



MEDIA RELEASE
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DISCOVER THE VEGAN CUISINE OF SOUTHERN ITALY IN THIS ALL NEW CULINARY TRAVEL COOKBOOK.

A Vegan Summer in Southern Italy: recipes and culinary adventures is a unique exploration of the plant-based cuisine of the south, as experienced by the author on her own travels to Italy.

Nadia Fragnito is an in-demand vegan Italian expert, author of *Discovering Vegan Italian* and a regular guest on *Channel 10s Freshly Picked with Simon Toohey*. She featured on *SBS The Chefs' Line* and was interviewed by MasterChef's Melissa Leong for *SBS Food*. Nadia has also contributed recipes and articles to *Nourish* magazine, as well as best-selling UK magazines *Vegan Life* and *PlantBased*.

With her extensive knowledge and experience, Nadia's new book takes the reader on a summer journey through southern Italy with each chapter showcasing regional towns and their authentic plant-based dishes. Featuring 70 recipes along with vivid photography and storytelling, *A Vegan Summer in Southern Italy* is available for pre-order from November 18th. It will be released in Australia in selected bookstores and online from January 18th 2022.



Nadia wanted a cookbook that celebrated vegan produce - a departure from most Italian cookbooks that so often focus on meat and dairy.

“Southern Italy is incredibly vegan friendly. There is a wealth of ‘accidentally’ vegan recipes that were historically created out of necessity, when animal products were unaffordable. Southerners made vegetables, grains and legumes the heroes. Food was satisfyingly simple. And it still is today.”

Recipes include popular dishes such as **Caponata**, **Pizza Napoletana** and **Puttanesca** and also showcases lesser known recipes like **Taieddha**, **Pane e Pannelle** and **Pasta alla Paolina**. The cookbook features a few surprises by veganising dishes that traditionally use eggs or dairy with **Torta Caprese**, **Spaghetti di Frittata** and **Sfogliatelle Frolle**.



Nadia's recent trips to Italy, as well as her Italian heritage led to the birth of this book.

“This is the cookbook I always wanted to write. It celebrates vegan cuisine as well as a personal connection to the south - my heritage. It was important that I share my family's journey, as well as the recipes my nonna would cook.”

Part cookbook, part travel guide, each chapter begins with a tour through the southern towns, from Nocelle in the highlands of the Amalfi Coast, to the countryside town of Molinara, to the cultural melting pot of Palermo - and culminates with authentic recipes from these regions.



“I know we can’t all travel the world right now, so I hope this sensory cookbook will soothe our adventurous spirits and hungry souls.”

Nadia Fragnito

Nadia Fragnito was born in South Australia to an Australian mother and Italian father. She first went vegan in 2001 and shares her passion for veganising Italian dishes through her blog and cookbook *Discovering Vegan Italian*. Nadia is a recipe creator, writer and in-demand presenter. She has appeared as a regular guest on Channel 10s *Freshly Picked with Simon Toohey* and SBS *The Chefs’ Line* and contributed recipes and articles in magazines such as *Nourish* and *PlantBased*. *A Vegan Summer in Southern Italy* is a love letter to the places, the people and their plant-based recipes.

A Vegan Summer in Southern Italy published by The Vegan Italian Kitchen will be released on January 18th 2022 in hardback RRP \$49.99. Details to purchase: www.theveganitaliankitchen.com

FOR MORE ONLINE

www.theveganitaliankitchen.com

www.instagram.com/theveganitaliankitchen

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For further information, interviews or high res images please contact:

Nadia Fragnito

M: 0457218888

E:theveganitaliankitchen@gmail.com