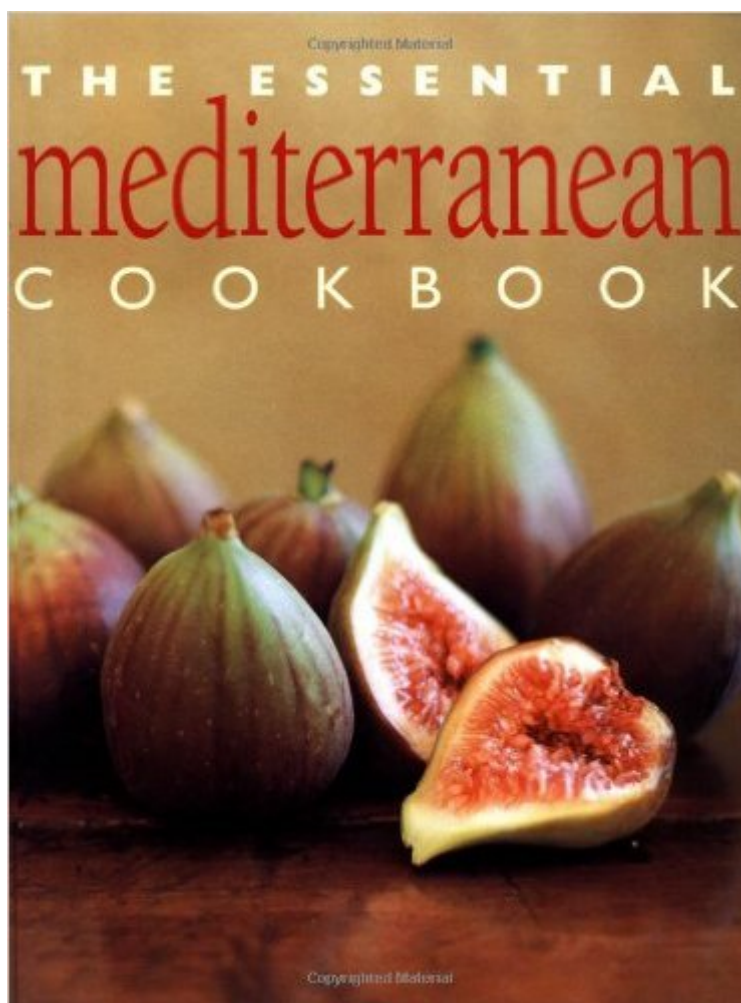


The book was found

# The Essential Mediterranean Cookbook



## Synopsis

Greece, Turkey, Italy, France, Spain, North Africa, and the Middle East all share the shores of the sparkling Mediterranean -- conjuring up images of olive groves and lemon trees, the aroma of wild oregano, and warm evenings spent sipping drinks and nibbling on delicious meze, tapas, or antipasto platters. Many of the spices, herbs, vegetables, and other ingredients are common throughout these beautiful places; however, the rich history and interesting origins of each country has led to differences in how the ingredients are used. With over 600 full-color photographs, The Essential Mediterranean Cookbook provides a comprehensive pictorial guide to the area and its celebrated cuisine.

## Book Information

Series: Essential Cookbooks (Thunder Bay Press)

Hardcover: 304 pages

Publisher: Thunder Bay Press (CA) (May 2003)

Language: English

ISBN-10: 1571459774

ISBN-13: 978-1571459770

Product Dimensions: 11.3 x 8.7 x 1 inches

Shipping Weight: 3.4 pounds

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (25 customer reviews)

Best Sellers Rank: #405,970 in Books (See Top 100 in Books) #206 in [Books > Cookbooks, Food & Wine > Regional & International > European > Mediterranean](#)

## Customer Reviews

I'm not a major chef, so things like Joy of Cooking and James Beard glaze my eyes over unless I know exactly what I'm looking for. This book has pictures of all/most of the dishes so it's fun to page through and find things to cook when you are looking for new and different. I've cooked about 8 things out of here so far and all have been outstanding. The conversions from metric to english leave something to be desired. For canoli shells she says to roll to 5mm or 1/4 inch thick, an 1/8 would be more appropriate. Some things are in weight instead of measure, 300g of flour instead of 2 cups, so be prepared with scale or something.

This is, by far, my favorite cookbook. The design and photos are so well done you can't help but to page through it time and time again, wanting to try every recipe in the book. The recipes are broken

up by country/region: Greece, Turkey, Italy, France, Spain, North Africa, and the Middle East. There are even a few recipes that are shared in each of these regions, and the differences between them are plain to see. Fortunately, this doesn't happen so much that you think you're being cheated out of variety. There are quite a few dishes for you to try. It also has several other sections such as making your own pasta, dressings and sauces, etc, as well as little asides about many of the ingredients you will use. I can't stress enough how much I like this book. I only wish I would use the "look inside" feature so people could see exactly what I mean.

First off, this book has beautiful photos for almost every recipe. I especially enjoyed the descriptions of common Mediterranean ingredients, from anchovies to za'atar, that can be found in the beginning. I really liked the grouping of recipes by countries/regions, and most country/region sections has its own article on a specific food tradition. For example, pizza and antipasti for Italy, tapas for Spain, dressings for France, etc. This book would be great for your personal cookbook collection or your coffee table. Measurements come in both metric and customary units, but some conversion may still be necessary. I wouldn't purchase this book if you are looking for cheap or simple recipes. I made the baklava (even a simplified recipe is relatively expensive), which was very delicious and fun to make, but it required expensive ingredients, such as orange flower water. Some recipes call for rabbit, squid, or brains, which I have never seen in my local grocery. I found that you can find most of the ingredients required for the recipes, but like I said before, they can get pricey. The majority of the recipes are time consuming, but they are delicious. Do not buy this book if you are looking for quick and cheap meals. These recipes are all about the joy of cooking and ingredients, and if that is what you are looking for, this book is for you.

First off to be fair. I don't know a whole lot about mediterranean cooking. I find southern food and mexican food to be my favorites however i am looking to expand my knowledge of food. I purchased this book knowing from another review that it included alot of pictures. I was hoping to be able to learn something about mediterranean cooking that i didn't know. As i started to leaf through this book i was impressed by the clarity of all the color photo's of gorgeous food throughout the book. Every few pages, in the margin of the page there is a picture and an explanation or a little comment on an ingrediant used. I think this is great however the flaws show up when the picture doesn't match the item that is listed. For instance when giving a little history on "aioli" (garlic mayo) there is a picture of some asparagus. When talking about "Salad Nicoise" (named Nicoise because of the olive's) there is a picture of bell peppers. "Tuna" you get a picture of lemons. "Anchovies" you get a picture of

garlic. It's a little irritating at most. The other problem I have with this book is that a lot of the recipes also show up in "The Essential Seafood Cookbook" so now I have duplicates of certain recipes. Now don't let my complaining scare you away from this book. It's still a good book despite its flaws. The pictures really are awesome. (you can see the little eyes clearly on the picture of fried baitfish). As for the authenticity of the food presented here? From what I know any book that includes a recipe for Miala Tiganita (fried lamb brains) has probably got to be pretty authentic even if I know nothing about the cuisine of Greece.

This is a fantastic book. Everything from the 6 page listing of the key ingredients in a Mediterranean pantry, complete with color photos of the items, to the explanation of the different types of olive oil make this a very nice book. I like to know how a dish should look and this book delivers. There are color photos on every page. Recipes are divided into regions, as noted in the previous review, and there are also special sections on such topics as antipasto, making pizza, making pasta, dressings and sauces, tapas and preparing olives. Recipes cover everything from soups, salads, breads, main dishes, and desserts. I agree, it is a shame that it doesn't do a "Look Inside" feature for this book. It is beautifully done. I expect to get a lot of use and enjoyment out of this book for years to come.

[Download to continue reading...](#)

Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes)  
Mediterranean Diet: 30 MINUTE Mediterranean Diet Cookbook with 80 Mediterranean Diet Recipes to Help You Lose Weight, Increase Energy & Prevent Disease ... (Mediterranean Diet & Cookbook Series 2)  
Mediterranean Diet: 365 Days of Easy, Delicious, and Healthy Mediterranean Diet Recipes (Mediterranean Diet Cookbook, Mediterranean Diet for Weight Loss) Top 200  
Mediterranean Diet Recipes Bundle: (Mediterranean Cookbook, Mediterranean Diet, Weight Loss, Healthy Recipes, Mediterranean Slow Cooking, Breakfast, Lunch, Snacks and Dinner)  
Mediterranean Diet: The 4 weeks Challenge (Mediterranean Diet Cookbook, Mediterranean Diet for Beginners, Mediterranean Diet Meal Plan) Mediterranean: Slow Cooker: Paleo: Crockpot: Box Set: The Ultimate Recipes Cookbook Box Set(30+ Free Books Included!) (Mediterranean Diet, Mediterranean ... Beginners Guide, Mediterranean, Cooking) Mediterranean Diet: Revealed! 65 Delicious Mediterranean Diet Cookbook Recipes Sure To Delight and Amaze All While Losing Inches (Mediterranean cookbook, ... weight loss motivation, weight loss tips 1) Mediterranean Diet: The Mediterranean Diet for Beginners: 110 Delicious Recipes and The Complete Guide to Going Mediterranean Mediterranean Diet for Weight Loss: Eat Like a Spartan: Leverage Mediterranean

Diet To Achieve Spartan-Like Health, Lose Weight, Get Fit, All While Eating ... (Mediterranean diet, Mediterranean recipes) Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,) The Mediterranean Slow Cooker Cookbook: A Mediterranean Cookbook with 101 Easy Slow Cooker Recipes Healthy Recipes: 2 Manuscripts- Instant Pot Cookbook And Mediterranean diet (Instant Pot, pressure cooker, Mediterranean diet) Mediterranean Diet: The Beginners Guide to Authentic Mediterranean CuisineÂ© (Over 100+ Recipes & 1 FULL Month Meal Plan for Healthy Weight Loss, Cookbook Guide) 5 Ingredient Cookbook: Fast and Easy Recipes With 5 or Less Ingredients Inspired by The Mediterranean Diet (Free Gift): Everyday Cooking for Busy People on a Budget (Mediterranean Diet for Beginners) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) Mediterranean the Beautiful Cookbook: Authentic Recipes from the Mediterranean Lands Quick and Easy Mediterranean Diet Cookbook: 76 Mediterranean Diet Recipes Made in Minutes The Quick & Easy Mediterranean Diet Cookbook: Delicious Mediterranean Diet Recipes Which Can Be Made In Minutes Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) Essential Oils: Ultimate Essential Oils Guide and 89 Powerful Essential Oil Recipes! (2nd Edition) - How to Use Essential Oils for Aromatherapy and Healthy ... Loss, Essential Oil Recipes, Aromatherapy)

[Dmca](#)