



The Slow Mediterranean Kitchen: Recipes for the Passionate Cook

Paula Wolfert

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From one of the leading lights of contemporary gastronomy comes an irresistible collection of slow-cooked, flavor-drenched dishes from the cuisines of the Mediterranean

Who can resist the sensuous delights of a slow-simmered stew, salmon fillet slow-roasted until it is soft as silk, or leg of lamb braised until it is meltingly tender? Slow cooking is the hottest new trend in food, and no one better captures the art of sumptuous, unhurried cooking than renowned food writer Paula Wolfert. In *The Slow Mediterranean Kitchen*, she returns to her favorite culinary regions and shares an enticing treasure trove of more than 150 authentic recipes that wend their way from North Africa and the Eastern Mediterranean to Italy, Spain, and the South of France. With her trademark passion for detail and curiosity about cultural traditions and innovations, she offers loyal fans and new converts the secrets to simmering, slow roasting, braising, poaching, and marinating their way to flavor-drenched dishes that capture the enchanting tastes and aromas of the Mediterranean table. Perfect for anyone who loves to cook, this rich resource is a must-have for the bookshelf of everyone who is serious about food.

Paula Wolfert (Sonoma, CA) is widely acknowledged to be the premier food writer in America. Her writing has received many awards, including the Julia Child Award, the M.F.K. Fisher Award, and the James Beard Award. She has a regular column in *Food & Wine* magazine, and her articles have appeared in such major publications as the *New York Times*, *Saveur*, *Bon App?tit*, and *Cook's Illustrated*. She is the author of six other cookbooks, including *Couscous and Other Good Food from Morocco*, *Mediterranean Cooking*, and *The Cooking of South-West France*.

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