

February 2021 - 3S Art Newsletter

Top 10 Art masterpieces with food as the subject



Top 10 Art masterpieces with food

Art has the ability to inspire people. It can make us think, dream, and find new meaning in our lives. It can also make us super hungry.

Food paintings and depictions of edible things have been part of famous artworks since the very beginning. From ancient Egyptians carving depictions of crops and breads on tablets, to hyper-realistic grapes painted by Dutch masters, food and art have a long and rich relationship.*

As for me, I would rather eat good food or cook an interesting dish than paint it.

This newsletter edition is dedicated to some of my favorite foods and how to create them in the kitchen. I'm Italian and my wife is half Italian and half Polish. I searched the internet and below you'll find videos on how to cook some of our favorite Italian and Polish dishes.



How to make Sicilian Archini

Sicilain Archini (Rice Balls)

This is a delicious Italian dish and one of my favorites. A nice bottle wine on the side and you can't go wrong.



Mozzarella Carrozza recipe

Mozzarella Carrozza Recipe

This is the Italian version of a grilled cheese sandwich but a whole lot better. My mom often made this for lunch for me.



Pierogi recipe

Pierogi

This is a great Polish dish loved by many but cooked by few. Here is a recipe

for that dish.



Potato Pancake recipe

Potato Pancake

This is another tasty dish. You may have noticed that all 4 of these recipes involved starches and frying. However, I assure you, they all all have ZERO calories and taste really great (I may be stretching it about the calories!)

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*Tigots Blog, May 8, 2029

Anthony Russo



Pastel on 3S Art website



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