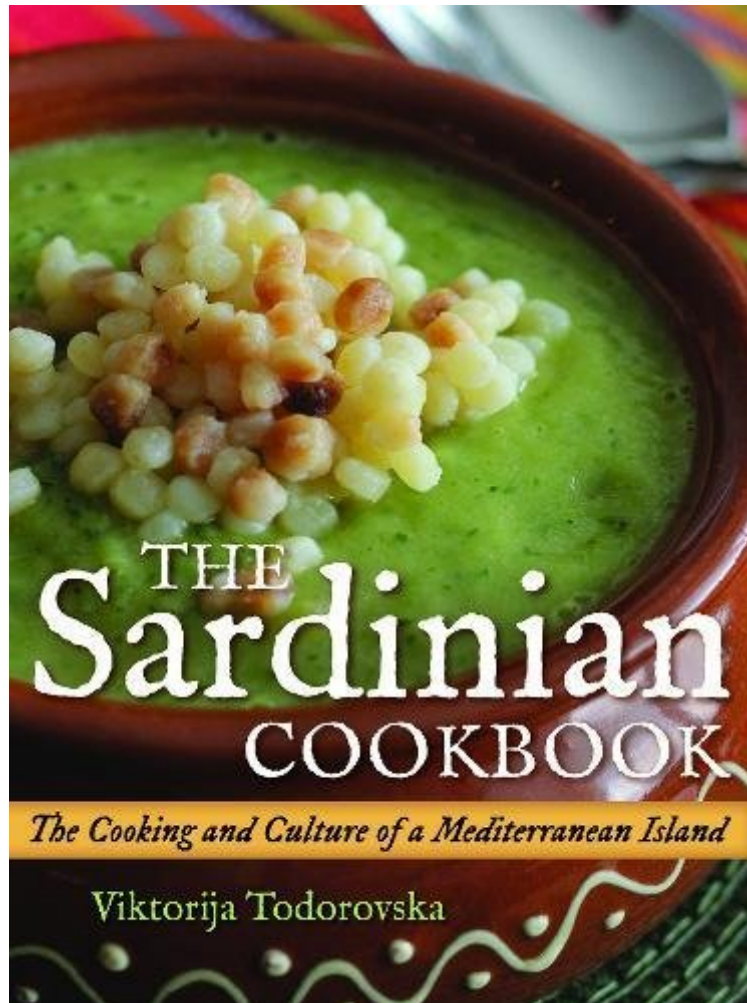


[Ebook free] The Sardinian Cookbook: The Cooking and Culture of a Mediterranean Island

## The Sardinian Cookbook: The Cooking and Culture of a Mediterranean Island

Viktorija Todorovska

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Sardinia, the isolated and majestic island off the southwest coast of Italy, has a rich and ancient history as home to

different Mediterranean peoples whose customs have intertwined over the centuries. The result is an unparalleled richness of cuisine. The Sardinian Cookbook captures these wonderful flavors, delivering more than 100 easy-to-make recipes that are as healthful as they are delicious. Sardinia is an island of many distinct landscapes and nationalities, from its rugged interior and breath-taking coastline to its diverse blend of Spanish, French, Italian, and Moorish cultures. From myrtle, saffron, and honey to lamb, seafood, and specialty cheeses, Sardinian food features a broad variety of flavors for any occasion. Many traditional Sardinian recipes are simple and straightforward — reflecting the peasant cuisine heavy on legumes, fresh vegetables, olive oil, and bread. However, it is common for Sardinians to celebrate holidays with lavish feasts and special delicacies: suckling pig, lobster, bottarga (Sardinian caviar), and the full-bodied yet natural flavorings of Sardinian sausages.

**PRAISE FOR VIKTORIJA TODOROVSKA'S PREVIOUS BOOK THE PUGLIAN COOKBOOK:** "We love that before cranking up the heat at the stove, Todorovska pauses to make sure we have a deep understanding of the ingredients that are the fundamentals of Puglian cuisine. She writes for the home cook, with no fancy tricks, no hard-to-find ingredients." —Chicago Tribune "For those who want a taste of excellent, yet different Italian cooking, The Puglian Cookbook is not to be missed." —Midwest Book "The region's flavorful cucina povera (peasant cuisine) is the subject of The Puglian Cookbook, a new book from Chicago-based Viktorija Todorovska, a passionate ambassador of the oft-overlooked area. Of .com's nearly 100,000 cookbooks, hers is one of only three focusing on Puglian cooking, and it catalogs the area's legume-, vegetable- and tomato-heavy dishes with great enthusiasm." —Tasting Table "The Puglian Cookbook: Bringing the Flavors of Puglia Home, paints a vivid picture of the region and its culinary traditions." —WBEZ-FM, Chicago Public Media "This is the kind of book you picture well-worn and loved, spattered with olive oil and maybe some tomato sauce. A cookbook that won't leave the kitchen." —Marcia Crawford, Nutrition Minute "...a 157-page collection of the essentials of Pugliese cooking, with recipes ranging from a tomato-topped flatbread known as puddica to baked squid stuffed with cheese, breadcrumbs, and capers to the potato, rice, and mussel casserole tiella." —Mike Sula, Chicago Reader "Arrivederci fast foods and trans fats! Viktorija Todorovska...[is] bringing the foreign experience to kitchens everywhere with her new cookbook, The Puglian Cookbook. The quick fix meals are simple, savory and, most importantly, healthy, with their basic pantry ingredients, fresh herbs, some cheese and olive oil." —Today's Chicago Woman "...turns humble spuds into something still simple but very flavorful, and adds some veggies to your diet, too." —Pittsburgh Post-Gazette