



# The secrets of italian cooking

*Francesca Brocchetta*

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## **The secrets of italian cooking** Francesca Brocchetta

The heart and soul of Italian cuisine are found in the quality of its ingredients. Learning to recognize them is therefore the first step in beginning to experience it. This book is aimed at the ordinary consumer, the housewife, and the cook, with the purpose of familiarizing them with the mainstays of Italian cuisine and the importance of recognizing its authenticity and quality. What makes a dish unique is the right balance of flavors: the choice of quality ingredients from cheese to spices, from olive oil to tomatoes. A simple and complete overview of Italian culinary tradition.

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