By CARMELE VGGIASSO

When Italian Cooking Was Really an Adventure

Carmela Viggiauso has always been interested in Italian food. She has a fondness for the country and its rich culinary tradition. Whenever she gets a chance, she likes to visit Italy and explore its many different regional cuisines. She enjoys trying new recipes and experimenting with different ingredients.

In Italy, cooking is not just about preparing delicious meals; it's also about celebrating life and traditions. It's a way of connecting with family and friends, and it's often a way of preserving memories of the past.

As Carmela says, "When I was growing up in Italy, we didn't have a lot of money, but we did have good food. We would make mealtime a special occasion, a time to come together and enjoy each other's company.

In this recipe, I've tried to capture that spirit of Italy in my own kitchen. I hope you enjoy it as much as I do!"