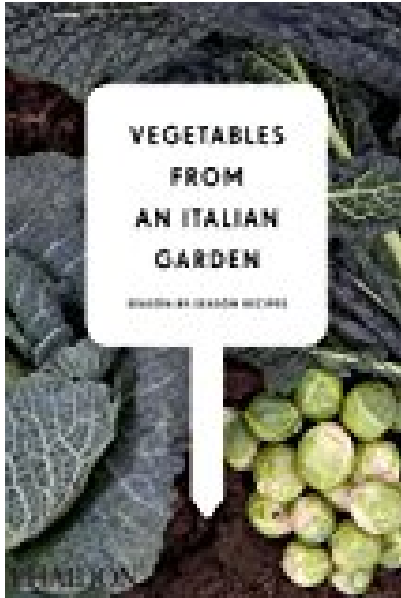


Vegetables from an Italian Garden Season-By-Season Recipes



BOOK DETAILS

- Author :
- Pages : 431 Pages
- Publisher : Phaidon Press
- Language : English
- ISBN : 0714860808

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BOOK SYNOPSIS

Vegetables from an Italian Garden features 400 delicious recipes showcasing over 40 different kinds of vegetables newly collected by the editors behind the classic Italian cooking bible, The Silver Spoon. Authentic and easy-to-use, the book will reveal how Italians use vegetables year-round to prepare simple yet crowd-pleasing dishes. The book is organized by season in four color-coded sections (Spring, Summer, Fall and Winter) to help you conveniently browse for recipes by time of year. Each season is subdivided into chapters for different vegetables highlighting best-known varieties, appearance, storage and preparation and everything you need to know to maximize flavor and nutritional content. It even includes information on how to plant and harvest each vegetable in your own home garden. Then come the recipes! Each season includes approximately 100 recipes organized further by main vegetable ingredient. For example for Spring, the book reveals how to utilize the best of the season's bounty with main ingredients including Spinach, Swiss Chard, Wild Greens, Artichokes, Asparagus, Fava Beans, Peas, Radishes, Avocados, Onions and Belgian Endive. Offering something for everyone, two-thirds of the recipes are vegetarian, and the remaining third feature beef, chicken, pork or fish as co-stars and are coded with unique symbols to make pleasing any dietary preference easy. As stated in the book's introduction by the Editors, "Italian cuisine is by no means vegetarian, but vegetables play an important and integral role to every meal."

VEGETABLES FROM AN ITALIAN GARDEN SEASON-BY-SEASON RECIPES -

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