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| 1. Record Nr. | UNISOBSOBE00027424 |
| Autore | Baumgarten, Arthur |
| Titolo | 1: Die theoretische Grundlegung |
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| 2. Record Nr. | UNINA9910160353303321 |
| Autore | Psilakis Michael |
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| ISBN | 0-316-30820-X
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| Nota di contenuto | Intro -- TITLE PAGE -- COPYRIGHT -- TABLE OF CONTENTS --
DEDICATION -- RECIPE INDEX -- FOREWORD -- INTRODUCTION -- THE
MAGNIFICENT SEVEN -- HOW TO USE THIS BOOK -- A FEW GOOD
TECHNIQUES AND TIPS -- GREEK YOGURT -- GARDEN VEGETABLES AND |

FRUITS -- SWEET AND SOUR PEPPERS AND ONIONS -- ROASTED CHERRY TOMATOES -- GARLIC CONFIT -- TOMATO SAUCE -- RED WINE VINAIGRETTE -- ACKNOWLEDGMENTS -- ABOUT THE AUTHOR -- ALSO BY MICHAEL PSILAKIS -- NEWSLETTERS.

Sommario/riassunto

An acclaimed chef and proponent of the Mediterranean Diet offers clean and healthy meals that pay homage to his heritage by starting each dish with seven easy-to-find, basic ingredients, including greek yogurt and tomato sauce. --Publisher.

Psilakis introduces you to the seven key recipes of a Mediterranean diet, and then shows you how to create a nearly endless array of meals from the staples you have on hand. You'll be able to put vibrant home-cooked food on the table in minutes-- without trading the convenience for quality.
