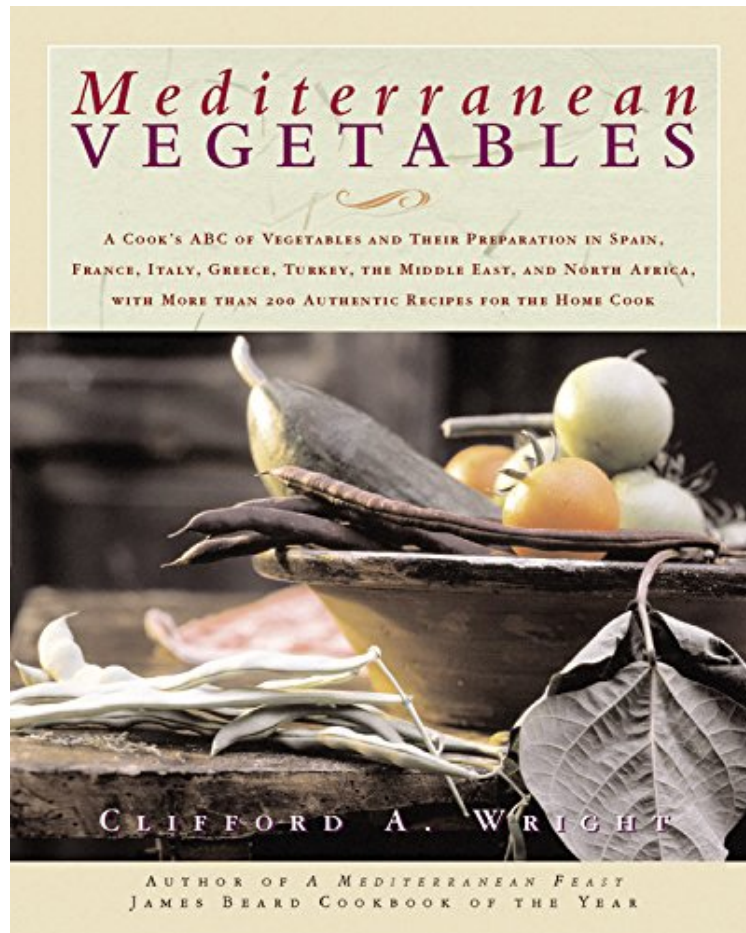


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Mediterranean Vegetables: A Cook's Compendium of all the Vegetables from The World's Healthiest Cuisine, with More than 200 Recipes

Clifford Wright

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9 of 9 people found the following review helpful. Puts Great Vegetables in Your DietBy P. S. BourexisMy husband and I don't eat enough vegetables as I have never liked cooking them. This cookbook has changed my attitude! Now I love to cook vegetables using these recipes. The recipes are straightforward and easy to follow. They use ingredients I

have on hand.

Mediterranean food is the home cooking of many local cultures, a way of cooking derived from generous people, rustic foods, and simple pleasures. Its clear, robust flavors and uncomplicated preparations have made it a favorite of Americans and have earned it an honored place in our culinary tradition. What makes Mediterranean vegetable cookery so wonderful is the way its ingredients have been combined to create a host of delicious dishes virtually unknown until now in American kitchens. Vegetables are high on the list of foods we all want to eat more of, and we're always looking for new ways to prepare them. With *Mediterranean Vegetables*, a masterful A-to-Z culinary reference and cookbook, Mediterranean food expert Clifford A. Wright gives us a new world of great tastes. Never before has such a wealth of information on vegetables of the Mediterranean been collected in one place. Each entry describes a vegetable and its varieties, explains its origins and its culinary history from ancient times right up through the present, and details how to grow and harvest it and where to buy it. Included are many vegetables that you may use every day, such as spinach, carrots, peppers, and tomatoes, as well as those you regularly see in markets but are unsure how to prepare, such as celeriac, kohlrabi, and taro. There are also those that you can easily cultivate in your garden or find growing wild, such as borage and garden cress. The countries that border the Mediterranean Sea are exotic and diverse, as is their multitude of vegetable preparations. These 200 recipes, incorporated into appropriate entries, tell stories about the people who created them and the cultures from which they were born. Such a connection between food and history makes cooking, and eating, even more satisfying. Here you will find authentic recipes for such classics as ratatouille, gazpacho, and tabbouleh, as well as recipes for less familiar, but no less delicious, dishes including Artichoke Hearts in Citrus Sauce and Golden Breadcrumbs, Fried Eggplant with Yogurt, etouffee of White Beans, Carrot Frittata, and more. Comprehensive and eminently accessible, *Mediterranean Vegetables* is for anyone who wants to read about, grow, cook with, and eat vegetables. It is, quite simply, a must-have reference and cookbook.

Finally a definitive book on the way the world is eating today. Cliff Wright's *Mediterranean Vegetables* is savory, vibrant, and healthy, and destined to be an instant classic. Bobby Flay, host of *FoodNation with Bobby Flay* and author of *Bobby Flay Cooks American* There are so many interesting flavors and combinations here. Having had the honor of eating some of these dishes cooked by Cliff's own hand, I know how good they really are. I can't wait to cook them myself. Deborah Madison, author of *Vegetarian Cooking for Everyone* and *The Greens Cookbook* Clifford Wright is the reigning English-speaking expert on the cuisines and culinary culture of the Mediterranean the real Mediterranean, the whole Mediterranean and his new book on the vegetables of the region is destined to become an invaluable volume. Colman Andrews, editor of *Saveur* and author of *Catalan Cuisine* *Mediterranean Vegetables* is a great reference book that will be invaluable to any chef's library. I am especially glad to have it in mine. Jean-Georges Vongerichten, chef and co-author of *Simple to Spectacular* *Mediterranean Vegetables* is a must-have book for anyone who cooks vegetables or thinks he should. To get a brief yet highly informative description of the vegetables and their traditional uses, along with delicious recipes for today's cooking styles, makes eating them a joy. You immediately feel that you can cook these vegetables, and that you want to. Carlo Middione, author of *Carlo Middione's Traditional Pasta* This well-researched book on vegetables is full of wonderful recipes from the cuisines of the world and is a great reference book. Jacques Ppin, host of *Jacques Ppin's Kitchen: Encore with Claudine* and co-author of *Julia and Jacques Cooking at Home* Once again, Clifford Wright has given us a book whose scholarship is only matched by its enticing recipes. *Mediterranean Vegetables*, a perfect companion to his renowned *A Mediterranean Feast*, will not only delight scholars, cooks, and chefs, but also gardeners. Who knows what we'll begin to discover in our farmers markets once growers get hold of this book. Martha Rose Shulman, author of *Mediterranean Light* and *The Best Vegetarian Recipes*