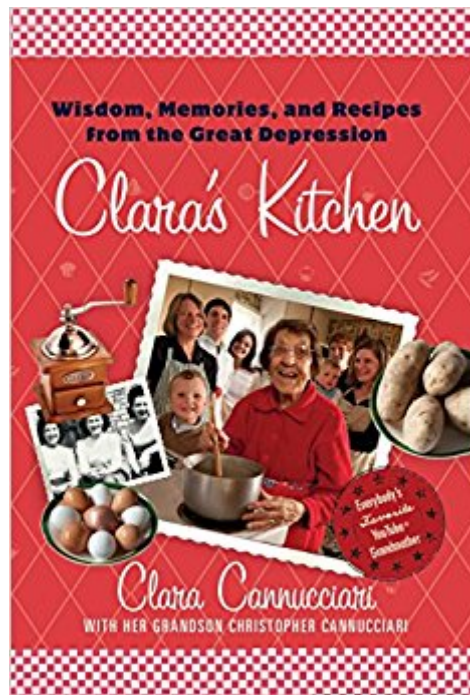


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# Clara's Kitchen: Wisdom, Memories, And Recipes From The Great Depression



## Synopsis

YouTube® sensation Clara Cannucciari shares her treasured recipes and commonsense wisdom in a heartwarming remembrance of the Great Depression. Clara Cannucciari is a 94 year-old internet sensation. Her YouTube® Great Depression Cooking videos have an army of devoted followers. In Clara's Kitchen, she gives readers words of wisdom to buck up America's spirits, recipes to keep the wolf from the door, and tells her story of growing up during the Great Depression with a tight-knit family and a "pull yourself up by your bootstraps" philosophy of living. In between recipes for pasta with peas, eggplant parmesan, chocolate covered biscotti, and other treats Clara gives readers practical advice on cooking nourishing meals for less. Using lessons she learned during the Great Depression, she writes, for instance, about how to conserve electricity when cooking and how you can stretch a pot of pasta with a handful of lentils. She reminisces about her youth and writes with love about her grandchildren and great-grandchildren. Clara's Kitchen takes readers back to a simpler, if not more difficult time, and gives everyone what they need right now: hope for the future and a nice dish of warm pasta from everyone's favorite grandmother, Clara Cannucciari, a woman who knows what's really important in life.

## Book Information

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## Customer Reviews

I'd seen a few of the Youtube videos featuring Clara Cannucciari a year or two ago (search "great depression cooking" on Youtube to find them) and was completely charmed, so it was a treat to find Clara's Kitchen on the new books shelf at my bookstore the other day. This small book is full of memories, photos, and recipes from the 1920s and 30s--a peek into the life of Clara and her

parents, brother, and extended Italian immigrant family as they struggled to get along in hard times. Reading Clara's stories is like sitting down with your own grandmother, and you may be inspired to seek out a grandparent or great-aunt or -uncle and find out how they survived those difficult years. The recipes are mostly very simple--Dandelion Salad, Eggs and Potatoes, Pasta with Beans...with Broccoli...with Escarole--and mostly stem from traditional Italian cooking. Lots of pasta, lots of greens, lots of eggplant, supplemented with eggs and potatoes and tomato sauce. And yet, though the dishes seem simple by today's standards, there's a lot of nutritional common sense to be found here, too, as Clara's family used fresh vegetables from their own garden and minimal meat, as it was too expensive for everyday use. Clara's cheerfulness and practicality shine through her words, as she remembers the fun of family holidays and the luxury of Sunday chicken dinners, but she doesn't minimize the stress and sadness that parents and children dealt with as they struggled to make ends meet. I was especially touched by her brief description of having to drop out of high school in the tenth grade because her family needed her to be out working and bringing in money. Simply told, but you can feel her regret. This is living history, perfectly captured. A gem of a book.

Clara grew up in the Great Depression and remembers how her family survived; not only with love and a common bond to help each other out but with some common sense that could help you out today. We have become such a throw away society that to not waste anything is almost a foreign concept. Clara will tell you about her life in this book as well as on line. 'Clara's Kitchen' not only contains her philosophy but her recipes as well. Some will not be used unless you want to pull up dandelions but why not teach your children and grandchildren what true use of all of our resources can be. With the mainly vegetarian recipes meals will be healthier too, not to mention a boon for a vegetarian; since meat was scarce in the depression. Learn how to make bread for your family it's satisfying, better for you and saves money as will all the advice in this little book.

I order several copies of this book. I had watched her videos and of course was charmed. I started to read one of the copies I bought and got through 30 pages and knew I was going to buy more for gifts before Christmas. She is such a sweet heart and her stories so touching, I almost shed a few tears. And no one died so far! It's a happy story of bonding in a family. Do be prepared to get misty eyed at least. It's not all recipes. It's her life and it's not over. Thank you Clara for sharing.

Clara is the Grandmother everyone should have! I viewed her DVD, Youtube segments and her blog. Yes, Clara blogs! When I saw she had a book due out, I think I was the first to pre-order it. I

stayed up all night just to read her book. What an awesome lady! Would love to meet her in person. I'm picking up a few copies for family and friends. God bless you Clara!

I love this book! I first saw the videos tried a recipe out and knew I had to get the book. It is hard times again, and these simple, but delicious recipes do come in handy. My grandmother is 92 and I too grew up in an Italian family. Clara reminds me so much of my family and the recipes we love and know. Pasta and peas is my kids favorite! Thanks so much for sharing.

It's a small book but it contains a wealth of knowledge inside. The recipes can very well be used for money-crunched times of today. The recipes, the general feel of the book and the inherent story it tells is straight forward. Although times during the depression must have been very difficult, the attitude remains hopeful and pragmatic. You CAN survive times of hardship and tribulations, at least in terms of eating even if today's society is far different than it was during the historical setting (the depression). Cooking the recipes are easy, you need few ingredients and the meals are cheap, and as is pointed out frequently, nourishing.

This is a lovely little book filled with heartfelt stories of the past, fun little tips, and the bonus of easy and tasty recipes. I actually bought this book after seeing Clara on YouTube and I thought how great these simple ingredient/recipes would be for my college aged son. After looking through the book and reading some of the pages I now want my own copy. 'Clara's Kitchen' has also solved the problem of trying to figure out and searching for a gift to give to family and friends throughout the year...it will be this book! I'd suggest 'Clara's Kitchen' to anyone looking for a charming book filled with easy recipes.

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