

<<托斯卡纳美食 TUSCANY>>

图书基本信息

书名：<<托斯卡纳美食 TUSCANY>>

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内容概要

With a rich climate and an array of timeless ingredients. Tuscany has capitalized on its wealth of produce, delivering stunning cuisine that is famed the world over. In a country renowned for its wonderful food. Tuscany still stands out as offering a little extra. From wild mushroom bruschetta to Livorno seafood stew. you will find all your Tuscan favourites here. For those with a sweet tooth there's a chapter featuring desserts where delicious offerings like stuffed peaches with amaretto brush shoulders with white tiramisu. Tuscany is part of a series of books designed to let you discover the wonderfully diverse cuisines of the world. Each title features classic and contemporary recipes that can be made with ingredients that are readily available, offering you the chance to bring to your table tastes and culinary traditions enjoyed around the globe.

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书籍目录

Introduction A little history Tuscan cuisine Classic ingredients The importance of simplicity... ..and the seasons
Starters and Soups Wild mushroom bruschetta Bread and tomato soup Traditional bean and cabbage soup Chickpea soup Chestnut and pancetta soup Tuscan summer salad Ham and salami salad with figs Artichoke and asparagus salad Broad bean and pecorino salad
First Courses Small Tuscan pizzas Tuscan saltless bread Flatbread with onion and rosemary Flat noodles with aubergines and peppers Penne with sausage sauce Potato gnocchi with walnut pesto Spinach and ricotta gnocchi Mushroom risotto Polenta with chargrilled vegetables
Second Courses Livorno seafood stew Lightly battered and fried fish Grilled T-bone steak Roast pork loin Beef braised in red wine Marinated and grilled leg of lamb Stuffed chicken breasts Veal escalopes with Marsala Stuffed courgettes and/or aubergines Potato and fennel bake
Desserts Stuffed peaches with amaretto Poached pears in Marsala Soft chocolate cake Almond biscuits Cream dessert with pistachio nuts White tiramisu with strawberries Chocolate and nut cake from Siena Apricot ice cream Raspberry water ice Deep-fried pastry ribbons
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