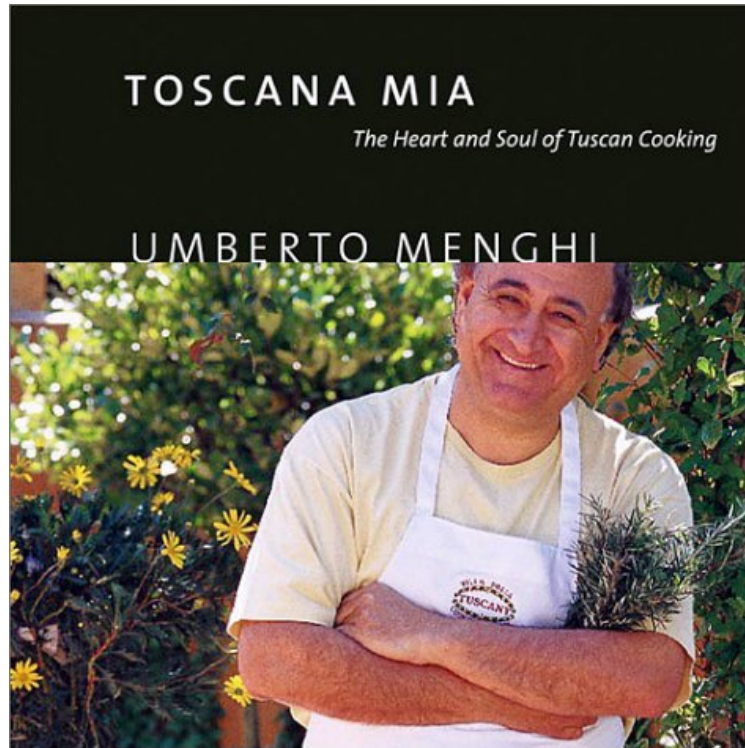


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## Toscana Mia: The Heart and Soul of Tuscan Cooking

*Umberto Menghi*

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#1292244 in Books Douglas n McIntyre 2001-06-30Ingredients: Example IngredientsOriginal language:EnglishPDF # 1 .70 x 10.04 x 10.50l, #File Name: 1550547216176 pages | File size: 15.Mb

**Umberto Menghi : Toscana Mia: The Heart and Soul of Tuscan Cooking** before purchasing it in order to gage whether or not it would be worth my time, and all praised Toscana Mia: The Heart and Soul of Tuscan Cooking:

2 of 2 people found the following review helpful. Pure ItalianBy M. MolenThe recipes are very good and easy to follow. The basics in the back of the book are fabulous for making up ahead of time to keep on hand. The Tiramisu recipes is really easy to make and very delicious. The stuffed zucchini are very healthy and taste great, even the kids will these! I highly recommend this cookbook.4 of 4 people found the following review helpful. Recipes come with extensively detailed instructionsBy Midwest Book ReviewWritten by Umberto Menghi (a professional chef and restaurateur who grew up in Tuscany, Italy), Toscana Mia: The Heart And Soul Of Tuscan Cooking is a splendid cookbook that celebrates Italian (and especially Tuscan) culinary traditions with its savory and taste-tested recipes. From Deep-Fried Cauliflowers; Florentine Cannelloni; and Tuscan Braised Beef; to Pureed Vegetable Soup with Parmesan Foam; Saffron Risotto with Pumpkin; and Tuscan Ring Cake, the recipes come with extensively detailed instructions, as well as recommended wines and producers to accompany fine dining. Toscana Mia is very highly recommended for any kitchen cook interested in exploring exquisite Tuscan flavors and styles.

In Tuscany, food, family, love, lore, and belonging are all one--and Umberto Menghi imparts this wisdom to those fortunate students who attend his cooking school in Villa Delia, an enchanting Tuscan farmhouse. There they learn the personality of each ingredient, develop a feel for quantities and combinations, and cultivate a new set of instincts to bring back to their own kitchens. If you're not lucky enough to get to Italy and have this top chef teach you firsthand,

open these pages for a banquet of over 100 traditional Tuscan dishes he watched his mother and grandmother prepare for years. Commentaries, full of fondness and memory, place the foods in context. Among the mouthwatering sensations, shown in 120 luscious photos: a delicious stuffed zucchini, "my mother's style," with freshly grated Parmesan cheese, and several recipes incorporating white beans--a staple in the Tuscan household. Plus: advice on buying and growing your ingredients. Umberto Menghi is a chef, restaurateur, and author of several books on Italian cuisine.

From BooklistLying south and east of Emilia-Romagna, Tuscany offers a hearty, meaty cuisine currently popular because of the host of American tourists who crowd the region and the number of recent best-sellers about life in the small farms and villages that dot the hilly Tuscan landscape. Vancouver chef Umberto Menghi grew up in Tuscany, and he recalls in *Toscana Mia* the rich produce of land and sea that makes Tuscan cooking unique in Italy. Like most Mediterranean cuisines, Tuscan cooking depends on fresh local ingredients such as good olive oil, flavorful vegetables, and the best meats and seafood. Game plays a big part in Menghi's cooking, with hare, boar, and venison all putting in an appearance. Other meats star in a hearty *Bollito Misto*, a melange of boiled sausage, chicken, beef shank, and tongue that makes a great Sunday family feast. Mark KnoblauchCopyright American Library Association. All rights reservedAbout the AuthorVancouver, BC