



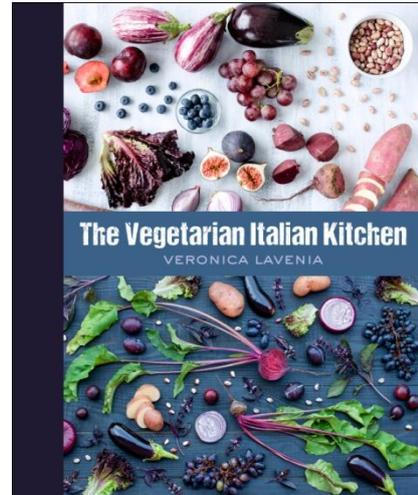
THE VEGETARIAN ITALIAN KITCHEN

by Veronica Lavenia

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Author available to write on healthy Italian cooking

THE VEGETARIAN ITALIAN KITCHEN contains more than 100 delicious and healthy recipes that celebrate all that's best of contemporary Italian cuisine. Simple to make, and readily affordable, the recipes showcase the flavours and goodness of seasonal food, typical of true Italian homemade tradition, and ideal for vegetarians and non-vegetarians alike.



Italian food writer, **Veronica Lavenia**, learnt the importance of healthy eating growing-up in Sicily. Both her parents are food lovers and they instilled in their daughter a passion for cooking and using organic sustainable ingredients, often plucked from the family garden. The recipes of her home region feature strongly in her new book, **THE VEGETARIAN ITALIAN KITCHEN**, and are intermixed with traditional recipes from the North and South of the country, reflecting the different raw materials available in each area.

Selecting the finest produce from each season, Lavenia provides a broad and exciting menu of vegetarian Italian dishes, both savoury and sweet. Recipes include **Torta di Asparagi e Zucchini**, (Asparagus and Zucchini Tart), **Orecchiette con Pesto di Capperi e Rucola** (Pasta with Capers and Rocket Pesto), **Pizza con Gorgonzole e Pistacchio**, (Pizza with Gorgonzola and Pistacchio), **Insalata di Ceci e Orzo con Pomodori e Pesto di Nocciole** (Chick-pea Salad with Tomato and Hazelnut Pesto), and **Tartufi di Formaggio** (Cheese Truffles). Among the sweet dishes are **Torta di Ricotta e Mandorle** (Ricotta and Almond Cake), **Crema di Cioccolato Fondente con Amaretti** (Amaretti Chocolate Cups), **Coppa di Yogurt e Albicocche** (Yoghurt Apricot Cup) and **Tiramisu di Banane** (Banana Tiramisu).

The author also includes a short introduction to some key Italian heritage products such as Balsamic Vinegar from Modena, Sweet Red Onion from Tropea, Modica chocolate from Sicily, and Parmigiano, which Lavenia calls, Italian gold.

With sumptuous colour photography, **THE VEGETARIAN ITALIAN KITCHEN** celebrates the diversity of homespun Italian cooking with recipes for healthy, simple meals for sharing with family and friends, throughout the year.



About the Author: Veronica Lavenia was a university academic before becoming a journalist and food writer. She has written two previous books, **PANINI: THE SIMPLE TASTES OF ITALIAN STYLE BREAD** and **THE RUSTIC ITALIAN BAKERY**, both published by New Holland. She lives in Sicily and is available to write articles and for interview. For further information please contact jane@kewpublicity.co.uk, 07802 433471.