



Garlic and Oil: Politics and Food in Italy

Carol F. Helstosky

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Pasta, cappuccino, olive oil--Italian food is a favorite in our cafes, restaurants and homes. But what is the history of Italian cuisine? And where do we get our notions about Italian food? Contrary to popular belief, the Italian diet was inadequate and unchanging for many decades. Successive political regimes--liberal, fascist, democratic--struggled to improve eating habits, shaping not only Italian cuisine but Italian identity. This book reveals the harsh reality behind the myths surrounding this highly-romanticized cuisine.

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