

《Moroccan 摩洛哥菜》

图书基本信息

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内容概要

WITH AN INCREDIBLE SENSUALITY OF TASTES, TEXTURES AND COLOURS, MOROCCO IS A COUNTRY WITH A CUISINE AS VIBRANT AND VARIED AS ITS HISTORY. INFLUENCES FROM THE FRENCH, SPANISH, TURKS AND ARABS HAVE COMBINED WITH THE TRADITIONAL BERBER COOKING METHODS OF THE COUNTRY TO PRODUCE A "WONDERFULLY EXOTIC ARRAY OF DISHES. THE RECIPES IN THIS COLLECTION REFLECT THE UNIQUE DIVERSITY OF MOROCCAN CUISINE-FROM TRADITIONAL BERBER TAGINES TO FRENCH-INFLUENCED CHICKEN SOUP WITH CHILLI, YOU WILL BE AMAZED AT THE VARIETY OF DISHES THAT CAN BE CREATED.

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书籍目录

Introduction The Moroccan kitchen Spices Essential recipes Starters and Salads Aubergine and tomato salad Grapefruit and fennel salad Garlicky broad bean dip Spicy fried prawns Cucumber salad with orange flower water Artichoke, orange and radish salad Green leaf and herb jam with olives Sweet potato salad with green olives Roasted carrot puree with feta Preserved lemon and tomato salad with capers Soups, Pastries and Couscous Classic lamb, chickpea and lentil soup Creamy pumpkin soup with ginger and paprika Chicken soup with chilli, mint and couscous Fish soup with grilled peppers and harissa Classic chicken pie with cinnamon Classic fish pastries with ehermoula Plain, buttery couscous Summer couscous with herbs and preserved lemon Spicy couscous with nuts, dates and apricots Tagines, Grills and Roasts Tagine of lamb with apricots, prunes and honey Tagine of chicken with green olives and preserved lemon Tagine of monkfish, potatoes, cherry tomatoes and olives Vegetable tagine Kefta tagine with eggs and roasted cumin Chicken k'dra with chickpeas Chargrilled kebab swords Lamb kebabs with roasted tomato and cinnamon jam Roasted smen-coated lamb with figs, pears and honey Moroccan roast chicken stuffed with couscous Sweet Pastries, Desserts and Drinks Classic 'snake' pastry with almond filling Poached quinces with rosewater syrup Gazelles' horns Deep-fried orange and honey puffs in syrup Sweet couscous with cinnamon and pistachios Classic orange salad with orange flower water and dates Watermelon and pomegranate salad with rosewater and mint Pistachio ice cream with grilled mango slices Almond milk and mint tea Index

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