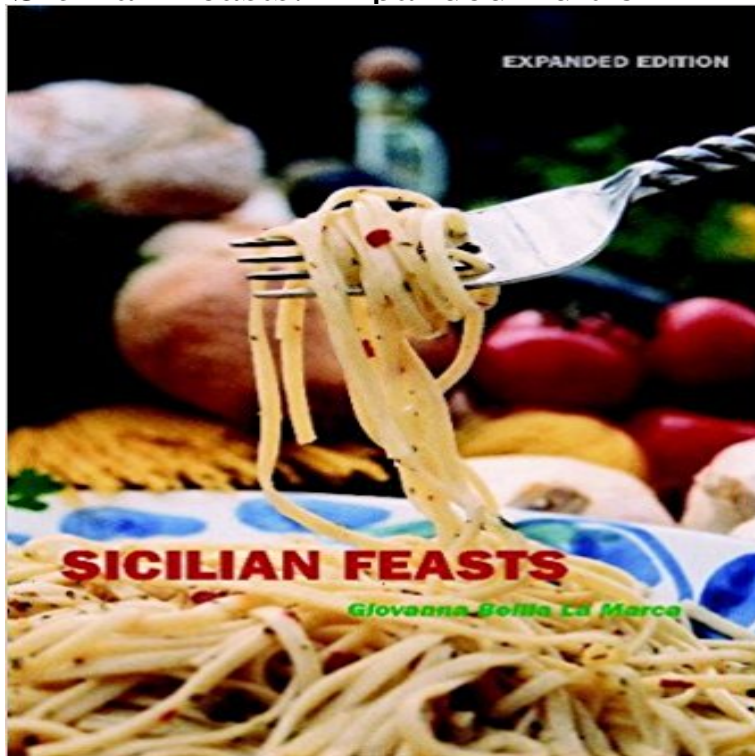


Sicilian Feasts: Expanded Edition



Now expanded with a chapter on Sicilian recipes that fit into the Mediterranean Diet! Sicilian Feasts was born out of the author's love for her native Sicily. Giovanna Bellia La Marca uses simple methods and readily available ingredients to teach the straightforward and delectable everyday cooking of Sicily. The history, customs, and folklore, as well as the flavorful and varied cuisine of her beautiful Mediterranean island are well represented in these recipes and stories. In this new expanded edition, La Marca explores the origins of the popular Mediterranean Diet and provides a chapter of Sicilian recipes that fit into its parameters. Recipes such as Winter Caponata, Kohlrabi Soup, Kale with Fava Beans, and Sesame Candy with Almonds showcase vegetables, leafy greens, legumes, nuts and honey foods on which Sicilians have thrived for thousands of years.

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