

# Oils & Vinegars



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In this invaluable cookbook, Liz Franklin looks at some of the key oils and vinegars and explains their characteristics, health benefits, and origins, as well as their uses in cooking. There are also more than 40 recipes here to whet the appetite, with an individual oil or vinegar as the focal ingredient of each recipe. Discover the diversity of oils and vinegas available, from fruit, nut, and seed oils to balsamic, vincotto, sherry, red and white wine, Asian, and cider vinegars. Then put them to the test with such recipes as, Sesame Wafers with Mango and Coconut Dip, Lamb and Butternut Squash Tagine, Avocado Oil, Lemon, and Pistachio Cake, and Balsamic Ice Cream with Crushed Strawberries. \*A great gift for the home cook keen to learn more about oils and vinegars. \*Gorgeous photography by Richard Jung.

作者介绍:

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