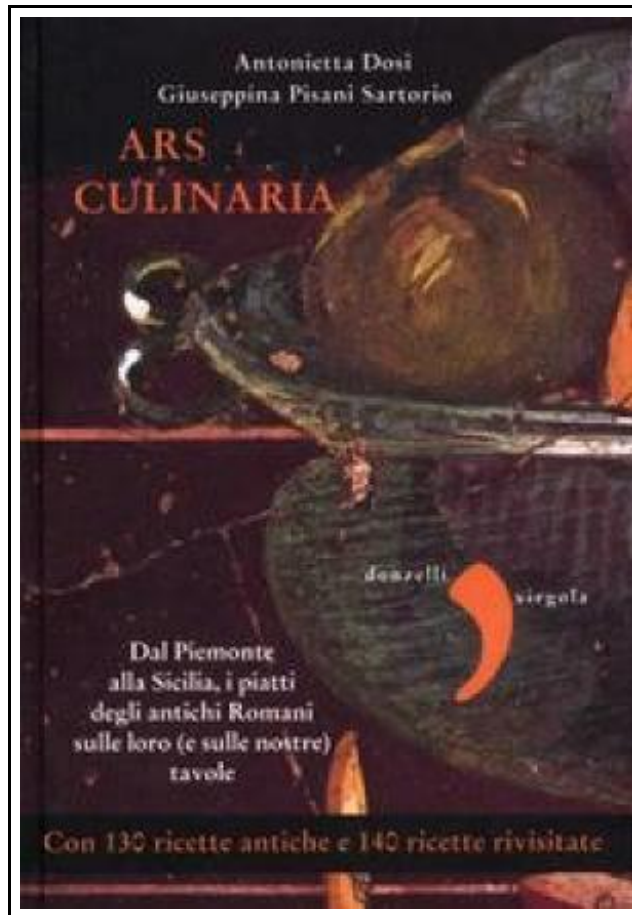


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(Ms. Ora Buckridge)

ARS CULINARIA. DAL PIEMONTE ALLA SICILIA, I PIATTI DEGLI ANTICHI ROMANI SULLE LORO (E SULLE NOSTRE) TAVOLE.



Donzelli Editore, 2012. Book Condition: new. Roma, 2012; ril., pp. XIX-444, ill., cm 14x20. (Virgola. 87). Un viaggio a ritroso nel tempo, tra le mense e le dispense dei nostri antenati, alla ricerca delle origini remote della tradizione culinaria italiana. Un itinerario culturale non meno che gastronomico, per portare alle luce, nelle cucine regionali, i gusti e i sapori che ci provengono dal mondo italico e greco-romano. Si scopre così, tra queste pagine, che è soprattutto nei piatti della cucina povera - quella dei contadini, degli artigiani, dei bottegai - che si rintracciano le radici di una tradizione che si perde nel tempo, e che grazie a massaie inconsapevoli è giunta fino alle nostre tavole, sia pure con le inevitabili varianti dovute al trascorrere dei secoli. Un percorso di lettura e di sapori che passa in rassegna i frutti della terra coltivati dagli antichi e i loro alimenti animali, l'uso del vino, del miele e dei condimenti grassi; come pure i sistemi di cottura, le forme di preparazione e di conservazione dei cibi, gli utensili, le portate. Attingendo alle pagine più vive di Catone, Apicio, Ateneo, Plinio, Columella e ad altri classici, le autrici ci illustrano l'antica arte culinaria e le usanze di un tempo - i leggendari convivii, le rituali libagioni. E attraverso una messe di informazioni, curiosità e aneddoti ci aiutano a guardare nei nostri piatti, per riconoscere le antiche persistenze, accompagnandoci al tempo stesso nella sperimentazione di ricette millenarie, lungo il filo delle tradizioni gastronomiche regionali.

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