



European Peasant Cookery

Elisabeth Luard

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Peasant cookery is the foundation on which all subsequent cuisine is based. A rich oral tradition, passed down through generations, the peasant kitchen offers healthy, real food - the antithesis of fast-food catering - and is as relevant now as it was centuries ago.

In this remarkable book, Elisabeth Luard sets out to record the principles of European cookery and to rediscover what has been lost in over-refinement. The recipes come from twenty-five countries, ranging from Ireland in the west to Romania in the east, Iceland in the north to Turkey in the south. It is an enormous compendium which covers Vegetables dishes, Potato dishes, Beans, Lentils, Polenta and Cornmeal, Rice, Pasta and Noodles, Eggs, Milk and Cheeses, Fish, Poultry, Small Game, Pork, Shepherd's Meats, Beef, Breads and Yeast Pastries, Sweet Dishes, Herbs, Mushrooms and Fungi, Oils, and Preserves.

Written with the scrupulous attention to detail and authenticity that is the hallmark of Elisabeth Luard's cookery writing, the recipes are peppered with hundreds of fascinating anecdotes and little known facts about local history and folklore.

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Eleanor Williams:

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Vincent Peck:

A lot of people always spent their free time to vacation as well as go to the outside with them family or their friend. Are you aware? Many a lot of people spent they free time just watching TV, or even playing video games all day long. If you need to try to find a new activity that's look different you can read any book. It is really fun for you personally. If you enjoy the book that you just read you can spent all day every day to reading a reserve. The book European Peasant Cookery it is extremely good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. In the event you did not have enough space bringing this book you can buy typically the e-book. You can m0ore simply to read this book from your smart phone. The price is not too expensive but this book has high quality.

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