

Life and Food in the Basque Country (Paperback)

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LIFE AND FOOD IN THE BASQUE COUNTRY (PAPERBACK)



New Amsterdam Books, United States, 1998. Paperback. Condition: New. Language: English . Brand New Book. Ask any Spaniard where you will find the best food in the country and the answer is invariably the Basque provinces. In this beautifully written book, Maria Jose Sevilla describes the region through the eyes of men and women whose lives embrace every aspect of its cooking and culinary traditions, and records the recipes she has learned from them. The author takes us from market to caserio, or farmstead, and shows how the strength of Basque cuisine comes from the quality and range of local produce: superb fish from the Cantabrian coast, cheeses and wild mushrooms from the mountains, and vegetables and fruit-including apples for cider-making-from the caserios of the valleys. Through her portraits of a fisherman, a craftsman of wooden cheese-making utensils, a wine producer, and a young city housewife, the author shows the historical influences and fierce regional pride behind this distinctive culinary repertoire. Finally, three professional chefs take us into their kitchens, and show us how their superb cooking is based on rich popular traditions. More than eighty authentic recipes punctuate evocative descriptions of cultural and culinary traditions, making this an ideal book for the inquisitive traveler who enjoys good food.

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