



Pomegranate (Hardback)

By Helen Sudell

Anness Publishing, United Kingdom, 2015. Hardback. Condition: New. Language: English . Brand New Book. Thsi is a book of recipes. It is a fabulous collection of 25 pomegranate recipes, from delicious salads to irresistible desserts. It includes dishes from around the world including Chargrilled Quails in Pornegranate Marinade, Pornegranate Salad with Pine Nuts and Honey, Roasted Fish with Pomegranate and Walnuts, and Pomegranate and Orange Flower Water Creams. It offers a concise introduction that describes the history of the pomegranate, its health-giving properties and the inventive ways it can be used in the kitchen. It features tasty appetizers and snacks, refreshing salads, fish and meat dishes, plus mouthwatering desserts. There are step-by-step instructions, and cooking tips to ensure complete success. It is illustrated with over 75 photographs of key techniques and every finished dish. Vibrant pink pomegranate - rich in potassium and vitamin C - originates from the Persian region and is now cultivated all over the Mediterranean. Underneath its leathery skin lies the jewel-like red flesh-covered seeds that make such an interesting addition to many dishes. This beautiful little cookbook celebrates its variety and versatility in the kitchen.Pomegranate and Molasses Porridge, and Fish with Tomato and Pomegranate Sauce prove...



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Reviews

Unquestionably, this is actually the greatest function by any author. I was able to comprehended every little thing using this created e ebook. Its been printed in an remarkably straightforward way which is merely following i finished reading this ebook in which in fact altered me, alter the way i think.
-- Arianna Witting

An exceptional book as well as the font used was exciting to read. It is actually rally intriguing through reading time. You will not sense monotony at anytime of the time (that's what catalogues are for about when you ask me).
-- Crystel Hagenes