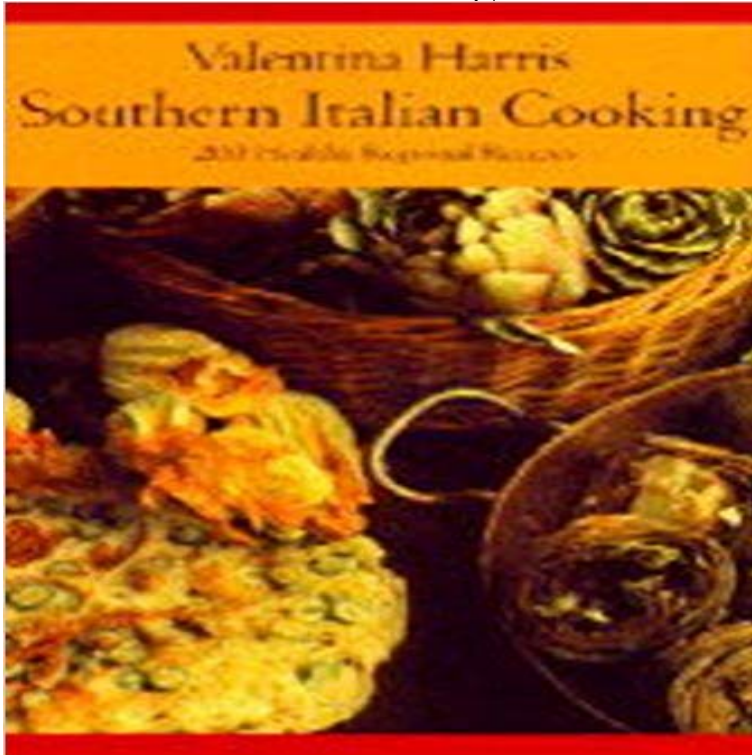


Southern Italian Cooking: One Hundred-Fifty Healthy Regional Recipes



Exploring the cuisine of southern Italy, this book gives over 200 recipes, many of which are previously unpublished. It covers dishes from the eight regions that form the south of Italy: Lazio, the Abruzzi, Molise, Puglia, Campania, Basilicata, Calabria and Sicily. The book starts in Rome and Naples, progressing down through the remote communities in the instep of the country to Sicily, discovering on the way the centuries-old cuisines of shepherds, fisherman and nobility. The cuisines of southern Italy are reputed to be amongst the healthiest in the world. Valentina Harris has also written Perfect Pasta, Italian Regional Cooking, Valentinas Italian Family Feast and Complete Italian Cookery Course.

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