



Cuisine Nicoise: Recipes from a Mediterranean Kitchen (Hardback)

By Jacques Medecin

GRUB STREET, United Kingdom, 2016. Hardback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book. Nice may conjure up the very essence of sophisticated chic - The Promenade des Anglais, the Hotel Negresco and the casinos - but its culinary traditions are all about simplicity, perhaps best expressed by an old Nicoise saying: fish are born in water and die in oil . Nicoise cuisine is the food of the Mediterranean. It is not only a delight to the palate, but is known to have many health benefits. Its recipes are in tune with the natural cycle of the year using in-season fruits, herbs and vegetables, as well as plenty of fish. But the majority of the recipes are merely guides - unless you are baking - offering a relaxed flexibility with ingredients and seasonings suited to cooks of all levels of experience. The Nicoise pantry is stocked with the best quality extra virgin olive oil, sea salt, fresh garlic and pots of aromatic herbs such as rosemary, thyme, and basil. This, Jacques Medecin s legendary book, first published in 1972 and now reissued for the first time in hardback offers an infectiously enthusiastic guide to the...

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