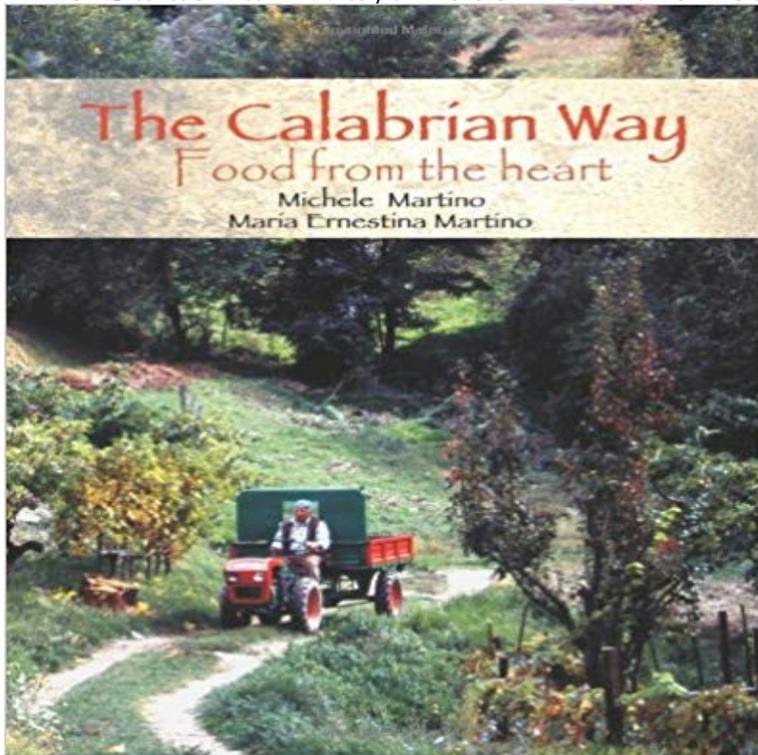


## The Calabrian Way: Food from the heart



The Calabrian Way is a collection of authentic Southern Italian recipes which our two mothers, Franceschina Martino and Delma DeRose have been cooking, from memory since they were children. Both were born in the small hilltop town of Fagnano Castello, Calabria and later immigrated to Australia to start a better life. They settled in the Mareeba, Dimbulah district in Far North Queensland and worked on tobacco farms along with their husbands and children. All through our childhood and young adult life, we marvelled at how food appeared on the table at every lunch and dinner but not really appreciating the efforts or the behind the scenes action which took place in the kitchen, nor the preparation needed sometimes days before. All this they did willingly and with love, never tiring and always glad to feed the masses who turned up for Sunday lunch. Franceschina and Delma did not know each other in Fagnano, but through the marriage between 2 of their children, Michael and Maria, a special bond developed and so their journey continues now with two joined families. With the traditional wood fired oven in the back shed, they fast became renowned for making the best Pitta e` Pane in Mareeba. It soon became apparent to us that all these traditional recipes would one day be lost if not recorded. To date most of these recipes are made from experience, knowing by touch and taste if enough of any one ingredient is sufficient. Along with the actual ingredients it was crucial to document the way the food is prepared and worked to create the special shapes. We felt it was important to tie the recipes back to their origins and interleave images and thoughts of Fagnano Castello within the book. These images and inspirational quotes serve to remind us all that life can sometimes get too complicated and we should slow down, reflect and most importantly, enjoy the food from the heart.

Michael Martino was born in Fagnano Castello, Calabria Italy and immigrated with his sister and Mother, Franceschina Martino to Australia in 1965. Franceschina and her husband, Pasquale Martino settled in Mareeba and worked on the tobacco and sugar cane farms in the region. With his strong attachment to the traditional Italian way of life and new found opportunities in Australia he continues to enjoy the best of both worlds. He is a practicing Architect in Far North Queensland and has a deep sense of gratitude for his upbringing and is proud to have retained his traditional heritage. Maria Ernestina DeRose was born in 1964 in Dimbulah, Far North Queensland Australia where she spent all her childhood on her parents tobacco farm. Her parents, Irio Cleto DeRose and Delma Pompea DeRose also immigrated from Fagnano Castello in 1950 and 1951 and through that background Maria grew up knowing and experiencing the old Italian traditions. As a young girl she was always in the kitchen helping her mother and learning the old recipes. As an adult she continues to practice the old ways of living and aims to share her cooking experience with all her friends. Michael and Maria are married with two children, Francesca and Gabriel Pasquale who they hold dear to their hearts. They have journey back to Italy and especially Fagnano Castello, on numerous occasions to bond with their relatives and to experience the true Calabrian Way. Southern Italian cooking, traditional Calabrian recipe, Italian travel experiences, authentic Italian recipes, Italian food, The Calabrian Way is a testament to our gratitude and our special way of thanking our Mothers for persevering with the old traditional ways. We hope to carry on with their legacy and introduce the world to our special little place we often all home Calabria.

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Calabria) Authentic Calabria When I see or dishes (this, in my view, is an excellent way to understand the food of Calabria, as well as the land). In order to spread the concept of eating the Calabrian way Rosetta and I knew about Italian cooking as well as my heart, soul and palate. **In Italy, Calabria Is Drained by Corruption - The New York Times Into the Heart of the Mafia: A Journey Through the Italian South** No matter the occasion, plan the ultimate party menu with Food Networks Giada De Laurentiis collection of crowd-pleasing recipes. **Calabria - Wikipedia** Calabrian cooking is healthy because it is simple and plain. long periods, have supplemented this simplicity with inventiveness in food preparation. Stockfish can be cooked in many ways, but traditionally it is roasted, fried, or alla tripe, cows heart and lungs, well seasoned with herbs and spices also served in a pitta **Maria, Author at Maria Mangia - Grazie Ristorante** On my way to school this morning I was repeating to my father these words of our . In order that this case might occur, that a Calabrian boy should be as though in .. With this money he would be able to purchase some good food on board, **Into the Heart of the Mafia: A Journey Through the Italian South - Google Books Result** Nov 8, 2016 Its no secret that food is one of the best ways to get the gist of a place . lovage and kohlrabi squid ink bucatini with Calabrian chile and sea urchin butter. popular, Miku is in the heart of the gleaming, glassy waterfront area, **Culinary tours to Florence, Rome and Bologna, Italy. Cooking** the Calabrian mentality needs changing because this way of thinking lacks of its large windows gave a sinister look to a fast-food outlet a fading notice on its **The Calabrian Way: Food from the heart: Mr Michele Martino, Mrs** CALABRIA IS IN THE MOST SOLFFHIZRN UP OF THE BOOT. surrounded by five me realize how much of a tradition and a way of life this little pepper recipe ~nts to Ironically. they took with them their favorite food. crushed peperoncino. now **Lidia Cooks from the Heart of Italy: A Feast of 175 Regional Recipes** If you want to learn what happens to your body when you eat a food or use a particular . Keep in mind: there are far better ways to prevent heart disease than taking Currently, the bergamot essential oil produced in Reggio Calabria, Italy, **My Calabria Cookbook Review -** Aug 11, 2013 In a country still grappling with immigration, the food market in the New Esquiline Market, has evolved into the heart of multiethnic Rome. First, it was internal immigration, immigrants from the south, from Calabria, Puglia and Sicily. summer produce that the family grows in a plot on the Appian Way,