



Rick Stein's Mediterranean Escapes

Rick Stein

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Approach the Mediterranean Sea from any direction and you know you've entered a different world. Rick Stein's culinary odyssey takes in both the islands and coast of this remarkable region.

Travelling often by public ferry boat, and encountering extraordinary people along the way, Rick has sought out the very best of the region's food. This is a land where culinary trends are looked down upon. What matters is how good the lemons are this year and who is pressing the best olive oil. Rick's pick of more than 100 recipes includes Catalan Grilled Stuffed Mussels, Feta and Mint Pastries, Puglian Fava Bean Puree, Corsican Oysters with a Pernod and Tarragon Dressing, Moroccan Chicken with Preserved Lemon and Olives, Sicilian Orange Cake and Corfiot Rice Pudding.

Fully illustrated with beautiful food photography by Earl Carter and landscape photography by Craig Easton, *Rick Stein's Mediterranean* is a fascinating journey into a rich and varied culinary heritage.

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