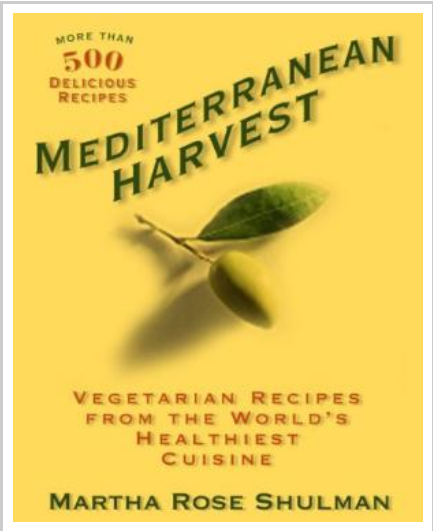


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Mediterranean Harvest: Vegetarian Recipes from the World's Healthiest Cuisine

By Martha Rose Shulman

Rodale Press. Paperback. Book Condition: new. BRAND NEW, Mediterranean Harvest: Vegetarian Recipes from the World's Healthiest Cuisine, Martha Rose Shulman, Intensely flavorful and inherently healthy, Mediterranean food is one of the world's most appealing cuisines. Mediterranean cooks know how to make eating a pleasure. They do it simply--with olive oil and garlic; with herbs and spices; with tomatoes and eggplants, peppers and squash, figs and peaches, and other seasonal produce. And of course there is crusty bread and local cheese, the freshest yogurt and endless wine. In this authoritative and anecdotal cookbook, award-winning author Martha Rose Shulman captures the vibrant flavors of the Mediterranean region in more than 500 delicious vegetarian dishes that will appeal to everyone. The book represents years of meticulous research gleaned from Shulman's travels through France, Spain, Italy, the Balkans, Greece, Turkey, North Africa, and the Middle East. She presents authentic contemporary variations as well. You'll dine with her in Greek olive groves, feast on recipes handed down from mother to daughter for generations, and she offers her own tomatoes and fresh sardines in Croatia, savor coffee gelato in the streets of Bologna. At every turn in the road there is a new culinary reward. Whether...

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