



Italien vegetarisch (German Edition)

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Dieses Kochbuch ist eine Einladung an eine reich gedeckte italienische Tafel. Mit herzhaften traditionellen Gerichten aus allen Regionen wie Parmigiana, Ribollita, Pancotto, Minestrone, Carciofi alla romana, Gnocchi di patate, Pasta e fagioli sowie vielen klassischen Lieblingen und verborgenen Schätzen. Alle sind vegetarisch. Viele sogar vegan. Wobei sie in Italien niemand in solche Schubladen steckt. Es sind einfach grandiose Gerichte, die großartig schmecken - basta.

Frisches Gemüse und Obst sind für Italiener überlebenswichtig. Mit großem Können werden aus Tomaten, Paprika, Auberginen, Zucchini oder Zitrusfrüchten ehrliche, authentische und schnörkellose Mahlzeiten zubereitet. Claudio Del Principe gliedert sie von Antipasti über Suppen, Salate, Pasta, Risotto und Polenta bis zu Obsttellern und Desserts. Und wie schon bei den Vorgängern Österreich vegetarisch und Deutschland vegetarisch sind die Rezepte in fünf Jahreszeiten sortiert, leicht nachzukochen und für jeden Tag geeignet. Es gibt übrigens einen italienischen Trick, wie man den Genuss am Essen ausdehnen kann: Essen Sie ein Gericht nach dem anderen, dann können Sie fast endlos lang schwelgen.

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