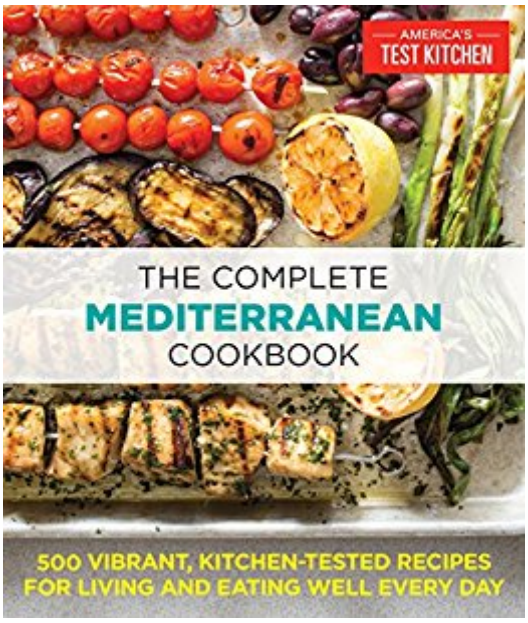
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The Complete Mediterranean Cookbook: 500 Vibrant, Kitchen-Tested Recipes For Living And Eating Well Every Day



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Synopsis

America’s most trusted test kitchen tackles a topic with serious staying power: the Mediterranean diet. This thorough yet user-friendly book brings the Mediterranean into the American home kitchen, with 600 amazingly flavorful yet surprisingly approachable recipes for everyday cooking.
Ã Â Ã Â Ã Â Ã Â Ã Â TheÃ Â MediterraneanÃ Â dietÃ Â isÃ Â knownÃ Â forÃ Â beingÃ Â one Ã Â ofÃ Â theÃ Â healthiestÃ Â inÃ Â theÃ Â world,
withÃ Â benefitsÃ Â rangingÃ Â fromÃ Â cancerÃ Â preventionÃ Â toÃ Â improvedÃ Â brainÃ Â function.Ã Â TheÃ Â diet
alsoÃ Â boastsÃ Â hugeÃ Â foodÃ Â appeal,Ã Â withÃ Â itsÃ Â fresh,Ã Â high-qualityÃ Â ingredientsÃ Â and
extraordinaryÃ Â flavors.Ã Â AlthoughÃ Â theÃ Â dietÃ Â hasÃ Â beenÃ Â aroundÃ Â forÃ Â decades,Ã Â itÃ Â has
recentlyÃ Â experiencedÃ Â aÃ Â burstÃ Â ofÃ Â renewedÃ Â popularity.Ã Â ButÃ Â manyÃ Â Mediterranean
booksÃ Â onÃ Â theÃ Â marketÃ Â areÃ Â quirky,Ã Â personalÃ Â collectionsÃ Â orÃ Â haveÃ Â aÃ Â narrow, single-regionÃ Â focus.Ã Â The Complete Mediterranean Diet
CookbookÃ Â willÃ Â fillÃ Â aÃ Â gapÃ Â in
theÃ Â marketÃ Â byÃ Â bringingÃ Â theÃ Â bestÃ Â ofÃ Â MediterraneanÃ Â cookingÃ Â into Ã Â theÃ Â AmericanÃ Â home
kitchen,Ã Â withÃ Â 600Ã Â fresh,Ã Â flavorful,Ã Â andÃ Â foolproofÃ Â recipes.

Book Information

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Customer Reviews

Wow! I rarely buy cookbooks now because there is so much available on the internet, but this book is worth the purchase. I just received mine yesterday and stayed up late reading it. There are 2 things that make this book stand out. First, the America's Test Kitchen chefs do the best job of testing recipes, methods, ingredients, etc... so you know they'll be good. Second, this is much more than a book of recipes. There are useful tips, explanations for why they chose a certain item (e.g. dried beans vs canned, brand recommendations), and excellent charts that compare different types of legumes or fish or beans. I'm a graduate of the CIA and this book is certainly as good as our textbooks. I plan to look at more ATK books.

I have several ATK cookbooks, but this is now our go-to cookbook. It's helped us shift our eating habits away from meat, potatoes and pasta - although all three are included here - to healthier options. I've lost 11 pounds in a month of eating dinners from this cookbook and following their Mediterranean food pyramid.

I have a few wonderful Mediterranean cookbooks, and it's my go to region for culinary experiments. As much as I love those books, I really wish I had saved my money and purchased this one first. The sheer mass of information in this book is astonishing. With recipes from all over the region, including North Africa, Greece, Spain and Italy, you will never get bored with it.The book is divided up into the usual sections like soups, poultry, salads, etc. but with some additions like rice and grains, breads, flatbreads, pizzas, etc. The table of contents in each section lists special indicators (little colored squares) after dishes which are either fast (45 minutes or less) or vegetarian. Within each section, the recipes are varied. Each recipe starts with an explanation of why the dish is made the way it is, such as why the potatoes are boiled instead of microwaved, why this dish is blended by hand instead of a food processor, etc. This will save you tons of time when you are thinking of taking a shortcut and find that it doesn't turn out right. Then the recipe shows photos of steps that

might be unfamiliar. And then there are little "notes" inserted every few pages which go into a specific ingredient, what to look for, how it's used...things like sardines, pancetta, bay leaves...or else methods, like how to properly wash and dry a salad, or how to salt-soak beans. Many of the recipes also list further variations, such as pan roasted cauliflower...which then shows how to add capers and pine nuts, or spices and pistachios. My only minor complaint is that the nutritional info for each recipe is listed...but it's all listed in an index in the back of the book rather than with each recipe. But don't let that stop you...the fact that it's there at all is one up on most other cook books!

There is a lot of good information about Mediterranean cooking, and many many recipes (that are now family favorites). However, I find a fair number of those recipes to be hugely time-consuming and entirely impractical for weeknight cooking, unless it's a day when I don't have anything else going on. My husband prepared a meal for us one evening that included three recipes from the book. He was in the kitchen for about four hours preparing and cooking dinner.It's a good cookbook, but if you're looking for manageable weeknight recipes and cook alone (no help in the kitchen) or work for a living, you may want to consider a different book...although I'm not sure what book that would be. It's also possible that kitchen wiz types will do great with this book. I'm no slouch (neither is my husband) in the kitchen, but four hours is a bit much...but it sure was yummy. :)

Great book. Went through and found so many I want to try. I probably have every cookbook put out by America's test kitchen. Always great.I have their original cookbook. Not the same people. I have most of these cook books. Always perfect. No one does it any better.

I really like this cookbook! It has a LOT of information and makes a great reference book. I've completed at least 6-8 recipes and have been happy with them all. If you're considering this purchase, buy it, it will make a nice addition to most collections.

Delicious recipes!! America's Test Kitchen outdoes itself. Highly recommend it.

This cook book exceeds my expectations. The simple step by step directions are easy to follow. If you cook by charcoal or by gas it again gives you easy to follow directions. If you follow directions the out come is delicious. My family has enjoyed every meal that I have cooked and for sure there will be repeats as the meals are that good. So enjoy and happy cooking.

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