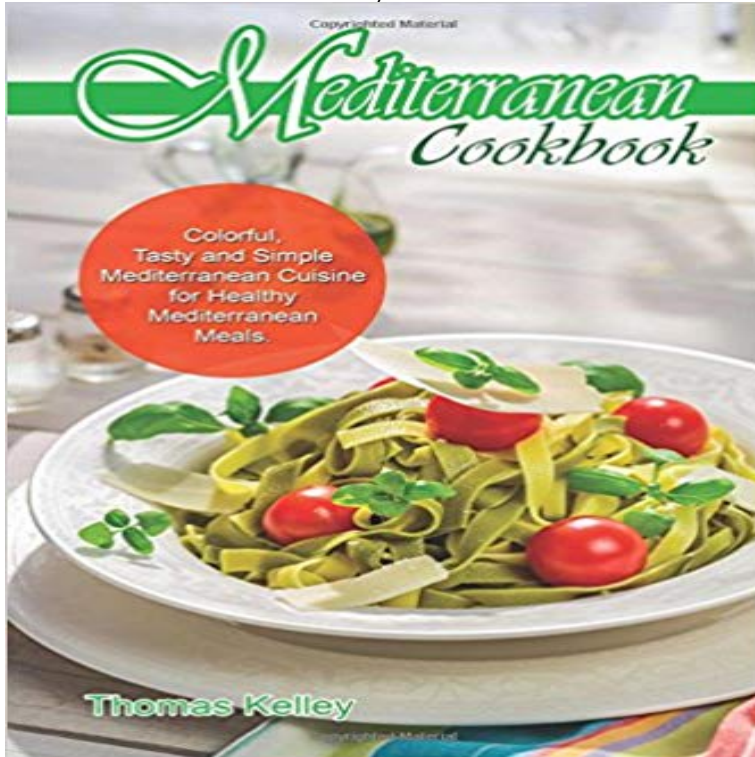


Mediterranean Cook Book: Colorful, Tasty and Simple Mediterranean Cuisine for Healthy Mediterranean Meals



Change your habits and tastes; here are some easy recipes to impress your guests and also yourself, these are magical and full of colors recipes. We always say that the cuisine of each country is the echo or the mirror of the life style. It reflects the blue sky, the sun, the sea, and the smells of nature around us. Mood of people living in the area, culture of eating certain fruits and vegetables, spices of course, the soil, marine and terrestrial wildlife comprise the base of any cuisine. Initially you invent a recipe with the memory of your nose, after you turn on your imagination to do the rest.

I will take you on a gastronomic journey around the Mediterranean between Spain, France and Italy to show you all the benefits that this cuisine will give you to your health. It will give you authentic flavors of sun-ripened vegetables and fruits, amazing tastes of fresh fish, olive oil, intoxicating scents of lavender, thyme or basil. Colors are vibrant purple of the eggplant, red of the tomato and green of the zucchini. This symphony of the senses enchants the entire Mediterranean, a real kitchen of the sun - vibrant and joyful. Fig salad with balsamic raspberry cream, crispy vegetables and cheese or mussels, chorizo and corn salad, these are some of the creations that I propose. From the simplest to the most elaborate recipes, I value each of the flavors that make this shimmering kitchen. I could write pages and pages of Mediterranean recipe with all kinds of ingredients. So do not wait and buy this book. You will find recipes that will become your favorite and do not hesitate to ask for more!

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