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# Essences of happiness. Presentation in Milan the latest book by Alessandro Circiello

Starting from 13/06/2013 until 13/06/2013

**Milan - Presentation of the book "Essence of Happiness" on June 13 at 18.00 in Corso Venezia 44 - Milan** . Followed by a tasting of some recipes.

The past and the modern meet in the book **Essence of happiness** edited by **Antonella Martinelli and Alessandro Circiello** , published by Rai Eri. This meeting comes out a cookbook intriguing than ever for our palates.

**Antonella Martinelli** , author of important programs of RAI, has found a manuscript in his attic where her great-grandmother in beautiful calligraphy recopied the text of the beginning of the " 800 by Vincenzo Corrado "The butler of good taste." Let us rediscover the flavors so, the intoxicating scents of the food than once, an invitation to the pleasure of being together at the table.

The originality of the book lies in the fact that **Alexander Circiello** , young and renowned chef, editor of several categories of food in programs Rai, revisits the old recipes with a modern twist, using ingredients maybe lighter, but no less compelling . cuisine continues to evolve and reading this book helps us to understand these processes. Today they eat different dishes of the past, but today as yesterday remains the search for a healthy and genuine.



**"Essence of Happiness** is a journey of rediscovery of our traditions, a book - explains Sales Director of the RAI, Luigi De Siervo-which is much more than a guide or a cookbook because it contains within it the scent of the houses of a time, and the soul of a woman, a grandmother, a great guardian of the true treasures that Martinelli gives us without jealousy and Circiello makes a pretty modern. " This cuisine, as it is in our tradition and reminds us that the book of Antonella Martinelli and Alessandro Circiello, both ... "essence of happiness." **Antonella Martinelli** works in RAI since 1983. Since

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1986, signing as an author, the program "Porta a Porta" and, since 2004, the program "In His Image". **Alessandro Circiello**, cooking expert, has curated numerous categories of food in programs Rai ("The Facts Your", "Morning in the family"). He has published The Health comes from eating (Rai Eri) and everybody at the table, health is served (Kowalski - Rai Eri).

[Source: Milan OnLine ]

**MEETINGS & CONFERENCES , Milan**

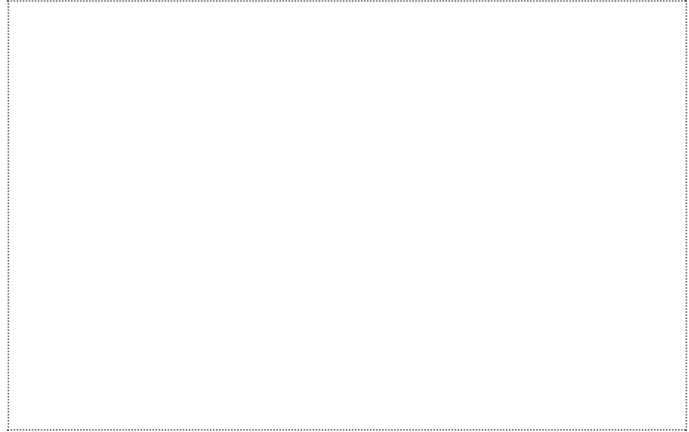
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