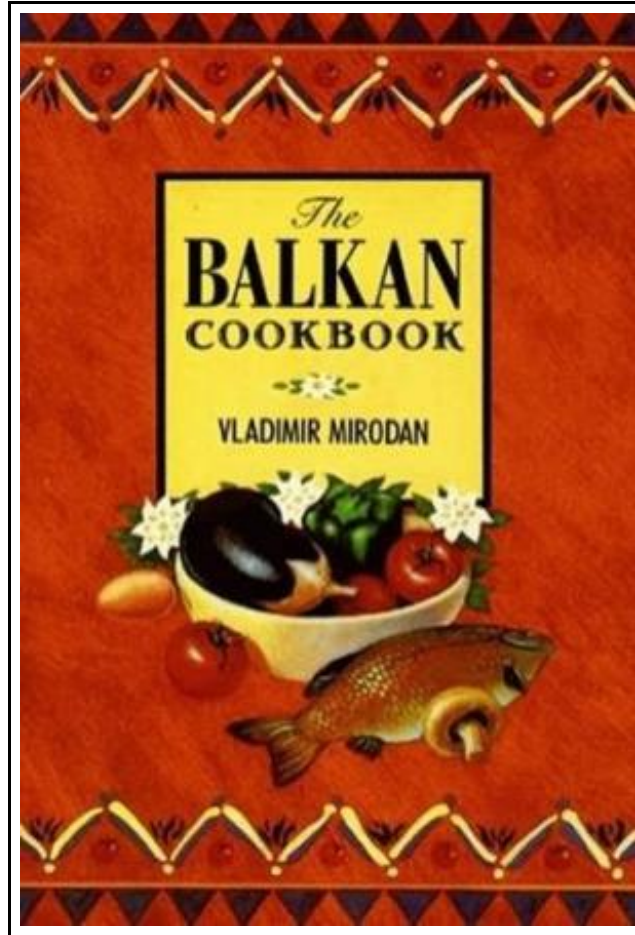


The Balkan Cookbook



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Reviews

Excellent electronic book and helpful one. It usually does not cost a lot of. I am quickly will get a pleasure of reading through a written publication.

(Bernardo Feeney Jr.)

THE BALKAN COOKBOOK



Pelican Publishing Co. Hardback. Book Condition: new. BRAND NEW, The Balkan Cookbook, Vladimir Mirodan, How would one begin to prepare such Balkan delights as chorba, cashcaval, borsh, ghiveci, and papanashi? Vladimir Mirodan, a native Romanian, introduces the reader to a world of cooking primarily unknown to the West. The cuisine of Romania, Bulgaria, and Yugoslavia is derived from a culture that evolved along the Danube River--at a crossroads where French, Russian, and Eastern influences meet. It is a tantalizingly unique cuisine, as the author demonstrates through 180 authentic recipes based on traditional Balkan ingredients. Actor-director Mirodan is a lifelong gourmet committed to the promotion of his native region's imaginative cooking. He has drawn recipes from family and friends, as well as from a well-established personal collection, and offers such delicacies as: Peppers Filled with Aubergine Caviar; Mushrooms with Fetta Cheese and Herbs; Salads with Bulgarian Yoghurt Dressing; Chorba with Meat Balls; Chicken Terrine in Garlic Aspic; Marinated Trout; Braised Lamb with Spinach; and Beef Stew with Quinces. To complement the full array of recipes, Mirodan provides a brief history of Balkan cooking. He is dedicated to its preservation, but notes that changes in Balkan society could mean the eventual extinction of this cuisine. His emphasis is understandably on his native Romania, which he describes as "an enclave of Latin indulgence in a sea of Slav earthiness." In this complete entertaining guide, Mirodan also offers full Balkan menus, along with an index of appropriate wines and spirits.



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