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So FreeFrom all'Italiana (PRIMI)\* comes with a strong heritage. Free from Italian food—what's not to like? It's a small book—only 30 recipes—but they are well-selected, and it reminded me of some of the wonderful recipes I used to cook and seem to have forgotten about.

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A 'freefrom' accreditation scheme assuring the allergen-free status of 'freefrom' food.

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Anna Del Conte and Michelle Berriedale-  
Johnson reveal the wonders of Italian cuisine  
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In collaboration with Michelle Berriedale-Johnson, an expert on food intolerance and editor of foodsmatter.com, Anna has written FreeFrom all'Italiana Primi\*, the first of a series of handy cookbooks. Primi (meaning 'first courses') has scrumptious recipes for pasta, rice, polenta, pulses and soups, which are all gluten-free and often lactose-free, too.

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Gastronomy of Italy, gluten and dairy-free  
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~~FreeFrom all'Italiana with Anna del Conte -  
stocking filler!!~~

The 30 recipes within Freefrom all-Italiana  
include Pasta, Rice and Polenta based dishes  
plus Soups. All are gluten-free and 25 of the  
30 are either milk / dairy free or provide a  
dairy free modification. I count roughly 15

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dishes that could be fully vegan. Vegan cheese, or 'Dave' as we now call it in the UK, is never employed.

~~Book Review of Freefrom all'Italiana \*  
Forever Free From~~

Anna and Michelle combined to write the first Italian cookery book focused on gluten-free pastas which was published in January – FreeFrom all'Italiana - Primi. To read more about the book or to listen to Anna talking about many other aspects of free-from Italian cooking, see the FreeFrom all'Italiana site.

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□(Fixed-layout ebook) Says Nigella Lawson:  
“Another brilliant book by Anna Del Conte –  
invaluable not only for those who need to  
follow a gluten-free diet.” Says Giorgio  
Locatelli: “A fantastic contribution to  
making the freefrom diet more approachable.”

□~~FreeFrom all'Italiana on Apple Books~~  
Gluten-free pasta and how treat it Michelle  
Berriedale-Johnson surveys the wide range of  
g-f pastas now on the market and how best to  
serve them. It was only when I started

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working with Anna on her new book, FreeFrom all'Italiana Primi – that I realised, not only how many alternative pastas were now on the market, but how different the treatment of each one needed to be if it was to be ...

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FreeFrom all'Italiana – Primi Italian food guru, Anna del Conte, goes freefrom! With our own freefrom expert, Michelle Berriedale Johnson, she has created 30 recipes for classic Italian pasta and rice dishes – but all gluten free! Even better 90% are lactose free and most can be made milk/dairy free. Read all about them here – or

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from FreeFrom all'Italiana - Primi by Anna del Conte Wheat, gluten, dairy, corn, soya, egg, nut free. Anna: We used this sauce to



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dress black bean spaghetti and decided it was perfect, but it is such a good sauce that we are sure it would work well with any other gluten-free pasta. Michelle: Pulse-based pastas are now becoming quite common. They tend to have a rather different, coarser texture than wheat, corn or rice-based pasta and a fairly vigorous flavour, so are best matched with strong ...

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