

The Rustic Italian Bakery



BOOK DETAILS

- Author : Veronica Lavenia
- Pages : 224 Pages
- Publisher : New Holland Publishers
- Language : English
- ISBN : 1742577431

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BOOK SYNOPSIS

The Rustic Italian Bakery is all about sustainability and taste in a healthy and nourishing way, and contains the essence of the homemade bakery tradition. Italian homemade cakes are very simple but rich in taste; they are the classic cakes of the past, when the unprocessed ingredients were the norm and not the exception. They are cakes that can be enjoyed at any time of the day, according to the basic concept of Italian cucina povera (poor cuisine): simple and few ingredients with great taste. A collection of 80 simple and sustainable recipes accompanied by stunning color photography, many of the dishes are traditional Italian family recipes that have been lovingly tried, tested and enjoyed. The key of the book is the beauty and goodness of simple, rustic recipes, typical of Italian homemade tradition, prepared with unrefined ingredients that are readily available. It encapsulates the culture of an Italian village bakery where rustic sweets are eaten at any time of the day, including breakfast, tea or coffee time, or simply a snack to enjoy. -- Veronica Lavenia

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