



The Pleasures of Slow Food: Celebrating Authentic Traditions, Flavors, and Recipes

Corby Kummer

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In a world increasingly dominated by fast food, *The Pleasures of Slow Food* celebrates heritage recipes, artisan traditions, and the rapid evolution of a movement to make good food a part of everyday life. Slow Food is defined by how it's made: if it's allowed to ripen before it's harvested, prepared by hand and enjoyed among friends, it's Slow Food. It's a philosophy, a way to farm, a way to cook...a way to live. It's also the name of an international movement, numbering among its members some of the most distinguished names in the food world. *The Pleasures of Slow Food* showcases over 60 recipes from the world's most innovative chefs for dishes that feature local handmade ingredients and traditional cooking methods. Premier food writer Corby Kummer also profiles Slow Foods luminaries, such as Italian cheese maker Roberto Rubino and Canadian Karl Kaiser, who makes sweet ice-wine. Pairing fantastic recipes with engaging stories, *The Pleasures of Slow Food* brings the best of the food world to the kitchen table.



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