Soffritto: Tradition and Innovation in Tuscan Cooking

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Take an insider's look at majestic Tuscany by stepping into the kitchen of Florence's most acclaimed female chef, Benedetta Vitali. Named after the aromatic preparation that forms the backbone of a wide variety of Italian foods, SOFFRITTO is much more than a recipe book. Infused with Benedetta's spirited voice, SOFFRITTO offers an intimate look at both Old World and contemporary Tuscany. See the stunning images of daily life, smell the mouthwatering aromas wafting through Florence's kitchen windows, hear the bantering of locals in the marketplace, and taste true Tuscan cuisine at its best. After following Benedetta around Florence, repair to her kitchen, the center of family activity, for cooking grounded in fresh local ingredients and time-honored techniques. Beginning with basic dishes, she proceeds to teach the techniques of preparing regional classics and discloses the secrets of her world-famous restaurant, Zibibbo. Highlighted dishes include Soup of Puréed Yellow Peppers, Spinach Soufflé, and fresh Fig Torte. Benedetta preaches a reconnection with food and cooking as a way to simplify and enjoy life. Let her guide you through Tuscany's culinary world and rediscover tradition and magic in the kitchen.• The first English-language cookbook from the chef often described as the Alice Waters of Tuscan cuisine.• Includes over 50 lavish color photographs from National Geographic photographer Cary Wolinsky, and archival photos of Florence and Benedetta's family.

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