



The Book of Ice Cream

**Lydia Capasso
Simone De Feo**

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- The best book about making great ice cream at home, using amateur equipment, and showing you how quickly and easily you can prepare a perfect ready solution to round off a meal
- Two Italian authors are a real warranty of success

This book is the fruit of a collaboration between Lydia Capasso, food writer and lifelong ice cream lover, and Simone De Feo, passionate expert ice cream maker, who make it possible for anyone to make good ice cream at home. You don't necessarily have to buy a scrumptious ice cream for it to be delicious; ice cream is quick and easy to prepare and can be a perfect ready solution to round off a meal.

This book doesn't just talk about ice cream, it also conveys the essence of family and memories, especially those linked to childhood.

Quality of the ingredients is one of the most important aspects of preparation; by using only excellent seasonal and local ingredients, ice cream becomes a narrator for its local area and has the power to tell entire stories on your palate.

Devotion to tradition is the solid basis for creativity and a taste for innovation; this is the authors' philosophy. As a result, their ice cream is digestible, not too sweet, balanced in the mouth and able to leave the palate clean, as the highest Italian artisan tradition dictates.

Simone De Feo manages the Cremeria Capolinea ice cream parlour in Reggio Emilia (Italy). Awarded three cones in the Italian Gambero Rosso Ice Cream Parlour Guide, and top of the 2016 best Italian Ice Cream Parlours, he offers expert advice in the world of food and wine. **Lydia Capasso** was born in Naples, lives in Milan and is madly in love with both cities. She is a restaurateur with a penchant for eating, cooking and recounting culinary tales. She writes for the main Italian newspaper Corriere della Sera and for many food magazines.



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