



**TERESA VITALE**

**THE RECIPES OF LIFE**

**LE RICETTE DELLA VITA**

(2009), PAGES 238, WITH 200 COLOUR ILLUSTRATIONS

**A simple and elegant cookbook  
for lovers of good food  
with little time for cooking**

A collection of recipes encapsulating a lifelong experience. A hundred original creations to delight all who – like the author herself – wish to enhance traditional Italian cuisine by introducing a modern, creative element. With stunning, full-page colour photographs illustrating each recipe, this beautifully designed volume comes with a complete set of indexes – by recipe, by ingredient and by category – to guide the reader through an exploration of new culinary territories.

*“It has been a real pleasure for me to write this book. [...] Like many of us, I have a hectic life and a demanding job. Yet, this does not prevent me, whenever possible, from devoting my free time to cooking. [...] Learning to love food and appreciate the pleasures of cooking is wonderful. [...] From my Calabrian background and from my family, I learnt how to use ingredients – at times frugal but full of colour and aroma, which give dishes their distinctive taste. [...] gradually, I learnt to gauge the right quantities and to balance flavours, inventing original combinations, considered unusual at the time. I can hardly describe my joy, when a magazine began publishing some of my recipes, which proved very popular. That exciting experience began pretty simply and made me think this hobby could continue to give me great satisfaction in the future... Like this book now!”*

**Teresa Vitale** was born in Veduggio al Lambro (Milan) and lives and works in Milan. Self-taught by vocation and a lover of good food, she is always in search of new flavours, aromas and colours.





(for 4-6 people)

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400 g of spaghetti  
½ glass of extra-virgin olive oil  
100 g of breadcrumbs  
1 tablespoon grated pecorino  
cheese  
2 anchovies  
1 clove fresh garlic  
1 fresh chilli  
1 tablespoon chopped fresh  
parsley  
salt and freshly ground black  
pepper

# “Pasta ammuddicata”

## Method

Boil the pasta in a large saucepan with plenty of salted water. Meanwhile, heat the oil in a large frying pan and cook the garlic and chilli in it until just golden.

Remove garlic and add anchovies. When these have dissolved, add the breadcrumbs and toast for 1 minute.

Turn off the heat and add the chopped parsley.

Drain the pasta while still al dente and toss in the pan with the sauce for a few seconds.

## Presentation

Serve with a dusting of pecorino cheese and freshly ground black pepper.

