

《意大利调味饭 RICE & RISOTTO》

图书基本信息

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内容概要

Rice is the perfect ingredient to keep in the store cupboard-it's a healthy, nutritious, lowfat grain that takes only minutes to cook and lends itself to endless treatments. It is a staple food in many countries across the world, and each culture has its own way of utilizing rice, such as risotto in Italy, paella in Spain, and stir-fries in China and Thailand. This book has a great selection to choose from--in fact, there are so many diverse and exciting recipes that you will probably forget they are all based on rice! 112 exciting and delicious recipes Brief introduction to each chapter, full of useful ideas and tips A clear and easy-to-follow ingredients list and method for each recipe to ensure a perfect result Inspiring photography of each recipe to set your taste buds tingling

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