



# The Puglian Cookbook: Bringing the Flavors of Puglia Home

*Viktorija Todorovska*

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## **The Puglian Cookbook: Bringing the Flavors of Puglia Home** Viktorija Todorovska

The cuisine of Puglia is famous for being among the best in Italy. Puglian food is deeply rooted in the traditions of this southern Italian region, its geography, and its history as the breadbasket of Italy and the largest producer of olive oil.

In this cookbook, beautifully illustrated with recipe and preparation photos as well as images from Puglia itself, first-time author Viktorija Todorovska (a Chicagoan who studied cooking at the famed Florentine culinary school Apicius) has created a memorable introduction to this unsung cuisine. Puglian cooking's two great benefits are of huge interest today: it's very simple, usually requiring little technique and basic preparation, and it's incredibly healthful, as it's based largely on olive oil and fresh vegetables.

Puglian cooking as Todorovska present it here respects the integrity and quality of the ingredients, which should be as fresh high quality as possible. The recipes in this cookbook are simple, the ingredients easy to find, and the dishes bursting of flavor. These are healthful, easy to prepare dishes that should appeal to everyone.

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