



# Fagioli: The Bean Cuisine of Italy

*Judith Barrett*

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## **Fagioli: The Bean Cuisine of Italy** Judith Barrett

From thick, rich minestrone with beans and vegetables, to delectable chickpea fritters, here are 124 easy-to-prepare, delicious, authentic favorites-in the only cookbook devoted solely to the glories of Italian bean cookery

Satisfying, nutritious, wonderfully adaptable, and one of the least expensive forms of protein, beans are an integral part of the cuisines of cultures all over the globe. This is especially true in Italy today, where you can find hundreds of bean recipes from nearly every region and where, for most families, eating beans is as fundamental as eating pasta. In Fagioli, the co-author of the best-selling cookbook Risotto celebrates the bean cuisine of Italy in all its splendid variety and versatility.

Here you will find:

- Bean Basics-everything you need to know to cook and enjoy beans, including a guide to the most common beans in Italy and their American counterparts
- Ingredient Guide-information on the special Italian or hard-to-find ingredients, what they are, and how you can purchase them through mail-order and online resources
- 124 authentic dishes-both traditional and new-providing flavorful and creative ways to prepare beans: in antipasti and salads; in soups; with grains including polenta, barley, and faro; with pasta; and in hearty entrees prepared with meats, including sausages, game, beef, lamb, and pork.

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