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FASHION DIVA TURNED DOMESTIC DIVA
SHARES HER PASSION FOR FOOD
IN NEW ITALIAN COOKBOOK

PHILADELPHIA (October xx)--*The Basic Art of Italian Cooking* is a collection of simple, uncomplicated recipes for authentic Italian cuisine combined with enchanting stories of former international fashion model turned foods and lifestyle personality Maria Liberati's travels throughout Italy.

"Food is my passion, and I want to share that passion," says Maria. "I want readers to know that creating a delicious, unforgettable Italian meal is not difficult. Almost anyone can make the recipes in my book—and in most cases, make them quickly and easily."

Many of the recipes Maria includes are family recipes, ones she learned from her mother and grandmother. Others are venerable but almost-forgotten recipes that Maria discovered while visiting her grandparent's vineyard in the mountains of central Italy. Maria translated these and adapted them for contemporary cooks. Still others are treasured recipes from friends, including several from chefs throughout Italy. Many are for regional specialties that are almost synonymous with the areas that produced them.

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Maria features recipes for a variety of dishes—from “sugo,” a fresh tomato sauce with basil, to Patate per feste (Holiday potatoes), Minestra di Pomodoro (Tomato Soup), Risotto con Cipolle, Biscotti di Ferrara, fresh fruit Macedonia, Granita al Caffè (Italian-style iced coffee) and many more. The common element to all of these is the simplicity of preparation and the use of fresh, carefully chosen ingredients.

But *The Basic Art of Italian Cooking* is much more than a cookbook. Complementing the recipes are Maria’s heartwarming tales of her life and travels in the many regions of Italy. In her gracious and inviting style, Maria shares personal stories that give readers a taste of the Italian lifestyle and a sampling of the warmth and beauty of the country.

“For me, this book is a combination of special foods and special memories,” says Maria. “As an author, I feel like I am conversing with the readers, taking them to the places and introducing them to the people who inspired me to develop these recipes and share them. I hope that my telling these stories that are so dear to my heart will make the recipes more meaningful for readers.”

Maria also shares ideas for incorporating Italian style in everyday living. Whether it is serving even a modest meal on a beautiful platter or accenting a basic outfit with brightly colored scarf, Maria’s easy-to-implement, practical tips will do much to help readers live *la dolce vita* with a passion.

Maria and *The Basic Art of Italian Cooking* are scheduled to be featured in the November issues of *Cooking Light* and *Lifetime* magazines and in the December issue of *Money* magazine.

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The Basic Art of Italian Cooking (ISBN 978-1928911005, paperback \$24.95) is available at TheBasicArtofItalianCooking.com and at Maria's personal appearances, including her appearance at The USA International Pizza championships in New York City on November 1–2, where she will be a celebrity judge.

About the Author:

In addition to running acclaimed cooking programs in Italy and the United States and writing food articles and restaurant review columns for a variety of publications, Maria is also vice president of the Liberati Investment Corporation. A native of Philadelphia, she divides her time between offices and residences in Italy and the United States.

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