



# Classic Mediterranean Cookbook

*Sarah Woodward*

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## **Classic Mediterranean Cookbook** Sarah Woodward

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.

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