



Williams-Sonoma Essentials of Mediterranean Cooking: Authentic recipes from Spain, France, Italy, Greece, Turkey, The Middle East, North Africa

Charity Ferreira, Dana Jacobi

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Essentials of Mediterranean Cooking begins with an overview of the rich history of the region and the many elements that have come together to create one of the world's first—and best—fusion cuisines. The featured countries are showcased with a discussion of their iconic foods and a list of their specialties, from the bouillabaisse of Provence to the tagines of North Africa. A section on the Mediterranean diet explains the benefits of this traditional way of eating, with its emphasis on vegetables, grains, and seafood.

Five chapters, with some 130 recipes drawn from the more than one dozen countries that ring the Mediterranean, are organized by courses. The exquisitely photographed dishes range from simple, earthy Spanish gazpacho to such showstopping main courses as Moroccan chicken bisteeya. The final chapter holds a wealth of seductive finales, including a pistachio-laced gelato from Italy and a lemon-and-lavender-scented granité from France.

Detailed instructions and step-by-step photographs explain such basic techniques as working with filo dough and making romesco sauce. An informative glossary with culinary terms and ingredients completes this indispensable introduction to the cuisines of the Mediterranean.

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