



La Romanesca (Italian Edition)

Francesco Duscio

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La cucina romanesca nasce dall'incontro tra la tradizione importata dagli ebrei trapiantati nella Città eterna a seguito di vari esodi e quella contadina proveniente dalle vie consolari, lungo le quali giungevano, dall'Agro romano, verdura, formaggi, vino e animali. Una cucina popolare da sempre intimamente legata ai prodotti della terra, esaltata da sapori chiaramente identificabili e, seppure spesso realizzata con materie prime "povere", mai banale. Nascono così dai residui della lavorazione del mattatoio di Testaccio - il quinto quarto - capolavori come la Coda alla Vaccinara. Così come Gricia e Matriciana (diversamente da Amatrice, a Roma la chiamano così) sono diretta conseguenza della cucina dei pastori. Per capire come sia nata veramente la cucina romanesca è necessario approfondire intimamente le tradizioni culturali di Roma, fondersi con esse, percorrendo le tracce della memoria, orale e scritta, delle nonne romane, di osti e di artisti, oltre, naturalmente, di classici autori come Ada Boni, Livio Jannattoni, Luigi Carnacina, ecc. Per questo motivo il libro La Romanesca non è stato pensato come un semplice libro di ricette. Alla ricerca delle origini della cucina popolare, l'autore ha voluto affiancare alla parte gastronomica una serie di aneddoti e curiosità, con sconfinamenti nella leggenda, nel folclore, nella storia, nella letteratura, nel dialetto e negli usi e costumi popolari.

Il libro "La Romanesca" è in fondo un elogio della "cucina bassa", il contrario di quella cucina arrogante dominata da un mercato che propone cibi industrializzati senza sapore, odore, né tanto meno stagione.

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