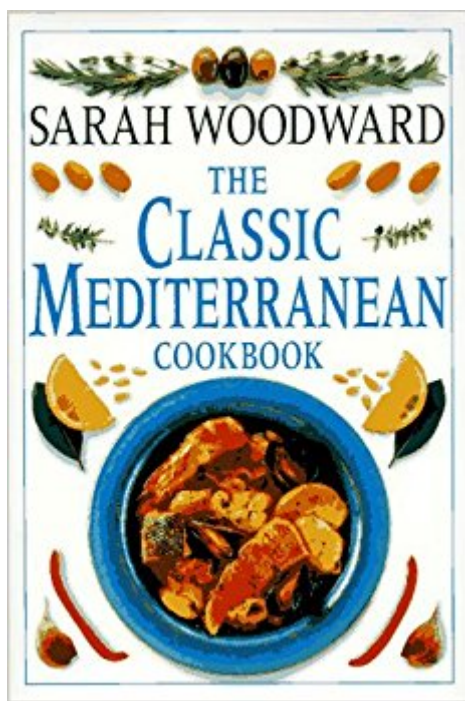


The book was found

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

Hardcover: 160 pages

Publisher: DK ADULT; 1st American ed edition (September 9, 1995)

Language: English

ISBN-10: 0789401428

ISBN-13: 978-0888503299

Product Dimensions: 8 x 0.6 x 11.8 inches

Shipping Weight: 1.9 pounds

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #496,784 in Books (See Top 100 in Books) #125 in [Books > History > Military > Canada](#) #231 in [Books > Cookbooks, Food & Wine > Regional & International > European > Mediterranean](#) #459 in [Books > Biographies & Memoirs > True Crime > Espionage](#)

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.

[Download to continue reading...](#)

Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes)
Mediterranean Diet: 30 MINUTE Mediterranean Diet Cookbook with 80 Mediterranean Diet Recipes to Help You Lose Weight, Increase Energy & Prevent Disease ... (Mediterranean Diet & Cookbook Series 2) Mediterranean Diet: 365 Days of Easy, Delicious, and Healthy Mediterranean Diet Recipes (Mediterranean Diet Cookbook, Mediterranean Diet for Weight Loss) Top 200
Mediterranean Diet Recipes Bundle: (Mediterranean Cookbook, Mediterranean Diet, Weight Loss, Healthy Recipes, Mediterranean Slow Cooking, Breakfast, Lunch, Snacks and Dinner)
Mediterranean Diet: The 4 weeks Challenge (Mediterranean Diet Cookbook, Mediterranean Diet for Beginners, Mediterranean Diet Meal Plan) Mediterranean: Slow Cooker: Paleo: Crockpot: Box Set: The Ultimate Recipes Cookbook Box Set(30+ Free Books Included!) (Mediterranean Diet, Mediterranean ... Beginners Guide, Mediterranean, Cooking) Mediterranean Diet: Revealed! 65 Delicious Mediterranean Diet Cookbook Recipes Sure To Delight and Amaze All While Losing Inches (mediterranean cookbook, ... weight loss motivation, weight loss tips 1) Mediterranean Diet: The Mediterranean Diet for Beginners: 110 Delicious Recipes and The Complete Guide to Going Mediterranean Mediterreanean Diet for Weight Loss: Eat Like a Spartan: Leverage Mediterranean Diet To Achieve Spartan-Like Health, Lose Weight, Get Fit, All While Eating ... (Mediterranean diet, Mediterranean recipes) Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide

On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,) The Mediterranean Slow Cooker Cookbook: A Mediterranean Cookbook with 101 Easy Slow Cooker Recipes Healthy Recipes: 2 Manuscripts- Instant Pot Cookbook And Mediterranean diet (Instant Pot, pressure cooker, Mediterranean diet) Mediterranean Diet: The Beginners Guide to Authentic Mediterranean CuisineÃÂ© (Over 100+ Recipes & 1 FULL Month Meal Plan for Healthy Weight Loss, Cookbook Guide) 5 Ingredient Cookbook: Fast and Easy Recipes With 5 or Less Ingredients Inspired by The Mediterranean Diet (Free Gift): Everyday Cooking for Busy People on a Budget (Mediterranean Diet for Beginners) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) Mediterranean the Beautiful Cookbook: Authentic Recipes from the Mediterranean Lands Quick and Easy Mediterranean Diet Cookbook: 76 Mediterranean Diet Recipes Made in Minutes The Quick & Easy Mediterranean Diet Cookbook: Delicious Mediterranean Diet Recipes Which Can Be Made In Minutes Mediterranean Diet: Ultimate Boxed Set with Hundreds of Mediterranean Diet Recipes: 3 Books In 1 Boxed Set Mediterranean Diet: A Beginners Guide to Help Lose Weight Fast by Incorporating Healthy Eating Into Your Daily Life (Achieve Amazing Health with Delicious ... to Prepare Homemade Mediterranean Recipes)

[Dmca](#)