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Southern Italian Family Cooking: Simple, Healthy and Affordable Food from Italy's Cucina Povera PDF



by Carmela Sophia Sereno : **Southern Italian Family Cooking: Simple, Healthy and Affordable Food from Italy's Cucina Povera**

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Description :

PDF-e49d1 | Healthy food on a sensible budget is important to many of us today, but in Southern Italy, la cucina povera has been a philosophy for generations. These are delicious, filling recipes that will become family favorites in your own home, such as: antipasti: traditional starters, cured meats with bread and vegetables in oil; slow cooked meals such as ragu: a delicious tomato based sauce with meat; ... *Southern Italian Family Cooking: Simple, Healthy and Affordable Food from Italy's Cucina Povera*

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