



The Sardinian Cookbook: The Cooking and Culture of a Mediterranean Island (Paperback)

By Viktorija Todorovska

Agate Publishing, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. 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.



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Reviews

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