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110 Ricette Per Tutto Lanno

# Insalate Di Stagione 110 Ricette Per Tutto Lanno

A groundbreaking  
handbook--the "method"  
companion to its  
critically acclaimed

*Page 1/95*

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predecessor, The Flavor Thesaurus--with a foreword by Yotam Ottolenghi. Niki Segnit used to follow recipes to the letter, even when she'd made a dish a dozen times. But as

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she tested the combinations that informed *The Flavor Thesaurus*, she detected the basic rubrics that underpinned most recipes. *Lateral Cooking* offers these formulas,

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which, once readers are familiar with them, will prove infinitely adaptable. The book is divided into twelve chapters, each covering a basic culinary category,

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such as "Bread," "Stock,  
Soup & Stew," or "Sauce."  
The recipes in each  
chapter are arranged on a  
continuum, passing from  
one to another with just a  
tweak or two to the method

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or ingredients. Once you've got the hang of flatbreads, for instance, then its neighboring dishes (crackers, soda bread, scones) will involve the easiest and

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most intuitive adjustments. The result is greater creativity in the kitchen: Lateral Cooking encourages improvisation, resourcefulness, and, ultimately, the knowledge

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and confidence to cook by heart. Lateral Cooking is a practical book, but, like The Flavor Thesaurus, it's also a highly enjoyable read, drawing widely on culinary



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science, history, ideas  
from professional  
kitchens, observations by  
renowned food writers, and  
Segnit's personal  
recollections.

Entertaining, opinionated,

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and inspirational, with a handsome three-color design, Lateral Cooking will have you torn between donning your apron and settling back in a comfortable chair.

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Citrus fruits are the most exciting family of ingredients with which to cook. They satisfy almost every part of the palate - sweet, sour, bitter and umami-enhancing, and how

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many other foods are as versatile and transformative? From the smallest squeeze of lemon, to the zing of lime zest, citrus fruits are almost magical. Citrus offers

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more than 170 recipes that celebrate everything from Seville oranges to yuzu to grapefruit, bergamot and pomelo. Through fresh salads, scented broths, the happy marriage of

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seafood and citrus, Asian  
and Mediterranean-  
inflected meat dishes,  
preserves and pickles, to  
the world of sweet pies,  
tarts, cakes and  
cocktails, Catherine

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Phipps explores the myriad uses of oranges and lemons and all things in between. Her recipes are straightforward, easy to follow and work perfectly every time. A fascinating

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cookbook for when you're stuck for new ideas (we've all had a surplus of lemons in the fridge) or simply if you want to freshen up your flavours, Citrus is a colourful



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source of delight and inspiration.

In this series, discover hundreds of delicious recipes for salads, soups and pasta. Each is photographed in hand-

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decorated bowls that reflect the unique regional designs from which the recipe originates.

All You Need in One  
Healthy Bowl

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Israele e i territori  
palestinesi

Lateral Cooking

Salads

Le ricette del metodo

Kousmine

**70 nourishing plant-based**

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***bowls to energize and fuel your body naturally—from Instagram star, certified health coach, and Real + Vibrant's Sapana Chandra Not strictly for vegans, these recipes will appeal to everyone***

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***who wants to include more plant-based meals in their diets. As a certified health coach, Sapana ensures that each bowl contains a balance of healthy fats, complex carbohydrates, and***

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***proteins—plus the yum factor!  
The recipes in this book honor  
Sapana's common-sense  
philosophy for good health:  
eat real (food) and live well,  
and you will feel vibrant.  
Recipes are arranged***

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***seasonally so you can make  
the most of your area's local  
bounty and eat fresh  
throughout the year, including  
offerings such as: • Shaved  
Asparagus & Barley Bowl •  
Roasted Beet & Orange Bowl***

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***with a Pistachio-Lemon  
Dressing • Watermelon Poke  
with Spicy Sracha Dressing •  
Curried Cauliflower Bowl  
served with a Cilantro Chutney  
• Warming Chickpea Coconut  
Curry Bowl • White Bean &***



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***Crispy Rosemary Potato Bowl •  
Coconut Chia Pudding Bowl  
with Caramelized Bananas •  
Rosewater Bliss Ball & Yogurt  
Bowl • Coconut-milk-based ice  
creams, such as Blackberry-  
Lavender, Ash-Lemon, and***

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***Chocolate-Tahini Fudge***  
***"Montagne spettacolari,  
spiagge dorate, una natura  
selvaggia ricca di animali,  
vivaci città e secoli di storia:  
Sudafrica, Lesotho e Swaziland  
sono un microcosmo del***

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***continente africano".  
Esperienze straordinarie: foto  
suggestive, i consigli degli  
autori e la vera essenza dei  
luoghi. Personalizza il tuo  
viaggio: gli strumenti e gli  
itinerari per pianificare il***

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***viaggio che preferisci. Scelte d'autore: i luoghi più famosi e quelli meno noti per rendere unico il tuo viaggio.***

***Donna's groundbreaking book, THE INSTANT COOK, now comes in a beautiful***

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***paperback edition. Showcasing  
fuss-free recipes, Donna's  
trademark modern  
photography and styling - plus  
her tips on how to get the best  
results out of whatever you're  
making for cooking - this is the***

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***book to turn to when asked  
?what?s for dinner??. Whether  
you need to whip up busy  
midweek fare for a famished  
family or present something  
chic and easy for a casual  
weekend dinner with friends ?***

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***time is on your side with  
Donna Hay's moreish  
collection of over 190 inspiring  
recipes. Donna gives her  
readers the know-how and  
confidence to create great  
meals that are filling and***

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***substantial at short notice:  
soup; salads; pasta; rice &  
noodles; chicken; meat; fish +  
seafood; vegetables; sweets.  
Each chapter also includes a  
new feature; in which Donna  
shows you one essential sauce***



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***or dish with three very clever  
twists for you to then create  
three very fresh and original  
meals and concludes with her  
ever-popular ?short order?  
ideas: quick dishes to serve on  
the side or as meals on their***

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***own; using simple methods  
and flavour combinations.***

***The Essential Guide to Italian  
Wine 2022***

***Modern Classics***

***Venice: Four Seasons of Home  
Cooking***

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## **The Midnight Love Feast**

*"Le Isole della Grecia accendono la fantasia e soddisfano l'anima con la loro storia intrecciata al mito e raccontata dalle antiche rovine sbiadite dal sole". In questa guida:*

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*Atene bizantina, di isola in isola,  
lontano dalla folla, la cultura  
dell'antica Grecia.*

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*Melons are the vegetable garden's  
crown jewels—and Amy Goldman's  
lifelong passion and calling. Her new  
book, **THE MELON**, will entice and*

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*educate, whether you are a passionate gardener, a locavore, or simply delight in the inherent beauty and evanescence of the fruits of the vine. THE MELON was produced by Amy Goldman in collaboration with celebrated photographer Victor*

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*Schrager over the course of nine years. It's a cut above their award-winning melon book MELONS FOR THE PASSIONATE GROWER, published in 2002. In the intervening years, Goldman has grown as a gardener and has learned a lot more.*



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*She has taken advantage of recent research findings that informed her thinking on crop history and best cultural practices. THE MELON includes additional horticultural groups of melon and gives watermelon—which is less genetically*

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*diverse—more of a fair shake. Much like the word “cantaloupe,” which is used colloquially and erroneously by Americans to describe muskmelon, the word “melon” is commonly used in the United States to refer to both melon and watermelon. These vining crops*

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*belong to two different species within the Cucurbitaceae or gourd family of plants. Melon and watermelon are now among the world's most important vegetable crops. The 125 varieties illustrated and described in THE MELON comprise 85 melons*

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*and 40 watermelons from all over the globe. Their stories are as diverse as the melons themselves. In addition to the stunning portraits and beauty shots and detailed descriptions of melons, THE MELON includes in-depth sections on picking and*

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*choosing melons and watermelons in the market, growing them in the garden, and saving pure heirloom seeds. Mouth-watering recipes by renowned cookbook author Mindy Fox complete the journey from seed to table.*

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*The Instant Cook*

*Fashion Bites, Creative Recipes,*

*Original Photos*

*Francia del Nord*

*Power Bowls*

*Gingerbread*

Insalate di stagione. In

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cucina con Slow Food  
Le ricette del metodo  
Kousmine Tecniche Nuove  
La cucina del monastero.  
Ricette di cucina naturale  
per ogni  
stagione Gribaudo New York

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City. Con mappa  
estraibile EDT srl Stati Uniti.  
I grandi parchi EDT  
srl Israele e i territori  
palestinesi EDT srl Salads 50  
Easy Recipes Academia  
Barilla



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\*A full range of salad recipes provide for every taste and appetite. Chapters include classic salads, light salads, warm salads, grain & bean salads, pasta salads, slaws & shredded salads, main

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course salads, and fruit salads.

Enjoy authentic Italian Insalata in every season! Salads introduces you to the authentic flavors of Italian cuisine in all its glory - the

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highest quality fresh ingredients, the subtle balance of tradition and innovation, and, above all, a joyous spirit. From the world-famous Insalata Caprese to the classic seafood salad of

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sensational salads to savor.

500 Salads

70 Seasonal Vegan Recipes  
to Boost Energy and  
Promote Wellness

La cucina del monastero.

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Ricette di cucina naturale  
per ogni stagione

The Only Salad

Compendium You'll Ever  
Need

Insalate di stagione. In  
cucina con Slow Food

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Renowned for recipes that make food look gorgeous and taste great yet require minimal effort, Donna Hay's cookbooks have become international successes. "Modern Classics" is no different. Chapters,

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**including soups, salads,  
pastas, and pies, begin with  
a "basic" recipe. Step-by-  
step photos allow cooks to  
create increasingly  
sophisticated variations  
from this starter recipe.  
Once upon a time in a very**

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busy city, on a very busy street, in two very small apartments, lived... Herman and Rosie. Herman liked playing the oboe, the smell of hot dogs in the winter, and watching films about the ocean. Rosie liked pancakes,



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listening to old jazz records, and watching films about the ocean. They both loved the groovy rhythm of the city, but sometimes the bustling crowds and constant motion left them lonely, until one night ... A Neal

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## Porter Book

A totally revised and updated edition of the first book to offer a holistic approach to slowing the progression of MS • Provides guidance on special diets and nutritional supplements,

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**exercise, alternative therapies, and the effects of negative and positive thoughts on MS • Explains how to reduce toxic overload from mercury and chemicals • Includes life wisdom and coping strategies from**

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**others who suffer with MS  
Judy Graham is an  
inspiration. Diagnosed with  
multiple sclerosis when she  
was just 26 years old, 35  
years later Judy Graham is  
still walking, working, and  
has successfully birthed and**

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**raised a son who is now an adult. In this totally revised and updated edition of her groundbreaking Multiple Sclerosis, first published in 1984, she shares the natural treatments that have helped**

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her and many others with MS stabilize or even reverse the condition. Beginning with the effects of diet, she explains that many people with MS have been eating the wrong foods and shows which foods are "good"

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and “bad,” how to recognize food sensitivities, and how to correct nutritional deficiencies using dietary supplements. She also looks at reducing the body's toxic overload, whether from mercury amalgam fillings,

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chemicals, or medications. She presents the exercises with proven benefits for MS she has found most reliable and appropriate, such as yoga, pilates, and t'ai chi, and explores alternative therapies that provide



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relief and support to the body's efforts to control MS, including acupuncture, reflexology, shiatsu, reiki, and ayurveda. Most important are the insights she provides on the effects of negative thoughts on MS. She

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demonstrates how a positive mental attitude can actually slow down or even reverse the progression of this disease. Judy Graham is living proof that, as devastating as a diagnosis of MS is, life can still be

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**lived to its fullest.**

**La donna rivista  
quindicinale illustrata  
New York City. Con mappa  
estraibile**

**Grow Fruit & Vegetables in  
Pots**

**Le Viandier de Taillevent**

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### **Stati Uniti. I grandi parchi**

Turn your kitchen into a winter wonderland with Gingerbread Wonderland. With recipes ranging from simple gingerbread men and women to more detailed scenes such as houses

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and a carousel, Mima Sinclair's new cookbook is suitable for the whole family. It's packed with fun gingerbread biscuits, sticky gingerbread cakes, plus handy tips on how to avoid mistakes, making templates, cutting perfect

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lines and more. As well as the traditional Christmas favourites such as a Hansel & Gretel House, there are contemporary creations such as Mini CoffeeCup Houses, Glass Pressed Cookies and a 3D

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Christmas Tree. Make perfect treats to slip into lunch boxes, serve up to friends at tea, give as gifts or show off as your holiday centrepiece.

What happens when cuisine blends with haute couture. Can

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you describe an item of clothing in terms of its flavor, its odor? Or the taste of a fabric, that desire which makes your mouth water? Sampling a dish of the latest creative cuisine, can you be surprised by its fanciful texture,



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enchanted by its masterly form?  
In short, can the language of the  
contemporary world, so  
accustomed to collusions,  
mixtures, contrasts and  
allusions, come up with new  
recipes that bring together two

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such apparently incompatible worlds as designer clothing and signature cuisine? Let's try to combine, for once, fashion and food in their most up-to-date interpretations. The collection of haute couture dishes invented by

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Matias Perdomo, one of the most inventive of the latest generation of chefs, holds a dialogue with the creations of a dozen contemporary designers. Ennio Capasa, Angela Missoni, Agatha Ruiz de la Prada, Dean and Dan

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Caten, Prada, Giorgio Armani, Anna Molinari, Donatella Versace, Marni, Dolce and Gabbana, and Antonio Marras have given Matias the cues for his unexpected creations. Expert planting advice for

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growing fruit and vegetables in pots from the acclaimed English garden - with 50 delicious recipes Beautifully illustrated, *Grow Fruit & Vegetables in Pots* provides clear, practical information on growing fruit and

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vegetables in containers, whether that be a window box or a terracotta pot on a balcony. Aaron Bertelsen of the acclaimed English garden at Great Dixter will guide you through what to grow, which pots to use, give

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personal tips on varieties to choose, and advice on cultivation and care. Featuring more than 50 delicious recipes, Bertelsen shows that lack of space is no barrier to growing what you want to eat, and proves that

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harvesting and cooking food you have grown yourself is a total pleasure, with dishes that showcase a few perfectly chosen - and personally grown - ingredients.

Fresh and Easy Meals in



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Minutes

LA Pratica Della Mercatura

Herman and Rosie

Planting Advice & Recipes from  
Great Dixter

Catalogo dei libri in commercio

*Power Bowls shows you how to*

*Page 81/95*

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*build a one-bowl-wonder meal.  
From smoothie and oatmeal bowls  
to burrito bowls to noodle and  
vegetable bowls, each of the 35  
recipes is nutritionally balanced  
and packed with superfoods.  
Whether you want to make an*

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*energy-boosting breakfast, an on-the-go lunch, or a hearty dinner, you can build a bowl to suit your taste and dietary needs, including a gluten-free and vegan diet. Each bowl is loaded with nutritionally rich vegetables, fruits, seeds, and*

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*grains--including kale, pomegranate, chia seeds, and quinoa--and alternative ingredients are recommended as well. Some of the recipes don't require any cooking at all, and tips and tricks on what to cook ahead, what to*

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*prepare the night before, and how long you can store your leftovers make healthy eating quick and simple even on the busiest of days. Make every meal pack a delicious, nutritious punch with Power Bowls. Swank and Dugan provide complete*

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*background information on the development of the diet and the clinical tests that have proven its effectiveness. In addition to helpful sections on the lifestyle of the M.S. patient, Swank and Dugan offer tips on sticking to the diet,*

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*equipping the kitchen, shopping for healthful food, eating out (with some pertinent information on fast-food restaurants), and keeping the careful dietary records that are essential to continuing good nutrition. This is the low-fat diet*

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*that works in reducing the number and severity of relapses in M.S. patients — and The Multiple Sclerosis Diet Book provides the nutritious and tasty recipes that M.S. patients and their families can live with for years to come.*



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*A dazzling tribute to Italy's greatest "hidden" regional cuisine by the author of the bestselling and groundbreaking cookbook Polpo Returning to the city of his gastronomic inspiration, Norman Russell immerses himself in the*

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*authentic recipes and culinary traditions of Venice and the Veneto in one hundred recipes showcasing the simple but exquisite flavors of La Serenissima. He documents one magical year learning and fine-tuning the specialties and everyday*

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*comfort foods of la cucina  
veneziana in a rustic kitchen in a  
neighborhood far from the tourist  
crowds -- where washing hangs  
across the narrow streets and some  
houses still rely on a communal well  
for water. Russell lovingly*

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*reproduces true Venetian recipes  
with authentic ingredients very  
different from the globalized  
tourist fare in the city's restaurants.  
The book is structured by season  
highlighting the ever-changing  
produce available in Venice's*

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*buzzing market stalls throughout the year. Included are Venetian favorites such as asparagus with Parmesan and anchovy butter, butternut risotto, arancini, rabbit cacciatore, warm duck salad with walnuts and beets, scallops with*

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*lemon and peppermint, and warm octopus salad. Russell also affords a rare and intimate glimpse into Venice: its hidden architectural gems, secret places, embedded history, the color and energy of daily life and the characters that*

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*make this city so enchanting*

*The Melon*

*Recipes That Celebrate the Sour  
and the Sweet*

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