



My New Mediterranean Cookbook: Eat Better, Live Longer by Following the Mediterranean Diet

Jeannette Seaver

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Sumptuous new cookbook of recipes focused on nutritionally proven ingredients that are as tasty as they are healthy.

Here is the cookbook that will satisfy the most demanding of palates, bring fun into the kitchen and add pleasure and possibly years to your life. The world has long known that the people of the Mediterranean generally live longer and healthier than the rest of the Western world, a fact often ascribed to their eating habits.

In her new book, Jeanette Seaver, a gourmet chef who was born and raised in France, offers almost 200 mouth-watering recipes using delicious traditional Mediterranean-diet ingredients: fresh fruits and vegetables, legumes, nuts, cereals, olive oil, and fish, with judicious amounts of red meat and poultry.

With over 50 first courses, including 15 original soups, 65 main courses—seafood, meat, and meatless—a wide selection of delectable vegetables and salads, and some 50 fabulous deserts, this richly varied volume is bound to please the novice as well as the most meticulous home chef. Try such dishes as:

Smoked eggplant caviar

Gratin of cod and spinach

Broiled marinated duck breast with grilled peaches

Stuffed zucchini flowers with red-pepper coulis

Moussaka of artichokes and veal

Lemon macaroon torte

Italian pear tart

With ingredients pulled from all corners of the Mediterranean, the recipes may first appear exotic, but they are fast and easy to prepare. The author offers careful step-by-step recipes that ensure the dishes' success.

Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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Elsie Fiala:

A lot of people always spent all their free time to vacation or even go to the outside with them household or their friend. Do you know? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. In order to try to find a new activity that's look different you can read the book. It is really fun for yourself. If you enjoy the book which you read you can spent the entire day to reading a reserve. The book My New Mediterranean Cookbook: Eat Better, Live Longer by Following the Mediterranean Diet it is extremely good to read. There are a lot of people that recommended this book. We were holding enjoying reading this book. In the event you did not have enough space bringing this book you can buy the actual e-book. You can m0ore quickly to read this book through your smart phone. The price is not too expensive but this book provides high quality.

Charles Adams:

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