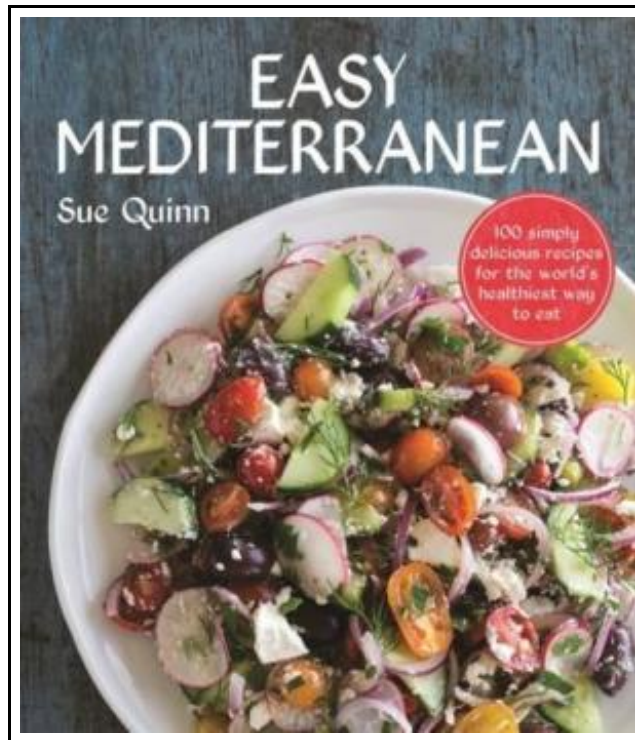


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Reviews

A whole new eBook with a brand new point of view. It is definitely simplistic but shocks in the 50 percent of the publication. I am just pleased to explain how this is the greatest ebook i have read during my very own daily life and could be the best ebook for possibly.

(Mitchell Kuhn III)

EASY MEDITERRANEAN: 100 RECIPES FOR THE WORLD'S HEALTHIEST DIET (PAPERBACK)



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MURDOCH BOOKS, Australia, 2016. Paperback. Book Condition: New. 235 x 200 mm. Language: English . Brand New Book. The traditional Mediterranean way of eating is widely recognised as the healthiest approach to food in the world. Eating Mediterranean involves falling into the rhythm of the seasons and eating the freshest produce possible, when it's at its very best. It means filling your shopping basket with yoghurt, cheese, olive oil, fruit, leafy greens, nuts, seafood, whole grains and pulses and enjoying these foods with friends and family. In fact, you could say that eating Mediterranean is the healthiest way to eat in the world; abundant in fresh produce and legumes, and making great use of poultry and fish rather than red meat. Mediterranean-style eating has been proven to reduce the risk of heart disease, diabetes and stroke. In Easy Mediterranean, Sue Quinn adopts the Mediterranean way of eating with 100 delicious light, bright and delicious Mediterranean-influenced dishes that are easy to prepare and share. Whilst cookery writers such as Anna Del Conte, Claudia Roden and Yotam Ottolenghi have each explored the traditional cuisines of their individual homelands, Easy Mediterranean pulls together the best of the whole region. Sue Quinn combines the flavours and ingredients of the vibrant countries that hug the Mediterranean Sea, to create fresh and contemporary dishes for every day. Start your day with a breakfast of Figs, creamed feta and lavender honey on toast; share plates of Chunky fennel and radish tzatziki, Flatbreads with zucchini blossoms and ricotta and Koftas with sour cherries and tahini dressing with friends and family; lunch on Warming wheat grain and pomegranate soup and Peach, shaved asparagus and lardo salad; dine on Sticky chicken with ouzo, olives and charred lemon or Spaghetti with red witlof, bacon and garlic crumbs; and enjoy desserts of...



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