



Sicilian Seafood Cooking

Marisa Raniolo Wilkins

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Sicilians love seafood and seasonal produce. Sicilian Seafood is an intriguing compendium of 120 unusual traditional recipes for seafood and its accompaniments-including a great variety of first- and second-course dishes, food for feasts, special sauces, delicious vegetables (with no less than nine caponata recipes). A lively, authoritative book, it celebrates the great diversity of Sicilian food, which is intensely regional. The author takes readers on a culinary journey around Sicily, using seasonal produce and traditional cooking methods and techniques, layered with fascinating information about the origins of recipes and information about sustainability issues. The recipes contain seafood equivalents you can find anywhere, so you can use your local seafood in authentic Sicilian style. The book also includes a wealth of material to inspire menus and celebrate good food.

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