to teaching each dough or batter and 100 recipes that put the lessons to work, plus more than 125 helpful and inspiring photographs, bakers will discover how to truly elevate their baking, whether they're making Manzke's Instagram-perfect chocolate chip cookies or her Philippines-inflected Halo Halo Cake. Serious home bakers will revel in the game-elevating techniques and irresistible recipe riffs found in *Baking at République*.

"An eye-opening exploration of a unique region of Italy that bridges the Alps and the Adriatic Sea, featuring eighty recipes and wine pairings from a master sommelier and James Beard Award-winning chef. Bordered by Austria, Slovenia, and the Adriatic Sea, the northeastern Italian region of Friuli Venezia Giulia is an area of immense cultural blending, geographical diversity, and idyllic beauty. This tiny sliver of land is home to one of the most refined food and wine cultures in the world and yet remains off the grid. The unique cuisine of Friuli is what inspires the menu at Frasca, a James Beard Award-winning restaurant in Boulder, CO, helmed by master sommelier Bobby Stuckey and chef Lachlan Mackinnon-Patterson. Meaning "branch" or "bough", the word frasca refers to the Friulian tradition of hanging a branch outside the family farm as a sign that you had new wine to sell. Frasca celebrates this practice and the wine and cuisine of Friuli through 80 recipes and wine pairings. Dishes such as Gnocchi with Quail Ragu and Thyme, Branzino Crudo with Herbs, and Friulano Bean Soup with Braised Pork Shoulder are organized by *The Land, The Sea, and The Mountains*, while profiles of local winemakers and

wines, including Tocai, Ribolla Gialla, Malvasia Istriana, and Verduzzo, open up new pairing possibilities. Showcasing the best Friulian wines you can buy outside of Italy as well as restaurant and winery recommendations, this beautifully photographed cookbook, wine guide, and travelogue brings the delicious secrets of this untouched part of Italy into your home kitchen"--

"È un paese piccolo, reso però grande da un paesaggio che sospeso fuori dal tempo e dall'innata cordialità dei suoi abitanti, che si traduce nel più caldo dei benvenuti" (Fionn Davenport, autore Lonely Planet). Esperienze straordinarie: foto suggestive, i consigli degli autori e la vera essenza dei luoghi. Personalizza il tuo viaggio: gli strumenti e gli itinerari per pianificare il viaggio che preferisci. Scelte d'autore: i luoghi più famosi e quelli meno noti per rendere unico il tuo viaggio. Illustrazioni in 3D; Wild Atlantic Way; itinerari a piedi in città; a tavola con gli irlandesi.

The beloved chef presents her most accessible and affordable cookbook to date, a gathering of more than 100 Italian recipes that have become Lidia's go-to meals for her very own family—the best, the most comforting, and the most delicious dishes in her repertoire. In Lidia's Favorite Recipes, you'll find a fresh take on more than 100 of Lidia's signature and irresistibly reliable dishes, including: • Fried Mozzarella Skewers—Spiedini alla Romana • Escarole and White Bean Soup—Zuppa di Scarola e Cannellini • Ziti with Broccoli Rabe and Sausage—Ziti con Broccoli Rabe e Salsicce • Baked Stuffed Shells—Conchiglie Ripiene al Forno • Eggplant Parmigiana—Melanzane alla Parmigiana • Savory Seafood Stew—Zuppa di Pesce • Chicken Cacciatore—Pollo alla Cacciatore • Veal Ossobuco with Barley Risotto—Ossobuco di Vitello con Risotto d'Orzo • Cannoli Napoleon—Cannolo a Strati • Limoncello Tiramisù—Tiramisù al Limoncello From the classic sauces to the delicious desserts, these recipes have been revised and updated to be more concise and clear, but just as soul-satisfying as ever. With new information about the affordability, seasonality, and nutritional value of the ingredients, this book shows there is no question why these dishes are the easiest and most enjoyable to bring to the family table for your most memorable moments. Beautifully illustrated throughout with full-color photographs, Lidia's Favorite Recipes will give both new cooks and longtime fans something extraordinary to celebrate.

Beloved chef and best-selling author Lidia Bastianich shares, for the first time, the timeless recipes that have made her flagship restaurant, Felidia, a New York City dining legend for almost four decades. Ever since it opened its doors on Manhattan's Upper East Side in 1981, Felidia has been revered as one of the best Italian restaurants in the country. In these pages, Lidia and longtime Executive Chef Fortunato Nicotra share 115 of the recipes that capture the spirit of the Felidia menu past and present. From pastas and primi to appetizers and meats, and from breads and spreads to sides and soups, these are some of Lidia's absolute favorite dishes, lovingly adapted for home cooks to re-create in their own kitchens. Here are recipes for old-school classics such as Pasta Primavera and Linguine with White Clam Sauce and Broccoli. Contemporary favorites include Pear and Pecorino Ravioli, Chicken Pizzaiola, Short Ribs Braised in Barolo, and Eggplant Flan with Tomato Coulis. Exquisite dessert recipes include Warm Nutella Flan, Open Cannolo and Limoncello Tiramisù, while Passion Fruit Spritz and Frozen Peach Bellini come from the restaurant's lively bar. Felidia is a beautifully illustrated, full-color cookbook that takes readers behind the scenes of the restaurant's storied history and is filled with the same warmth and hospitality that are the hallmark of all of Lidia's cookbooks. It's the next-best thing to enjoying an evening out at this award-winning eatery!

"Italian Futurist Poetry" contains more than 100 poems (both Italian and English versions) by sixty-one poets from across Italy.

"Un piccolo paese con una grande fama: la maestosa bellezza dei paesaggi e la cordialità degli abitanti, che vi riserveranno una calorosa accoglienza". Esperienze straordinarie: foto suggestive, i consigli degli autori e la vera essenza dei luoghi. Personalizza il tuo viaggio: gli strumenti e gli itinerari per pianificare il viaggio che preferisci. Scelte d'autore: i luoghi più famosi e quelli meno noti per rendere unico il tuo viaggio. In questa guida: Wild Atlantic Way; Glendalough in 3D; lo sport in Irlanda; la musica irlandese.

Featuring 140 mouthwatering new recipes, a gastronomic journey of the Italian regions that have inspired and informed Lidia Bastianich's legendary cooking. For the home cook and the armchair traveler alike, Lidia's Italy offers a short introduction to ten regions of Italy—from Piemonte to Puglia—with commentary on nearby cultural treasures by Lidia's daughter Tanya, an art historian. • In Istria, now part of Croatia, where Lidia grew up, she forages again for wild asparagus, using it in a delicious soup and a frittata; Sauerkraut with Pork and Roast Goose with Mlinzi reflect the region's Middle European influences; and buzara, an old mariner's stew, draws on fish from the nearby sea. • From Trieste, Lidia gives seafood from the Adriatic, Viennese-style breaded veal cutlets and Beef Goulash, and Sacher Torte and Apple Strudel. • From Friuli, where cows graze on the rich tableland, comes Montasio cheese to make fricos; the corn fields yield polenta for Velvety Cornmeal-Spinach Soup. • In Padova and Treviso rice reigns supreme, and Lidia discovers hearty soups and risottos that highlight local flavors. • In Piemonte, the robust Barolo wine distinguishes a fork-tender stufato of beef; local white truffles with scrambled eggs is "heaven on a plate"; and a bagna cauda serves as a dip for local vegetables, including prized cardoons. • In Maremma, where hunting and foraging are a way of life, earthy foods are mainstays, such as slow-cooked rabbit sauce for pasta or gnocchi and boar tenderloin with prune-apple Sauce, with Galloping Figs for dessert. • In Rome Lidia revels in the fresh artichokes and fennel she finds in the Campo dei Fiori and brings back nine different ways of preparing them. • In Naples she gathers unusual seafood recipes and a special way of making limoncello-soaked cakes. • From Sicily's Palermo she brings back panelle, the delicious fried chickpea snack; a caponata of stewed summer vegetables; and the elegant Cannoli Napoleon. • In Puglia, at Italy's heel, where durum wheat grows at its best, she makes some of the region's glorious pasta dishes and re-creates a splendid focaccia from Altamura. There's something for everyone in this rich and satisfying book that will open up new horizons even to the most seasoned lover of Italy.

From the James Beard Award-winning star of Netflix's Chef's Table: A whole new approach to American cooking, one that blends the cutting edge culinary ethos of Los Angeles, the timeless flavors of Italy, and the pleasures of grilling with fire. Featuring 100+ recipes from Chi Spacca, her acclaimed Los Angeles restaurant. In her tenth cookbook, Nancy Silverton ("Queen of L.A.'s restaurant scene" --Los Angeles Times), shares the secrets of cooking like an Italian butcher with recipes for meats, fish, and vegetables that capture the spirit of Italy. Drawing on her years living and cooking in Umbria, Italy, and from the menu of her revered steakhouse, Chi Spacca (hailed as a "meat speakeasy" by Food & Wine), Silverton, and Chi Spacca's executive chef Ryan DeNicola, present their take on such mouth-watering dishes as Beef Cheek and Bone Marrow Pie; Coffee-Rubbed Tri-Tip; Fried Whole Branzino with Pickled Peppers and Charred Scallions; and Moroccan Braised Lamb Shanks. And vegetable dishes are given just as much attention, from fire-kissed Whole Roasted Cauliflower with Green Garlic Crème Fraîche; Charred Sugar Snap Peas with Yogurt, Guanciale, and Lemon Zest; Little Gems with Herb Breadcrumbs, Bacon Vinaigrette, and Grated Egg; Roasted Beets with Chicories, Yogurt, and Lemon Zest. Also included are Silverton's own spins on steakhouse classics such as Caesar salad, creamed corn, and mashed potatoes, as well as desserts, including, of course, her beloved butterscotch budino.

Authentic Italian recipes from the celebrated restaurant Bocca di Lupo. Italy is a land of appetite, where life is embraced with passion, and food prepared with generosity and joy. But the

cuisine is hard to define, as each region has its own rich culinary traditions - and so deep is the belief of locals that their food is the best, that often Italy's finest dishes are unknown from one place to the next. Jacob Kenedy, a self-avowed culinary magpie, travelled the length and breadth of the country over the course of a year, gathering up his favourite recipes - many of them obscure, some bizarre, all utterly delicious. Like the menu at Bocca di Lupo, Jacob's award-winning London restaurant, this book is a thrilling, exotic journey through the true flavours of Italy: the hearty risotti of the north, the exquisite shellfish of the Veneto, the earthy sausages of Bologna, the fried street food of Rome, the baroque desserts of Naples and the Arab-influenced sweets of Sicily. The recipes in Bocca are a revelation, a portal to a side of Italy that is gritty, glamorous, seedy and mysterious. Be warned, this is a cookbook with teeth.

Updated with a brand-new selection of desserts and treats, the fully illustrated Sally's Baking Addiction cookbook offers more than 80 scrumptious recipes for indulging your sweet tooth—featuring a chapter of healthier dessert options, including some vegan and gluten-free recipes. It's no secret that Sally McKenney loves to bake. Her popular blog, Sally's Baking Addiction, has become a trusted source for fellow dessert lovers who are also eager to bake from scratch. Sally's famous recipes include award-winning Salted Caramel Dark Chocolate Cookies, No-Bake Peanut Butter Banana Pie, delectable Dark Chocolate Butterscotch Cupcakes, and yummy Marshmallow Swirl S'mores Fudge. Find tried-and-true sweet recipes for all kinds of delicious: Breads & Muffins Breakfasts Brownies & Bars Cakes, Pies & Crisps Candy & Sweet Snacks Cookies Cupcakes Healthier Choices With tons of simple, easy-to-follow recipes, you get all of the sweet with none of the fuss! Hungry for more? Learn to create even more irresistible sweets with Sally's Candy Addiction and Sally's Cookie Addiction.

Each guide focuses on 50 restaurants that are housed in buildings at least 50 years old. In addition to a description of the restaurant's building, decor, and cuisine, each entry includes 2-3 recipes from that establishment.

A companion to a new public television series dedicated to modern Italian-American cooking traces the author's travels throughout the country and her insights into how respective Italian regions have inspired the evolutions of cross-ethnic cuisines. 150,000 first printing. TV tie-in.

With River Cafe Cook Book Easy Rose Gray and Ruth Rogers pioneered a new approach to cooking and eating. Knowing that people lead busy and demanding lives, they made their innovative Italian recipes even more accessible to those who love good food but have little time to prepare it. Recognising that the key to quick cooking is often in the ease of buying the ingredients, the easy recipes highlight the fresh produce you will need to shop for as well as the ingredients that are store cupboard essentials. Rose and Ruth then take you through simplified steps to cook great Italian dishes that are bursting with flavour and style. To complement this new concept, the cookbook has a fresh, dynamic design and superb photographs that will delight both new and established fans. Like River Cafe 'graduates' - most famously Jamie Oliver - you can learn the secrets of cooking fabulous Italian food, but now it's even easier.

This textbook offers a large number of classical and modern recipes to manufacture gourmet Gelato, Sorbet, Sherbet, Ice Cream, Water Ice and Frozen Custard. The mission of this work is to introduce and to direct with a very practical yet professional approach all those who would like to open a frozen dessert business or the frozen dessert professionals who are looking for good ideas to offer their customers. The recipes are completed by useful garnish tips that refer to the comprehensive garnish recipe chapter. Through a very easy-to-read recipe layout, with dosage expressed both in metric and in US Standard System, the operator is taken from the ingredient list to the mixing directions all the way to the manufacturing tips so to make sure he gets all the necessary information to create the most outstanding and authentic frozen dessert concoctions. All recipes have been individually tested to guarantee the result and are formulated according to the most user's friendly technical methods.

85 authentic recipes and 100 stunning photographs that capture the cultural and cooking traditions of the Italian South, from the mountains to the coast. In most cultures, exploring food means exploring history—and the Italian south has plenty of both to offer. The pasta-heavy, tomato-forward “Italian food” the world knows and loves does not actually represent the entire country; rather, these beloved and widespread culinary traditions hail from the regional cuisines of the south. Acclaimed author and food journalist Katie Parla takes you on a tour through these vibrant destinations so you can sink your teeth into the secrets of their rustic, romantic dishes. Parla shares rich recipes, both original and reimagined, along with historical and cultural insights that encapsulate the miles of rugged beaches, sheep-dotted mountains, meditatively quiet towns, and, most important, culinary traditions unique to this precious piece of Italy. With just a bite of the Involtni alla Piazzetta from farm-rich Campania, a taste of Giurgiulena from the sugar-happy kitchens of Calabria, a forkful of 'U Pan' Cuott' from mountainous Basilicata, a morsel of Focaccia from coastal Puglia, or a mouthful of Pizz e Foje from quaint Molise, you'll discover what makes the food of the Italian south unique. Praise for Food of the Italian South “Parla clearly crafted every recipe with reverence and restraint, balancing authenticity with accessibility for the modern home cook.”—Fine Cooking “Parla's knowledge and voice shine in this outstanding meditation on the food of South Italy from the Molise, Campania, Puglia, Basilicata, and Calabria regions. . . . This excellent volume proves that no matter how well-trodden the Italian cookbook path is, an expert with genuine curiosity and a well-developed voice can still find new material.”—Publishers Weekly (starred review) “There's There's Italian food, and then there's there's Italian food. Not just pizza, pasta, and prosciutto, but obscure recipes that have been passed down through generations and are only found in Italy... . . . and in this book.”—Woman's Day (Best Cookbooks Coming Out in 2019) “[With] Food of the Italian South, Parla wanted to branch out from Rome and celebrate the lower half of the country.”—Punch “Acclaimed culinary journalist Katie Parla takes cookbook readers and home cooks on a culinary journey.”—The Parkersburg News and Sentinel

Eat pasta, enjoy wine and lose weight! The Mamma Mia! Diet brings the health benefits of a Mediterranean-style program with Italian flair and flavor. It is authentic, effective, delicious and fun. The Mamma Mia! Diet is more than just a meal plan—it's a complete lifestyle guide. Based on an improved version of the classic Mediterranean diet, the Mamma Mia! Diet provides you with modernized versions of healthy Italian dishes to help you lose weight while still feeling full and satisfied. The more doctors test it, the more they find that eating Mediterranean is the absolute best way to lose weight. Based on the cooking and eating style of Italy, the Mamma Mia! plan features olive oil, fruits and vegetables, nuts, legumes, fish and poultry, whole grains and, yes, wine! With The Mamma Mia! Diet, you'll enjoy: • Better health and improved longevity • Higher energy levels and improved fitness • More variety than any other diet • Fundamental nutrition grounded in tradition and science • Incredible dishes packed with nutrition and authentic Italian flavor • A diet that nourishes you and your family, all in one Food can be more than just delicious. Food is medicine for the body, mind, and soul, and with The Mamma Mia! Diet, you can make the most out of what you eat, all while experiencing an Italian-style atmosphere—and

satisfying an Italian-style appetite! The Mamma Mia! Diet is the modern Italian diet program that lets you enjoy the best of what Italian fare has to offer--absolutely guilt-free! Benefits of The Mamma Mia! Diet include weight loss, diabetes management, cardiovascular health and longevity. The Italian expression "Mamma mia!" denotes surprise such as "Mamma mia! I am eating good food, drinking wine, losing weight and feeling great!" The Mamma Mia! Diet shows that this is possible. • DOCTOR RECOMMENDED. Based on the time-tested Mediterranean diet, combined with a modern twist, The Mamma Mia! Diet gives you everything you need to make lasting lifestyle choices leading to better health, higher energy levels, and increased longevity. • ENJOY WHAT YOU EAT. Each meal is specifically crafted with three guiding principles in mind: achieving maximum nutritious value, maintaining the authentic taste of real Italian cuisine, and providing satisfying, filling portions that will leave you feeling energized all day long. • EASY-TO-FOLLOW. Every meal featured in The Mamma Mia! Diet can be made quickly and easily using commonly found foods, requiring no special skills. Based on the well-tested, tried and true Mediterranean diet, with Italian flavor and foods, The Mamma Mia! Diet is a healthy weight loss diet everyone can enjoy!

La rabbia dell'assassino è un thriller psicologico innestato in un giallo giudiziario. La rabbia dell'assassino è esplosa violenta. La rabbia incontrollata può portare un ragazzo "normale" a commettere omicidio, squartando il cuore di una donna sconosciuta? emozionante, serrata, incalzante, la narrazione tiene alta la suspense, facendo immedesimare il lettore come nel susseguirsi delle scene di un film. Chi legge, infatti, viene proiettato in una vicenda che lo coinvolge sulla scena di un dramma che cattura cuore, anima e sentimenti. Un viaggio nei meandri dell'intimo, in esplorazione della "rabbia", sentimento provato da tutte le razze viventi, nell'eterno conflitto fra bene e male.

The first River Cafe Cook Book was a publishing phenomenon, winning both the Glenfiddich Food Book of the Year and the BCA Illustrated Book of the Year Awards. As well as the innovative, striking design of the book, the appeal also lies in the exquisite simplicity of its food. A sophisticated re-interpretation of the cucina rustica or farmhouse cooking of northern Italy, the food of the River Cafe relies on good quality, fresh, seasonal produce. Ruth and Rose's direct, uncomplicated approach means that many of the dishes are strikingly simple - fish, meat and vegetables are chargrilled, pan-fried and baked - but all of them are vibrant with flavour. This cookbook retains the essential style of the River Cafe while reflecting the new directions Ruth and Rose's cooking took since their first book; meat is less prominent, for example, while vegetables and vegetarian food have become more important; techniques, such as wood-roasting are featured, always with advice on how the results can be achieved in a domestic oven. With over 200 new recipes, River Cafe Cook Book 2 is a must both for the many people who loved the first volume and for those who have yet to discover the delights of the River Cafe's unique style of Italian cooking.

Competizione estrema, festa cittadina, fenomeno globale. La Maratona di New York è molto più di una corsa infinita. È un evento che coinvolge milioni di persone perché, agli oltre 50000 runner che concretamente affrontano la sfida, si aggiungono decine di migliaia di volontari e centinaia di migliaia di sostenitori per le strade della metropoli per eccellenza, e ancora milioni di spettatori in tutto il mondo. "La corsa infinita" vuole raccontare e spiegare a tutti i livelli una delle maratone più famose del mondo, a partire dalla descrizione miglio per miglio della gara, con il supporto delle testimonianze di atleti famosi come Alex Zanardi, Linus, Franca Fiacconi e Orlando Pizzolato, e della strategia di gara di Fulvio Massini. Sull'onda della corsa, completano il racconto una guida a New York, dedicata ai runner ed alle loro esigenze in fatto di shopping e turismo, e la descrizione dettagliata di 36 itinerari di running nella Grande Mela, per rifinirsi prima della grande impresa o semplicemente per godersi la città correndo. ---- "La corsa infinita" racconta la storia e le curiosità della New York City Marathon, spiega come partecipare e come prepararsi per correrla al meglio, senza tralasciare indicazioni e consigli per godersi la vita (e le vacanze) nella Grande Mela. La prima parte, La Gara, illustra la storia e il percorso della competizione più famosa al mondo ed include la strategia di gara del coach Fulvio Massini oltre ai racconti di tanti atleti noti tra i quali Orlando Pizzolato, Franca Fiacconi, George Hirsch, German Silva, Alex Zanardi e Linus. La seconda parte, New York, racconta la città a partire dalle esigenze dei runner che vi si recano per la competizione (ma vale anche per chi ci va in vacanza!): come muoversi, dove mangiare, dove fare shopping, dove trovare i migliori panorami, cosa fare nei giorni che precedono maratona, dove assistere alla competizione per fare il tifo. La terza, ed ultima, parte Run and the City, è dedicata al running a New York, in vista della maratona o anche solo per allenamenti finalizzati ad altre sfide: trentasei i percorsi individuati e spiegati passo dopo passo, con cartine e mappe interattive. -- Lorenzo Maria dell'Uva Nato a Napoli, vive tra Bologna e Brooklyn. Nel 2008 ha scoperto la corsa e la maratona totalmente per caso ma da allora non l'ha mai più mollata. Lavora da sempre nel campo delle tecnologie digitali. Lorenzo è giornalista, runner, fotografo, imprenditore, startupper e viaggiatore (non necessariamente in quest'ordine). Non potendo sognare di vincere una maratona, per un ritardo rispetto ai top runner di "appena" un'ora e trenta minuti circa, spera almeno, di qualificarsi per Boston. Ha corso al momento la TCS NYC Marathon sei volte ed, ovviamente, sogna di entrare a far parte dei "15+ Marathoners".

Pointed, practical, and relevant information on over 200 of the best restaurants in Chicago.

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