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Apicius, The Culinary Institute of Florence
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Nestlè Water
Rienzi Wine Co.
Sullivan Street Bakery
Una Pizza Napoletana

New York University, Casa Italiana Zerilli-Marimò,

New York University, Steinhardt School of Culture, Education, and Human Development, Department of Nutrition, Food Studies, and Public Health
Department of Nutrition, Food Studies, and Public Health: Rebecca Sparks, Amy Topel, Sandy Murzin

New York University, Steinhardt School of Culture, Education, and Human Development, Office of Special Programs and Staff

James Beard Foundation Volunteers
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Sheela Prakash
Brita Rosenheim
Meridith Roy
Izabela Wojcik
Christina Zapel
Italy and the Mediterranean Diet
Food Culture, Nutrition, and the Question of Quality

Conference Schedule

Friday, October 19
Casa Italiana Zerilli-Marimò
24 West 12th Street

8:30 a.m. to 9:00 a.m.
Registration and Refreshments

9:00 a.m. to 9:10 a.m.
Welcome
Mary Brabeck, Dean, Steinhardt School of Culture, Education, and Human Development at New York University
Susan Ungaro, President, James Beard Foundation
Stefano T. Albertini, Director, Casa Italiana Zerilli-Marimò

9:10 a.m. to 9:20 a.m.
Opening Remarks
Mitchell Davis, James Beard Foundation
Lisa Sasson, New York University

9:25 a.m. to 10:40 a.m.
Nutritional History and Italian Context of the Mediterranean Diet
Vincenzo Bacci, Umberto I University Hospital (Rome)
“Current Trends and Eating Patterns of Italians”
Carole Counihan, Millersville University, author of Around the Tuscan Table: Food, Family, and Gender in Twentieth Century Florence
“The Ideology of the Mediterranean Diet and its Role in Italian Identity”
Marion Nestle, New York University, author of What to Eat, Safe Food, and Food Politics
“A History of the Mediterranean Diet”
Moderator: Lisa Sasson, New York University

10:40 a.m. to 11:00 a.m.
Morning Break

11:00 a.m. to 12:15 p.m.
The Mediterranean Diet in the Global Marketplace
David Lynch, author of Vino Italiano–The Regional Wines of Italy
“Italian Wine as a Connoisseur’s Commodity”
Anne Meneley, Trent University, co-author of Fat: The Anthropology of an Obsession
“Olive Oil in the Mediterranean Diet: Mythology and Science”
Gianluigi Zenti, General Executive Manager of Academia Barilla
“Food Culture and Modern Agribusiness”
Moderator: Fabio Parasecoli, New York University, Gambero Rosso magazine
12:15 p.m. to 1:15 p.m.
**Lunch Break**
Box lunches provided courtesy of The Chefs’ Warehouse, Sullivan Street Bakery, and The Department of Nutrition, Food Studies, and Public Health at New York University.

**Gelato Social**
Tasting of Gelato from Grom Gelateria

1:15 p.m. to 2:30 p.m
**The Mediterranean Diet in America: Translation and Marketing**
Lidia Matticchio Bastianich, Felidia restaurant, cookbook author, television host
Anna Teresa Callen, Author, *My Love for Naples*
Maria Guarnaschelli, Senior Editor, W.W. Norton
Fabio Parasecoli, New York University, *Gambero Rosso* magazine
Moderator: Mitchell Davis, James Beard Foundation

2:35 p.m. to 3:50 p.m.
**Indulgences: Truffles, Chocolate, and Gelato**
Nicolò Derienzo, Grom Gelateria
“Gelato: Freezing Italian Traditions”
Paulo Lima, Appennino Funghi e Tartufi
“Truffles: The High Price of Terroir”
Gaelleen Quinn, Amedei of Tuscany
“Chocolate: A New Tuscan Tradition”
Moderator: Ian D’Agata, Director of the International Wine Academy of Rome

4:00 p.m. to 4:30 p.m.
**An Italian Approach to Wine**
Ian D’Agata, Director of the International Wine Academy of Rome
“An Understanding and Appreciation of Wine and its Health Benefits”

4:30 p.m. to 5:30 p.m.
**Wine Tasting**

**Book Signing:**
- **Lidia Matticchio Bastianich** *Lidia's Italy: 140 Simple and Delicious Recipes from the Ten Places in Italy Lidia Loves Most*, Knopf, 2007
- **Carole Counihan** *Around the Tuscan Table: Food, Family, and Gender in Twentieth Century Florence*, Routledge, 2004
- **Mitchell Davis** *Kitchen Sense*, Clarkson Potter, 2006
- **David Lynch** *Vino Italiano: The Regional Wines of Italy*, Clarkson Potter, 2005
- **Anne Meneley** *Fat: The Anthropology of an Obsession*, Tarcher, 2005
- **Marion Nestle** *What to Eat*, North Point Press, 2006

7:30 p.m.
**Reception and Dinner at the James Beard House**
Giordano Monni, Buca dell’Orafo, Florence, Italy
Saturday, October 21
*James Beard House*
167 West 12th Street

9:30 a.m. to 10:00
**Refreshments and Coffee at Beard House**

*Participants will be divided into three groups of approximately 20 people and will take part in each of three planned activities.*

10:00 a.m. to 12:00 p.m.
Group 1 will participate in Activity 1  
Group 2 will participate in Activity 2  
Group 3 will participate in Activity 3

12:00 p.m. to 2:00 p.m.
Group 1 will participate in Activity 2  
Group 2 will participate in Activity 3  
Group 3 will participate in Activity 1

2:00 p.m. to 4:00 p.m.
Group 1 will participate in Activity 3  
Group 2 will participate in Activity 1  
Group 3 will participate in Activity 2

**Activity 1**
*Pasta Workshop*  
James Beard House  
Gabriella Ganugi and instructors from Apicius, the Culinary Institute of Florence will lead an Italian cooking workshop.

**Activity 2**
*Field Trip to Una Pizza Napoletana*  
349 East 12th Street  
Anthony Mangieri will demonstrate how he creates his award-winning, authentic, Neapolitan pizza.

**Activity 3**
*Olive Oil, Salumi, Truffles, Chocolate, and Cheese Tasting*  
James Beard House  
Louie DiPalo of DiPalo's of Little Italy in NYC will guide participants through a tasting of Italian olive oils, salumi, truffles, chocolate, and cheese.

4:15 to 5:00 p.m.
**Closing Reception**  
A farewell gathering with wine and sweet treats.
Italy and the Mediterranean Diet: Food Culture, Nutrition, and the Question of Quality

Presenters

**Vincenzo Bacci**
Dr. Vincenzo Bacci holds a degree in medicine from Rome, was certified in internal medicine, endocrinology, and metabolism in the United States, and is a fellow of the American College of Endocrinology. He has been in private practice in Rome since 1982 and joined the staff of Umberto I University Hospital in 1991, where he has been active in nutrition services and as a consultant for the Bariatric Surgery Center. He has published over 20 original peer-reviewed manuscripts and has given several lectures on different aspects of the Mediterranean Diet. He has appeared on several Italian TV talk shows to speak about nutrition and obesity.

**Lidia Matticchio Bastianich**
Lidia Matticchio Bastianich has been sharing her love of Italian cuisine with American audiences for decades. She is the best-selling author of *Lidia’s Italy*, *Lidia's Family Table*, and *Lidia's Italian-American Kitchen*. Bastianich is also a restaurateur with a number of successful restaurants, Felidia, Becco, Del Posto, and Esca in New York City and Lidia’s in Pittsburgh and Kansas City. Bastianich is one of America’s best-loved television chefs and is owner of her own specialty food line, Il Cibo di Lidia, and a gastronomy travel company, Esperienze Italiane.

**Carole Counihan**
Carole M. Counihan is Professor of Anthropology at Millersville University in Pennsylvania. Her research interests center on food, culture, gender, and ethnic identity and she has done fieldwork in the U.S. and Italy. Counihan is the author of *Around the Tuscan Table: Food, Family and Gender in 20th Century Florence* and *The Anthropology of Food and Body: Gender, Meaning, and Power*. She co-edited *Food and Culture: A Reader*, of which Routledge is publishing a second edition in 2008. Counihan is also co-editor of the journal *Food and Foodways*.

**Anna Teresa Callen**
Anna Teresa Callen is an accomplished food writer and consultant, teacher, and historian who was born in Abruzzo, Italy. She is the author of various Italian cookbooks including the acclaimed *Food and Memories of Abruzzo* and the newly published *My Love for Naples: The Food, The History, The Life*. Callen has appeared on CNN, the Food Network, and *The Late Show with David Letterman* to speak about Italian cuisine.

**Ian D’Agata**
Ian D’Agata, co-author of the *D’Agata & Comparini Guide to Italy’s Best Wines*, has been writing about food and wine for more than 25 years. He is responsible for the Italian wine reviews in Steven Tanzer’s prestigious *International Wine Cellar*, and he writes about wine for Britain’s *Wine International* and France’s *Revue des Vins*. D’Agata is currently director of the International Wine Academy of Rome. In a former life he was a pediatric gastroenterologist, nutritionist, and liver expert who trained in Cincinnati, OH, Montreal, San Francisco, and Cambridge, MA.

**Mitchell Davis**
Mitchell Davis is Vice President of the James Beard Foundation and an adjunct professor and doctoral candidate in the Department of Nutrition, Food Studies, and Public Health at New York University, where his research focuses on the history of restaurant reviewing and its role in the creation of national taste. He is the author of four cookbooks, including *Kitchen Sense* and *The Mensch Chef*. For six years he has co-directed a graduate course on Italian food culture, nutrition, and the Mediterranean Diet for NYU at Villa La Pietra in Florence, Italy, with Lisa Sasson.
Nicòlo Derienzo
Nicòlo Derienzo is the U.S. partner for the Italian gelataria Grom, which is widely considered the best gelato in Italy. Grom founders Federico Grom and Guido Martinetti are dedicated to making gelato with only the most premium ingredients. All ingredients are organic and of the highest quality including hazelnut paste from the Langhe valleys of Piedmont, Ecuadorian and Venezuelan chocolate, and Sicilian pistachios. In their quest for sourcing the highest quality ingredients, Grom purchased an organic farm and vineyard in Tuscany, where the finest fruit will be grown for their gelato. The first Grom store opened in downtown Turin in 2003, and the company has since spread throughout Northern Italy, making its way to New York with a shop on Broadway and 76th Street in 2007.

Louie DiPalo
DiPalo’s of Little Italy is one of New York’s most popular Italian specialty shops. Family run and operated since 1925, DiPalo offers an extensive selection of imported Italian cheeses, meats, and condiments. Current owner Louie DiPalo has been the subject of numerous articles appearing in The New York Times, Vogue, and Wine Spectator. He travels throughout the U.S. and Canada giving lectures about his family business to culinary schools.

Gabriella Ganugi
A former architect and chef, Gabriella Ganugi opened Apicius: The Culinary Institute of Florence in 1996. Named for the presumed author of the earliest known cookbook in the Western world, De Re Coquinaria, which was written in fourth-century Rome, Apicius trains professional and amateur chefs from around the world. The program has grown to include a large wine education program and soon, a fully operational restaurant. Building on her success in the field of education, Ganugi opened the Florence University of Art (FUA), a multimedia art program with a full curriculum of studio, art history, and art criticism classes.

Maria Guarnaschelli
In Maria Guarnaschelli’s thirty-year career, she has edited many of the most important and most acclaimed books in the world of food, including The Splendid Table by Lynne Rossetto Kasper, The All-New, All-Purpose Joy of Cooking, Everyday Mexican by Rick Bayless, Rose Levy Berenbaum’s The Cake Bible, and Judy Rodgers’ The Zuni Café Cookbook. Her books outside the realm of food have been equally of note: Guarnaschelli has edited works by Steven Pinker, Deborah Tannen, Bill Bryson, and David Quammen. She holds a Ph.D. in Russian literature from Yale University, and lives in Manhattan with her husband.

David Lynch
An American writer and wine expert, David Lynch is considered a top resource on Italian wine. After graduating from Boston College, he worked as a senior editor at Wine & Spirits Magazine before becoming the wine director and then general manager at Mario Batali’s famed Babbo restaurant in New York City. He is the co-author of the acclaimed Vino Italiano: The Regional Wines of Italy and the Vino Italiano Buying Guide.

Anthony Mangieri
Anthony Mangieri has an intense passion for creating authentic Neapolitan pizza at his East Village eatery, Una Pizza Napoletana. Mangieri opened his first Una Pizza Napoletana in Point Pleasant Beach, New Jersey and moved the pizzeria to New York. Every pizza served at Una Pizza Napoletana is shaped, topped, and baked by Mangieri in the wood-fired brick oven that Mangieri built himself. The thin, chewy, slightly charred crust is topped with the finest ingredients directly shipped from Italy.
Anne Meneley
Anne Meneley is a cultural anthropology professor at Trent University in Ontario, Canada. She has a B.A. from McGill University and a M.A. and Ph.D. from New York University. A former professor at Lewis and Clark College in Portland, Oregon, Meneley's teaching and research includes the Middle East, Arabian Peninsula, Italy, religion and world view, Islam, gender, theories of exchange, production, consumption, ethnographic methods, culture and food, and histories of anthropology. Her publications include *Tournaments of Value: Sociability and Hierarchy in a Yemeni Town*, based on fieldwork she conducted in Yemen. She is currently working on the anthropology of contemporary academic practices. Meneley’s is also researching the production, circulation, and consumption of Italian extra-virgin olive oil, she has a paper on olive oil in *Fat*, a book she co-edited.

Marion Nestle
Marion Nestle is the Paulette Goddard Professor at New York University's Department of Nutrition, Food Studies, and Public Health, the department she chaired from 1988 to 2003, and professor of sociology at New York University. She has a Ph.D. in molecular biology and an M.P.H. in public health nutrition, both from the University of California Berkeley. Her research focuses on food and nutrition policy. She was the editor of a special supplement to the *American Journal of Clinical Nutrition, Mediterranean Diets: Science and Policy Implications*, in 1995. She is author of *Safe Food: Bacteria, Biotechnology, and Bioterrorism, What to Eat*, and *Food Politics*. Her website is www.foodpolitics.com and she has a blog at www.whattoeatbook.com.

Fabio Parasecoli
Fabio Parasecoli lives in Rome, where he is a journalist for the magazine *Gambero Rosso*. He teaches courses in the history of food and food and culture in the program for Communication and Journalism in Food and Wine at the Città del Gusto School in Rome. He also teaches in the Department of Nutrition, Food Studies, and Public Health at New York University. Parasecoli authored *Food Culture in Italy*, and contributed the introduction *Culinary Cultures of Europe* published by the Council of Europe.

Gaeleen Quinn
Gaeleen Quinn is a managing director in the New York-based ETGI Terroir Group, the U.S. partner of chocolatier Amedei of Tuscany, and of other Italian premium food and beverage brands. Prior to ETGI, Quinn managed high-end restaurant chains in Colombia, Panama, and Costa Rica, and launched the Tiendas Juan Valdez chain of coffee stores. She received an MBA from Bocconi University, Milan, and graduated as an industrial engineer from la Universided de los Andes, Bogota.

Lisa Sasson
Lisa Sasson is a registered dietitian and a clinical associate professor in New York University’s Department of Nutrition, Food Studies, and Public Health. In this role, she directs the graduate clinical master’s program, dietetic internship and NYU’s study abroad in Tuscany, Italy: Its Cuisine and the Mediterranean Diet. She also teaches a variety of undergraduate and graduate courses including Sports Nutrition and Diet Assessment and Planning. In addition to her work at NYU, Lisa also counsels private clients in healthy eating, weight management and eating disorders. She is a frequent commentator in many television and print media and a consultant to Nickelodeon’s Public Affairs on health and wellness.

Gianluigi Zenti
President of Academia Barilla, Gianluigi Zenti joined Barilla in 1991 and set out to develop the brand internationally in North and South America, Australia, the Middle East, and Asia. Zenti headed up Barilla’s expansion into the United States, becoming the general manager of Barilla America, Inc. in 1994. He has worked as a consultant for the international expansion of Italian cheese producers and was the project coordinator for the National Institute of Agriculture Economics marketing program for the exportation of olive oil, cheese, and ham from Italy.
Italy and the Mediterranean Diet
Food Culture, Nutrition, and the Question of Quality

Giordano Monni
Buca dell’Orafo, Florence, Italy

Friday, October 19, 2007

Hors d’Oeuvre

Crostini di Sugo > Rustic Toasts with Meat Sauce

Salvia Fritta > Giant Fried Sage Leaves

Coccoli con Prosciutto e Stracchino > Fried Dough with Prosciutto and Stracchino Cheese

Dinner

Antipasti > Chianti-Preserved Pork with Baby Onions; Celery Croquettes; and Florentine-Style Artichoke Frittata

Ribollita > Tuscan Vegetable and Bread Soup

Pasta Tasting > Pici with Garlic; Maltagliati with Duck Sauce; and Gnocchi with Sausage and Black Cabbage

Beef Fillet with Pecorino and Slow-Cooked White Beans

Dessert Tasting > Renaissance Ricotta Charlotte; Drunken Sweet Bread with Grapes; and Almond Cookies

Wines generously provided by Rienzi Wine Co.

Music provided by graduate students in the Department of Music and Performing Arts Professions, Steinhardt School of Culture, Education, and Human Development at New York University