

《地中海烹饪》

图书基本信息

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内容概要

Ethnic variety and regional specialties are at the heart of morocco's culinary charm, Whether typical Berber-style dishes, sophisticated delicacies from fez and Agadir, spicy lamb dishes, or sweet desserts with dates, honey and figs-Moroccan cuisine is almost impossible to resist. Yet no matter how exotic the dishes, the recipes are all easy for hobby chefs to follow. Alongside the detailed step-by-step instructions, readers will find background information about the ingredients and the typical local method of preparing them, Moroccan herbs and spices such as mint, Cinnamon and coriander, which are now widely available in most supermarkets, give the dishes and authentic, special touch. So enter the fasinating world of tagines and cousoucs. and let our Moroccan master chefs guide you on a culinary journey that will both surprise and delight you!

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书籍目录

Level of difficulty: Easy Medium Difficult Hot & Cold Appetizers Briouates with Shrimp Jban Briouates with Cilantro M'hancha with Spring Vegetables Seafood and Chicken M'hancha Pastelitos de Ojas Small Passover Parmentiers Berber Salad Seafood with Chermoula Spinach Salad with Argan Oil Salad of Sweet Tomatoes Salad of Tomatoes and Bell Peppers Kemia Salad, Earth and Sea Cucumber Salad with Atlas Thyme R'jla Salad with Lemons and Olives Soups Soup with Pigeon Meatballs Mediterranean Fish Soup Soup with Sea Bass and Fennel Harira with Rice and Figs a Fez Ramadan Soup Vegetable Stew with Saffron Bissara Casbah Vegetable Soup Sabbath Soup with Garbanzo Beans Dchicha Soup Tagines & Couscous Couscous with Raisins and Onions Lobster Couscous with Watercress Cream T'faya Couscous with Chicken Dchicha Soussia Tagine with Walnuts and Dates Tagine with Tub Gurnard Berber Style Lamb Tagine Lamb Tagine with Prunes Atlas Style Quail Tagine Conger Eel Tagine Shrimp Tagine King Shrimp Tagine Tagine with Monkfish and Argan Oil Chicken Mkaddam Souiri Chicken M'quali Fish & Seafood Meat & Poultry Desserts & Pastries

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