

Tips you canna refuse

Take the bitter edge off cheap canned tomatoes, add a ½ teaspoon of sugar

To make sauces stick to pasta save a ladleful of pasta broth and add to the sauce

Generally italian food depends on herbs rather than spices, Rosemary, Sage, Fennel, Parsley, basil esp. So it is important which ones, where. There is no such thing as 'Italian Seasoning'

The secret ingredient is always wine.... Unless it is anchovy paste. Worcester sauce will do (made from anchovies)...shhh

For a creamier sauce add a little thread of olive oil towards the end of cooking. Also works for soups

Not all pastas are created equal, De Cecco and Voielle are good



Cardinal sins that will have you sleeping with the fishes

Never parmesan on seafood pasta.

No cream - use ricotta

Never ice cream before lunch - I don't write the rules

No Cappucino after lunch

No truffle oil, if you need truffles, get truffles

Pinapple on pizza - No, but pear and Gorgonzola sent from heaven

