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In collaboration with
Michelle Berriedale-
Johnson, an expert on
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Anna has written Primi

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all ' Italiana Primi*,

the first of a series of

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gluten-free and often

lactose-free, too.

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are gluten-free and
25 of the 30 are

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either milk / dairy free or provide a dairy free modification. I count roughly 15 dishes that could be fully vegan. Vegan cheese, or 'Dave', as we now call it in the UK, is never employed.

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Anna and Michelle

combined to write the first Italian cookery book focused on

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Primi. To read more about the book or to listen to Anna talking about many other aspects of free-from Italian cooking, see

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them. It was only

when I started

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her new book,

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realised, not only how

many alternative

pastas were now on

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Anna del Conte Primi

Wheat, gluten, dairy,
corn, soya, egg, nut
free. Anna: We used

this sauce to dress

black bean spaghetti
and decided it was

perfect, but it is such
a good sauce that we

are sure it would
work well with any
other gluten-free

pasta. Michelle: Pulse-
based pastas are now

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becoming quite common. They tend to have a rather different, coarser texture than wheat, corn or rice-based pasta and a fairly vigorous flavour, so are best matched with strong ...

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