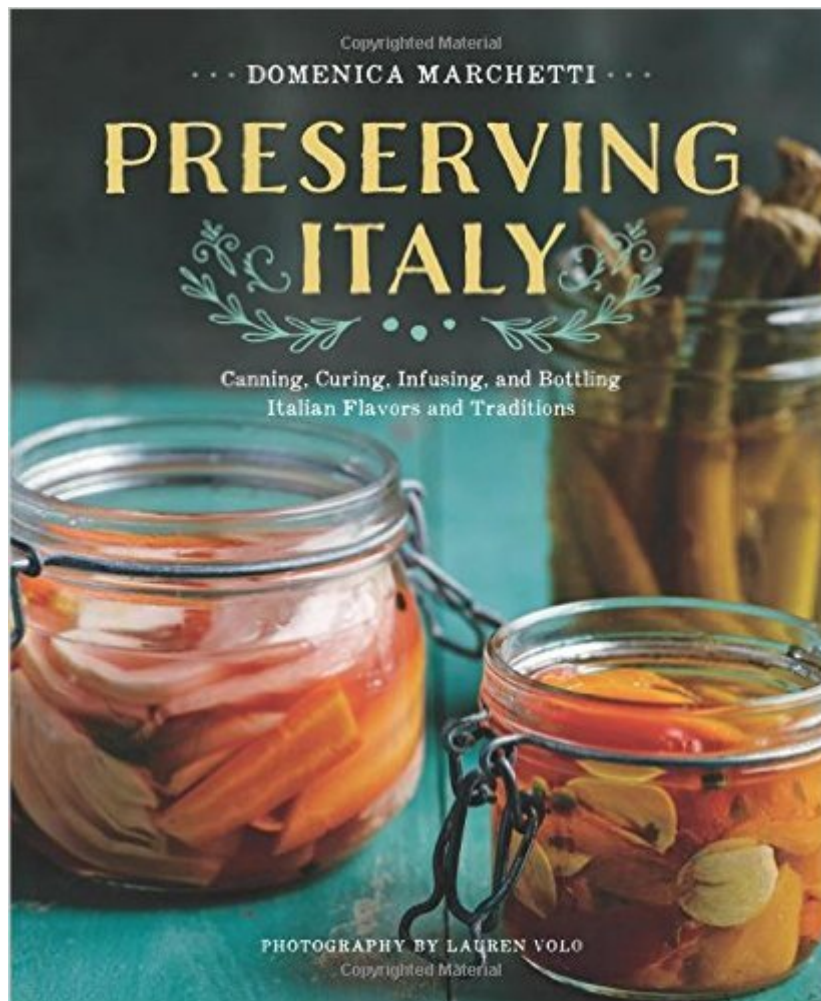


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Preserving Italy: Canning, Curing, Infusing, And Bottling Italian Flavors And Traditions



Synopsis

Capture the flavors of Italy with more than 150 recipes for preserves, pickles, sauces, liqueurs, infusions, and other preserves. The notion of preserving shouldn't be limited to American jams and jellies, and in this book, author Domenica Marchetti turns our gaze to the ever-alluring flavors and ingredients of Italy. There, abundant produce and other Mediterranean ingredients lend themselves particularly well to canning, bottling, and other preserving methods. Think of marinated artichokes in olive oil, classic giardiniera, or, of course, the late-summer tradition of putting up tomato sauce. But in this book we get so much more, from Marchetti's in-person travels across the regions of Italy as well as the recipes handed down through her family: sweet and sour peppers, Marsala-spiked apricot jam, lemon-infused olive oil, and her grandmother's amarene, sour cherries preserved in alcohol. Beyond canning and pickling, the book also includes recipes for making cheese, curing meats, infusing liqueurs, and even a few confections, plus recipes for finished dishes so you can savor each treasured jar all year long.

Book Information

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[View larger](#) Savory Mint Sauce from Preserving Italy Makes 1-1/3 cups This is one of the simplest sauces to make, and one of the most versatile. In Sicily it is known as zogghiu and is believed to be Maltese in origin. It is used to dress grilled fish, meat, and vegetables. It is also delicious spooned onto grilled bread and topped with fresh summer tomatoes. In this version, I've added some chopped walnuts to the basic sauce for a little extra body. See the variations that follow for more ways to switch up this spunky, garlicky sauce. **Directions** 1. Place

the mint and parsley leaves, garlic, and salt in the bowl of a food processor fitted with the metal blade. Pulse briefly to chop the leaves. Add the nuts and pulse again until everything is coarsely chopped. With the motor running, add the vinegar, 1 tablespoon at a time. Turn off the motor and scrape down the sides of the bowl if necessary. Then, with the motor running, drizzle in the oil. You should end up with a sauce that is somewhat thinner than classic basil pesto, but thick and spoonable nonetheless. 2. Scrape the sauce into a jar or container and top off with a thin layer of olive oil. Store in the refrigerator for up to 1 week, or in the freezer for up to 6 months. If you like, divide the sauce between two or three containers before storing. Variations Add 3 or 4 anchovy fillets and 1 tablespoon capers. Substitute almonds for the walnuts. Add a handful of finely chopped olives and a generous pinch of dried peperoncini flakes or minced fresh peperoncini.

Ingredients 2 lightly packed cups (28 g) fresh mint leaves 2 lightly packed cups (28 g) fresh flat-leaf parsley leaves 2 large cloves garlic, coarsely chopped 1 teaspoon fine sea salt 1/4 cup (28 g) coarsely chopped walnuts 3 tablespoons white wine vinegar 3/4 cup (165 g) extra-virgin olive oil, plus more to cover

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