



## Garlic in the Kitchen: The Essence of the Mediterranean - 35 Recipes Using a Classic and Evocative Ingredient Shown in 100 Glorious Photographs

By Beverley Jollands

Anness Publishing, United Kingdom, 2006. Paperback. Book Condition: New. 193 x 193 mm. Language: English . Brand New Book. This title serves as a celebration of garlic's history, versatility, its inimitable flavour and its therapeutic properties. It includes garlic recipes from around the world, such as Thai Green Curry paste, Roasted Beetroot with Skothalia, Provencal Aioli with Salt Cod, and Pork with Garlic and Juniper. It includes information on growing garlic, its medicinal uses, and its many mythical associations. It offers garlic-inspired recipes for sauces, relishes and dips, appetizers and soups, fish, meat and poultry, and vegetarian and side dishes. Garlic has a variety of uses: it can add pungency in its raw state, but also a wonderful, creamy, gentle flavour if it is baked, used in casseroles or roasted. Garlic even has therapeutic properties - the old herbalists describe it as a cure-all, and modern research studies have proved that it can fight infection, reduce blood pressure, lower cholesterol, and even possibly protect against cancer. This fabulous book features plenty of suggestions for making the most of this key ingredient. There are lively appetizers and side dishes, from Florentine Garlic Artichokes or Roasted Garlic with Goat's Cheese and...



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### Reviews

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