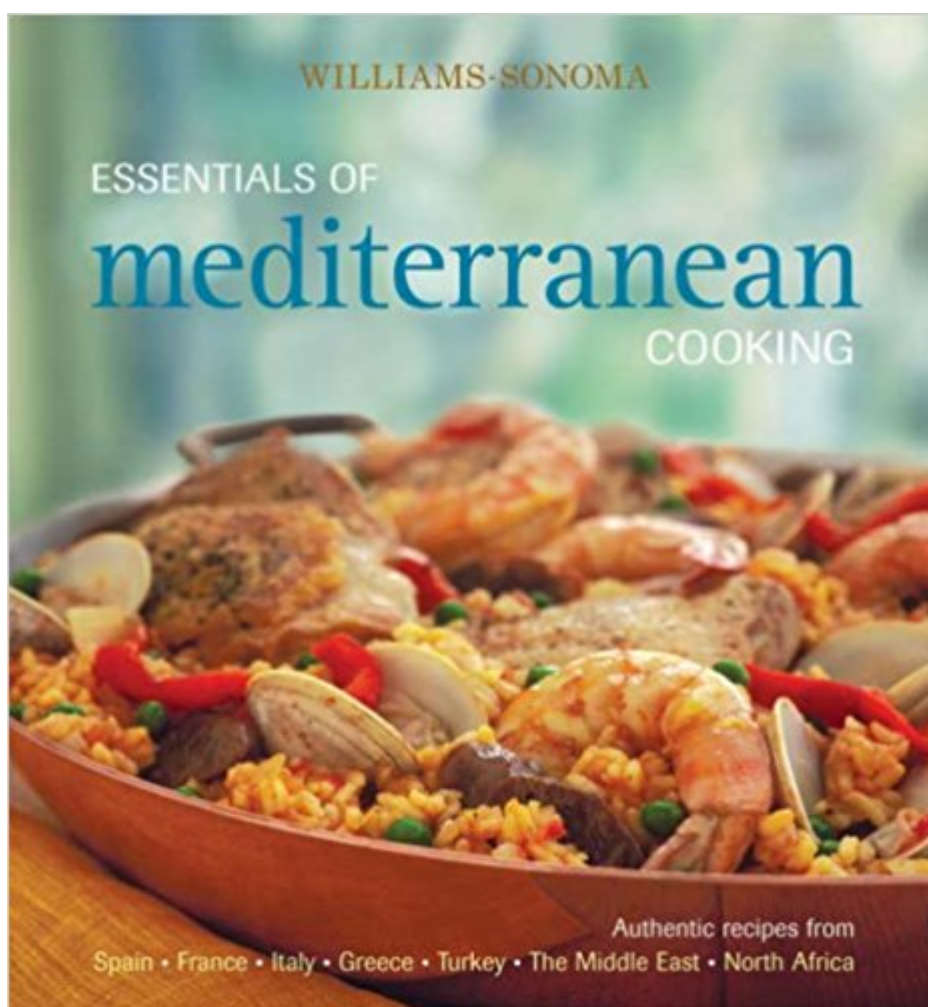


The book was found

# Williams-Sonoma Essentials Of Mediterranean Cooking: Authentic Recipes From Spain, France, Italy, Greece, Turkey, The Middle East, North Africa





## Synopsis

Essentials of Mediterranean Cooking begins with an overview of the rich history of the region and the many elements that have come together to create one of the world's first and best fusion cuisines. The featured countries are showcased with a discussion of their iconic foods and a list of their specialties, from the bouillabaisse of Provence to the tagines of North Africa. A section on the Mediterranean diet explains the benefits of this traditional way of eating, with its emphasis on vegetables, grains, and seafood. Five chapters, with some 130 recipes drawn from the more than one dozen countries that ring the Mediterranean, are organized by courses. The exquisitely photographed dishes range from simple, earthy Spanish gazpacho to such showstopping main courses as Moroccan chicken bisteeya. The final chapter holds a wealth of seductive finales, including a pistachio-laced gelato from Italy and a lemon-and-lavender-scented granité from France. Detailed instructions and step-by-step photographs explain such basic techniques as working with filo dough and making romesco sauce. An informative glossary with culinary terms and ingredients completes this indispensable introduction to the cuisines of the Mediterranean.

## Book Information

Series: Williams Sonoma Essentials

Hardcover: 288 pages

Publisher: Oxmoor House; 1 edition (October 1, 2008)

Language: English

ISBN-10: 0848732413

ISBN-13: 978-0848732417

Product Dimensions: 9.8 x 1.1 x 10.2 inches

Shipping Weight: 3.3 pounds

Average Customer Review: 4.6 out of 5 stars 39 customer reviews

Best Sellers Rank: #445,862 in Books (See Top 100 in Books) #68 in Books > Cookbooks, Food & Wine > Regional & International > African #182 in Books > Cookbooks, Food & Wine > Regional & International > European > Mediterranean

## Customer Reviews

I love this book. It does really well in the array of countries/regions it covers in the Mediterranean. My family is eastern Mediterranean, and so I am familiar with the meals and techniques used in Syria, Lebanon, and neighboring cultures. In this book there is a great selection of Greek, Turkish,

and North African recipes. I will definitely be cooking many of the Moroccan tagines featured here. Additionally, I was impressed with the writer's knowledge of the Persian, Armenian, and Arab influences on Turkish meals. Something else I love about this volume is the huge selection of Spanish, French, and Italian classic dishes to have in your repertoire. Also listed are compatible wines, intra-country regional specialties, and background information from all over the Mediterranean. I could easily host an appetizer party of Spanish tapas, French hors d'oeuvres, Greek mezze, etc. from this book. What I've tried so far has been outstanding, and so many of the other recipes look outstanding too. Included are recipes for French bouillabaisse, Italian braised and stuffed beef roll (this one definitely wows), Greek calamari-rice salad, Lebanese baked eggplant, Spanish pork tenderloin with figs and sherry, Spanish flatbread with chard and Manchego, and Turkish lamb stew over an eggplant-cheese sauce. The recipes use healthful ingredients; techniques are not complicated or pretentious. Very happy with this book. Thanks, Williams-Sonoma!

I bought this book after a trip to the Mediterranean and a chance to taste lots of authentic cooking. This is a great sampling of the cooking styles and dishes of the area. Simple and easy to follow. No exotic techniques or hard to find ingredients.

I love this book! I have made:-Baked Shrimp with Tomatoes and Feta-Halibut Provencale (quick and easy, I make this probably once a month)-Fish Tagine with Chickpeas and Olives-Spiced Pumpkin Tagine-Sauteed Zucchini with Onions and Potatoes-Cauliflower with Tomatoes and Feta- Rice with Fish and Pimenton (time consuming, but worth it!)-Couscous with Apricots and Almonds Occasionally I find an ingredient listed that I can't find in stores, but I live in a small town where there are limited ethnic food choices. When I make a substitution, it has always worked out fine. I have also purchased the Williams-Sonoma Dessert book, French Cooking, and Pies and Tarts. The Mediterranean is the one I use the most. I would have to agree that most of the recipes are not "quick fixes" to throw together after a work day, but there are several that you definitely could. I guess it comes down to planning and having a real desire to eat flavorful, healthy, quality meals...

I confess that I have many cookbooks, but this is a great addition to my collection. There are many recipes using ingredients I keep on hand at home. The recipes are easy to follow and we have enjoyed all we have tried so far. I love the Mediterranean style of eating and find the book very

helpful!

My 80 year old Mom eats better than I do....These recipes are easy to follow and has many of her favorite ingredients. The colorful and enticing photos have drawn us to try new flavor combinations. I'm excited to cook for her too! YUM! We haven't found one yet that was disappointing. Great gift for everyone...

This is a great book - very beautiful pictures that excite you to prepare the dish. I've made many of these so far and have been very happy with the results. Delish!

My wife wanted this book as a Valentine's Day present. We have recently made a lifestyle change in our diet. She has already made several of these recipes. We have been very pleased with what we have tried thus far and look forward to trying many more of these dishes.

this was a gift.. they liked it.. gave this with the tangine~

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

Williams-Sonoma Essentials of Mediterranean Cooking: Authentic recipes from Spain, France, Italy, Greece, Turkey, The Middle East, North Africa Mediterranean Diet: 365 Days of Mediterranean Diet Recipes (Mediterranean Diet Cookbook, Mediterranean Diet For Beginners, Mediterranean Cookbook, Mediterranean Slow cooker Cookbook, Mediterranean) 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: Mediterranean Slow Cooker Cookbook - Over 100 Easy & Delicious Mediterranean Diet Recipes (Mediterranean Diet, Slow Cooker ... Diet For Beginners, Mediterranean Recipes) Mediterranean Diet: Mediterranean Slow Cooker Cookbook - Easy & Delicious Mediterranean Diet Recipes (Mediterranean Diet, Slow Cooker Cookbook, ... Diet For Beginners, Mediterranean Recipes) Mediterranean Diet Cookbook: 44 Delicious Mediterranean Diet Recipes For Beginners + FREE WORKOUT & MEAL PLAN INSIDE !: Mediterranean Diet Cookbook, Mediterranean Diet For Beginners, Mediterranean Basque Regions of Spain & France: of Spain and France, a countryside guide (The 'landscapes" /Sunflower Guides) (Sunflower Guides Basque Regions of Spain & France) Rick Steves' Europe: Italy's Cities, Italy's Countryside, Spain & Portugal, Greece, Turkey, Israel & Egypt (4 DVDs: 27 Episodes) Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking

Recipes - Southern Cooking Cookbook Recipes Williams-Sonoma Essentials of Asian Cooking: Authentic Recipes from China, Japan, India, Southeast Asia, and Sri Lanka Mediterranean Diet: The Complete Mediterranean Diet Cookbook For Beginners ãâ â œ Lose Weight and Improve Your Health With Mediterranean Recipes (Mediterranean Diet For Beginners) Mediterranean Diet Cookbook: The Healthy Living Mediterranean Diet Guide for Smart People ãâ â œ With Kitchen Tested Recipes & Diet Success Tips (Mediterranean Diet, Mediterranean Diet for Beginners) Savoring Spain & Portugal: Recipes and Reflections on Iberian Cooking (Williams-Sonoma: The Savoring Series) Rustic Spanish (Williams-Sonoma): Simple, Authentic Recipes for Everyday Cooking Honeymoon in Paris and Greece: Amazing Tips to Travel to Paris and Greece for Honeymoon: Paris, Greece, Paris Travel, Greece Travel, Europe Travel Greater Middle East Region: Including Afghanistan, Pakistan, Libya and Turkey (Hammond Greater Middle East Region Map) Mediterranean Recipes: A Mediterranean Cookbook with Delicious Mediterranean Recipes for Every Meal The East Coast Cookbook: Real East Coast Recipes for Authentic East Coast Cooking Spain: Spain Travel Guide: 101 Coolest Things to Do in Spain (Backpacking Spain, Madrid, Barcelona, Andalucia, Valencia, Seville, Granada, Ibiza) Performing al-Andalus: Music and Nostalgia across the Mediterranean (Public Cultures of the Middle East and North Africa)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)