

The Mediterranean Collection

Louise Pickford

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Louise Pickford : The Mediterranean Collection before purchasing it in order to gage whether or not it would be worth my time, and all praised The Mediterranean Collection:

Sensual dishes, using only seasonal ingredients, flavored liberally with wild herbs, abundant with vegetables, sauted in healthful and tasty olive oil: Mediterranean cooking simply abounds with freshness, color, and vitality. And, here's the wonderful range of food native to sunny southern Europe, North Africa, and the Middle East. Begin with a selection of little treats such as spicy Spanish chorizo sausage with broad beans or mouthwatering tuna carpaccio with crisp capers. A classic Italian tomato and bread soup is so dense you can practically cut it with a knife. Bounty from the sea stars in dinners such as monkfish with raito, from France. Stew chicken with lemon and olives (Morocco), bake lamb steaks in foil (Turkey) and prepare one of the region's many pasta, risotto, and pilaf recipes--including fruit and nut couscous with chicken skewers. From appetizing pizzas to scrumptious orange and almond torte, this is delicious inspiration for lovers of fine cuisine.

About the Author Louise Pickford is a freelance cookery writer and food stylist living and working in London. She is the author of a number of cookery books and is currently writing for national newspapers and magazines including BBC Vegetarian Good