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## Pomegranate

By Helen Sudell

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Pomegranate, Helen Sudell, This is a book of recipes. It is a fabulous collection of 25 pomegranate recipes, from delicious salads to irresistible desserts. It includes dishes from around the world including Chargrilled Quails in Pomegranate Marinade, Pomegranate Salad with Pine Nuts and Honey, Roasted Fish with Pomegranate and Walnuts, and Pomegranate and Orange Flower Water Creams. It offers a concise introduction that describes the history of the pomegranate, its health-giving properties and the inventive ways it can be used in the kitchen. It features tasty appetizers and snacks, refreshing salads, fish and meat dishes, plus mouthwatering desserts. There are step-by-step instructions, and cooking tips to ensure complete success. It is illustrated with over 75 photographs of key techniques and every finished dish. Vibrant pink pomegranate - rich in potassium and vitamin C - originates from the Persian region and is now cultivated all over the Mediterranean. Underneath its leathery skin lies the jewel-like red flesh-covered seeds that make such an interesting addition to many dishes. This beautiful little cookbook celebrates its variety and versatility in the kitchen. Pomegranate and Molasses Porridge, and Fish with Tomato and Pomegranate Sauce prove that pomegranates work...



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