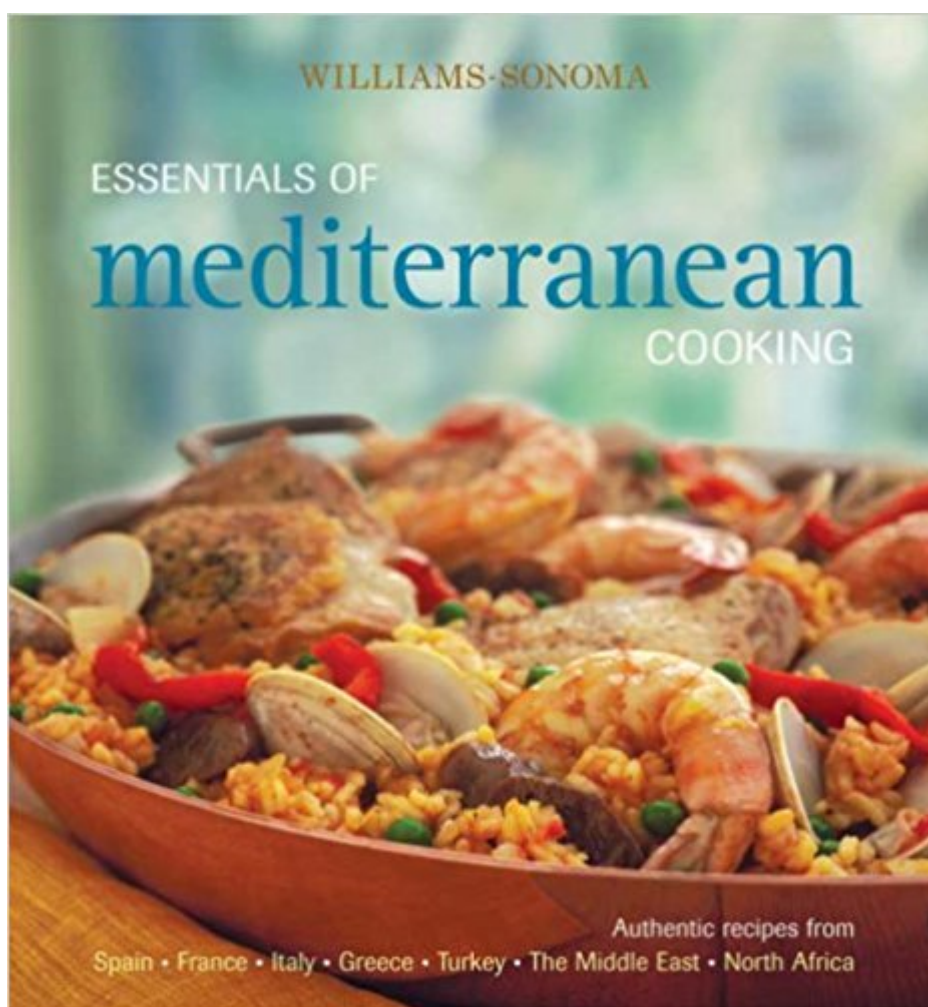


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# Williams-Sonoma Essentials Of Mediterranean Cooking: Authentic Recipes From Spain, France, Italy, Greece, Turkey, The Middle East, North Africa





## Synopsis

Essentials of Mediterranean Cooking begins with an overview of the rich history of the region and the many elements that have come together to create one of the world's first and best fusion cuisines. The featured countries are showcased with a discussion of their iconic foods and a list of their specialties, from the bouillabaisse of Provence to the tagines of North Africa. A section on the Mediterranean diet explains the benefits of this traditional way of eating, with its emphasis on vegetables, grains, and seafood. Five chapters, with some 130 recipes drawn from the more than one dozen countries that ring the Mediterranean, are organized by courses. The exquisitely photographed dishes range from simple, earthy Spanish gazpacho to such showstopping main courses as Moroccan chicken bisteeya. The final chapter holds a wealth of seductive finales, including a pistachio-laced gelato from Italy and a lemon-and-lavender-scented granité from France. Detailed instructions and step-by-step photographs explain such basic techniques as working with filo dough and making romesco sauce. An informative glossary with culinary terms and ingredients completes this indispensable introduction to the cuisines of the Mediterranean.

## Book Information

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## Customer Reviews

I love this book. It does really well in the array of countries/regions it covers in the Mediterranean. My family is eastern Mediterranean, and so I am familiar with the meals and techniques used in Syria, Lebanon, and neighboring cultures. In this book there is a great selection of Greek, Turkish,

and North African recipes. I will definitely be cooking many of the Moroccan tagines featured here. Additionally, I was impressed with the writer's knowledge of the Persian, Armenian, and Arab influences on Turkish meals. Something else I love about this volume is the huge selection of Spanish, French, and Italian classic dishes to have in your repertoire. Also listed are compatible wines, intra-country regional specialties, and background information from all over the Mediterranean. I could easily host an appetizer party of Spanish tapas, French hors d'oeuvres, Greek mezes, etc. from this book. What I've tried so far has been outstanding, and so many of the other recipes look outstanding too. Included are recipes for French bouillabaisse, Italian braised and stuffed beef roll (this one definitely wows), Greek calamari-rice salad, Lebanese baked eggplant, Spanish pork tenderloin with figs and sherry, Spanish flatbread with chard and Manchego, and Turkish lamb stew over an eggplant-cheese sauce. The recipes use healthful ingredients; techniques are not complicated or pretentious. Very happy with this book. Thanks, Williams-Sonoma!

I bought this book after a trip to the Mediterranean and a chance to taste lots of authentic cooking. This is a great sampling of the cooking styles and dishes of the area. Simple and easy to follow. No exotic techniques or hard to find ingredients.

I love this book! I have made:-Baked Shrimp with Tomatoes and Feta-Halibut Provencale (quick and easy, I make this probably once a month)-Fish Tagine with Chickpeas and Olives-Spiced Pumpkin Tagine-Sauteed Zucchini with Onions and Potatoes-Cauliflower with Tomatoes and Feta- Rice with Fish and Pimenton (time consuming, but worth it!)-Couscous with Apricots and Almonds Occasionally I find an ingredient listed that I can't find in stores, but I live in a small town where there are limited ethnic food choices. When I make a substitution, it has always worked out fine. I have also purchased the Williams-Sonoma Dessert book, French Cooking, and Pies and Tarts. The Mediterranean is the one I use the most. I would have to agree that most of the recipes are not "quick fixes" to throw together after a work day, but there are several that you definitely could. I guess it comes down to planning and having a real desire to eat flavorful, healthy, quality meals...

I confess that I have many cookbooks, but this is a great addition to my collection. There are many recipes using ingredients I keep on hand at home. The recipes are easy to follow and we have enjoyed all we have tried so far. I love the Mediterranean style of eating and find the book very

helpful!

My 80 year old Mom eats better than I do....These recipes are easy to follow and has many of her favorite ingredients. The colorful and enticing photos have drawn us to try new flavor combinations. I'm excited to cook for her too! YUM! We haven't found one yet that was disappointing. Great gift for everyone...

This is a great book - very beautiful pictures that excite you to prepare the dish. I've made many of these so far and have been very happy with the results. Delish!

My wife wanted this book as a Valentine's Day present. We have recently made a lifestyle change in our diet. She has already made several of these recipes. We have been very pleased with what we have tried thus far and look forward to trying many more of these dishes.

this was a gift.. they liked it.. gave this with the tangine~

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