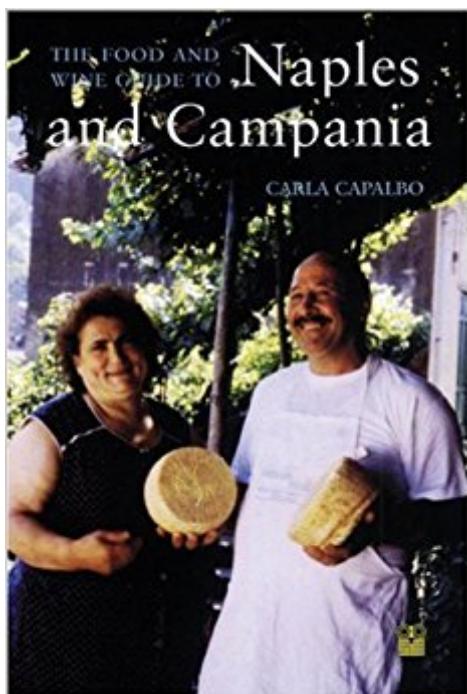


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# The Food And Wine Guide To Naples And Campania



## Synopsis

Naples and Campania are home to one of the most vibrant, yet little-known cuisines of Italy. Now, the region's government has commissioned this sequel to Carla Capalbo's well-known Food Lover's Guide to Tuscany. The Food and Wine Guide to Naples and Campania covers restaurants, trattorias, osterias, wineries, food shops, and artisan producers of cheeses, meats, honey, gelato, and more. There are detailed entries on the many specialties of the region, recipes for local dishes, and a wealth of information for the traveler. Over 200 color photos bring to life the gastronomic riches of this region, and directions, opening times, telephone numbers, and other essential details are offered for each province. Both practical and personal, this is the most complete and informative guide of its kind. Carla Capalbo, who was born in New York, now lives in Italy and offers food tours and cooking classes. She has written several books, including The Ultimate Italian Cookbook, and is a regular correspondent for Bon Appétit.

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## Customer Reviews

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We live in Naples and this was one of the books we picked up as we prepared to relocate. After a year here, I don't even know where the other books are, but Carla's book is all we need. Her recommendations are unfailingly excellent. We have actually planned weekend trips around recommendations in this book to explore areas of Campania we have not visited yet, confident that we will eat well and visit the best wineries, cheese makers, craft stores, etc. Although this book focuses on food, she also has excellent recommendations for hotels, wine makers, olive oil producers, and many other craftsmen. In the introduction, Carla states that she has visited each establishment and summarizes her personal experiences. This is not an exaggeration - every place we have visited has been exactly like her description. Many times, the owners or proprietors even remember Carla and ask if they can make copies of their review in the book to pin up in their shops or restaurants. Additionally, this book provides information that is not available ANYWHERE else, such as opening hours, phone numbers, whether they accept credit cards, whether they speak English, and general price ranges. The listed operating hours are especially useful, and even though they can change a little, we have found her listings to be pretty accurate. Good luck finding any Naples restaurant hours posted online or at the storefront! If you plan to spend any time in Naples or Campania, I recommend this be the first guidebook you purchase. You will not regret it.

I had the pleasure of meeting Carla when we both lived in the tiny Irpinian hamlet of Nusco while she was writing this book in 2005. That she was wholly imbedded in the culture of Campania, living in Nusco's centro storico as well as that of Cetara on the coast for a serious contrast, comes through in each page. It is still unique among English guides in its ability to go way beyond the typical tourist book in availing to any reader places to find truly authentic products and the joy to be had just meandering through the varied region of Campania with its little medieval hilltowns and beautiful coastline. What comes across to me every time I reference it is the depth of work that went

into publishing this wonderful source of information. Any traveler to the region ought to have a copy in tow, especially if you want to venture beyond the well known beach towns and absorb what it is to be in the Mezzogiorno.

We used the book's recommendations exclusively for the food elements of our 2-week exploration of the Naples-Amalfi-Paestum region. Every restaurant, store, farm and vineyard had something delizioso to offer.

This is the book to have during your visit to Naples! The author's recommendations are spot on. If you are looking for excellent restaurants off the beaten path, buy this book!

Any food lover planning (or daydreaming about) a trip to Naples or the surrounding area ought to buy The Food and Wine Guide to Naples and Campania with plans to place it in their carry-on right after their passport. This easy-to-read and information-packed volume makes for a pleasurable handbook to one of Italy's most fascinating regions. The texts are simple, effective, to the point, and, most importantly, very accurately described. So far I've eaten at around a dozen restaurants recommended in the book and I found every one to be excellent and unpretentious. The information about wines is similarly on the mark -- both in terms of what to expect when visiting wine makers and also when popping the cork on the products of their labors. And the food-oriented shops the book mentions have in my experience been charming and worthwhile. I have not used writer Carla Capalbo's advice on hotels in the region, but I can't imagine it would not be excellent. The book also makes for entertaining reading: filled with anecdotes about the regions traditions, history, tastes, and smells. The book's commitment to high-quality quality photography means that a heavy, glossy paper stock is used. That results in an unusually heavy book, but just glancing through the pages reveals photography that brings many spots to life and make carrying around an extra 500 grams (1 pound) or so worth the effort. At the book's heart is a simple, passionate, and refreshing advocacy for the area it covers. It can be addictive. That said, there are a couple of things I'd encourage editors to improve in future editions of the book. First, I'd suggest staying away from specific mentions of prices when giving examples, as this sort of thing is almost always outdated before a book even hits the shelves. For the most part, Ms. Capalbo sticks to general price categories (when discussing the relative cost of restaurants or hotels), and that seems a much safer bet. More importantly, I would have liked to see more and better maps with the locations of recommended locals marked on them. In urban areas, restaurants are often on remote side streets that can be

hard to locate. And in the countryside, Campania's knack for poorly identifying rural roads can make tracking down wine producers, restaurants, or hotels a challenge -- albeit a challenge that is worth the trouble.

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