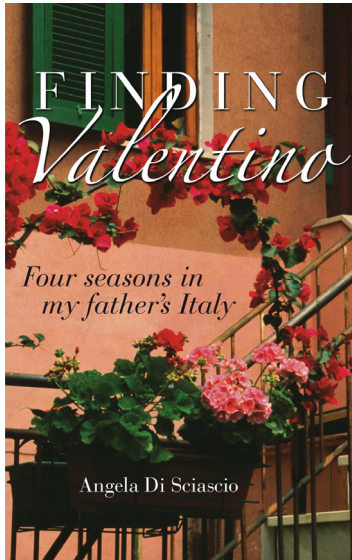


# MEDIA RELEASE

Victory Books are about the here and now – the famous and the infamous, the happy and the not so happy ...



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Angela Di Sciascio will be available for interview throughout April.

For more information please contact **Olivia Blake** at MUP on 03 9342 0322 or 0406 998 030, or email [oblake@unimelb.edu.au](mailto:oblake@unimelb.edu.au)

## FINDING VALENTINO

### Four seasons in my father's Italy

by Angela Di Sciascio

*“This book is about understanding my heritage and like many others who have come to Australia from another culture, understanding who I am, and most importantly, unearthing the man who is my father, who ventured across the seas to Australia.”*

*Angela Di Sciascio*

Valentino Di Sciascio can no longer describe his past or his culture, and his family's heritage may be lost to the ravages of Alzheimer's disease. Deciding not to let his story fade, his daughter Angela travels the length and breadth of the Italian boot, absorbing the culture of her father and experiencing the chaos, beauty, style and deliciousness that is Italy today.

Basing herself with relatives in Abruzzo, she spends a year travelling around the country, discovering the language, culture and cuisine of her heritage.

Abruzzo is a most inconspicuous region of Italy, rarely written about and indeed often ignored in travel guides, outshone by the tourist meccas of Tuscany, Veneto, Lombardy and Lazio. Angela spends much of her year exploring the villages, mountains, valleys and seaside of this most rugged and spectacular region, which straddles the north and south of Italy.

Eager to explore as much of the Italian peninsula as possible, Angela ventures beyond the Abruzzo borders to taste, embrace and absorb the peculiarities of many of Italy's regions, from Lombardy in the north to Sicily in the south. Along the way, she manages to eat her way through the most amazing array of regional delicacies: rustic polenta high in the northern mountains, fresh and fragrant pesto on the Ligurian coast, melt-in-your-mouth oxtail ragu in boisterous Rome, robust 10kg loaves of bread in Puglia and luscious lemon granita in Sicily. But she is always drawn back to the cuisine that feeds her soul, the *cucina povera* (simple cooking) of her Abruzzo.

**Angela Di Sciascio** trained as an English language teacher and has spent over 15 years teaching in Australia and overseas. She has travelled widely, relishing the experience of being submerged in other cultures. Her passions are teaching, travelling, cooking and eating. She lives and works in Geelong, surrounded by family, friends and cookbooks.

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