



*A Journey
Through
Northern Italy*

Paolo D Armani



LOMBARDY

TRENTINO ALTO ADIGE

VENETO

VENICE

TRIESTE

MILAN

VERONA

TURIN

GENOA

PIEDMONT

PARMA

BOLOGNA

RIANINI

FLORENCE

AREZZO

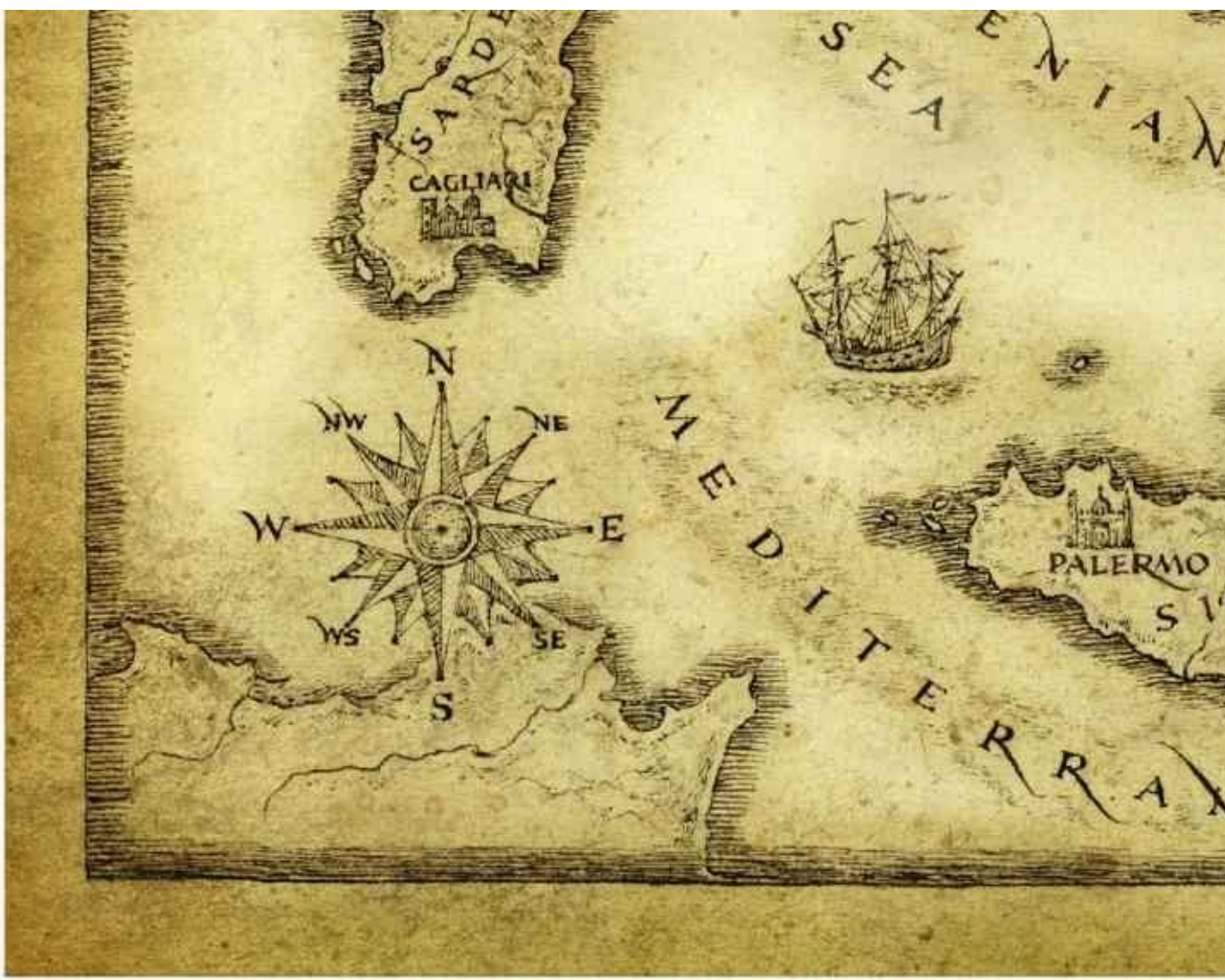
ASSISI

ROME

ABRUZZO

TYRRHENIAN

GENOVA



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Northern

Paolo.D.Ar

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A Journey

Northern

Prete

Italy is my homeland, the land where I spent all that shapes my food habits, cooking and my ideology upbrininging.. My grandmother was quite possible much.

When I was small my mother moved away from Italy up, apart from school holidays where I would spend

I hated school and am quite happy to say that! I did the rest of the time I was bored beyond belief. I was home economics class, much to the amusement of everyone normal procedures and still not! By the following economics!

I decided to join the military when I was 15 and had amazing years living my life and doing some of the most lives in those days and still look back with fondness. In progression for me to go into cooking, I went to work and got my feet in the door and the rest is history. I came from the bottom and worked hard and climbed the ladder because as quickly as you rise up the ladder of success you can back down again.

I live in Ireland now, in the midst of woods and ro
two children George and Emma and of course no
position now, teaching my skills and expertise to
gives me great enjoyment to see the love of food an
cheap food will never go away.

Paolo

Dedicatu

To my ever patient partner Maeve, who is still waiting. Thank you for your patience, with me working long hours and always smelling of onions or some other highly pungent vegetable. Guessing it wasn't always a pleasure. And to my wonderful children who fill my days with love and happiness, I hope in your hearts you have love for Italy in your hearts and feel the contentment of being there. This is not just a mere cookbook but rather

"The Ital

in the heart of e

wherever he i

whatever his educati

there is one small corner

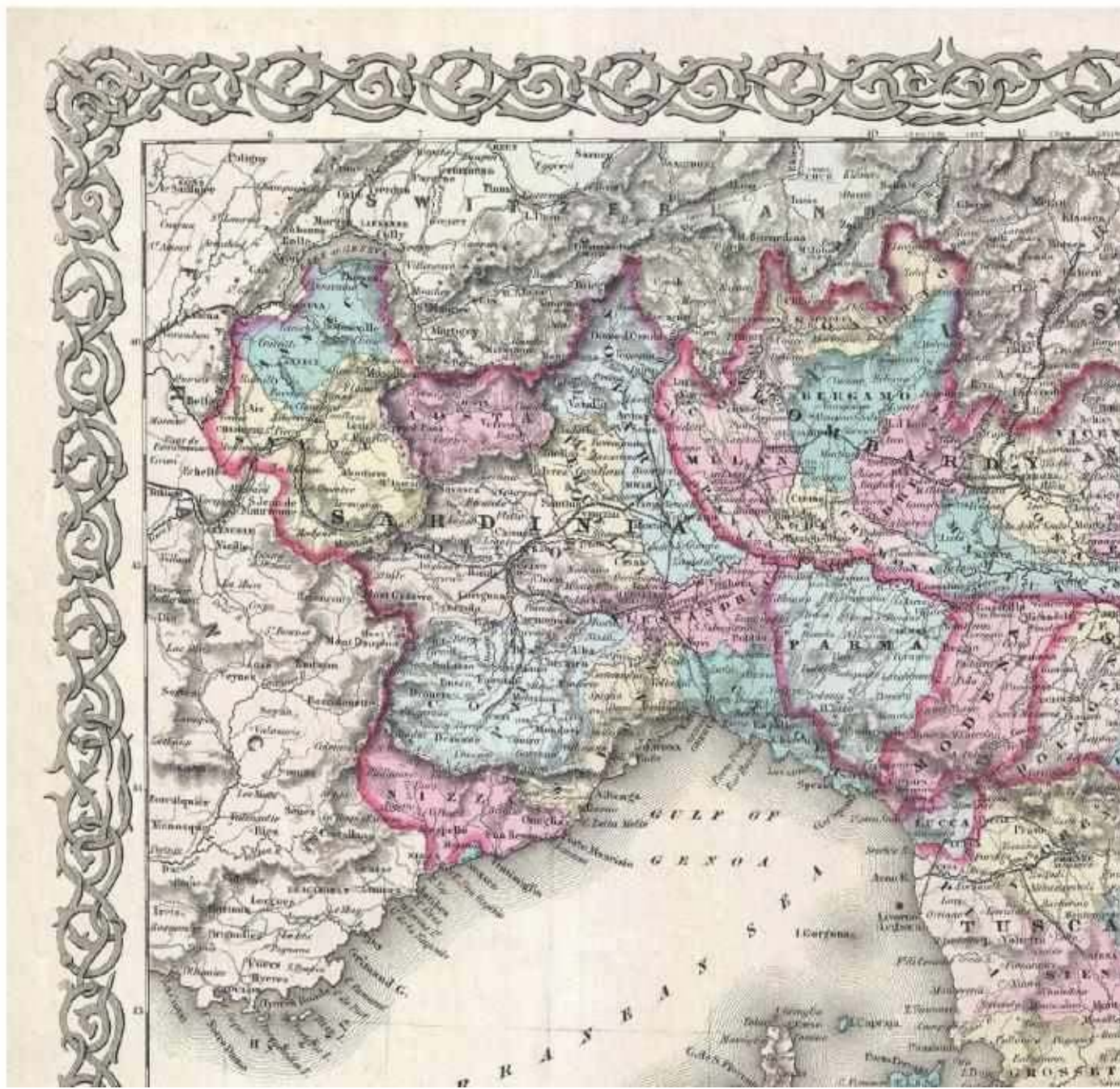
that part which finds reg

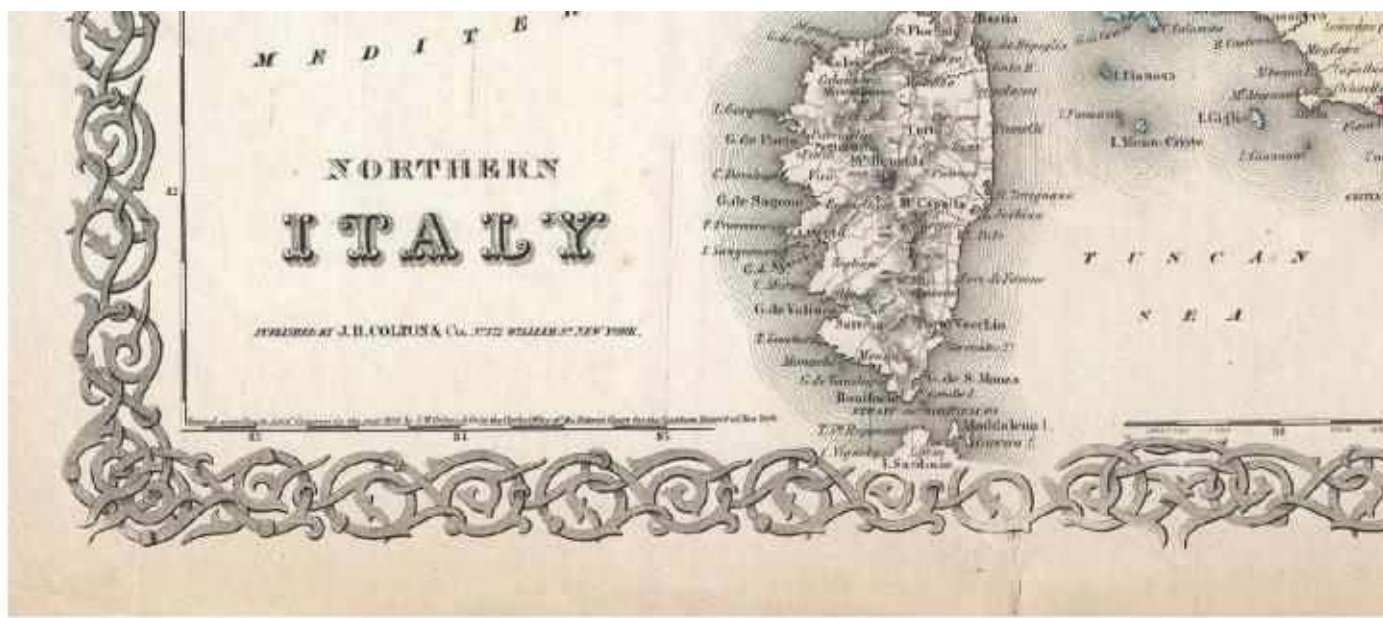
the dangers of war

strict morality

that part which loves frivolous
admires larger-than-life-
and dreams of an imp
from the strictures of a

Luigi Barzini, "T





1855 Colton's Map of North

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Introduzi

Introduction

Food is a gift from God, but cooks are surely the v with his customary sharp wit. He could well hav wine. It is certainly true that Italy with its varied coasts and mountains, rivers, woods, countryside and harsh climate boasts a wealth of invaluable natural tre

But it is equally true that what gives life to a culinary tr food and wine, is the work, passion and imagination extraordinary variety of flavours, tastes and aromas, it make the best of nature's gifts and to transform them b This is as it should be, for the art of gastronomy is min relies on a shifting between different systems, and c produce an endless list of products which might seem un elements of Italian cuisine. All over Italy, from the A products of a thousand years of tradition, and specialt taste the country's cooking would in fact be an excellent extraordinary adventure, the discovery of the many flavo in the great restaurants of the cities of art or major cit trattorias, to be found in every village and along every

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