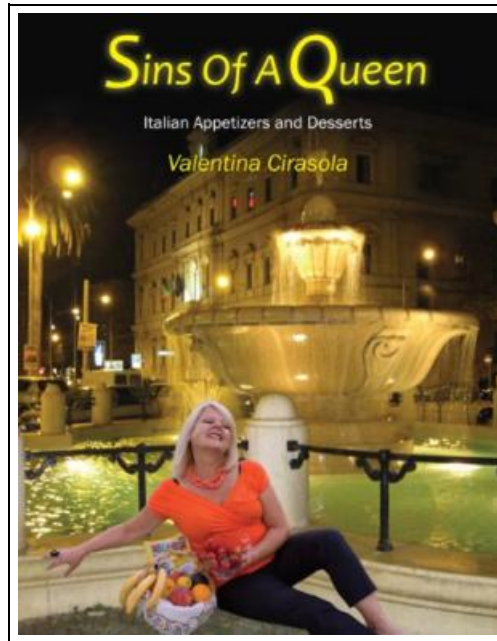


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Outskirts Press, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Bread and wine: table for knights Valentina cooked up another book, a second one of Valentina s collection she plans to produce for the next few years. Valentina is a native of Italy and as all Italians she has a passion for fast cars, fast thinking, quick actions, snappy temper, hot and vivid colours, but she loves, loves, loves slow food. Her mission is to introduce the southern food of Italy to the world. It is the kind of food she grew up with, made it the centre of attraction for her entertainments and the subject of her classes. Southern Italian cuisine conserves all the flavour of the land, a kaleidoscopic burst of colours and tastes, in an incredible elegant simplicity. With this second book on Appetizers and Sweets, Valentina is aiming at showing the readers how to cook simple, versatile specialties that can be used as appetizers, as much as ideas for healthy meals. Make these specialties in larger quantities and you have a meal, make them in bite sizes and you have appetizers. Antipasti in Italian, Tapas in Spanish, Hors-d oeuvres in French, Appetizers in English, however you want to say it, they all mean the same: prelude to a tasty meal. Appetizers are the way openers, the anticipation of what s coming an hour later. Always served with lighter wines, Champagne or Prosecco, appetizers are the excitement of late morning before lunch, or the early evening relaxation moments before dinner. Yes, one can allow sweets at the end of a dinner, but they don t have to add tons of sugar and calories to be good. The sweets Valentina presents in this book are made mostly of fruit. Sins...



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