The Slow Mediterranean Kitchen: Recipes for the Passionate Cook by Paula Wolfert

Paula Wolfert Is Sublime

From one of the leading lights of contemporary gastronomy comes an irresistible collection of slow-cooked, flavor-drenched dishes from the cuisines of the Mediterranean.

Who can resist the sensuous delights of a slow-simmered stew, salmon fillet slow-roasted until it is soft as silk, or leg of lamb braised until it is meltingly tender? Slow cooking is the hottest new trend in food, and no one better captures the art of sumptuous, unhurried cooking than renowned food writer Paula Wolfert. In The Slow Mediterranean Kitchen, she returns to her favorite culinary regions and shares an enticing treasure trove of more than 150 authentic recipes that wend their way from North Africa and the Eastern Mediterranean to Italy, Spain, and the South of France. With her trademark passion for detail and curiosity about cultural traditions and innovations, she offers loyal fans and new converts the secrets to simmering, slow roasting, braising, poaching, and marinating their way to flavor-drenched dishes that capture the enchanting tastes and aromas of the Mediterranean table. Perfect for anyone who loves to cook, this rich resource is a must-have for the bookshelf of everyone who is serious about food.

Paula Wolfert (Sonoma, CA) is widely acknowledged to be the premier food writer in America. Her writing has received many awards, including the Julia Child Award, the M.F.K. Fisher Award, and the James Beard Award. She has a regular column in Food & Wine magazine, and her articles have appeared in such major publications as the New York Times, Saveur, Bon Appétit, and Cooks Illustrated. She is the author of six other cookbooks, including Couscous and Other Good Food from Morocco, Mediterranean Cooking, and The Cooking of South-West France.

My Personal Review:
It can be no mistake that this book is addressed to the passionate cook. As others have stated, most recipes are labors of love, requiring hours and often days to complete. This passionate cook states emphatically that they are worth it.

Those who dislike or are not willing to devote the time and patience and sometimes lengthy ingredient lists needed to create her dishes should look elsewhere for cooking inspiration - this book is not for them. If, however, you have the time, passion, and slower outlook and lifestyle which are the hallmarks of Mediterranean cooks, then this book is a jewel.

I will single out a few recipes of the many I have made and the one I come back to time and again is the Gazpacho With Melon. I have never tasted a more beautifully complex cold soup. Both light and deep, it sings on the tongue and will dazzle anyone lucky enough to taste it. Spicy Mussels with Herbs and Feta Cheese and eaten like a soup are the only way I serve mussels now. Greek and Moroccan lamb stews, braised veal, slow-cooked duck and chicken - every recipe delights.

This book takes me back to time spent around the Mediterranean, time that was slower, more fully experienced, and far better flavoured than anywhere else. Time filled with passion :)

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