



# Tasting Rome: Fresh Flavors and Forgotten Recipes from an Ancient City

*Katie Parla, Kristina Gill*

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**Tasting Rome: Fresh Flavors and Forgotten Recipes from an Ancient City** Katie Parla, Kristina Gill  
A love letter from two Americans to their adopted city, showcasing modern dishes influenced by tradition, as well as the rich culture of their surroundings.

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 *Tasting Rome*, 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.

The recipes here, each selected for the story it tells, acknowledge the foundations of the cuisine and demonstrate how it has transitioned to the variations found today: *cacio e pepe* is not only a peppery condiment for pasta, but also a filling for *suppli*, fried rice balls; *pollo alla romana* is served as a summer platter of peppers stewed with chicken, but also deboned and on hearty sandwiches. Parla and Gill focus, too, on *cucina ebraica* to highlight the role Rome's Jewish communities have had, bringing dishes such as *hrami con couscous*, which incorporates spicy amberjack, and matzoh fritters, *pizzarelle*, with honey and pine nuts; celebrate the authentic *quinto quarto* ("the fifth quarter") offal, and luscious *verdure*, which grow all over; acknowledge the baked pizzas and breads that anchor everyday eating; and explore the ever-changing culture of sweets and cocktails.

With its forgotten recipes, beloved favorites, and street food innovations, the book transports all the flavors of Rome into your kitchen. Narrative features revealing bits of history and gorgeous photography that highlight both the food and its hidden city will immediately inspire you to start *Tasting Rome*.

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