



## Mama Tried: Traditional Italian Cooking for the Screwed, Crude, Vegan, and Tattooed

*Cecilia Granata (Illustrations)*

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## **Mama Tried: Traditional Italian Cooking for the Screwed, Crude, Vegan, and Tattooed** Cecilia Granata (Illustrations)

Cecilia Granata grew up cooking with her family in Italy. As a vegan, she learned to adapt her favorite recipes from around the country to be animal free while retaining the flavor and feeling of true Italian home cooking. She shares her commitment to ethical and artful eating in this alphabetically-arranged volume with over 100 recipes, ranging from traditional favorites to homemade liqueurs to aphrodisiacs—all "senza sofferenza," without suffering. The recipes are lushly illustrated with Granata's food-inspired tattoo art.

## **Mama Tried: Traditional Italian Cooking for the Screwed, Crude, Vegan, and Tattooed Details**

Date : Published April 12th 2016 by Microcosm Publishing

ISBN : 9781621067405

Author : Cecilia Granata (Illustrations)

Format : Paperback 160 pages

Genre : Food and Drink, Cookbooks, Food, Nonfiction, Vegetarian, Vegan



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## **From Reader Review Mama Tried: Traditional Italian Cooking for the Screwed, Crude, Vegan, and Tattooed for online ebook**

### **Gabrielle says**

I wanted to love this little cookbook so badly! It felt like I was the target audience for it, too: I'm an omnivore who loves to cook vegetarian and vegan food, I'm covered in tattoos, I have an Italian background, I can't get enough of old-fashioned tattoo art and I am always happy to encourage small independent publishing companies. As soon as I saw this book, I had to order it immediately!

But.

I found a lot of recipes unimaginative and not very well explained. It feels more like somebody's personal kitchen notebook than like a recipe book. I would consider myself an intermediary cook, but when I am getting familiar with a new recipe, I want as much detail as possible to understand what I am doing and what the result should be like. Those recipes simply did not feel fleshed out enough.

The weird alphabetical organization is completely impractical: maybe it's just me, but it felt very scattered and counter-intuitive when I flipped through the book. If you do not know the Italian name of the category you are looking for, be prepared to refer to the table of contents all the time.

That being said, the old school tattoo art is fun. It is unfortunately not enough to make the book meet my (arguably very high) expectations. If you want good Italian vegan recipes, I'd recommend looking into "The Mediterranean Vegan Kitchen" and "Vegan Italiano" by Donna Klein. Her books are nowhere near as pretty as this one, but just reading her recipes makes me drool and want to run to my pots and pans.

Too bad this turned out to be a bit of a dud: I'd still give it 2 stars for really awesome idea – that fell a bit flat.

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### **Jessica Ramsey says**

Great recipies and substitutions. Tons of humor throughout too

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### **Shawna Fox says**

This cookbook has some great recipes. I love the unique recipes and the art work throughout the book. Wish there were actual pictures of some of the recipes, since I am a visual person. Otherwise, it's great for anyone that likes unique cookbooks.

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### **Janine Brouillette says**

Great Italian Vegan cookbook.....recipes such as stuffed pepper roll, lasagna, lentil burgers, cabbage rolls,

eggplant pasta, various pizzas, risotto, scallops in lemon sauce, and many more. Cecilia Grananta, a tattoo artist , created a fresh edgy cookbook in which each chapter corresponds to a letter in the Italian alphabet. Each dish is described by the Iatalian name followed by the English name. I am already looking forward to her next cookbook.....

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