

《每日一道地中海菜肴 Everyday》

图书基本信息

书名：《每日一道地中海菜肴 Everyday Mediterranean》

13位ISBN编号：9781407528014

10位ISBN编号：1407528017

出版时间：2008-5

出版社：Parragon Book Service Ltd (2008年5月1日)

页数：238

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内容概要

The Mediterranean diet has become widely recognised in recent years for its many health benefits. It's a simple, colourful and delicious cuisine, consisting mainly of a stunning range of nutrition-packed fruits and vegetables, with fresh seafood and a little meat and cheese. Plenty of olive oil, with its heart-protective properties, completes the picture of a way of eating that promotes an enviably long and healthy life. Sounds too good to be true? Try the recipes in this book to discover just how good it is!

112 authentic and delicious recipes; Brief introduction to each chapter on the traditional use of ingredients; A clear and easy-to-follow ingredients list and method for each recipe to ensure a perfect result; Inspiring photography of each recipe to set your taste buds tingling.

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精彩短评

- 1、书的页面好小啊
- 2、很流畅的英文，印刷很精美。书虽然只有手掌大，但书的内容很丰富~不错

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