



Sicily: Recipes from an Italian island

Katie Caldesi, Giancarlo Caldesi

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A visual feast of one of Italy's most loved destinations

Italy's most seductive island, Sicily, is located in the heart of the Mediterranean. Thanks to its rich history, Sicilian food has Italian as well as Greek, Spanish, French, and Arab influences. Now Italian aficionados, Katie and Giancarlo Caldesi, head to the island to immerse themselves in its diverse food scene.

Starting in the capital, Palermo, the couple come across some exciting street food that features tasty Arancini (rice balls stuffed with meat sauce and cheese) to lesser know gems such as Panelle (garbanzo bean fritters), and Sfincione, a thick Sicilian pizza, topped with tomatoes, onions, anchovies, and casciocavallo cheese. In Trapani they try a fish couscous and then head to Noto, where almonds dominate in some memorable desserts, including a classic Semifreddo and a refreshing Almond Granita (served with fresh brioche, for dunking). Nor would any Sicilian book would be complete without Pasta Alla Norma (pasta with tomatoes and eggplants) and the classic, ricotta-filled sweet delight Cannoli.

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