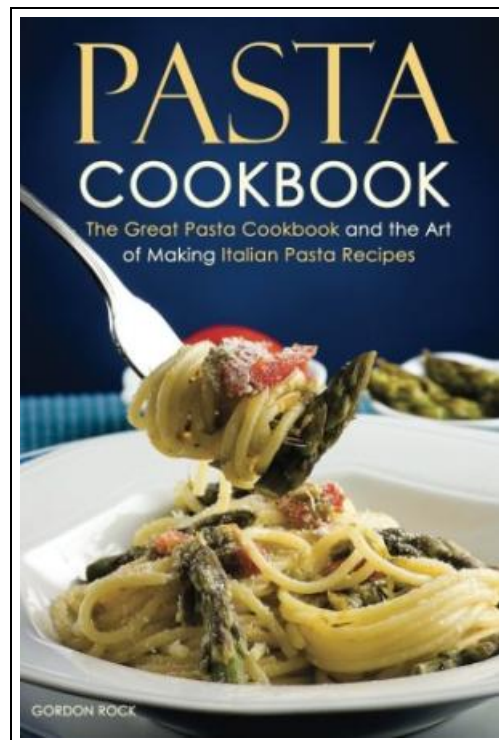


Pasta Cookbook: The Great Pasta Cookbook and the Art of Making Italian Pasta Recipes (Paperback)



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Reviews



It is one of the most popular books. It really is filled with wisdom and knowledge. You may like how the author publishes this PDF.
(Kellie Huels)

PASTA COOKBOOK: THE GREAT PASTA COOKBOOK AND THE ART OF MAKING ITALIAN PASTA RECIPES (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Virtually anything and everything goes with pasta: meat, poultry, fish, seafood, vegetables, dairy, herbs, and oil. It is one of the world's most versatile and adaptable foods. Being nourishing it is as well economic and easy to cook. The sauces for pasta can be quick and simple requiring short preparation time and few ingredients or can be elaborate and rich - all as you like. There are no rules about what pasta shape to serve with which sauce - it's really all up to you. The Italians make more than 200 different sort of pasta with all kind of shapes, with about three times as many different names. New shape and design pasta are being produced all the time. Moreover, the same shape may have a different name in different region of Italy. It is the national treasure of the country. It would be hard to imagine if we didn't discover pasta. It would make us as unhappy and incomplete as if Christopher Columbus had not attained America. Pasta and noodles are more than staple foods: they are truly universal. Flour, water, oil and, where appropriate, an egg: it's simple but foolproof. Regardless of who invented them: with their varieties of sauces to infinity, pasta belongs to everyone, pasta belongs to you. All the experts are unanimous: starchy foods like pasta is not fattening, unless you consume excessive amounts. Indeed, they contain complex carbohydrates which are slowly absorbed by the body more efficiently delaying the return of hunger. It is easier to avoid break between meals. The real problem for pasta is rather how we prepare and we support the min sauces or grated cheese. So,...

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