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Luca Lorusso, Vivienne Polak
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#254423 in Books 2015-04-07 2015-04-07Original language:EnglishPDF # 1 10.00 x 1.13 x 8.00l, .84 #File Name: 174270848X240 pages | File size: 32.Mb

Luca Lorusso, Vivienne Polak : Sharing Puglia: Simple, Delicious Food from Italy's Undiscovered Coast before purchasing it in order to gage whether or not it would be worth my time, and all praised Sharing Puglia: Simple, Delicious Food from Italy's Undiscovered Coast:

1 of 1 people found the following review helpful. and this wonderful book captures the landscapeBy Chas.Puglia is an undiscovered tourist destination in Italy, and this wonderful book captures the landscape, scenery, and the foods. The region has traditionally been remote and impoverished, and noted for its "cucina povera," which means that it is simple fare, with fresh local ingredients. Indeed, what could be better! The recipes, many with beautiful photos, are generally easy, delicious and tend toward the vegetarian. Puglia is a coastal province and there is plenty of seafood featured in the book, as well. Visit the book before you head to your local farmers's market.0 of 0 people found the following review helpful. A cheery book filled with good foodBy PutnamI bought this book mainly because the beautiful photos

reminded me of a lovely week in Puglia but the longer I have it, the more I appreciate the recipes. The subtle notes of the torta di Limone and the fragrance of the Tiella di Riso with potatoes and mussel are as captivating as the surprising way Puglia won my heart. The 'cucina povera' of this region is the Mediterranean diet road map so you really can't go wrong with this book. 0 of 0 people found the following review helpful. The best Italian cookbook on the market By debra rosenberg This is the most brilliant cookbook I have ever purchased. Usually I only cook a few recipes from any book but in sharing puglia the recipes are all delicious easy to make and any dummy in the kitchen like me can turn out to be an incredible Italian chef !!! My friends are raving and asking me what cooking school I went too !!!! More from luca Lorusso and vivienne polak please !!!

Featuring the traditional recipes and stunning photography of the sun-kissed Puglia region, *Sharing Puglia* will transport you to the sapphire waters of the southern coast of Italy. With this collection of the quintessential culinary delights of Puglia designed for sharing and entertaining and that celebrate seasonal produce, you'll be able to imagine you are sitting by the shores of the Mediterranean, listening to the soothing sounds of the sea lapping against limestone cliffs, all the while savoring kingfish crudo with fresh fava beans, lemon cacio cavallo or devouring scampi with fresh chicory and pomegranate. This collection of recipes focuses on delectable dishes perfect for sharing with friends and family- Gallipoli-style fish stew; fava, broccoli and chicory soup; baked snapper with skewered prawns; and veal broth with pasta. Celebrate seasonal produce with dinner party menus for entertaining through the four seasons, or prepare a few simple antipasto dishes such as pickled artichokes, bruschetta with olives, and taralli (savory crackers). There are scrumptious, vegetable-packed comfort foods like eggplant parmigiana, artichokes with fried potatoes, and smoked scamorza cheese salad with mushrooms; recipes for making the best artisanal pizzas; and of course, the region's standout pasta dishes, such as conchiglioni with vongole and cauliflower, and tagliatelle with fava beans, ricotta, parsley and mint.

About the Author Luca Lorusso was born in Bari, Puglia, Italy, and has had extensive experience in the Italian hospitality industry, specifically in Verona, and he now runs a Pugliese café in Melbourne. Vivienne Polak's background is in education, and her passion for sharing and teaching permeates her busy life. Her interest in discovering and preserving family and traditional recipes has brought her to the treasure trove that is the cuisine of Luca's birthplace in Puglia.