



Cucina mediterranea. la storia nel piatto (Italian Edition)

Renata Baruffi

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Più di 300 ricette di pura cucina mediterranea e tante notizie sulle origini più antiche del sistema gastronomico e culturale delle aree intorno al Mar Mediterraneo, ma anche detti ed usanze popolari uniti ad episodi personali dell'autrice.

Questo non è soltanto un libro di cucina ma un libro da leggere anche se non avete intenzione di mettervi ai fornelli. Un modo per entrare nello spirito del Mediterraneo e della sua millenaria cucina apprezzandone poco per volta gli aspetti conviviali e culturali, essere in grado di riconoscerne i benefici e la semplicità.



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