



# **Mediterranean Vegetables: A Cook's Compendium of all the Vegetables from The World's Healthiest Cuisine, with More than 200 Recipes**

*Clifford Wright*

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Mediterranean food is the home cooking of many local cultures, a way of cooking derived from generous people, rustic foods, and simple pleasures. Its clear, robust flavors and uncomplicated preparations have made it a favorite of Americans and have earned it an honored place in our culinary tradition. What makes Mediterranean vegetable cookery so wonderful is the way its ingredients have been combined to create a host of delicious dishes virtually unknown until now in American kitchens. Vegetables are high on the list of foods we all want to eat more of, and we're always looking for new ways to prepare them. With *Mediterranean Vegetables*, a masterful A-to-Z culinary reference and cookbook, Mediterranean food expert Clifford A. Wright gives us a new world of great tastes. Never before has such a wealth of information on vegetables of the Mediterranean been collected in one place. Each entry describes a vegetable and its varieties, explains its origins and its culinary history from ancient times right up through the present, and details how to grow and harvest it and where to buy it. Included are many vegetables that you may use every day, such as spinach, carrots, peppers, and tomatoes, as well as those you regularly see in markets but are unsure how to prepare, such as celeriac, kohlrabi, and taro. There are also those that you can easily cultivate in your garden or find growing wild, such as borage and garden cress. The countries that border the Mediterranean Sea are exotic and diverse, as is their multitude of vegetable preparations. These 200 recipes, incorporated into appropriate entries, tell stories about the people who created them and the cultures from which they were born. Such a connection between food and history makes cooking, and eating, even more satisfying. Here you will find authentic recipes for such classics as ratatouille, gazpacho, and tabbouleh, as well as recipes for less familiar, but no less delicious, dishes including Artichoke Hearts in Citrus Sauce and Golden Breadcrumbs, Fried Eggplant with Yogurt, etouffee of White Beans, Carrot Frittata, and more. Comprehensive and eminently accessible, *Mediterranean Vegetables* is for anyone who wants to read about, grow, cook with, and eat vegetables. It is, quite simply, a must-have reference and cookbook.

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