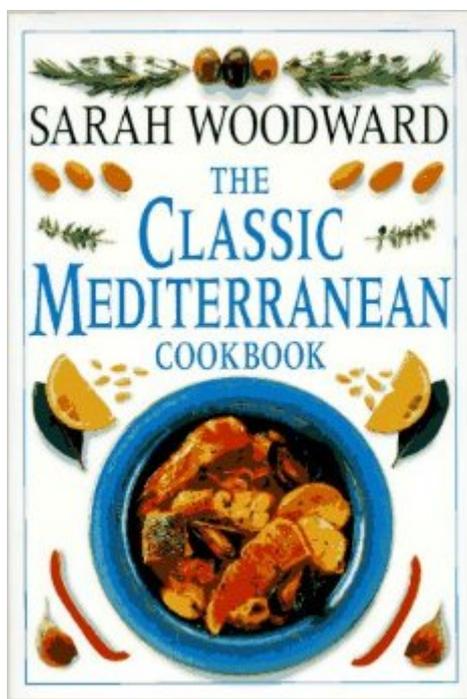


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# Classic Mediterranean Cookbook



## Synopsis

The Mediterranean diet has long been recognized as one of the healthiest diets in the world. An ancient cuisine based on our modern food pyramid, with breads and grains and vegetables at the base, Mediterranean recipes focus on the freshest ingredients. The Classic Mediterranean Cookbook is an illustrated guide to the cuisine of the entire Mediterranean, celebrating the flavors of Egypt, Greece, Spain, Italy, France, Tunisia, Turkey, and Morocco. Like all DK Classic cookbooks, key preparation techniques are demonstrated in step-by-step photographs. Mediterranean expert and author, Sarah Woodward, organizes the book into helpful sections. She begins with the ingredients--produce, meats, cheeses, herbs and spices--in a vibrant full-color guide with advice on choosing, preparing, and storing. She then shares 20 classic recipes, the perfect introduction to Mediterranean cuisine, from gazpacho to tsatsiki to paella, each illustrated with a high-quality, full-color photograph. The heart of the cookbook is devoted to more distinctive recipes, covering more than 120 dishes with clear, non-intimidating instructions, techniques, and an instructional nutritional chart that lists each recipe's calories, fat, and sodium levels.

## Book Information

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## Customer Reviews

Easy to follow recipes for a variety of mediterranean meals, great for beginners, and with wonderful flavors. Many of the dishes have flavors and combinations that are very different from standard American and non-Mediterranean fare, but most people will adapt easily and enjoy the difference. All recipes include full color pictures, with pictures of all ingredients also. Most ingredients are simple and available in common grocery stores. Best of all, we had little trouble reproducing the look

and flavors of the recipes as they were pictured and described in the book. It's one of the few cookbooks that produces results as good as they lead you to expect.

This is a wonderfully illustrated hardcover cookbook with a dust cover. There are full color photos for the final product, and color photos of the individual ingredients. So, if you don't know what it looks like, or you cannot pronounce it you have a visual aid to assist. For example, the book shows you exactly what a bouquet garni looks like. The book even shows you how to place different types of delectables on the grill. There are also sauce recipes for dipping and marinate. The cookbook is classic Mediterranean cooking at its best. The book is divided into 8 primary sections (introduction, a healthful way of eating, market produce, classic dishes, recipes, techniques, nutritional information, and an index). Under the market produce section, you'll find a vibrant full color guide for choosing, preparing, and storing the key ingredients used in Mediterranean cooking. For example, vegetables, fruits and nuts, fish, shellfish, meat, herbs and spices, etc. The classic dishes section offers authentic specialty dishes illustrated with photographs and their ingredients. There are soups, appetizers, pesto, lamb kebabs, etc. The recipes section offers over 120 traditional dishes (soups, first courses, snacks, pasta, fish dishes, meat dishes, preserves, desserts, rice dishes and other grain dishes). The techniques section offers tips on cooking equipment, preparing vegetables, preparing dough and pastry, prepping fish and shell fish, and meats preparation. The nutritional chart list each recipe individually and gives the cal count, fat count, and sodium count. The A-Z index gives you a quick reference guide to help find your favorite recipes.

First off I am what one may consider to be a cook of marginal talent.... I got this book loose weight on a more healthy diet. After reading the reviews of many Mediterranean cookbooks this one seemed best suited to my cooking level. I could not be more pleased. Pictures of each ingredient is provided and given that some ingredients may not be familiar to one of my level I found the colorful pictures most helpful. The finished product also looks like the pictures...WOW...a real victory for me! I love the flavors and have mostly tried the chicken, rice and veggie recipes. Yes there are some unusual recipes which I will never try but the ones that I have tried have been very flavorful and family friendly. I have found that preparation instructions have been clear and easy to follow even for me. Substituting or eliminating ingredients I could not find did not seem to affect the outcome in a way anyone would notice. I would certainly without hesitation recommend this book to cooks of all levels, mostly because the finished recipes are easy to follow and really good.

This book has very authentic recipes from all regions of the mediterranean. The dishes as simplistic in style and contain all of the classics. The author also lists very interesting history and facts of the region where the dishes originates. If you like to read through your cook books and enjoy learning about foods and places this is for you.

Like all DK products, this is a beautiful book: every entry could be a poster. It's fun to look at and read. Will I ever use one of the recipes? Maybe. But i will never be a go-to cookbook. In fact, I will mostly likely keep it for a few months, then resell it. The recipes seem to be the real deal, meaning they are not adapted for American kitchens: 10 veal or lamb kidneys? The idea made me laugh. As someone interested in following a Mediterranean diet for health reasons, I like The Mediterranean Heart Diet, by Helen Fisher, available on . When I was researching cookbooks, I found there were a lot of cookbooks, especially at a discounted price for Kindle, that weren't science based, too removed from the spirit of Mediterranean cooking. I found The Mediterranean Heart Diet book at my local library, checked it out before buying.

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