

<<每日一道地中海菜肴 Everyday>>

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内容概要

The Mediterranean diet has become widely recognised in recent years for its many health benefits. It's a simple, colourful and delicious cuisine, consisting mainly of a stunning range of nutrition-packed fruits and vegetables, with fresh seafood and a little meat and cheese. Plenty of olive oil, with its heart-protective properties, completes the picture of a way of eating that promotes an enviably long and healthy life. Sounds too good to be true? Try the recipes in this book to discover just how good it is!

112 authentic and delicious recipes; Brief introduction to each chapter on the traditional use of ingredients; A clear and easy-to-follow ingredients list and method for each recipe to ensure a perfect result; Inspiring photography of each recipe to set your taste buds tingling.

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