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**ARMCHAIR**

## Bounty from the back of the boot

Italy's east coast is more than 1200 kilometres of ever-changing beauty with Etruscan, Greek, Roman, Venetian and Austrian chapters in its history. And still – outside Venice, anyway – it's less explored than its western counterpart.

For three months, Melbourne-based Italian food blogger Paola Bacchia travelled its length on the hunt for culinary traditions and recipes, a trip she documents in *Adriatico* (Smith Street Books, \$55).

“My father grew up on the shores of the Adriatic Sea,” she writes. “The food eaten by the people who live on or near its shores is a cypher for the memories and traditions



of peoples past and present.”

Bacchia's evocative photography (also seen on her award-winning website) accompanies essays on place, traditions and

ingredients specific to the seven regions the coast encompasses, such as salt in Cervia, olive oil in Salento, cured meats in Carso and the sumptuous seafood found along the length, including wild mussels in Portonovo.

There's a lot of love in these pages and those who long for their next trip to Italy will find their heartstrings pulled here. The recipes are good, too.

See [simonandschuster.com.au](http://simonandschuster.com.au), [italyonmymind.com.au](http://italyonmymind.com.au) **T**