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# A Modern Italian Table: The Bible Of Italian Cooking



## Synopsis

A Modern Italian Table allows you to recreate the healthy and delicious dishes of an Italian kitchen quickly and effortlessly. Veronica Lavenia shares her personal experiences of the Italian way of life and creates fresh, nutritious, and accessible meals for the entire family. From sweet breakfasts to versatile appetizers and family friendly snacks, her recipes will bring the taste and aroma of Italy to your own kitchen table. Sustainability and seasonality, alongside a philosophy of eating with awareness, underpin this beautifully natural and organic book. In a world where food is criticised and appears to have lost its connection to the roots of nature, A Modern Italian Table brings home cooking back to its core, combining contemporary ingredients with an ancient culinary heritage. (Veronica Lavenia)

## Book Information

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## Customer Reviews

Born and raised in Italy, surrounded by the thriving culture and spirit of Sicily, Veronica's love for travel, food and a passion for cooking organic, sustainable food was passed down from her parents. Before Veronica became a food writer, she worked as an associate professor of Spanish Language and, in the context of academic research, published essays on the Spanish-American narrative in national and international Academic Journals. However she was always drawn back to food. Inspired by family recipes, and valuable Italian culinary heritage, her writing focus shifted. Sustainability, seasonality and selection of raw materials (as much as possible local, organic

and "unrefined") are the basis of Veronica's food philosophy. She believes that a literary education (PhD in Iberian and Ibero-American Languages and Literatures) is the essential ingredient for a methodological approach to food writing and emphasises the value of home cooking as an instrument of culture, knowledge and education. Knowing the ingredients, their seasonality and origin, means to cook in a conscious way. Other books published by New Holland: Panini: The Simple Tastes of Italian Style Bread The Rustic Italian Baker The Vegetarian Italian Kitchen

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