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My Tuscan Kitchen

By Sunshine Manitto

New Holland Publishers. Hardback. Book Condition: new. BRAND NEW, My Tuscan Kitchen, Sunshine Manitto, Think of the sun-drenched landscape of Tuscany in the heart of central Italy and a cuisine dominated by peasant traditions comes to mind. Hearty soups and stews, each slowly braised and packed with pulses and legumes are a specialty. This is a cuisine in which flavours are allowed to develop through slow cooking methods to get maximum taste from inexpensive ingredients and economic cuts of meat. Preparation is the key to success and chopping ingredients finely is an essential technique. Chef Sunshine Manitto has a passion for his local cuisine and in this exciting cookbook shares with us the flavourful recipes that are the hallmark of his years of training as well as a celebration of local produce. Included are recipes for soups and salads, meat, fish, poultry and desserts. There's a final section too to help you plan menus for relaxed and informal entertaining.



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