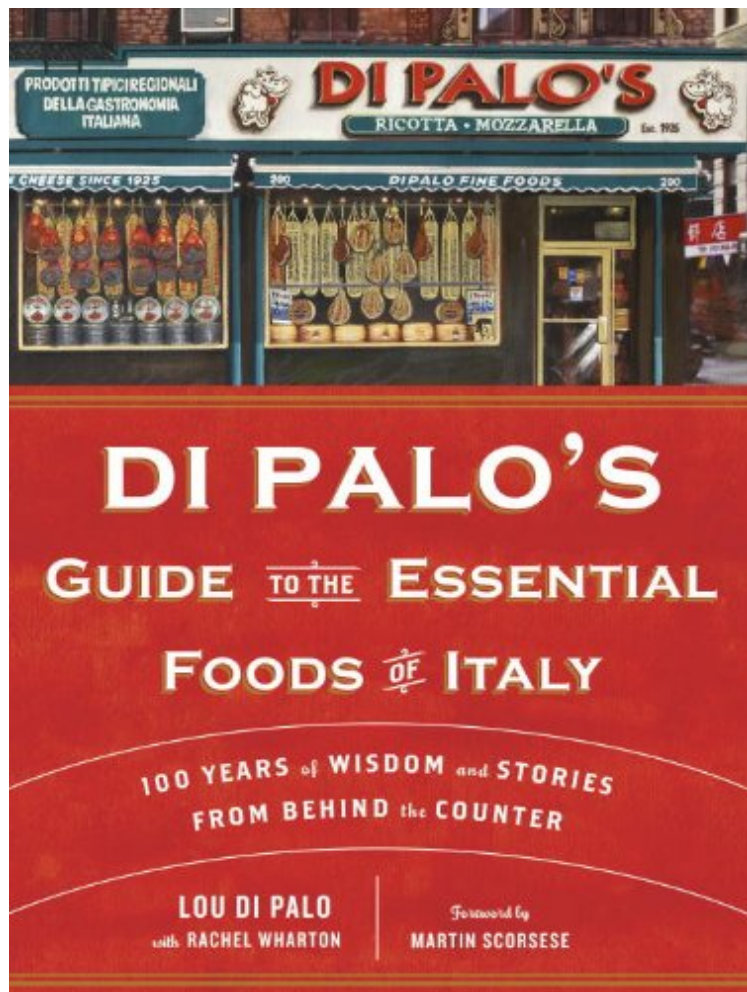


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Di Palo's Guide to the Essential Foods of Italy: 100 Years of Wisdom and Stories from Behind the Counter

Lou Di Palo, Rachel Wharton

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Lou Di Palo, Rachel Wharton : Di Palo's Guide to the Essential Foods of Italy: 100 Years of Wisdom and Stories from Behind the Counter before purchasing it in order to gage whether or not it would be worth my time, and all praised Di Palo's Guide to the Essential Foods of Italy: 100 Years of Wisdom and Stories from Behind the Counter:

4 of 4 people found the following review helpful. Incredible History of Italian food and life/Incredible FamilyBy hulagirlfriendThis book is so heart-felt throughout. You even want to be part of Lou's family. Seriously. The information is so well researched that you feel you have taken an advanced course in Italian life and Italian food. It is not a once-read book, it is a book you go back and read again and again, as you don't want to miss a part of anything

this man has written. I recently brought my book to Di Palo's in hopes of meeting Lou and having him sign my book. The three siblings - Lou, Sal Marie - were all working diligently behind the counter as a team. Lou and Sal were so anxious to please the customers, to share various kinds of cheeses, to answer any questions about products. These are genuinely nice people. I just wish I had brought a larger cooler to take home more products than I purchased, especially the most wonderful ricotta and fresh mozzarella I have ever tasted. My time was limited, or else I would have stayed in that store to observe and absorb so much of the culture this family unit was exhibiting, the kind you only read about in books anymore, as they rarely exist in real life. It was like stepping back in time to the turn of the 20th Century. If you can't get to New York City to go to Di Palo's, read this book. Trust me - you will either drive to NYC, take a bus or plane to experience in person what this book is all about. Can't wait to go back. 6 of 7 people found the following review helpful. A monument to the Little Italy of bygone days when Mott St meant an Italian Feast 24/7! By wblobsta Lou and his brother and sisters were my first friends when I was a child in the 1950's. Back then Louie and I were more interested in throwing "dirt bombs" onto 70th Street in Bensonhurst and looking for nickels so that we could go to the candy store to play "The Flying Purple People Eater" on the juke box. Good times when little boys were able to explore their territory. My mother's family was comprised of fish monger immigrants from Sicily and similar to Lou's family being milk and cheese peddlers in southern Italy, there was an immediate connection between our families. Lou has put together a book that is much more than a cookbook. It is a historical monument to the generation of immigrants who came to America and did what they knew best.....and better than any commercial mass manufacturing enterprise could ever duplicate or even create to compare with the real thing. He teaches what real quality is and where he finds it for all to share. Rare to our generation of transient children and grandchildren of immigrants, Lou and family are a gift to the people of New York.....a treasure of what once was but is rare to find today. A family who loves what they do and enjoy passing their knowledge to their faithful customers.....always willing to give samples describe why their delicacies taste the way they do and AND.....you don't have to be Italian.....but it helps! Which reminds me....what ever happened to Levy's Real Jewish Rye? 1 of 1 people found the following review helpful. A GREAT BOOK FOR YOURSELF OR AS A GIFT. By Michael Anthony Great stories that are going to make you feel good. You can read this book start to finish or open up to any chapter and read it. Lou Di Palo is a great story teller and makes everything interesting. If you are a "foodie" you will love it. If you're over 50 you will definitely relate to it (you need not be Italian or from Little Italy). If you're under 50 you will love it as you understand what your older folks meant when they talk about the good old days and you will also learn what will make today's time the good old days in the future.

The ultimate guide to the finest foods of Italy from the oldest, most celebrated Italian market in New York City In the heart of New York City's Little Italy sits Di Palos, a family-owned food shop that has been the treasure of the neighborhood for more than a century. The four generations of Di Palos who have run this Italian specialty market have made it their mission to bring customers the finest old-world selections from Italy handcrafted mozzarella, buttery prosciutto, estate olive oils, traditional artisanal pastas from throughout the country. Now, in one colorful volume, Lou Di Palo, great-grandson of the founder and steward of the family legacy, shares the vibrant history of this storied establishment and a lifetime of wisdom about the cuisine beloved around the world. Di Palos Guide to the Essential Foods of Italy takes you on a gourmet excursion through Italy's twenty distinct regions, from Sicily to Umbria to Alto Adige. Each chapter highlights a specific food and its rich history, along with practical tips for selecting, storing, and serving it at home. Many include signature family recipes that have been handed down through the generations, including Grandma Mary's Sicilian Caponata and Concetta Di Palos Meatballs, or recipes gathered from trips to Italy over the years, such as Trapani-Style Salted Sea Bass and Polenta con Formaggio Crucolo Fuso. Readers will discover, among many other things, the secret to a balsamic vinegar worthy of sharing only with one's closest friends, the proper way to prepare the perfect espresso, and the importance of looking for the Denominazione d'Origine Protetta or the Protected Designation of Origin seal which certifies that your food is a traditional, regional product. Complete with dozens of mouthwatering photographs, engaging anecdotes, and candid stories, and featuring a foreword by Academy Award-winning director Martin Scorsese, this immersive volume is part family narrative, part culinary odyssey, and part cookbook. Di Palos Guide to the Essential Foods of Italy is your ticket to the best Italian food without having to wait in line! Praise for Di Palos Guide to the Essential Foods of Italy Of all the stores in all the world, Di Palos is probably my favorite. Ruth Reichl Lou Di Palo is single-handedly preserving the history of Little Italy in New York City. Shopping at Di Palos is an authentic, personal experience. When you walk into the shop, you feel like you're in the center of the universe. I've been waiting for Lou to write this book for years. He's a good friend and an American treasure. Tyler Florence Di Palos has been one of the Seven Wonders of New York since 1925. This book is a beautiful story of their commitment to keeping Italian traditions, and shows the passion they've had for the artisanal best for almost one hundred years. Chef Daniel Boulud Lou Di Palo's depth and breadth of knowledge of Italian foods extends from the Alpine hills to the Sicilian coastline and he manages to bring it all home to us in this wonderful book. Chef Michael Lomonaco I love this book because it explains to an American how to elevate and enjoy great Italian ingredients. The pride that comes from Lou and his family translates to the store and, now, to the pages of

this book. I found myself hungry after reading it. You will too. Chef Alex Guarnaschelli

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