



# Sicilian Food and Wine: The Cognoscente's Guide

*Jacqueline Alio, Francesca Lombardo*

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Sicily's culinary landscape is as eclectic as the island's complex history. Written by Sicilians in Sicily, this book introduces Sicilian cuisine, explaining what it is and where to find it. Presenting descriptions, background, a glossary and a dozen classic (and simple) recipes, it is a reliable reference for anybody captivated by Sicily's food, wine and timeless culture. This is a book to consult.

The chapters on festivals, wines and olive oils transcend the superficial treatments of those topics by most cookbook authors and chefs. Rarely does a book about Sicilian food present much information about wine, or vice versa. There are several useful maps indicating such details as wine and olive oil appellations. Here the authors have included a few things overlooked by most of the others.

Unlike many such books, this one is not personality driven. It does not promote specific chefs, wineries or restaurants, nor does it focus on the authors' psyches. Such sober objectivity is refreshing in a field where blatant commercialism is the order of the day, and where every food writer wants to reveal the intimate details of her culinary catharsis.

Whether your visit to Sicily is physical or virtual, this is a reliable place to chart your course.

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