

# The Italian Vegan



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ATHENA PRESS  
LONDON

THE ITALIAN VEGAN  
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ISBN: 978 1 84748 327 0

First published 2008  
ATHENA PRESS  
Queen's House, 2 Holly Road  
Twickenham TW1 4EG  
United Kingdom

Printed for Athena Press

*For all vegans – and non*

*Special thanks go to my sister, Rosetta,  
who jogged my memory and whose  
computer skills I could not have done without.*

*Special prayers go to my mother  
and my mother-in-law,  
who taught me so much.*

## Foreword

The following recipes have been chosen after years of being a vegan living in Italy.

Each one is based on authentic peasant dishes and personal experience, and are by their very nature meat and animal-product free. They are simple, but delicious – the real taste of Italy.

The salt used in the recipes should be fine-ground sea salt, unless specified.

The recipes are all for about four or five people, depending on appetites, of course!

## ESSENTIAL KITCHEN EQUIPMENT

Make sure you have the following in your kitchen:

- ✓ At least one very large heavy-bottomed frying pan, ideally about 40cm in diameter
- ✓ A very large heavy-bottomed saucepan, again about 40cm in diameter
- ✓ A large work surface (e.g. kitchen table)
- ✓ Plenty of large mixing bowls
- ✓ Large serving bowls and dishes
- ✓ Large heavy oven trays and dishes

# RECIPES



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