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## The Balkan Cookbook

By Vladimir Mirodan

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; Marinaded 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...



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### Reviews

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