

# Sweet Sicily

The Story of an Island  
and Her Pastries



Victoria Granof

# Sweet Sicily The Story Of An Island And Her Pastries

**Rose Army**



## **Sweet Sicily The Story Of An Island And Her Pastries:**

Sweet Sicily Victoria Granof, 2001-08-21 There s nothing subtle about Sicily From the towering cake known as the Triumph of Gluttony to the pert cherry topped pastries called Virgin s Breasts to puckery palate tingling ices made from the island s luscious lemons and tangerines Sicily is known for its audacious and delicious desserts Pastry chef and food stylist Victoria Granof has traveled throughout Sicily learning sweet secrets and local lore from the island s pastry chefs and home bakers and the result is *Sweet Sicily* a lushly photographed exploration of authentic Sicilian pastry making For more than two thousand years Sicily has been coveted for its fertile land and unique location in the Mediterranean The Greeks Romans Normans Austrians French Bourbons and Saracens have all landed on its shores and in turn left their imprints on its food Granof s magical tour takes us to Modica where Franco and Pierpaolo Ruta of the Antica Dolceria Bonajuto create chocolate pastries using a five hundred year old recipe that originated with the island s Bourbon conquerors and to the Baroque town of Noto where master pastry chef Corrado uses jasmine blossoms planted by Saracens more than a thousand years ago to flavor his jasmine gelato Granof goes on a quest to find the most authentic ingredients and recipes including delectable homemade ricotta made from the milk of sheep that graze on fragrant herbs and pistachios that grow in the shadow of Mount Etna the island s still active volcano In Sicily every holiday and festival has its proper sweet accompaniment marzipan lambs at Easter honeyed pastry fritters at Christmas crunchy clove scented cookies called bones of the dead for All Soul s Day Granof explores these customs and festivals gathering heirloom recipes along with local anecdotes and advice In addition to sweets that are already familiar to Americans such as cannoli cassata and lemon ice she introduces us to dozens of delectable pastries confections and cookies that are destined to become favorites as well With a guide to festivals and pastry shops throughout the island and nearly one hundred recipes formulated for use in American kitchens *Sweet Sicily* is an unforgettable exploration of the desserts of the world s most beguiling island

**The Oxford Companion to Sugar and Sweets**, 2015-04-01 A sweet tooth is a powerful thing Babies everywhere seem to smile when tasting sweetness for the first time a trait inherited perhaps from our ancestors who foraged for sweet foods that were generally safer to eat than their bitter counterparts But the science of sweet is only the beginning of a fascinating story because it is not basic human need or simple biological impulse that prompts us to decorate elaborate wedding cakes scoop ice cream into a cone or drop sugar cubes into coffee These are matters of culture and aesthetics of history and society and we might ask many other questions Why do sweets feature so prominently in children s literature When was sugar called a spice And how did chocolate evolve from an ancient drink to a modern candy bar *The Oxford Companion to Sugar and Sweets* explores these questions and more through the collective knowledge of 265 expert contributors from food historians to chemists restaurateurs to cookbook writers neuroscientists to pastry chefs The Companion takes readers around the globe and throughout time affording glimpses deep into the brain as well as stratospheric flights into the world of sugar crafted fantasies More than just a

compendium of pastries candies ices preserves and confections this reference work reveals how the human proclivity for sweet has brought richness to our language our art and of course our gastronomy In nearly 600 entries beginning with la mode and ending with the Italian trifle known as zuppa inglese the Companion traces sugar s journey from a rare luxury to a ubiquitous commodity In between readers will learn about numerous sweeteners as well known as agave nectar and as obscure as castoreum or beaver extract the evolution of the dessert course the production of chocolate and the neurological psychological and cultural responses to sweetness The Companion also delves into the darker side of sugar from its ties to colonialism and slavery to its addictive qualities Celebrating sugar while acknowledging its complex history The Oxford Companion to Sugar and Sweets is the definitive guide to one of humankind s greatest sources of pleasure Like kids in a candy shop fans of sugar and aren t we all will enjoy perusing the wondrous variety to be found in this volume **Stella Mia** Rosanna Chiofalo,2014-05-16 Spanning from the islands of Sicily to the neighborhoods of New York a tale of mothers daughters love sacrifice and choices resounding through generations Julia Parlatone doesn t have much to remember her Italian mother by A grapevine that Sarina planted still flourishes in the backyard of Julia s childhood home in Astoria Queens And there s a song Stella Mia she recalls her mother singing my star my star you are the most beautiful star until the day she left three year old Julia behind and returned to Italy for good Now a happily married schoolteacher Julia tries not to dwell on a past she can t change or on a mother who chose to leave But in an old trunk in the family basement she discovers items that belonged to her mother a songbook Tarot cards a Sicilian folk costume and a diary Sarina writes unflinchingly of her harsh childhood and of a first passionate love affair of blissful months spent living in the enchanting coastal resort town of Taormina and the unspoiled Aeolian Islands north of Sicily and the reasons she came to New York By the diary s end Julia knows she must track down her mother in Italy and piece together the rest of the complex bittersweet truth a journey that for better or worse will change her own life forever Praise for the writing of Rosanna Chiofalo Carissima What a glorious novel this is It s a celebration of life love and unlikely friendship through the eyes of two very different women Yet their similarities bind them together and will endear them to readers long after the last page is turned Bravissima for Carissima Susan Wiggs 1 New York Times bestselling author Fantastico I couldn t put it down Lisa Ja **Southern Italian Desserts** Rosetta Costantino,Jennie Schacht,2013-10-08 An authentic guide to the festive mouthwatering sweets of Southern Italy including regional specialties that are virtually unknown in the US as well as variations on more popular desserts such as cannoli biscotti and gelato As a follow up to her acclaimed My Calabria Rosetta Costantino collects 75 favorite desserts from her Southern Italian homeland including the regions of Basilicata Calabria Campania Puglia and Sicily These areas have a history of rich traditions and tasty beautiful desserts many of them tied to holidays and festivals For example in the Cosenza region of Calabria Christmas means plates piled with grispelle warm fritters drizzled with local honey and pitta mpigliata pastries filled with walnuts raisins and cinnamon For the feast of Carnevale Southern Italians celebrate with bugie liars sweet fried

dough dusted in powdered sugar meant to tattle on those who sneak off with them by leaving a wispy trail of sugar With fail proof recipes and information on the desserts cultural origins and context Costantino illuminates the previously unexplored confectionary traditions of this enchanting region Food Culture in Italy Fabio Parasecoli,2004-10-30 There is keen interest in the exquisite yet simple Italian cuisine and Italian culture This volume provides an intimate look at how Italians cook eat and think about food today It describes the cornucopia of foodstuffs and classic ingredients An overview of the typical daily routine of meals and snacks gives a good feel for the everyday life The changing roles of women are explored with a discussion of the inroads that convenience foods are making In addition the current concerns about the food supply the benefits of the Mediterranean diet and the slow food movement are tied in to the debates on these issues in the United States Food is one of the main reasons why many Americans travel to Italy Yet the fascination with Italian cuisine is not all about health or taste There is much more to it Italian food is perceived and portrayed in the media as representing a whole lifestyle Italians live la dolce vita leisurely eating and drinking with friends and families families are still important and communities are close knit The reality of Italian society is more complex and this volume offers a balanced view of Italian culture and identity through its foodways Rosalia's Bittersweet Pastry Shop Rosanna Chiofalo,2016-06-01 A unique pastry shop operated out of a convent in Italy changes lives past and present in this touching novel by the author of The Sunflower Girl Food writer Claudia Lombardo has sampled exquisite dishes by the world's greatest chefs But when she hears about the remarkable desserts that are created in a pastry shop operated out of a convent in the sleepy Italian hillside town of Santa Lucia del Mela she wants to write a book featuring the sweets and the story behind their creator Sorella Agata But the convent's most famous dessert a cassata cake is what really intrigues Claudia Everyone who samples the cake agrees it is like none other they've tasted Yet no one can figure out what makes the cassata so incredibly delicious Though Sorella Agata insists there is no secret ingredient Claudia is determined to learn the truth behind the mysterious cake As she samples each delectable treat marzipan fruit rich cream puffs and decadent cakes Sorella Agata relates the pastry shop's history and tells of the young woman Rosalia who inspired her Kidnapped and separated from her family Rosalia is subjected to a terrible ordeal until the nuns find her As she heals she learns the art of pastry making and soon she even finds love with Antonio an apprentice in the pastry shop But her heart still aches for the family she lost And Rosalia knows she will not be whole again until she is reunited with them As Claudia unravels the secret of the cassata cake she discovers a deeper fascinating story one that affirms food can do more than nourish the body it can stir memories heal the deepest heartaches and even act as a bridge to those we love no matter how far apart Praise for the writing of Rosanna Chiofalo Stella Mia Food Cultures across Time Anca-Luminița Iancu,Alexandra Mitrea,2021-08-23 This volume explores the intricacies and complexities of food and maps food cultures and food routes in fiction by analysing consumption related matters in the literary and cultural endeavours of authors from countries as diverse as Ireland Romania the UK and the USA The topics addressed in this vibrant

inter disciplinary collection of essays open up questions for further studies and explorations on the interconnections between food fiction and culture

**Savoring Gotham** ,2015-11-11 When it comes to food there has never been another city quite like New York The Big Apple a telling nickname is the city of 50 000 eateries of fish wriggling in Chinatown baskets huge pastrami sandwiches on rye fizzy egg creams and frosted black and whites It is home to possibly the densest concentration of ethnic and regional food establishments in the world from German and Jewish delis to Greek diners Brazilian steakhouses Puerto Rican and Dominican bodegas halal food carts Irish pubs Little Italy and two Koreatowns Flushing and Manhattan This is the city where if you choose to have Thai for dinner you might also choose exactly which region of Thailand you wish to dine in Savoring Gotham weaves the full tapestry of the city s rich gastronomy in nearly 570 accessible informative A to Z entries Written by nearly 180 of the most notable food experts most of them New Yorkers Savoring Gotham addresses the food people places and institutions that have made New York cuisine so wildly diverse and immensely appealing Reach only a little ways back into the city s ever changing culinary kaleidoscope and discover automats the precursor to fast food restaurants where diners in a hurry dropped nickels into slots to unlock their premade meal of choice Or travel to the nineteenth century when oysters cost a few cents and were pulled by the bucketful from the Hudson River Back then the city was one of the major centers of sugar refining and of brewing too 48 breweries once existed in Brooklyn alone accounting for roughly 10% of all the beer brewed in the United States Travel further back still and learn of the Native Americans who arrived in the area 5 000 years before New York was New York and who planted the maize squash and beans that European and other settlers to the New World embraced centuries later Savoring Gotham covers New York s culinary history but also some of the most recognizable restaurants eateries and culinary personalities today And it delves into more esoteric culinary realities such as urban farming beekeeping the Three Martini Lunch and the Power Lunch and novels movies and paintings that memorably depict Gotham s foodscapes From hot dog stands to haute cuisine each borough is represented A foreword by Brooklyn Brewery Brewmaster Garrett Oliver and an extensive bibliography round out this sweeping new collection

**Sicily: Between Volcanoes and Temples** Pablo Balibrea,2025-09-17 Step into the heart of the Mediterranean where the waves whisper to the shore and discover Sicily Between Volcanoes and Temples This travel guide goes beyond its pages it is an odyssey that transcends time and space immersing you in Sicily s best kept secrets From the majesty of the titanic Mount Etna to the ancient cities that recount the legends of millennia old civilizations every corner is a fragment of an epic tale Within these pages the wings of imagination unfold transporting you to a world where history comes alive and experiences are the sighs of a land that captivates with its charms This guide created by and for travelers weaves stories that have left an indelible mark on the island From geographical insights interlaced with historical brushstrokes to a vibrant cultural life rooted in age old traditions Sicily pulses with passion Practical advice demystifies travel planning guiding you from choosing accommodation to selecting the ideal transport using tools like Google MyMaps to make every moment count

Venture through its diverse regions uncovering stories and pointing out iconic must see places From the main cities to nearby treasures each page will enrich your journey Upon returning home you ll find suggestions to keep Sicily s essence alive exploring the island from your sofa through literature film TV series and music closing the circle of an experience that lingers in both memory and heart

**The Publishers Weekly** ,2001     Library Journal ,2001     *Sicilia: Entre Volcanes y Templos* Pablo Balibrea Albaladejo,2024-02-15

Ad ntrate en el coraz n del Mediterr neo donde las olas entrelazan susurros con la orilla y descubre Sicilia Entre Volcanes y Templos Esta gu a de viaje va m s all de las p ginas es una odisea que trasciende el tiempo y el espacio sumergi ndote en los secretos mejor guardados de Sicilia Desde la majestuosidad del tit nico Monte Etna hasta las ciudades antiguas que cuentan las leyendas de civilizaciones milenarias cada rinc n es un fragmento de un relato pico En estas p ginas las alas de la imaginaci n se despliegan para transportarte a un mundo donde la historia cobra vida y las experiencias son suspiros de una tierra que seduce con sus encantos Esta gu a creada por y para viajeros teje historias que han dejado una huella imborrable en la isla Desde datos geogr ficos que se entrelazan con pinceladas hist ricas hasta la vibrante vida cultural arraigada en tradiciones milenarias Sicilia late con pasi n Consejos pr cticos desmitifican la planificaci n del viaje gui ndote desde la elecci n del alojamiento hasta la selecci n del transporte ideal utilizando herramientas como Google MyMaps para optimizar cada momento Avent rate por las diferentes regiones desentra ando historias y se alando lugares ic nicos e imprescindibles Desde las ciudades principales hasta los tesoros cercanos cada p gina enriquecer tu traves a Al regresar a casa propuestas para mantener viva la esencia de Sicilia te invitan a explorar la isla desde el sof a trav s de literatura cine series y m sica cerrando as el c rculo de una experiencia que perdura en la memoria y en el coraz n

American Book Publishing Record ,2002     Forthcoming Books Rose Arny,2001-06     **The Man Who Ate Everything** Jeffrey Steingarten,2011-06-08

Funny outrageous passionate and unrelenting Vogue s food writer Jeffrey Steingarten will stop at nothing as he makes clear in these forty delectable pieces Whether he is in search of a foolproof formula for sourdough bread made from wild yeast of course or the most sublime French fries the secret cooking them in horse fat or the perfect piecrust Fannie Farmer that is Marion Cunningham comes to the rescue he will go to any length to find the answer At the drop of an apron he hops a plane to Japan to taste Wagyu the hand massaged beef or to Palermo to scale Mount Etna to uncover the origins of ice cream The love of choucroute takes him to Alsace the scent of truffles to the Piedmont the sizzle of ribs on the grill to Memphis to judge a barbecue contest and both the unassuming and the haute cuisines of Paris demand his frequent assessment Inevitably these pleasurable pursuits take their toll So we endure with him a week at a fat farm and commiserate over low fat products and dreary diet cookbooks to bring down the scales But salvation is at hand when the French Paradox how can they eat so richly and live so long is unearthed and a miraculous new fat substitute Olestra is unveiled allowing a plump gourmand to have his fill of fat without getting fatter Here is the man who ate everything and lived to tell about it And we his readers are hereby invited to the feast in this delightful book     *Sweet Sicily*

Alessandra Dammone, 2014-09 Sweet intense and colorful is how Sicilian pastries will appear to the fortunate eyes seeing them for the first time Those who have time to get to know them well however will also find it sensual dramatic and irreverent Making pastries in Sicily is never a purely gastronomic issue it may be a declaration of love social ostentation of personal wealth or even a way of mocking a defeated enemy It is a gesture that involves countless intentions coded and described in stories rooted in the mists of time This anthology collects some of those stories and the most delicious Sicilian sweets illustrated by poignant images and accompanied by some personal tips The scents of childhood and cherished memories are bound together by one certainty In Sicily a sweet is never something that is just good to eat It is a magical microcosm an ancient tale a legend that demands to be told

**Sicilian Summer** Brian Johnston, 2005 I came to Sicily an idle bystander and found myself bewitched by its neglected grandeur sad beauty and passionate intensity in the background I hear once more the cool fizz of lemons on a hot day the demented click of cicadas and the spluttering of battered Fiats in narrow streets the sounds of Sicily This is a story of family honour religion tragedy sex bitter history and sweet pastries Travel writer Brian Johnston accepted an invitation to attend the confirmation of a friend's god daughter in Sicily naively expecting little more than the chance to immerse himself in some genuine southern Italian hospitality while exploring the vibrant tastes smells flavours and rituals of Sicilian food But Sicily has a way of getting under your skin and as well as being seduced by the island's earthy and mysterious charms he found himself unexpectedly swept up in flamboyant family dramas and dangerous village politics eccentric personalities and age old feuds A delicious and wholly irresistible tale of passion power politics and pasta This is the story of a summer in Sicily

Decanter, 2002

**The city trip guide for Trapani (Italy)**, 2025-09-26

**The Women in God's Kitchen** Cristina Mazzoni, 2005-10-14 A native of Italy and a splendid cook herself Mazzoni savors the food writings and images of a broad spectrum of Catholic saints and holy women including Catherine of Genoa Angela of Foligno Gemma Galgani and the first person in the United States to be canonized Elisabeth Ann Seton Continuum Books



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