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# A Modern Italian Table: The Bible Of Italian Cooking





## **Synopsis**

A Modern Italian Table allows you to recreate the healthy and delicious dishes of an Italian kitchen quicklyà and effortlessly. Veronica Lavenia shares her personal experiences of the Italian way of life and creates fresh,à nutritious, and accessible meals for the entire family. From sweet breakfasts to versatile appetizers andà family friendly snacks, her recipes will bring the taste and aroma of Italy to your own kitchen table. Sustainability and seasonality, alongside a philosophy of eating with awareness, underpin this beautifullyà natural and organic book. In a world where food is criticised and appears to have lost its connection toà the roots of nature, A Modern Italian Table brings home cooking back to its core, combining contemporaryà Â ingredients with an ancient culinary heritage. (Veronica Lavenia)

### **Book Information**

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### **Customer Reviews**

Born and raised in Italy, surrounded by the thrivingà culture and spirit of Sicily, Veronicaââ ¬â,¢s love for travel, foodà and a passion for cooking organic, sustainable food wasà passed down from her parents. Before Veronica becameà a food writer, she worked as an associate professorà of Spanish Language and, in the context of academicà research, published essays on the Spanish-Americanà narrative in national and international Academicà Journals. However she was always drawn back to food.à Inspired by family recipes, and valuable Italian culinaryà heritage, her writing focus shifted. Sustainability, seasonality and selection of rawà materials (as much as possible local, organic

andà unrefined) are the basis of Veronicaââ ¬â,,¢s food philosophy. She believes that a literary education (PhD in Iberianà and Ibero-American Languages and Literatures) is theà essential ingredient for a methodological approach toà food writing and emphasises the value of home cookingà as an instrument of culture, knowledge and education. Knowing the ingredients, their seasonality and origin,à means to cook in a conscious way. Other books published by New Holland: Panini: The Simple Tastes of Italian Style BreadThe Rustic Italian BakerThe Vegetarian Italian Kitchen

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