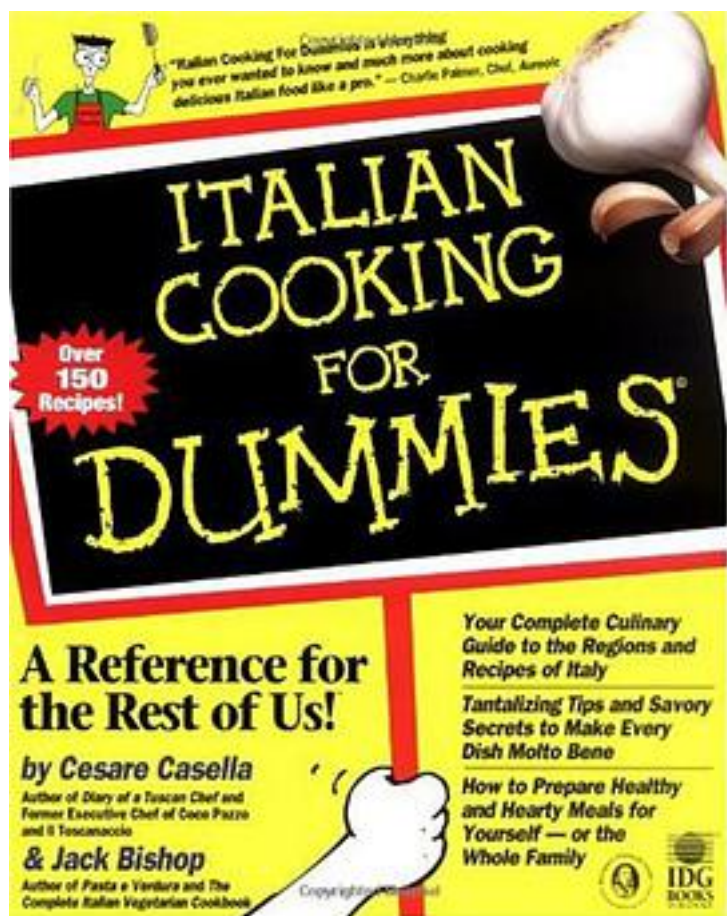


# Italian Cooking for Dummies



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Everybody loves Italian food, and with good reason. The cuisine extols hearty and healthy meals with the freshest ingredients, a diversity of flavors, and tried-and-true recipes (some of which date as far back as the Roman Empire) that are naturally low in saturated fats and calories. All this, and it tastes great, too! Discover the mouthwatering

joys of Italian cooking with this complete guide to the regions and recipes of Italy. Celebrated chef Cesare Casella and seasoned food writer Jack Bishop lead you step-by-step through an entire full-course Italian meal, from antipasti, salads, and soups to pastas, entrees, and delicious desserts. Discover how to make your own fresh pasta, polenta, and pizza, and how to plan simple or elaborate dinners for every occasion. You'll find all the recipes and tips you need in Italian Cooking For Dummies, along with tons of advice on selecting the right herbs, ingredients, cooking tools, and utensils, and finding more information in print or online. The book also features a complete glossary of cooking terms and ingredients to help you enjoy la dolce vita.

作者介绍:

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