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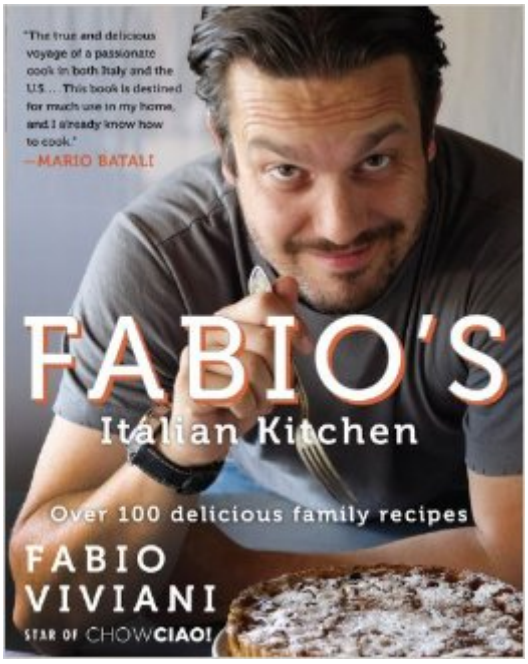
Fabio's Italian Kitchen



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Synopsis

When Fabio Viviani was growing up in a housing project in Florence, Italy, the center of his world was the kitchen, where his mother, grandmother, and especially his great-grandmother instilled in him a love for cooking and good food. Now he shares the best of Italian home cooking while telling the story of his hardscrabble childhood, his success as a chef in the United States, and the women in his family who inspired him. In more than 150 delicious recipes, Viviani takes us from his family home, where his great-grandmother taught him to make staples like Italian Apple Cake and Homemade Ricotta, to the kitchen of a local trattoria, where he honed his craft cooking restaurant favorites like Gnocchi and the Perfect Tiramisu, and then across Italy where he studied each region's finest recipes, from Piedmont's Braised Ossobuco to Emilia Romagna's Perfect Meat Sauce. A gorgeously illustrated cookbook, Fabio's Italian Kitchen is a celebration of food and family that brings all the joy, fun, and flair that Fabio Viviani embodies to your kitchen. Fabio Viviani was born in Florence, Italy, and became a sous chef at Il Pallaio, a trattoria in Firenze, at the age of sixteen. He now works as the owner and executive chef of Cafe Firenze, a renowned Italian restaurant in Ventura County, California, and Osteria Firenze, a Los Angeles Italian eatery. He has appeared on Top Chef (season five), Top Chef All Stars, and Life After Top Chef. From growing up in a Florentine housing project to charming millions on Top Chef, Italian chef Fabio Viviani blends his amazing personal story with his favorite recipes from his home country. Fabio shares the best of Italian home cooking while telling the story of his own, hardscrabble Italian childhood (and subsequent success upon arrival in US) and especially the women in his life mother and great grandmother who taught him to cook and inspired him. The book will feature photos and over 150 recipes with stories, including Viviani staples (Italian Apple Cake, 7 Flavors Meat), restaurant favorites (Gnocchi, the Perfect Tiramisu), and recipes from his travels and apprenticeships across different regions of Italy (Braised Ossobuco from Piedmont, the Perfect Meat Sauce from Emilia Romagna).

Book Information

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Customer Reviews

I have followed Fabio Viviani's cooking career as a chef for many years, inspired by his delightful stories of tradition, and bringing friends and family together. This cookbook is entertaining, and much more than just a book of recipes. His childhood and the story of where it all began is interesting and moving as he reveals family secrets for generations. I grew up on Italian food, and learned to cook it from my dad, and my grandfather. Many of my relatives were from Italy, and I used their recipes, learning Italian cooking while growing up in NY. The author's recipes are incredible, filled with sweet flavor, with an aroma you can smell miles away. The author highlights the importance of 3 special ingredients that should always be on hand: fresh garlic, sage, and rosemary for flavor that makes a huge difference when you are ready to simmer home-made pasta sauce. The Home-made Ricotta is out of this world, and just as tasty as my grandfather's recipe. It simply melts in your mouth, with delicious flavor. There are over 100 recipes to choose from, and I couldn't wait to dive in, knowing I will not be disappointed in the least. I enjoy cooking a variety of Meat Sauces, and the recipes for Fabio Viviani's are well-worth the time and effort. There are recipes for a variety of dinners, lunch, desserts, and more. The colorful photos are inviting as well as the recipes. Each week, my daughter and I will try another recipe together as we have fun preparing and serving. An update: I cannot believe the inspiration one gets from his heartwarming stories. The more I use this book, the more enjoyable and entertaining it becomes. It has now become my favorite for Italian cooking. Recently, I made the FOUR-CHEESE AND SAUSAGE PENNE. The dish is divine, and tastes like you just ate in Italy. DROWNED CLAMS was a sensation in itself. The FRIED RICE BALLS are the best I've ever tasted, and I will be making this dish again. The Appetizers are incredible, and next we are going to try a few new desserts. An Update: Over the weekend, we made the RICOTTA CHOCOLATE CHIP FRITTERS. The recipe will make 15 FRITTERS, and we ate them all very quickly with our tea, incredible delicious taste. The LEMON SORBET is our next selection for desserts. I cannot believe that the author also teaches you how to make your own BREAD CRUMBS, which I will try. I also have my eyes on the STUFFED

ZUCCHINI, which is added onto our selected to-do list. Then I'm going to experiment with the Fundamentals & Breads section. I love this cookbook, and will be purchasing more copies for birthday and holiday gifts. A Recent Update: I made the STUFFED ZUCCHINI 3 times, and it's a sensation in itself. Also: I made the ITALIAN FLATBREAD, which is delicious. After making several recipes, we are very happy that I chose this treasure of a cookbook. It is now a keepsake indeed! Inspiring, entertaining, mouth-watering recipes, and a celebration of tradition. Highly recommended!Special Note: I have purchased Kindle format for me & Paperback format for my daughter.

I have more than 100 cookbooks in my bookcase. Never have I ever sat and read one like a novel! I was laughing so hard I was crying! How a little rascal kid can turn out so well! There is hope for all of us moms with crazy boys!The recipes are wonderful. I made so many from his show and now I have them all in one place so no more screen shots of recipes!I am going to cook my way through it...page by page. I can't wait!!

I have been a fan of Fabio since Top Chef (New York) and was excited to see he had come out with a cookbook. Tonight I tried Fabio's Tomato Sauce with Oil and Garlic and Fabio's Mom's Meatballs. The recipes were easy and they tasted great! As previous reviewers have stated, I have found certain recipes that Fabio had previously posted online on his personal site or the Chow Ciao website, but the majority of the recipes are new to me. Of the 100+ recipes, one can find a meal for everyday or special occasions - it is up to the individual and their time constraints. My next goal is to try my hand at raviolis. I am grateful he included multiple photos showing step by step how to fold each particular ravioli. Most recipes are accompanied by a photo of the finished product, however not all recipes have a photo. The majority of ingredients are easy to find in your local grocery store. Each recipe includes the Italian name which I think is great since I plan to cook some of these dishes for guests and plan to say the name in Italian for an extra flair - how can you not be impressed when a hostess busts out with "and tonight we will dine on Risotto ai Gamberi," as opposed to Risotto with Shrimp and Pancetta...yes, everything sounds better in Italian.I did find some downsides to this cookbook - nothing to stop me from using it but to note to others. The book is paperback (which is noted in the product description) but it is kinda of a pain to use when cooking if you don't have a cookbook holder. For future efforts, I hope Fabio goes with a hardbound option. I found a couple of recipes that had either a typo or a lack of clarification. For someone that cooks frequently it is something that they can figure out, but for someone that is new to cooking it may

cause some problems. For example -the Potato-Ricotta Gnocchi recipe, there is a typo specifically regarding the nutmeg measurement. It lists 1 1/2 a whole nutmeg, grated...since I cook frequently I realize this most likely means 1 1/2 tsp of grated whole nutmeg. A second example would be for a recipe that uses salted anchovies, one recipe lists to rinse well and remove bones (Green Sauce with Six Herbs and Hard Boiled Eggs) but in another it doesn't specify rinsing well and remove bones (Veal with Tuna Sauce). Last example is where additional information would be useful is for the Aromatic Flavored Salt. It uses fresh herbs and states to store in the fridge but doesn't specify how long it will be good for.I enjoyed reading Fabio's stories and felt I got a better understanding of what Fabio was like growing up, the importance of family in his life and his passion for cooking and food. There are some beautiful photos of Fabio and his family included in the book. I look forward to trying many more of Fabio's recipes and will definitely recommend to family and friends to buy this book...if I don't give it to them as a gift first :)

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