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Southern Italian Desserts: Rediscovering the Sweet Traditions of Calabria, Campania, Basilicata, Puglia, and Sicily

Rosetta Costantino, Jennie Schacht

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An authentic guide to the festive, mouthwatering sweets of Southern Italy, including regional specialties that are virtually unknown in this country as well as variations on more popular desserts such as cannoli, biscotti, and gelato.

In *Southern Italian Desserts*, author of the acclaimed *My Calabria*, Rosetta Costantino, collects seventy-five favorite recipes from the regions of Calabria, Campania, Basilicata, Puglia, and Sicily. These picturesque areas have a rich history of beautiful desserts, many of them tied to holidays and festivals. For example, *Zeppole di San Giuseppe* are doughnut-like pastries topped with cream and cherries, traditionally made in Campania for the celebration of Father's Day. And the Sicilian chilled watermelon pudding *Gelo di Mellone* is a refreshing dish served in summer for the festival of Palermo's patron saint, Rosalia. Other desserts such as persimmon gelato, chocolate-dipped figs stuffed with almonds and candied orange peel, and chocolate-hazelnut cake rolls celebrate Southern Italy's local bounty and traditional foods. With recipes for more familiar Italian desserts such as cannoli and gelato, as well as deliciously obscure sweets such as rich cassatas, almond-flecked cookies, and flaky cream-filled sfogliatelle pastries, *Southern Italian Desserts* features a treat for every occasion.

In addition to explaining the regional history, symbolism, and lore behind the desserts, Costantino teaches you how to stock your dessert pantry and provides all of the foundational recipes you need to embark on a sweet tour of the Italian south from your kitchen. This delightful confection of a cookbook will expand your dessert repertoire and leave you dreaming of Italy. *Buon appetito!*

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