



My Taste of Sicily

Dominique Rizzo

Penguin, \$39.95

EMILIA Romagna gave us spaghetti bolognese, and Naples introduced pizza to the world. But it's Sicily, the "football" being kicked into the Mediterranean by the Italian boot, that is said to have given us the universally loved treat of ice cream. The Romans, Greeks, Byzantines, Arabians, Spanish and Normans all left their mark on the island's cuisine, which for some reason has never travelled as far as the food from other Italian regions. But that's starting to change. Brisbane cook Dominique Rizzo's father was born in Sicily and she made her first trip to his homeland at age three. "I remember gathering freshly laid eggs; chickens and rabbits ran freely around; orchards filled with plump lemons and oranges; grapes hanging from the vines like jewels," she writes.

There were many trips back to Sicily after that and as she chose to develop her career in food, she began to pay more attention to her heritage, collecting her family's recipes. This cookbook, Rizzo's first, is the result and while it may have traditional peasant roots, the appealing recipes still read as very contemporary. There are light, fresh salads such as insalata di fionocchio e arancia (fennel and orange salad) as well as the thick bready sfincione alla Palmeritana, a bready "pizza" topped with anchovy, pecorino, tomato and breadcrumbs that originates from her family city of Palermo. There's a chicken dish with marsala, almonds and chocolate that hints at Arab influences and a sweet smorgasbord of drool-worthy desserts. *My Taste of Sicily* is both useful and interesting for home cooks who might

feel they they've "done" Italian.

Natascha Mirosh

