A FREE COOKING COMPANION FROM MAIDBENCH

The Beautiful Italian Kitchen

Find your appetite for making.



Simple skills. Six inviting recipes.
A little more beauty at the everyday table.

ITALIAN-INSPIRED / FIRST EDITION

A NOTE BEFORE YOU BEGIN

Come closer to the stove.

There is a kind of hunger that arrives before the food.

It is the wish to make something lovely with your hands. To hear garlic settle into warm oil, watch a tomato soften, and bring a bowl to the table that makes someone pause. This book begins there: with the pleasure of paying attention.

Imagine an open window, a worn wooden table, a bowl of lemons. Let that picture invite you into your own kitchen. You do not need a farmhouse, imported cookware, or a life with fewer responsibilities. A cleared counter and one unhurried dish are enough to begin.

Italy has many regional cooking traditions, not a single timeless menu. The recipes here are original, approachable adaptations inspired by Italian ingredients and methods. They are not claims of regional authenticity, family inheritance, or hands-on recipe testing. Timing varies with your ingredients and equipment; use the visual and texture cues alongside the clock.

We will practice a small set of skills repeatedly: preparing before heating, controlling a gentle flame, tasting thoughtfully, finishing a sauce, and serving with care. Repetition gives you something inspiration alone cannot: the confidence to make dinner when the mood has not yet arrived.

Read the first few lessons, choose one recipe, and make it twice. On the second attempt, change just one thing. That is how a recipe becomes part of your life.

> The invitation: make an ordinary meal with a little more attention than usual.

01 / MAKE ROOM FOR DESIRE

Begin with a small ritual.

Enjoyment grows more easily when the first step feels possible.

Choose a cooking window that fits the day you actually have. Twenty minutes on a Tuesday can be more useful than an ambitious Sunday project you keep postponing. Set out the pan, the ingredients, and a bowl for scraps before you turn on the stove.

Give yourself one sensory detail to notice. The sweet smell of onion as its sharpness softens. The darker edges of a roasted carrot. The sound of a sauce changing from a watery simmer to a thicker, slower bubble. Naming what you notice turns waiting into learning.

Choose a reason to cook beyond getting everything right. Perhaps you want a quiet task after work, a meal your child can help assemble, or a table where a friend feels welcome. The reason can be simple. It only needs to be yours.

Reduce the friction around the meal. Read the recipe to the end. Check the size of the pan. Put the colander in the sink and a heatproof mug beside the pasta pot for reserved water. These small preparations protect your attention when the cooking becomes active.

If you are tired, take a smaller version of the idea: toast with warm beans, a bowl of pasta with a quick tomato sauce, or fruit roasted while you wash the dishes. Beauty is still available in a meal with three components. A modest meal finished calmly teaches more than an elaborate meal abandoned halfway through.

> Tonight's practice: clear one work area, choose one dish, and put your phone aside for the first ten minutes.

02 / THE WORKING PANTRY

A few ingredients, used well.

Build a pantry around meals you repeat, rather than meals you imagine.

Start with olive oil, dried pasta, canned tomatoes, canned white beans, rice suited to risotto, salt, and black pepper. Add garlic, onions, lemons, and the vegetables you already enjoy. A small wedge of hard cheese and a bunch of herbs can finish several meals without turning the refrigerator into a collection of unfinished plans.

Choose ingredients for the job. Canned tomatoes make sense when fresh tomatoes are disappointing. Canned beans make a weeknight meal possible. Dried pasta is a useful ingredient in its own right. A beautiful kitchen does not require everything to be homemade.

Buy herbs with a plan for using them. Basil can finish pasta and tomato toast; parsley can brighten beans and roasted vegetables. Wash produce under running water and dry it well before chopping or dressing. Keep raw ingredients and ready-to-eat food separate when other meals involve raw meat or seafood.

Begin with tools you have: a stable cutting board, a sharp chef's knife, a saucepan, a roomy skillet, a baking sheet, a spoon, a colander, and a heatproof measuring jug. A digital scale is helpful for repeating quantities; it is not a ticket of admission.

The recipes use US tablespoons and teaspoons, with grams for ingredients where weight is especially useful. One tablespoon is 15 mL; one teaspoon is 5 mL. A US cup is about 240 mL. Salt crystal sizes vary, so start conservatively and adjust a cooled taste. Parmesan-style cheese may contain animal rennet; choose a labeled vegetarian alternative if that matters to you.

> Before shopping: check the cupboard, choose two recipes, and buy only what connects them.

03 / LEARN THE HEAT

Gentle is a useful setting.

The pan tells you what the burner label cannot.

A burner set to medium on one stove may behave differently on another. Look for the result: an onion should soften with a quiet sizzle, rather than darken at the edges before its center becomes tender. Lower the heat when the pan is getting ahead of you.

For a simple aromatic base, cut an onion into small, similar pieces. Warm a little oil, add the onion and a small pinch of salt, and stir occasionally. Over several minutes, the pieces become softer and more translucent. Browning can be delicious, but it creates a different flavor from a gently softened onion.

Garlic needs attention because small pieces can color quickly. Add it after the onion has softened, or warm a lightly crushed clove gently in oil and remove it when you want a quieter garlic note. If garlic burns and tastes bitter, start the oil and garlic again instead of trying to hide it under more ingredients.

Roasting asks for a different kind of heat. Dry vegetables, cut similar sizes, and leave space on the sheet so steam can escape. If the pan is crowded, use two sheets. Turn pieces when the underside is coloring, and let the actual tenderness decide when they are done.

Keep a stable board and a safe grip; curl the fingertips of your guiding hand away from the blade. Do not rush to imitate a chef's speed. A deliberate, repeatable cut is the useful skill. Keep pan handles turned away from the counter edge and use dry oven mitts for hot cookware.

Practice: soften one sliced onion gently. Taste a cooled piece before and after cooking, and describe the change.

04 / TASTE WITH PURPOSE

Ask a better question than 'good?'

A delicious dish usually needs a specific adjustment, not more of everything.

Taste with a clean spoon and let hot food cool enough to judge it. First ask whether the ingredients are cooked: is the rice tender, is the carrot soft enough, has the raw edge of the onion settled? Seasoning cannot replace the right texture.

Next ask what feels missing. Salt can help flavors become clearer. A small squeeze of lemon can brighten a rich dish. Olive oil can soften an angular finish and carry the aroma of herbs. These are different changes, so make them one at a time.

For a practical comparison, divide a spoonful of cooked beans among three small dishes. Leave one alone, give the second a few drops of lemon, and give the third a few drops of olive oil. Taste side by side. You are learning the direction of an adjustment rather than memorizing a rule.

If a sauce tastes too concentrated or salty, more salt is clearly not the answer. Add an appropriate unsalted component or a little water, then reassess texture and quantity. Acid does not remove salt. If a tomato sauce tastes sharply acidic, let it simmer gently, check that it is adequately seasoned, and consider whether its tomatoes need a richer accompaniment. Sugar is a choice, not a compulsory correction.

Finish with restraint. Torn basil, chopped parsley, a little lemon zest, or a fine grating of cheese can give the dish a clear final note. Choose the finish that helps the main ingredient remain recognizable. Write down what you changed so the next attempt starts with knowledge.

> Your tasting sequence: texture first, then salt, then brightness, then richness. Change one thing and taste again.

05 / PASTA CONFIDENCE

Finish the pasta in its sauce.

The last minute deserves as much attention as the first.

Put a pot of water on to boil and prepare the sauce before the pasta is close to done. Salt the water to suit your dish and needs; remember that cheese, canned ingredients, and reserved pasta water can all add salt later. Stir the pasta after adding it so the pieces separate.

Use the package time as a starting point, then taste a piece near the end. Look for pasta cooked through with a pleasant firmness. Al dente should not mean a hard, chalky center. Before draining, reserve a mug of the cooking water where you can reach it safely.

Move the pasta into the sauce while it still has a little cooking left. Add a small splash of reserved water, then toss or stir over gentle heat. The sauce should cling to the pasta rather than collect as a separate pool underneath. Add water in small increments; you can always add more.

Do not rinse pasta you are about to serve hot in sauce. Its surface starch helps the finish. If you overshoot the water, keep tossing briefly so some evaporates; do not keep cooking tender pasta indefinitely. A wider pan gives you more room to combine everything evenly.

Remove the pan from the heat before a delicate finishing addition such as finely grated cheese. Stir, inspect the consistency, and serve promptly. This lesson is a practice method, not a rule for every regional dish. Try it first with the tomato pasta in this book and record the amount of finishing water you actually needed.

> A modest improvement: have the sauce, serving bowls, and reserved-water mug ready before you drain.

RECIPE 01 / NOTICE RIPENESS

Tomato & basil toast

A bright beginning for four people, or a light lunch for two.

Serves 4 as a starter | Prep 15 min | Cook 5-8 min

INGREDIENTS

400 g ripe tomatoes, cut into small pieces

4 substantial slices rustic bread

2 tbsp extra virgin olive oil, divided

1 small garlic clove, peeled

8 basil leaves, torn

Fine salt and black pepper, to taste

Optional: 1 tsp red-wine vinegar, if needed

01 Put the chopped tomatoes in a bowl with 1 tablespoon oil and a small pinch of salt. Let stand for 10 minutes while you prepare the bread. Stir in most of the basil and taste. Add a little vinegar only if the tomatoes need brightness.

02 Heat a dry skillet over medium heat. Brush the bread lightly with the remaining tablespoon oil and toast for 2-4 minutes per side, checking often, until crisp at the edges. Work in batches if necessary.

03 Rub one side of each warm slice lightly with the peeled garlic clove. Use a light touch first; raw garlic can become assertive quickly.

04 Spoon tomatoes onto the toast, leaving excess liquid in the bowl so the bread stays crisp. Finish with the remaining basil and pepper. Serve immediately.

LEARN THE CUE: The contrast matters: juicy tomatoes and crisp bread. Taste the topping before it reaches the toast. If the tomatoes are watery, spoon them out with a slotted spoon rather than adding more bread to absorb the liquid.

MAKE IT YOURS: Add a spoonful of drained white beans for a heartier lunch, or replace some tomatoes with finely chopped ripe peach. These are creative variations, not traditional claims. Contains wheat unless suitable gluten-free bread is used.

RECIPE 02 / FINISH A SAUCE

Everyday tomato-basil pasta

Make the sauce you can return to when you want dinner to feel generous.

Serves 4 | Prep 10 min | Cook 25-30 min

INGREDIENTS

400 g dried spaghetti or short pasta

800 g canned crushed tomatoes

2 tbsp olive oil

2 garlic cloves, lightly crushed

10 basil leaves, torn

Fine salt and black pepper, to taste

Optional: finely grated hard cheese, to serve

01 Warm the oil and garlic in a wide skillet over medium-low heat for 1-2 minutes, until fragrant without browning. Carefully add the tomatoes, which may splatter. Add a small pinch of salt and simmer gently, partly covered, for 20-25 minutes. Stir occasionally.

02 Meanwhile, bring a large pot of water to a boil. Add salt and the pasta, then cook according to the package, tasting near the end. Reserve at least 1 cup (240 mL) cooking water before draining.

03 Remove the garlic if desired. Add the nearly cooked pasta to the sauce with 2 tablespoons reserved water. Toss over low heat for 1-2 minutes until the pasta is cooked through and coated. Add more water a tablespoon at a time if it looks tight.

04 Take off the heat, stir in the basil, and taste for salt and pepper. Divide among bowls; offer cheese separately. Serve while the sauce is loose and glossy.

LEARN THE CUE: Drag a spoon through the sauce before adding pasta. It should leave a brief trail that closes slowly, rather than a watery wake. Thick tomatoes may need a little water during simmering.

MAKE IT YOURS: Try a pinch of chili flakes in the warm oil or stir in drained beans near the end. Change one addition at a time. Contains wheat; optional cheese contains milk. Use suitable alternatives if required.

RECIPE 03 / BUILD DEPTH

Warm white beans with lemon

A pantry supper with a soft center and a fresh finish.

Serves 4 as a side, 2 as a main | Prep 10 min | Cook 20 min

INGREDIENTS

2 cans white beans, about 400 g each, drained and rinsed

2 tbsp olive oil

1 small onion, finely chopped

2 garlic cloves, finely chopped

1 small rosemary sprig

180 mL (3/4 cup) unsalted vegetable stock or water

1 lemon, zest and juice to taste

2 tbsp chopped parsley; salt and pepper

01 Warm the oil in a saucepan over medium-low heat. Add the onion with a small pinch of salt. Cook for 7-9 minutes, stirring, until soft and translucent. Lower the heat if it browns quickly.

02 Add the garlic and rosemary. Stir for about 30 seconds, then add the beans and stock. Bring to a gentle simmer and cook for 8-10 minutes, stirring occasionally.

03 Mash a few spoonfuls of beans against the side of the pan, then stir them back in to thicken the liquid. Add a splash of water if needed. Remove the rosemary stem.

04 Take off the heat. Add half the lemon zest, 1 teaspoon lemon juice, and the parsley. Taste, then add more lemon, salt, or pepper in small increments. Serve warm with toast or roasted vegetables.

LEARN THE CUE: The beans should be surrounded by a soft, spoonable sauce. A spoon dragged across the bottom should not reveal a dry pan. Crushing only a portion gives creaminess while preserving texture.

MAKE IT YOURS: Fold in a handful of chopped spinach for the last 2-3 minutes, until wilted. For a fuller meal, serve over cooked grains. Check stock ingredients and accompaniments for allergens. Do not store a homemade garlic-and-oil mixture at room temperature.

RECIPE 04 / MAKE COLOR

Roasted vegetables, parsley finish

Let the oven make browned edges while you prepare a fresh green finish.

Serves 4 | Prep 15 min | Cook 30-40 min

INGREDIENTS

500 g carrots, scrubbed, cut into 1 cm-thick sticks

1 red onion, cut into 8 wedges

1 bell pepper, cut into wide strips

2 tbsp olive oil; salt and pepper

FOR THE FINISH: 3 tbsp chopped parsley

1 tsp finely grated lemon zest

1 tbsp lemon juice; 1 tbsp olive oil

01 Heat the oven to 425 F (220 C). Dry the prepared vegetables well. Toss with 2 tablespoons oil, a small pinch of salt, and pepper on a large rimmed baking sheet.

02 Spread into one layer with space between pieces. Use two sheets if necessary. Roast for 30-40 minutes, turning after about 20 minutes, until the carrots are tender and several edges are browned. Check smaller pieces earlier and remove them if done.

03 Stir together the parsley, lemon zest, lemon juice, and tablespoon oil in a small bowl. Taste and add a small pinch of salt if needed.

04 Transfer the vegetables to a serving plate. Spoon on the parsley finish just before serving. Leave a few browned edges uncovered so the dish looks as varied as it tastes.

LEARN THE CUE: A crowded sheet traps steam. If the vegetables look wet and pale, give them more room instead of turning the heat up indefinitely. Check doneness with the tip of a knife through a carrot.

MAKE IT YOURS: Substitute similar-sized fennel wedges or cauliflower florets, checking their tenderness independently. Dense root vegetables may need a longer head start. A little lemon zest adds aroma without adding much liquid; remove only the colored outer peel.

RECIPE 05 / LEARN TEXTURE

Lemon & pea risotto

A quiet lesson in adding, stirring, tasting, and stopping at the right moment.

Serves 4 | Prep 10 min | Cook 30-35 min

INGREDIENTS

320 g Arborio or Carnaroli rice

1.2 L (5 cups) low-sodium vegetable stock, plus hot water if needed

1 small onion, finely chopped

2 tbsp olive oil

200 g frozen peas

1 lemon, finely grated zest and juice to taste

30 g finely grated Parmesan-style cheese, optional

1 tbsp butter or olive oil, to finish; salt and pepper

01 Keep the stock hot in a saucepan over low heat. In a second, wide heavy pan, warm 2 tablespoons oil over medium-low heat. Cook the onion for 6-8 minutes until soft without browning.

02 Add the rice and stir for 1-2 minutes so the grains are coated and hot. Add about 180 mL (3/4 cup) hot stock. Keep at a gentle simmer, stirring often.

03 When the liquid is nearly absorbed, add another ladle of stock. Continue adding and stirring, keeping the rice moist rather than letting the pan dry. Begin tasting after about 16 minutes; the rice often takes 18-25 minutes. Add hot water if the stock runs out before the grains are tender.

04 Add the frozen peas about 5 minutes before the rice is done, ensuring they are fully hot. Remove from heat when the rice is tender with a slight bite. Stir in the butter or oil, optional cheese, and half the lemon zest.

05 Add enough hot stock or water to make a loose, flowing consistency. Taste before adding salt. Add lemon juice 1 teaspoon at a time and more zest if wanted. Serve immediately in warm bowls.

LEARN THE CUE: Risotto should spread gently in the bowl, not stand in a stiff mound. It thickens as it sits. Contains milk if butter or cheese is used; check stock labels. Chill leftovers promptly and reheat to 165 F (74 C).

RECIPE 06 / FINISH SIMPLY

Roasted pears with honey & walnuts

A small dessert that makes the whole kitchen smell like an invitation.

Serves 4 | Prep 10 min | Cook 25-35 min

INGREDIENTS

- 4 ripe but firm pears, washed, halved and cored
- 1 tbsp olive oil or melted butter
- 2 tbsp honey, divided
- 2 tbsp water
- 40 g walnut pieces
- Optional: 1/4 tsp ground cinnamon
- Plain yogurt, to serve, optional

01 Heat the oven to 375 F (190 C). Place the pear halves cut-side up in a baking dish just large enough to hold them in one layer.

02 Brush with the oil or butter. Drizzle with 1 tablespoon honey and add the water around the fruit. Sprinkle lightly with cinnamon if using.

03 Roast for 25-35 minutes, spooning the pan juices over the pears once. They are ready when a small knife enters the thickest part easily and the edges have begun to color. Very firm pears may take longer; add a little water if the pan dries.

04 Toast the walnuts in a dry skillet over medium-low heat for 3-5 minutes, stirring and watching closely. Remove when fragrant, before they darken too far.

05 Serve two pear halves per person with a little pan juice, walnuts, and the remaining honey. Add a spoonful of yogurt if you like. Let the pears cool to a comfortable eating temperature.

LEARN THE CUE: Tenderness matters more than the clock. The fruit should yield to a spoon without falling completely apart. A shallow pool of syrup is lovely; a dry, scorched pan needs water earlier next time.

MAKE IT YOURS: Swap walnuts for toasted pumpkin seeds for a nut-free version, checking cross-contact needs. Omit honey for children under 12 months; an adult can add it to their own portion later. Contains walnuts and optional milk. This is an Italian-inspired home dessert, not a traditional regional recipe claim.

06 / BEAUTY AT THE TABLE

Set the table for the food.

A welcome can be visible before anyone takes a bite.

Choose one serving plate large enough that the food is not crowded. Give roasted vegetables a little space; gather pasta into a relaxed mound. Wipe a messy rim when you want to, then stop. Food does not need to look untouched to look beautiful.

Use the colors already in the dish. Green parsley against golden carrots, basil over red tomatoes, pale beans beside dark bread. A finish is most satisfying when it adds flavor as well as color. Avoid decorative ingredients that make the dish harder to eat.

Set out water, napkins, and serving utensils before the last active cooking step. Keep the table comfortable and leave space for people to pass a bowl. An ordinary cotton cloth or a folded kitchen towel can be as welcoming as a special table setting.

Let the meal have a rhythm. Toast and tomatoes can arrive first, followed by pasta and a shared vegetable plate. Pears can roast earlier and be served warm. You are organizing moments of attention, not performing a restaurant service in your home.

If company is coming, choose one dish you have made before. Ask about allergies and dietary needs ahead of time. Put any optional cheese or nuts in separate bowls with clean serving utensils, remembering that separation alone does not eliminate cross-contact.

> An optional detail, never a requirement: a clean linen towel for drying hands or setting the table.

Optional find: linen waffle-weave towels, set of two (affiliate link). Check dimensions and care instructions before buying. As an Amazon Associate we earn from qualifying purchases.

07 / FOUR WEEKS OF PRACTICE

Build a rhythm you want to keep.

Repeat enough to learn, then vary enough to stay curious.

WEEK ONE: Make the tomato toast and pasta on separate evenings. Notice ripeness, garlic intensity, and the moment sauce begins to cling. Repeat the pasta once. Record whether you needed more finishing water than expected.

WEEK TWO: Make the white beans and roasted vegetables together. Start the oven first, then cook the beans while the vegetables roast. Practice bringing two dishes to the table without rushing. Try the same beans again with a different herb.

WEEK THREE: Give the risotto your attention on an evening with a little room. Set out the bowls before you begin. Keep the stock hot, taste the grains, and notice how the texture changes during the last two minutes. The next time, adjust only the final consistency.

WEEK FOUR: Invite someone to a modest meal. Choose two savory dishes from the book and roast the pears for dessert. Ask your guest what they noticed, rather than whether everything was perfect. Keep a note of what you enjoyed making.

At the end of each week, choose the recipe that best fits your actual life. Keep that recipe close. Confidence is often a small set of dependable dishes, with enough understanding to change them when the season or the cupboard changes.

When inventing, start with a familiar structure: one main ingredient, a method you know, a contrasting texture, and a finishing note. Warm beans + gentle simmer + crisp toast + lemon is a whole idea. Add complexity only when it gives you something you can taste.

> Progress question: What can I do more calmly now than I could four meals ago?

08 / A FIRST SHARED SUPPER

Your simple menu & market list

Tomato toast, tomato pasta, roasted vegetables, and pears. Four people, with room to simplify.

PRODUCE: About 400 g ripe tomatoes; 500 g carrots; 1 red onion; 1 bell pepper; 4 pears; 1 bulb garlic; 1 lemon; 1 small bunch basil; 1 small bunch parsley. These quantities connect recipes 01, 02, 04, and 06; choose only the dishes you intend to cook.

PANTRY: 400 g dried pasta; 800 g canned crushed tomatoes; 4 substantial bread slices; olive oil (allow about 1/2 cup for the four recipes); 2 tablespoons honey; 40 g walnuts; salt and pepper. Optional: red-wine vinegar, cinnamon, grated cheese, and plain yogurt.

EARLIER: Read the four recipes, wash produce, and prepare the tomato topping without the basil. Refrigerate it if not using promptly. Roast the pears first at 375 F, then raise the oven to 425 F for the vegetables. Let the pears cool safely and refrigerate if the meal is more than two hours away.

ABOUT 45 MINUTES BEFORE EATING: Prepare and roast the vegetables. Begin the tomato sauce while they cook. Set the table, measure the pasta, and fill the water pot. Toast the bread close to serving so it stays crisp.

AT THE TABLE: Serve the toast while the pasta water heats. Finish the pasta in the sauce and add the parsley finish to the vegetables. Serve pears afterward. For an easier evening, skip the toast or the dessert. Dinner is still complete.

AFTERWARD: Divide leftovers into shallow containers and refrigerate within two hours, or one hour above 90 F (32 C). Keep the refrigerator at 40 F (4 C) or below. Reheat leftovers to 165 F (74 C). Check the official storage chart linked on the reference page for item-specific guidance.

A useful host's choice: serve fewer dishes, and enjoy the people eating them.

09 / YOUR COOKING NOTEBOOK

Keep the part you learned.

Print this page again whenever a recipe starts becoming your own.

Describe the dish in ordinary words. 'Needed two more spoonfuls of water' is more useful than 'not quite right.' Record a success as carefully as a mistake: the onion was soft, the bread stayed crisp, the last squeeze of lemon helped.

Leave with one next step. When every meal becomes an assessment, curiosity can disappear. This page is a place to keep discoveries, including the simple discovery that you liked being in the kitchen.

The dish, date, and people at the table

What I noticed: aroma, sound, color, texture

One adjustment I made, and what it changed

What I would repeat next time

One small experiment for another day

REFERENCES & RECIPE NOTES

A thoughtful place to keep learning.

Original editorial content and recipe adaptations by MaidBench Editorial. First edition, October 2026.

This is an introductory home-cooking guide, not a definitive guide to Italian regional cuisine. Its recipes were composed for this ebook and have not been independently kitchen-tested. Equipment, produce, pan size, and preferences affect results. Follow the doneness cues, check ingredient labels, and adapt for your household's needs.

CULTURE: Italia.it, the official Italian tourism portal, describes regional diversity and the social traditions of Italian cooking. It informed the book's broad cultural framing, not the authorship of these recipes.

TECHNIQUE: Eataly's pasta-cooking guide supports the lesson on tasting pasta and finishing it with sauce and reserved cooking water. Recipes and wording here are original adaptations, not reproductions of Eataly's recipes.

FOOD SAFETY: FoodSafety.gov's four-step guidance covers cleaning, separation, cooking, and chilling. Its cold-storage chart provides food-specific refrigerated and frozen storage guidance. Use official guidance for ingredients beyond those covered here.

DISCLOSURE: One optional linen-towel recommendation is an affiliate link. As an Amazon Associate we earn from qualifying purchases. You do not need to buy it, or any special equipment, to use this book.

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Italian regional food culture

Eataly: how to cook pasta

FoodSafety.gov: four steps

FoodSafety.gov: cold storage chart

More everyday inspiration: maidbench.com/topics/kitchen/