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Portuguese Cookery (Penguin Handbooks)



Synopsis

From the mountainous northern area of Portugal come the finest pork dishes. Lisbon gives us succulent ways of cooking liver, while Oporto is famous not only for its port but also for its love of good food, and cooking and is the gourmet area of Portugal. The fertile seas ensure that every part of the country is supplied with glorious seafood - squid, octopus, tuna and sardines - while markets offer colourful and eye-catching displays of fresh vegetables and salad ingredients. The south boasts a delicious array of sweetmeats made with eggs, mils and almonds or based on recipes of Arab signs. This is a book for the cook and the traveller, for those who have visited Portugal and will want to recreate its dishes at home. Those who have yet to enjoy its superb culinary heritage can sample a foretaste here. The recipes bring together the specialities of the different regions, providing a touch of novelty for any dinner party. With practical advice and suggestions for the preparation of these dishes, Ursula Bourne brings the flavour of Portugal to the reader's kitchen.

Book Information

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Customer Reviews

I have searched high and low for this book. My first copy was damaged in a hurricane. This book has the most authentic recipes of all the Portuguese cookery books that I have ever used. The recipes are easy to follow and Ms. Bourne's writing is entertaining.

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