

<<意大利美食Italy>>

图书基本信息

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内容概要

Italian cooking is steeped in tradition and history, yet it is still relevant to today's modern cook. The emphasis on seasonal, locally sourced ingredients and uncompromising quality has had a profound effect on the style of Italian cuisine and has led to its sustained popularity. Simplicity is the essence, a philosophy adopted by Linda Doeser when creating this inspiring and mouthwatering range of dishes. With a collection of 100 traditional recipes, Linda captures the rich diversity of the culinary regional styles, revealing the characteristic ingredients and distinctive cooking techniques that are the key to creating delicious authentic dishes. The recipes evoke the essence of Italy, whether it be a plate of pasta topped with a simple sauce of olive oil, garlic and clams, a slow-cooked aromatic beef stew or the perfect seafood risotto. The additional advantage of the Italian diet, like that of most Mediterranean countries, is that it is one of the healthiest. This aspect, along with the distinct personality of Italian cuisine, is captured in these recipes, from the mixed antipasti platter, featuring juicy wedges of cantaloupe melon with salami, prosciutto, fresh figs, succulent black olives and a sprinkling of fresh basil, to grilled sardines with lemon sauce, and roast lamb with rosemary and Marsala, not forgetting the ubiquitous pasta and pizza. Those with a sweet tooth will not be disappointed with the selection of desserts, ranging from the decadently rich and creamy tiramisu to the refreshing iced lemon granita.

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Introduction In the Italian Kitchen Soups Et Antipasti Genoese Vegetable Soup Minestrone aia Genovese Fresh Tomato Soup Zuppa di Pomodori White Bean Soup Zuppa di Fagioli Beef Soup with Eggs Zuppa Pavese Seafood Soup Zuppa di Pesce Marinated Raw Beef Carpaccio Prosciutto with Rocket Prosciutto con la Rucola Mixed Antipasto Meat Platter Salumi Polenta with Parma Ham Polenta con Prosciutto Roman Artichokes Carciofi alia Romana Warm Vegetable Medley Caponata Cheese and Sun-dried Tomato Toasts Bruschetta Sicilian Stuffed Tomatoes Pomodori aia Siciliana Fried Cheese Sandwiches Mozzarella in Carrozza Pasta, Rice Et Pizza Tagliatelle with a Rich Meat Sauce Tagliatelle alia Bolognese Spaghetti with Meatballs Spaghetti con le Polpette Farfalle with Cream and Parmesan Farfalle all' Alfredo Fusilli with Gorgonzola and Mushroom Sauce Fusilli alia Boscaiola Baked Pasta with Mushrooms Crostata ai Funghi Baked Lasagne Lasagne al Forno Cannelloni with Spinach and Ricotta Cannelloni Imbottiti Springtime Pasta Pasta Primavera Rabid Pasta Pasta all' Arrabbiata Radiatori with Pumpkin Sauce Radiatori al Sugo di Zucca Linguine with Anchovies, Olives and Capers Linguine aia Puttanesca Seafood Pasta Pasta reels Spaghetti ai Frutti di Mare al Cartoccio Layered Spaghetti with Smoked Salmon and Prawns Pasticcio di Spaghetti con Salmone Affumicato e Gamberoni Spaghetti with Clams Spaghetti aia Vongole Saffron Risotto Risotto aia Milanese Risotto with Four Cheeses Risotto ai Quattro Formaggi Seafood Risotto Risotto alia Marinara Rice and Peas Risi e Bisi Pasta, Rice Pizza continued Meat Et Poultry Fish Et Seafood Desserts, Cakes Et Drinks Index

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