



Cucina Povera: Tuscan Peasant Cooking

Pamela Sheldon Johns

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"Brava, Ms. Sheldon Johns, for bringing this cooking to us with such grace, and with a reverence that goes to the heart of the Italian cuisine." --InMamasKitchen.com

"*Cucina Povera* is a delightful culinary trip through Tuscany, revered for its straightforward food and practical people. In this beautifully photographed book you will be treated to authentic recipes, serene landscapes, and a deep reverence for all things Tuscan." --Mary Ann Esposito, the host of PBS' *Ciao Italia* and the author of *Ciao Italia Family Classics*

The no-waste philosophy and use of inexpensive Italian ingredients (in Tuscan peasant cooking) are the basis for this lovely and very yummy collection of recipes. --Diane Worthington, Tribune Media Services

Italian cookbook authority Pamela Sheldon Johns presents more than 60 peasant-inspired dishes from the heart of Tuscany inside *Cucina Povera*. This book is more than a collection of recipes of "good food for hard times." La cucina povera is a philosophy of not wasting anything edible and of using technique to make every bite as tasty as possible. Budget-conscious dishes utilizing local and seasonal fruits and vegetables create everything from savory pasta sauces, crusty breads and slow-roasted meats to flavorful vegetable accompaniments and end-of-meal sweets.

The recipes inside *Cucina Povera* have been collected during the more than 20 years Johns has spent in Tuscany. Dishes such as Ribollita (Bread Soup), Pollo Arrosto al Vin Santo (Chicken with Vin Santo Sauce), and Ciambellone (Tuscan Ring Cake) are adapted from the recipes of Johns' neighbors, friends, and local Italian food producers. Lavish color and black-and-white photographs mingle with Johns' recipes and personal reflections to share an authentic interpretation of rustic Italian cooking inside *Cucina Povera*.

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