



Recipes to Remember: My Epicurean Journey to Preserve My Mother's Italian Cooking from Memory Loss

Barbara Magro

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Part epicurean travel memoir, part cookbook, the author writes about her traditional Italian upbringing and the choices she made for her life after witnessing the roles of the women in her family. Searching for adventures to feed her soul outside of wife, mother and cook, her advertising sales career brings her around the globe where she experiences multiple cultures, world class food and becomes an adventurous epicure. It wasn't until her mother was diagnosed with dementia in 2006 and her father was lovingly transitioning into becoming the primary caretaker, that the author realized she never learned to cook the homemade Italian food with which she was raised. With a sense of urgency, she pursued writing them down before they would be lost forever. Following the memoir, the author provides the mouthwatering recipes that her mother prepared for her family for over 50 years, including holiday specialties. "Recipes to Remember" is a heartwarming journey around the globe in search of what she yearns for, only to return home to find it. A portion of all profits will be donated to the Alzheimer's Association.

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