



EAT POETRY

THE LIGURIAN SCHOOL OF POETIC COOKING

Angelo Cabani~ Locanda Miranda

Angelo Cabani is a rare artisan living in Tellaro, a quaint, pastel village on the Ligurian coast. While his father was away at sea, his mother and aunt Miranda ran a small restaurant called Locanda Miranda. Angelo played with pots and pans as a child and I think I heard a story once that he even took them to bed.

His big eyes, impressive nose, capable hands and perceptive mind are the tools of his culinary art.

Angelo spent time in France watching them refine simple dishes into *haute cuisine*. With curiosity as his guide, he takes the traditional recipes of Liguria and lifts them into the sublime.

I hope to put together a more comprehensive book of recipes and Angelo's philosophy in the near future.

Il Picasso di Tellaro

I was hooked after the first meal. Angelo at 75, commands his kitchen like a General. With his authoritative presence and booming voice, he directs, cooks and executes. Every dish has his personal touch.

There is no one that can do what he does in the same way. Angelo's food has an effect; "mi sveglia.." It grabs my attention and wakes me up. He let me in to see his 'laboratorio' where he creates complex bases of flavor that he dips into like a painter, instinctively creating a tasteful masterpiece.

The 'Menu Degustation' in a fish restaurant starts with 3 antipasti. I savor each slowly. Neither do I want the main dish to disappear too soon, until I understand what is coming next; Giovanna's fabulous desserts.

This kitchen thrives on poetic execution. After all, it's a stones throw away from the bay of Poets. No doubt that Keats, Byron and Shelly would have eaten here every night.

Hence, the Ligurian School of Poetic Cooking began in 1993 as a chance to sit at his feet.



Giulio Tocchi
Spumanti

ALTA LANGA
V.S.O.P.R.D.











LEONDA

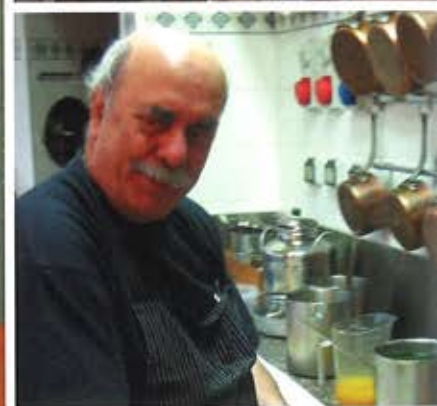
MIRANDA

RA...TE









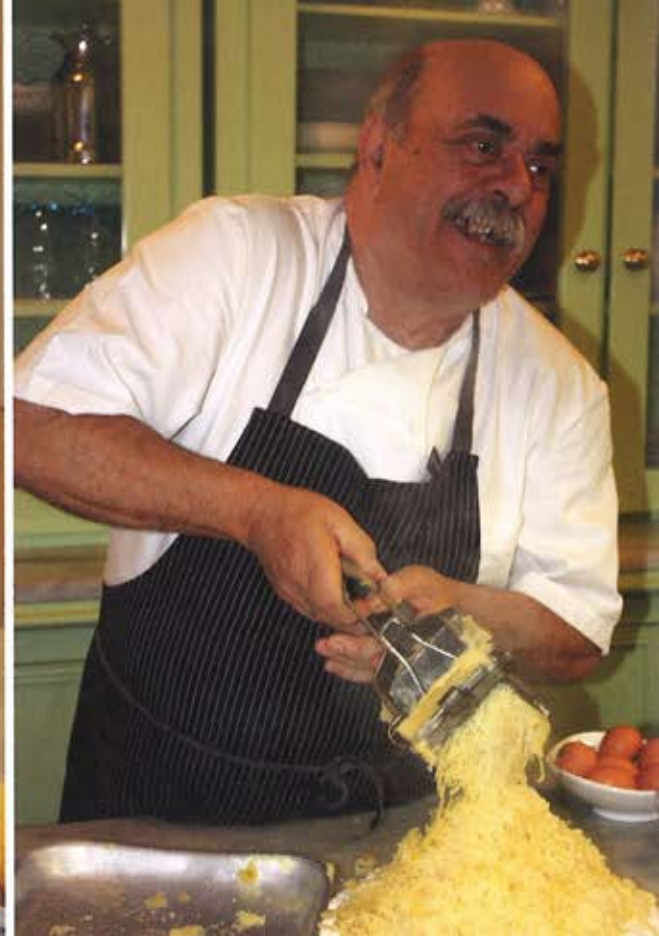








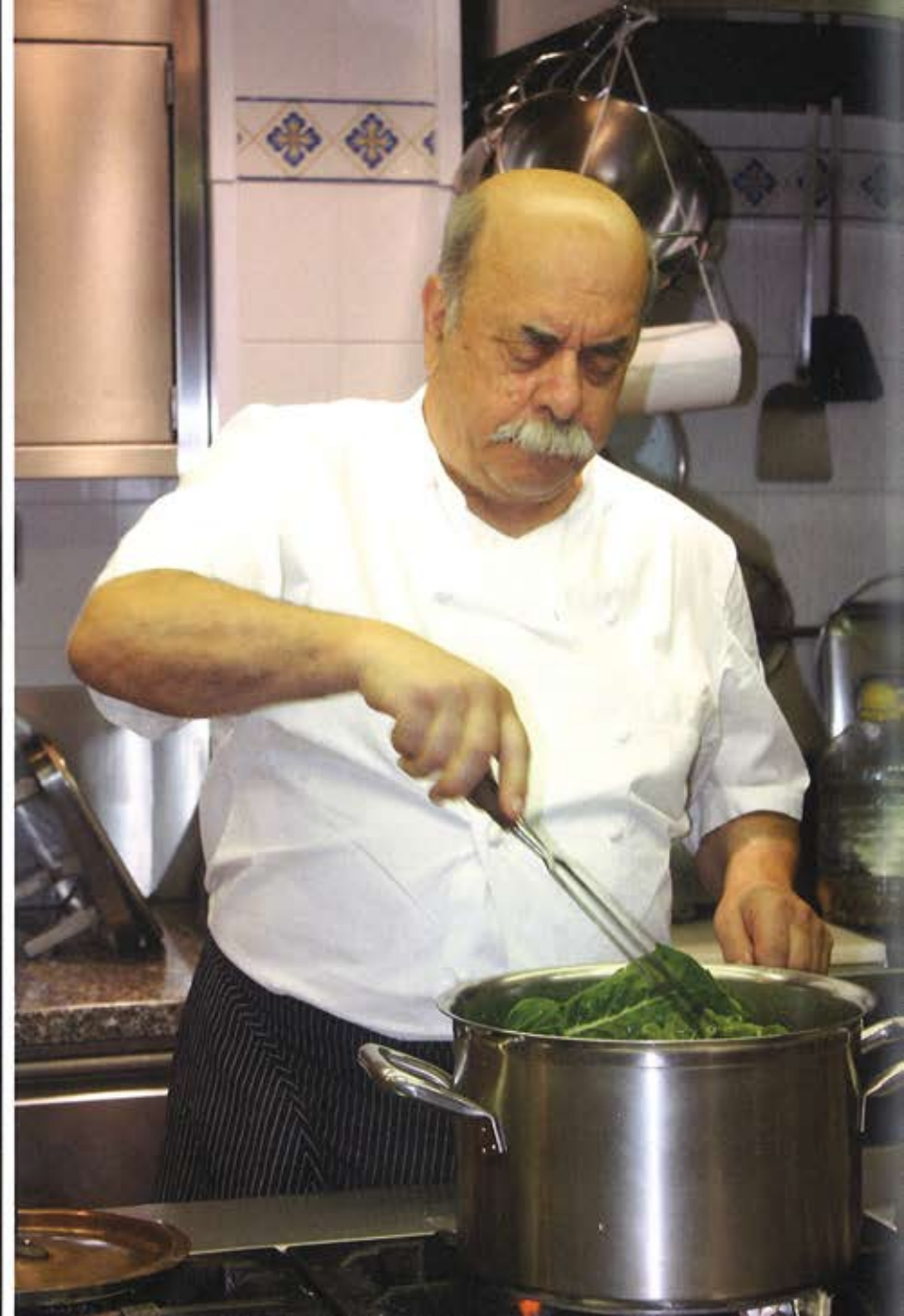
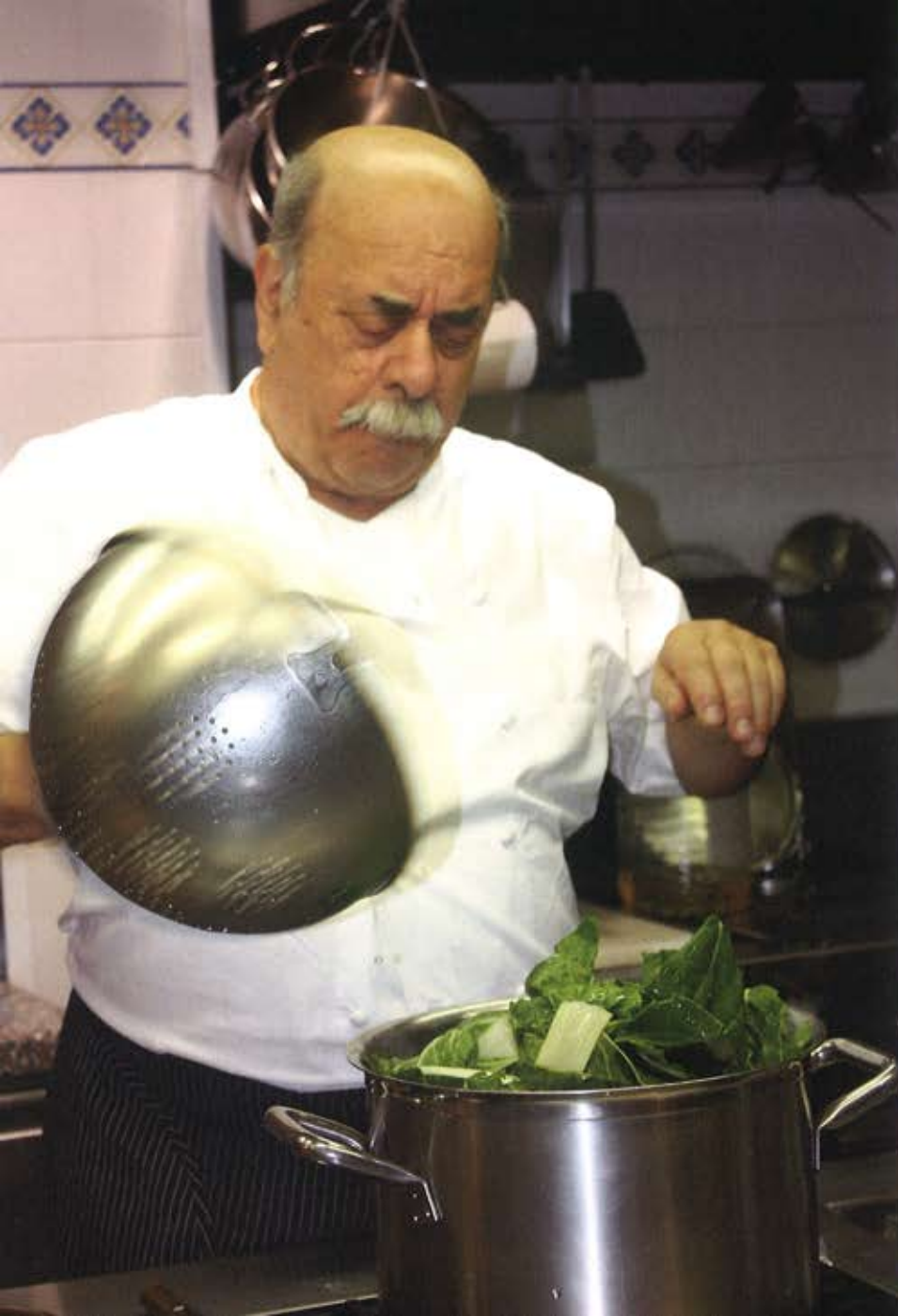




















He knows his fish

There is no odor of fish in the kitchen. They arrive freshly caught and disappear within hours.

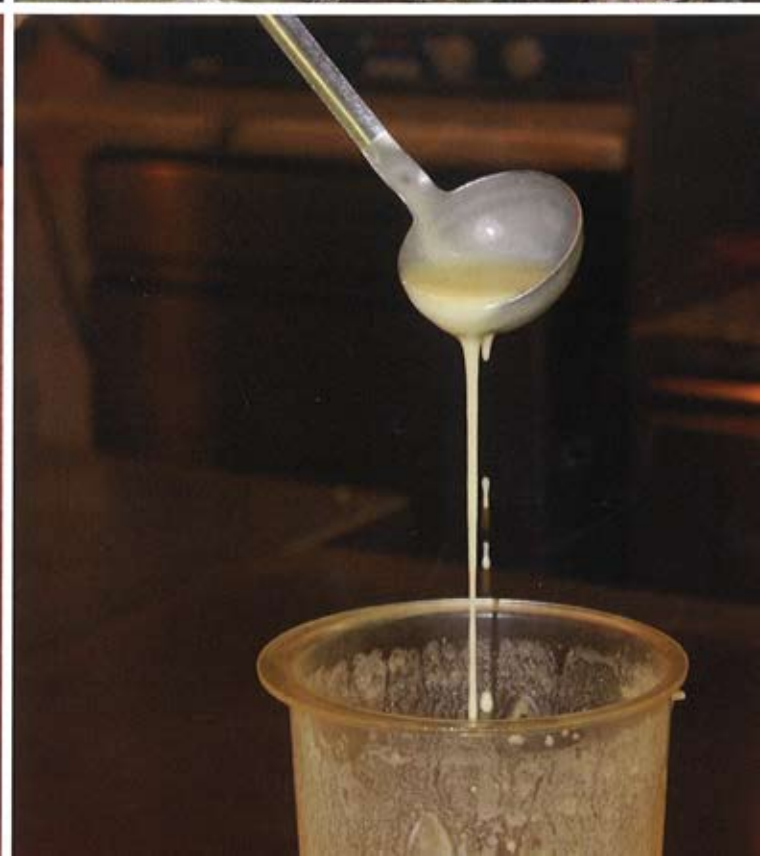
How many times have I been to Tellaro? I go as often as I can. I am pulled like a wave to the shore of the dramatic coastline, il profumo di basilico, the nourishing broth of a gauzetto, a pasta with pesto, carpaccio di branzino.. and the menu goes on. But mostly, I am drawn to the maestro.











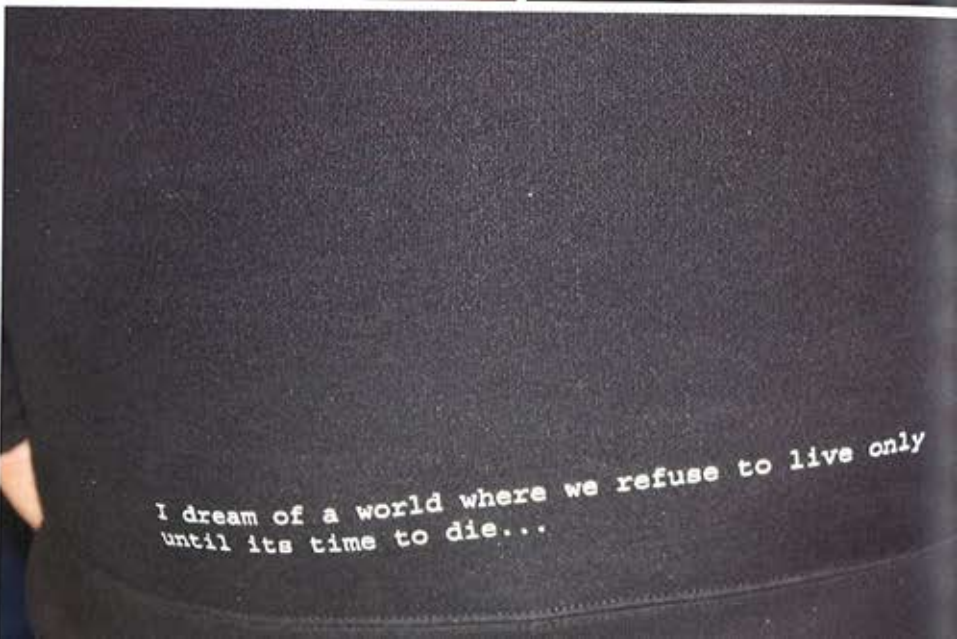




“Polenta di formenton, acqua di fosso,
Lavora tu, padron, che io non posso”

Mi dispiace non ce' un foto di Ale. No.1
son.

Questo e Mattia. No. 2.



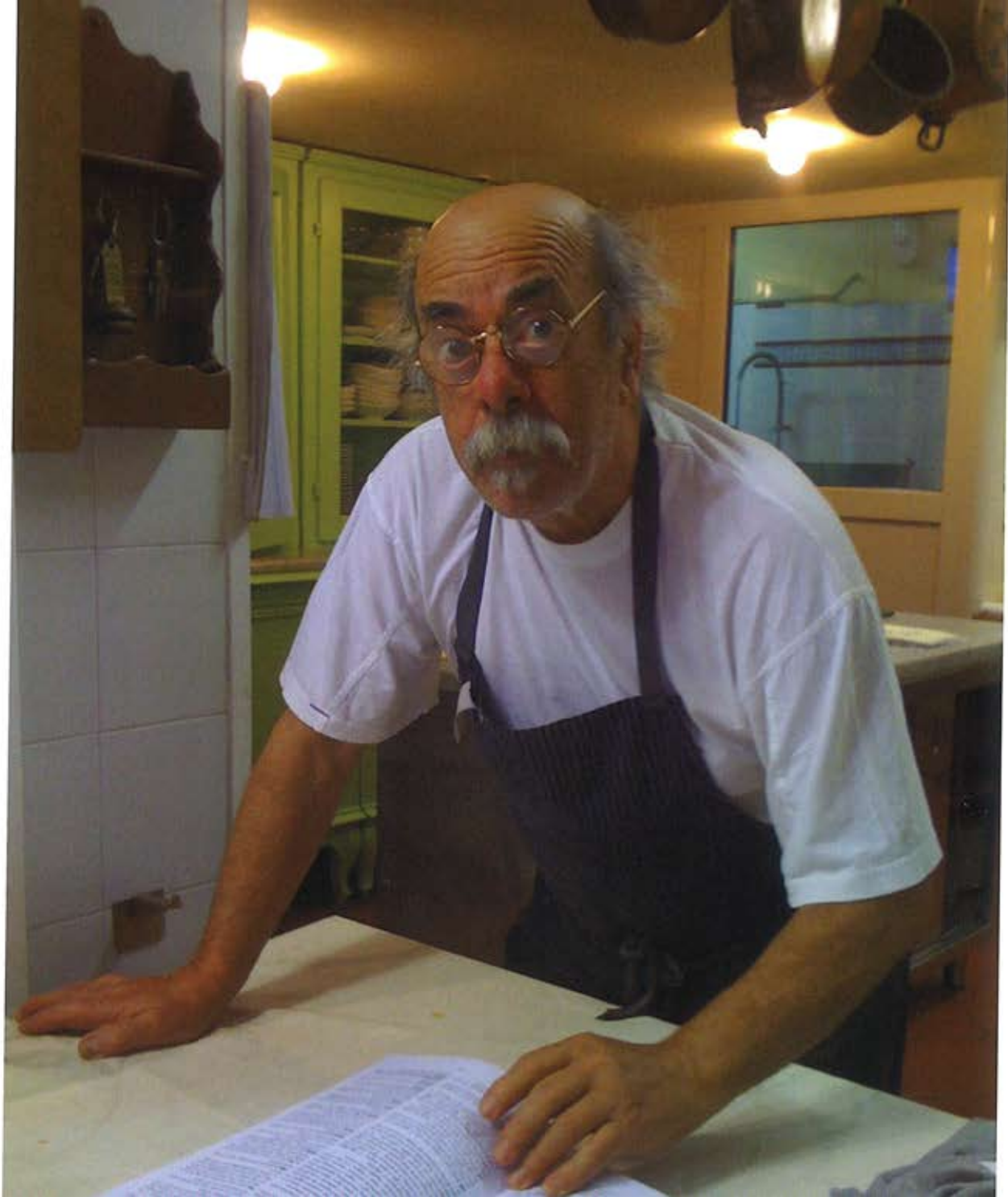














RISTORANTE
"LOCANDA MIRANDA"
DAL 1959



Il cuoco troppo serio