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Aegean Flavours



Synopsis

'Didem's food is both super-flavoursome and wonderfully delicate. I love her interpretations of Aegean classics and her thorough knowledge of its striking ingredients.' Yotam Ottolenghi

Having incorporated the unique flavours of Turkey's Aegean region into her culinary repertoire, Didem Senol shows her love for the area's vibrant markets and exciting produce of in this gastronomic journey. Part travelogue, part guide to the best local markets, Aegean Flavours is above all a recipe book filled with hard information and inspiring ideas that will allow you to create and savour a wide variety of dishes. With flavours ranging from the fragrant and refreshing to the rich and aromatic, the herbs, spices, vegetables, fruits and natural produce sourced from the Aegean will add an effortless and dynamic twist your meals. From light and palatable soups and salads, like spinach and pomegranate salad, to succulent and exotic meat and poultry dishes, like hot-smoked lamb loins with mustard sauce and caramelised onion, there is something for e

Book Information

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Customer Reviews

"Aegean Flavors is a fantastic cookbook, worthy of being made an addition to any connoisseur's library. It goes without saying that the book has won a wholehearted recommendation" - Living the Gourmet

"Didem's food is both super-flavoursome and wonderfully delicate. I love her interpretations of Aegean classics and her thorough knowledge of its striking ingredients." - Yotam Ottolenghi

After graduating from Ko\u00e7 University, Istanbul, in 2001, DIDEM SENOL moved to New York to fulfil her dream of becoming a chef. She studied culinary arts at the French Culinary Institute in the

Manhattan neighbourhood of SoHo and put theory into practice by working at Le Cirque and Eleven Madison Park restaurants. Didem returned to Turkey in 2003 and worked at Nu Teras, a fashionable Istanbul restaurant specializing in traditional dishes, ufak yemekler (small dishes). In 2006, Didem became chef at the Dionysos Hotel, Kumluca, an oasis of tranquillity and natural beauty near Marmaris in south-western Turkey.

Amazingly simple and delicious... Great cookbook. Yesterday we tried boneless lamb rubbed with molasses olive oil and spices; mashed feta with lemon juice and olive oil; all turned out fantastic dishes... a lot of compliments from guests..

Great cookbook. Love the recipes.

One of the best book of modernised aegean cooking. I highly recommended.

A marvelous cookbook – the flavors emerge from the pages!

Luscious, exotic and even decadent are great terms to describe the flavors in this gorgeous cookbook! From 'Pine Nut and Minced Meat Borek' to 'Rump of Lamb Marinated in Molasses and Served with Roast Potatoes with Rosemary', 'Quail with Rosemary and Mushrooms' and 'Baked Figs Stuffed with Honey and Almonds Served with Warm Goat's Cheese', the flavours draw you back to this cookbook over and over again. Over 100 delightful recipes are laid out geographically in this beautifully photographed book. The only caveat I had with this book is that the recipes are all written in the first person style, i.e. "I slice the red onion into very thin rings and I remove the seeds from the black olives. I either slice the tomatoes thin or quarter them." That gets annoying and/or distracting very quickly. However, that is the only drawback I found in this lovely cookbook, so I highly recommend it. I received a copy of this book from Quartos Books for my honest review. All thoughts and opinions are my own.

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