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Mediterranean Cookbook



Synopsis

Bringing together authentic recipes from Italy, Greece, Provence, northern Africa, and the Middle East, DK's Mediterranean Cookbook gives cooks the necessary tools to recreate the flavors of the Mediterranean in their own homes. Fresh, healthy, and easy to make, the Mediterranean Cookbook contains more than 300 recipes, from Citrus Lamb Tagine and Leek Moussaka to Panzanella and Tzatziki. Whether it's the food of Tuscany, Provence, the Greek Islands, Morocco, or Spain, DK's Mediterranean Cookbook is a wonderful resource for families that want to eat fresh, fast, and healthy.

Book Information

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Customer Reviews

Mediterranean food has long appealed to me for several reasons; as a light eater, I prefer the mezze / tapas tradition of grazing from several small dishes versus a large sit-down meal, the emphasis on fresh seasonal produce with simple, uncomplicated flavors to allow the fruits and veggies to shine through, and the fact that so many wonderful dips, spreads, salads, and main dishes are vegetarian-friendly. DK's "Mediterranean Cookbook" provides readers with the tools to master more than 300 authentic recipes from the Greek Islands, Spain, Provence, northern Africa, and the Middle East. Recipes are structured by type of food, rather than country of origin, and feature spreads showcase the iconic foods of key regions such as Provence and Tuscany. In typical DK fashion (I own several of their Eyewitness travel guides for Spain, Italy, and Japan), lush photography assists readers in their journey to prepare meals with confidence. Marie-Pierre Moine provides recipes from France and Turkey, While Elisabeth Luard and Ghillie Basan contribute delicious recipes from the western Mediterranean and the Middle East. (I own several of Ms.

Basan's other titles on Middle Eastern and North African cooking, including Vegetarian Tagines & Cous Cous: 65 Delicious Recipes for Moroccan One Pot Cooking, so was happy to see her name as a contributor here).

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