



# Di Palo's Guide to the Essential Foods of Italy: 100 Years of Wisdom and Stories from Behind the Counter

*Lou Di Palo, Rachel Wharton*

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**The ultimate guide to the finest foods of Italy from the oldest, most celebrated Italian market in New York City**

In the heart of New York City's Little Italy sits Di Palo's, a family-owned food shop that has been the treasure of the neighborhood for more than a century. The four generations of Di Palos who have run this Italian specialty market have made it their mission to bring customers the finest old-world selections from Italy—handcrafted mozzarella, buttery prosciutto, estate olive oils, traditional artisanal pastas from throughout the country. Now, in one colorful volume, Lou Di Palo, great-grandson of the founder and steward of the family legacy, shares the vibrant history of this storied establishment and a lifetime of wisdom about the cuisine beloved around the world.

*Di Palo's Guide to the Essential Foods of Italy* takes you on a gourmet excursion through Italy's twenty distinct regions, from Sicily to Umbria to Alto Adige. Each chapter highlights a specific food and its rich history, along with practical tips for selecting, storing, and serving it at home. Many include signature family recipes that have been handed down through the generations, including Grandma Mary's Sicilian Caponata and Concetta Di Palo's Meatballs, or recipes gathered from trips to Italy over the years, such as Trapani-Style Salted Sea Bass and Polenta con Formaggio Crucolo Fuso. Readers will discover, among many other things, the secret to a balsamic vinegar worthy of sharing only with one's closest friends, the proper way to prepare the perfect espresso, and the importance of looking for the *Denominazione d'Origine Protetta*—or the Protected Designation of Origin seal—which certifies that your food is a traditional, regional product. Complete with dozens of mouthwatering photographs, engaging anecdotes, and candid stories, and featuring a foreword by Academy Award-winning director Martin Scorsese, this immersive volume is part family narrative, part culinary odyssey, and part cookbook. *Di Palo's Guide to the Essential Foods of Italy* is your ticket to the best Italian foods—without having to wait in line!

## Praise for *Di Palo's Guide to the Essential Foods of Italy*

“Of all the stores in all the world, Di Palo's is probably my favorite.”—**Ruth Reichl**

“Lou Di Palo is single-handedly preserving the history of Little Italy in New York City. Shopping at Di Palo's is an authentic, personal experience. When you walk into the shop, you feel like you're in the center of the universe. I've been waiting for Lou to write this book for years. He's a good friend and an American treasure.”—**Tyler Florence**

“Di Palo's has been one of the Seven Wonders of New York since 1925. This book is a beautiful story of their commitment to keeping Italian traditions, and shows the passion they've had for the artisanal best for almost one hundred years.”—**Chef Daniel Boulud**

“Lou Di Palo's depth and breadth of knowledge of Italian foods extends from the Alpine hills to the Sicilian coastline and he manages to bring it all home to us in this wonderful book.”—**Chef Michael Lomonaco**

“I love this book because it explains to an American how to elevate and enjoy great Italian ingredients. The pride that comes from Lou and his family translates to the store and, now, to the pages of this book. I found myself hungry after reading it. You will too.”—**Chef Alex Guarnaschelli**

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