

<<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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书籍目录

Introduction
In the Italian Kitchen
Soups Et Antipasti
Genoese Vegetable Soup
Minestrone
aria
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
Brusehetta
Sicilian Stuffed Tomatoes
Pomodori aria Sielliana
Fried Cheese Sandwiches
Mozzarella in Carozza
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
Radiator with Pumpkin Sauce
Radiator al Sugo di Zueca
Linguine with Anchovies, Olives and Capers
Linguine aria Puttanesea
Seafood Pasta
Pa 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 aria Vongole
Saffron Risotto
Risotto aria 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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