



Introducing Efsio Farris's Sardinian Cookbook Stories & Recipes from Italy's Timeless Island

More than 125 recipes...
plus personal reflections, travel information and product guides



SWEET MYRTLE & BITTER HONEY

The Mediterranean Flavors of Sardinia

By Efsio Farris with Jim Eber

(Published by Rizzoli International Publications / October 2007)

\$31.95

"When it comes to Italian cooking, few books capture the soul and spirit of a region as this one does. Efsio Farris takes you on a culinary journey through his island home, exploring its ancient rhythms and unique lifestyle. It's a simply enchanting read but also a delicious invitation to discover this little-known gastronomic culture."

-- Mario Batali

"Efsio Farris honors his Sardinian heritage in this charming collection of family recipes that includes many lesser-known dishes. Each page communicates his passion for the flavors of this wonderful island. Thank you, Efsio."

-- Giuliano Bugialli

"Sardinian food and wine could not have a better advocate than Efsio Farris. His love of his native land's cooking is evident on every page, and his new, well-named book will open readers to one of the Mediterranean's most savory cuisines and food cultures."

-- John Mariani, *Esquire Magazine* and author of *The Dictionary of American Food & Drink*

Since 1988, restaurateur Efsio Farris has been representing his Sardinian heritage in America with his restaurants Arcodoro & Pomodoro. The rustic and traditional cuisine rich in the flavors and textures of this timeless island has influenced Efsio since the days in his grandmother's kitchen. Efsio is proud to usher in a new era of these traditions with his line of authentic Sardinian products. Let Efsio transplant a little Sardinia in to your home...

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