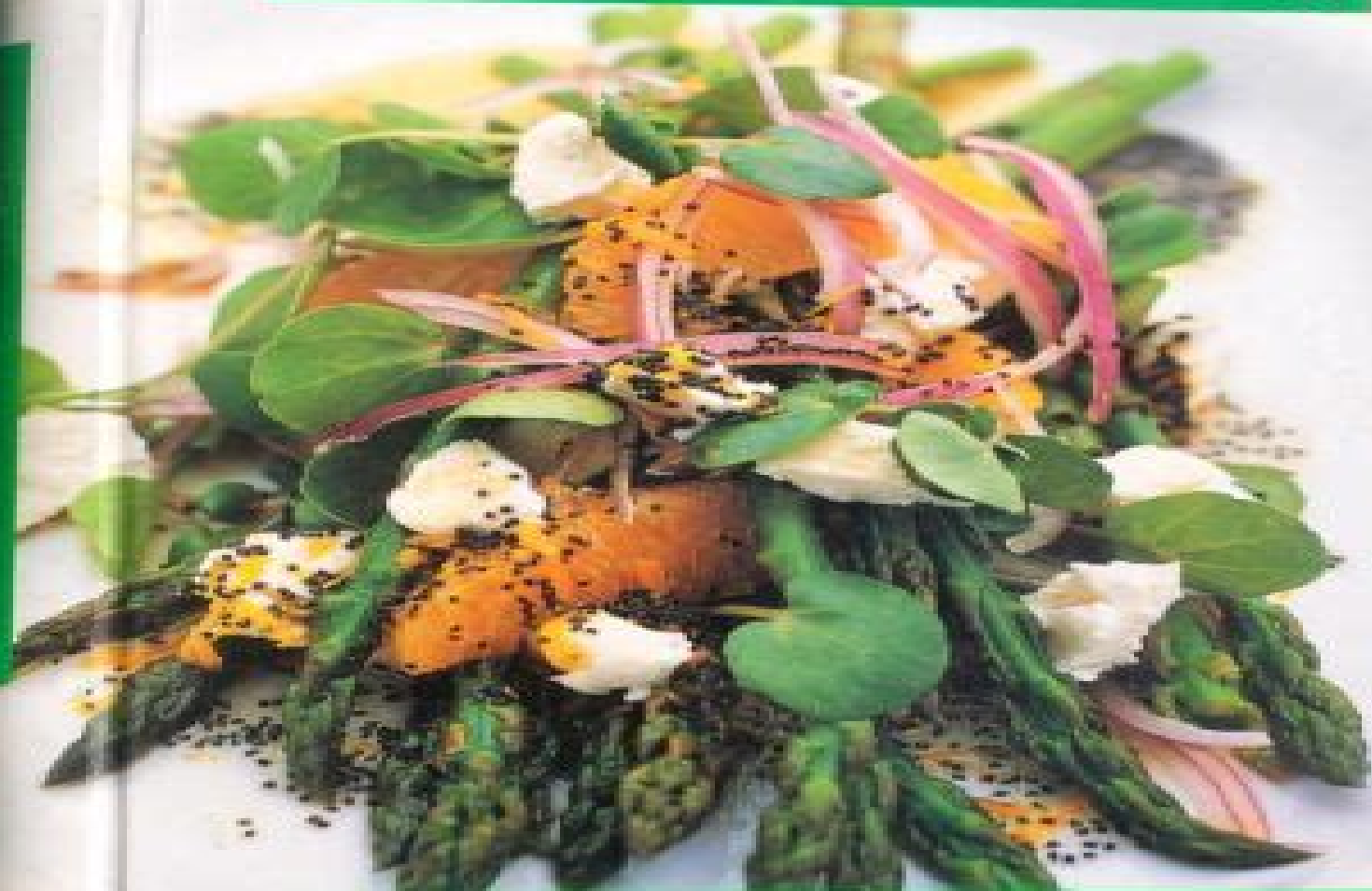


Vegetarian Cooking



A COMMON SENSE GUIDE

Cooking A Common Sense Guide

Murdoch Books Staff



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Lidia's Commonsense Italian Cooking Lidia Matticchio Bastianich,Tanya Bastianich Manuali,2013-10-15 From one of the most beloved chefs and authors in America a beautifully illustrated collection of 150 simple seasonal Italian recipes told with commonsense cooking wisdom from the cutting board to the kitchen table As storyteller and chef Lidia Bastianich draws on anecdotes to educate and illustrate Recalling lessons learned from her mother Erminia and her grandmother Nonna Rosa Lidia pays homage to the kitchen sages who inspired her Whether it's Citrus Roasted Veal or Rustic Ricotta Tart each recipe is a tangible feast We learn to look at ingredients as both geographic and cultural indicators In Campania the region where

mozzarella is king we discover it best eaten three hours after preparation In Genova we are taught that while focaccia had its basil origins in the Ligurian culinary tradition the herbs and flavorings will change from region to region as home chefs we can experiment with rosemary or oregano or olives or onions When it s time for dessert Lidia draws on the sacred customs of nuns in Italian monasteries and convents and reveals the secret to rice pudding with a blessing Lidia s Commonsense Guide to Italian Cooking is a masterclass in creating delectable Italian dishes with grace confidence and love **Reader's Digest Eat Better, Live Better : a Commonsense Guide to Nutrition and Good Health** Reader's Digest Association (Canada),1983 **Baking** Murdoch Books Pty Limited,2008 Intended for a beginner or an experienced cook wanting to further explore the world of baking This is a collection of biscuits cakes slices muffins breads pastries and pies It contains useful techniques and tips equipment basics shortcuts and a trouble shooting guide **Eat Better, Live Better** Robert Bahr,1982 The exhaustive introduction to the subject contained in this commonsense guide to nutrition and good health can help you and every member of your family become more aware of food as nutrition The decision to be healthy and fit is within your grasp Take the sensible down to earth approach to eating outlined in this book forget the fads gimmicks and quick weight loss schemes Change your life style and add happy healthy years to your life Foreword Vegetarian Cooking ,2008 An enthusiastic beginner or an experienced cook wanting to further explore vegetarian cuisine will find everything they need to know in A Commonsense Guide to Vegetarian Cooking In addition to a comprehensive collection of starters main meals snacks and desserts A Commonsense Guide to Vegetarian Cooking contains essential techniques and tips equipment basics shortcuts and a trouble shooting guide Publisher

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