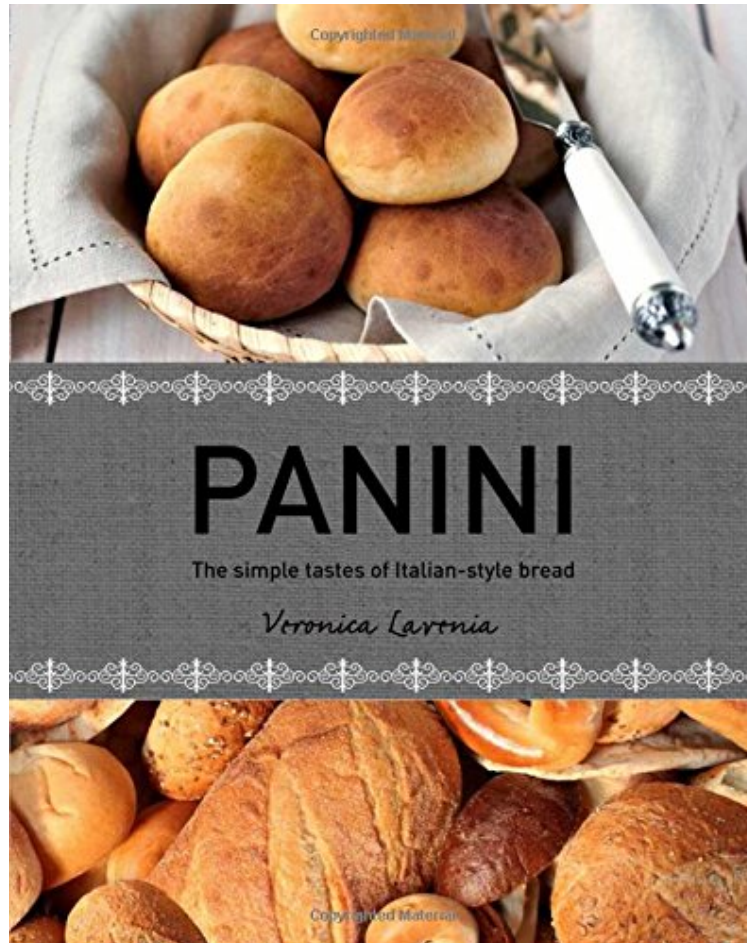


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Panini: The Simple Tastes of Italian Style Bread

Veronica Lavenia

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Veronica Lavenia : Panini: The Simple Tastes of Italian Style Bread before purchasing it in order to gage whether or not it would be worth my time, and all praised Panini: The Simple Tastes of Italian Style Bread:

The key to this book is the simplicity of the ingredients to make healthy recipes, based on the Italian and Mediterranean tradition that will go perfectly with the Italian way of eating in season. From the Panini, which occupies a prominent place in Italian cuisine, and can be easily eaten at work, school, picnics and any occasion when you want a tasty, nutritious, and unchallenging meal. Made with healthy extra virgin olive oil, Panini is delicious rustic bread. Less is more is a basic rule for a good Panini. Panini is a symbol of sharing, a comfort food that becomes a single dish. All the recipes reflect the flavours of traditional Italian cuisine with healthy and tasty Mediterranean ingredients. Many are family recipes, some of which have been adapted to contemporary recipes, and all the recipes focus on seasonal vegetables and simple seasonings. (Veronica Lavenia)

About the Author Born and raised in Italy, surrounded by the thriving culture and spirit of Sicily, Veronica's love for travel, food and a passion for cooking organic, sustainable food was passed down from her parents. Before Veronica became a food writer, she worked as an associate professor of Spanish Language and, in the context of academic research, published essays on the Spanish-American narrative in national and international Academic Journals. However she was always drawn back to food. Inspired by family recipes, and valuable Italian culinary heritage, her writing focus shifted. Sustainability, seasonality and selection of raw materials (as much as possible local, organic and unrefined) are the basis of Veronica's food philosophy. She believes that a literary education (PhD in Iberian and Ibero-American Languages and Literatures) is the essential ingredient for a methodological approach to food writing and emphasises the value of home cooking as an instrument of culture, knowledge and education. Knowing the ingredients, their seasonality and origin, means to cook in a conscious way. Other books published by New Holland: Panini: The Simple Tastes of Italian Style Bread The Rustic Italian Baker The Vegetarian Italian Kitchen