



Mediterranean Fresh: A Compendium of One-Plate Salad Meals and Mix-and-Match Dressings (Hardback)

By Joyce Goldstein

WW Norton Co, United States, 2008. Hardback. Condition: New. Language: English . Brand New Book. In the Mediterranean, salad means anything from tabbouleh to white beans and prawns in a lemony dressing to small plates of mezze, antipasti, and tapas. Joyce Goldstein shows you how to make 140 of these delicious, healthful, easy-to-prepare dishes for a sensuous and satisfying meal. With thirty versatile dressings, you'll expand your salad horizons. Just by changing the dressing and garnish, you can make a chopped salad Moroccan, Spanish, or Turkish. Roasted peppers can be Italian with anchovies and olives or spicy with a Tunisian harissa dressing. Beets and greens can move to France with walnut vinaigrette or to the Middle East with tahini dressing. Even a carrot can become exotic with a Moroccan citrus-cinnamon dressing. Joyce shows you the art of dressing a salad and how to use dressings as marinades, spreads, dips, and finishing sauces. Along the way you'll learn how to taste, balance flavors, and develop your palate.



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