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Tell me the Truth about Salmon

La verità, vi prego, sul salmone

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ISBN	9788893970570
Publisher	Manfredi Edizioni
Binding	Paperback / softback
Territory	USA & Canada
Size	7.87 in x 9.45 in
Pages	360 Pages
Illustrations	114 color, 34 b&w
Price	$53.00

- Consequently, amid misguided generalizations and sensationalized coverage that fail to address the issue in depth, salmon now appears far less frequently on the menus of restaurants of any size. It is even more rarely appreciated for its quality, often relegated to hotel breakfast buffets aimed at international guests or paired with unremarkable dishes in corporate catering
- The book has been presented in Parma - Italy- with a Salmon cocktail party last November 2025

King of river fish, it is a portentous animal born in fresh waters and then driven far out toward the cold seas and deep oceans that will host it until the instinct to reproduce becomes dominant. At that moment, this extraordinary migrant begins its inexorable return journey, retracing the currents that lead it back to its place of origin. To survive such an undertaking is rare; whether male or female, each will die where it once received life and, in turn, gives life. A phenomenal example of courage and determination, salmon has held a prominent place in the vast realm of gastronomy since ancient times. Indeed, historical evidence related to its processing—such as smoking or marinating—traces the evolution of a foodstuff that spans millennia and connects cultures and traditions far removed from one another. A food of remarkable nutritional value, with meat characterized by a rich, slightly sweet, and brackish flavor, salmon has, however, been increasingly mistreated in recent years.

Text in English and Italian

Romina Savi - very famous food journalist, degree in BOCCONI, Milan

Published 19th May 2026