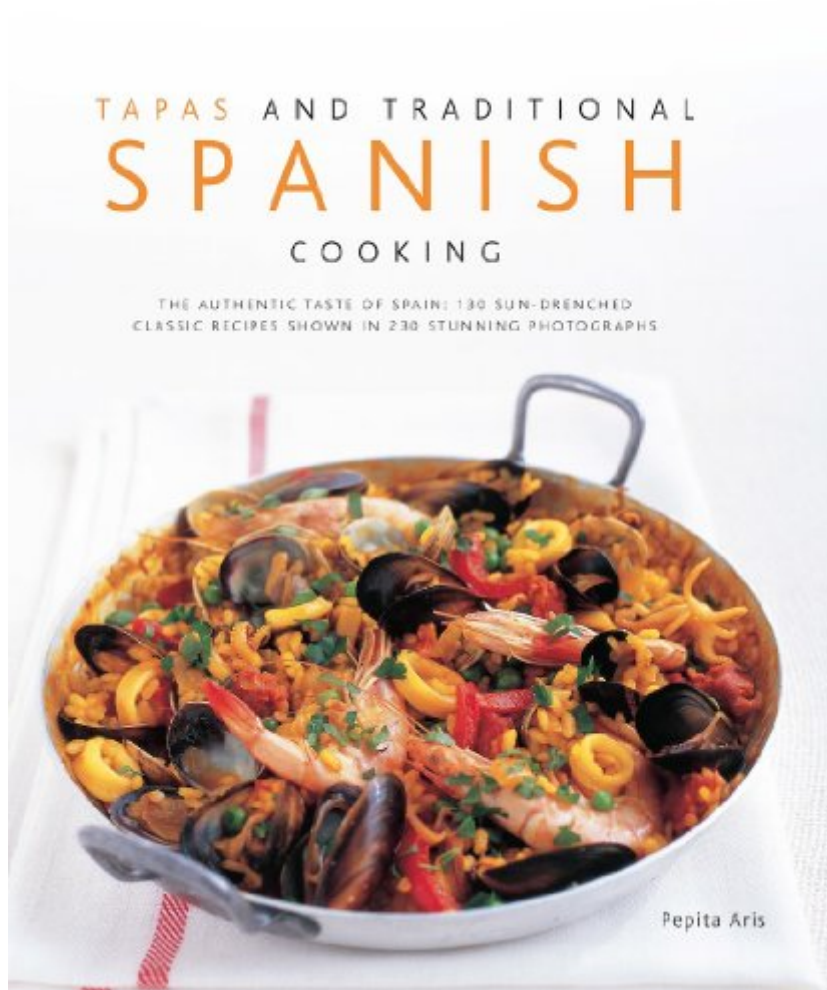


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Tapas And Traditional Spanish Cooking



Synopsis

Spanish food is renowned for its fantastic tastes and textures, wonderful fresh ingredients and regional diversity. This beautifully designed and fully illustrated book is a showcase for over 130 delicious recipes from one of Europe's best-loved cuisines. Fresh, bright and contemporary, it features Spanish national classics such as Sopa de Mariscos, Cocido, Paella Valenciana, Chorizo with Chestnuts, Patatas Bravas, Spicy Sausage and Cheese Tortilla, to name but a few. The recipes are easy to follow and each has a nutritional analysis to help you plan meals. With sections on tapas, soup and eggs, vegetable dishes, rice and pasta, fish and shellfish, poultry, meat and game main courses, and of course, delectable desserts and cakes, this book will help you create a complete Spanish menu and give you plenty of ideas for memorable dishes for special occasions. The book explores recipes and ingredients in the various regions that influence the distinctive local food traditions, and looks at not only what people eat, but also how and when. With an overall view on the cuisine, the culture and the social aspects of eating, this book is a perfect introduction to Spanish cooking. The author, Pepita Aris, is an authority on Spanish food and cooking, and has written many books on the subject. Pepita has had a house in Andalucia, Spain for 32 years and writes for a number of newspapers and magazines, including the American Bon Appetit! She is the founder editor of Taste magazine, has substantially contributed to the British Larousse Gastronomique, and has appeared on both radio and television to promote Spanish food and give cookery demonstrations.

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Customer Reviews

We bought this book on a trip to Spain, then bought it as Christmas presents for all the chefs in our lives. We've made about 12 recipes from it, and everything is fabulous and reasonably simple to make. Also, lots of the stand-out dishes are so simple and healthy. Also, a photograph for every recipe. Love that.

I was very happy that I picked up this book. Simple ingredients and uncomplicated instructions. Pictures for each dish further enhance this book. A bargain. The tapas chapter is beautiful and simply done. These recipes won't take up all of your time and leave you too tired to eat. A score!

Nice Spanish cookbook to carry on my iPad. Great photos. Good recipes. The price was exceptional. We love to have tapas night about once a month.

Good recipes easy to understand and prepare.

Great paella recipes!

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