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be thought of as a delicious
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leave the reader with an
appetite for more of the
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food lore, cooking methods,
and eating habits throughout

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selection, preparation, and
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mythology of food, Montanari
shows that cooking not only
is a decisive part of our
cultural heritage but also
communicates essential

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**Let the Meatballs Rest |
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On the lighter side is
Massimo Montanari's Let the

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Meatballs Rest and other stories about Food and Culture. The book is a collection of Montanari's articles about food and is filled with lots of food trivia.

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Letting meatballs rest
before cooking them—as
Massimo Montanari writes—is
like letting thoughts rest:
if you wait a bit, they turn

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out better. Therefore, the
kitchen is at once a place
to nourish the body and a
place to train the mind.

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Before that can happen, it is useful to let those ingredients rest, to give them time to settle, to become blended, to firm up. The resting of meatballs is like the resting of thoughts: After a while they

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turn out better."
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Pick the right meats. While you can make meatballs out of any ground meat, fattier meats like beef, lamb, and pork will yield more tender

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meatballs. If you use leaner meats like chicken or turkey, be careful not to overcook them or they can become tough. For great flavor, use a blend of different kinds of ground meats.

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intelligible, and delightful
book, Let the Meatballs Rest
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Stories About Food And
and Culture, Massimo shares
those very stories and the
resounding message that food
is culture, and culture is
nourished by food. (Lidia
Bastianich, chef, cookbook
author, television
personality, and

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Known for his entertaining
investigations into culinary
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food lore, cooking methods,
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Bastianich, chef, cookbook
author, television

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...

We were making meatballs in
the kitchen one evening:
boiled beef, cooked
cardoons, parmesan, bread
crumbs, two eggs, salt,
pepper. Once the mixture was

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done, we shaped the meatballs and arranged them neatly on a plate. At that point, Marina advised: “Now, before cooking them, let us leave them to rest for a few hours.

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