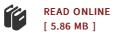




# Southern Italian Family Cooking: Simple, healthy and affordable food from Italy s cucina povera (Paperback)

By Carmela Sophia Sereno

Little, Brown Book Group, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. Healthy food on a sensible budget is important to many of us today but in Southern Italy, la cucina povera has been a philosophy for generations. These are delicious, filling recipes that will become family favourites in your own home, such as:\* Antipasti - traditional starters, cured meats with bread and vegetables in oil.\* Slow cooked meals such as ragu - a delicious tomato based sauce with meat.\* Stuffed peppers, using stale bread and herbs to fill peppers prior to baking.\* Mussels in a tomato and white wine sauce. \* Pork cotolette, pork escalopes covered in egg and seasoned breadcrumbs, flash fried.\* And a range of fabulous desserts for when we want a sweet treat - smooth panna cotta with berries and tasty tiramisu.It s not just about the food; it s about the whole ethos of Italian family life. This books shows you how to be creative with what s available to you and gives you an incredibly healthy way to live and enjoy food with family and friends.



#### Reviews

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