

A Tavola Con Grazia - Neria De Giovanni



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Grazia Deledda, unico premio Nobel femminile per le lettere italiane, è una delle dieci scrittrici in tutto il mondo ad avere ottenuto questo prestigioso riconoscimento. Nata a Nuoro, nel cuore della Sardegna, del suo popolo narra tradizioni, costumi, vicende storiche, banditi e amori. Il popolo sardo ha usi semplici e parchi così anche la sua cucina utilizza i prodotti della terra e dell'allevamento del bestiame, soprattutto ovini, in una economia agropastorale. Anche in casa Deledda si cuoceva il pane carrasau che durava in campagna per tante settimane senza ammuffire; anche in casa Deledda il porchetto e i dolci di mandorla e le sedadas arricchivano le feste. Un vero e proprio tesoro apparivano alla piccola scrittrice le provviste di frutta, uva e meloni d'inverno, chiuse nella soffitta. Grazia Deledda sapeva cucinare molto bene. Così anche in Continente guardava con attenzione le donne di famiglia per imparare i segreti della polenta o dei piatti di pesce. Ricordava, con una punta di ironia, che quando il messo dell'ambasciata di Svezia nel novembre 1927 le portò la comunicazione del conferimento del Premio Nobel, le baciò la mano che odorava di cipolla in quanto la scrittrice aveva appena finito di preparare un gustoso soffritto per il sugo!

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