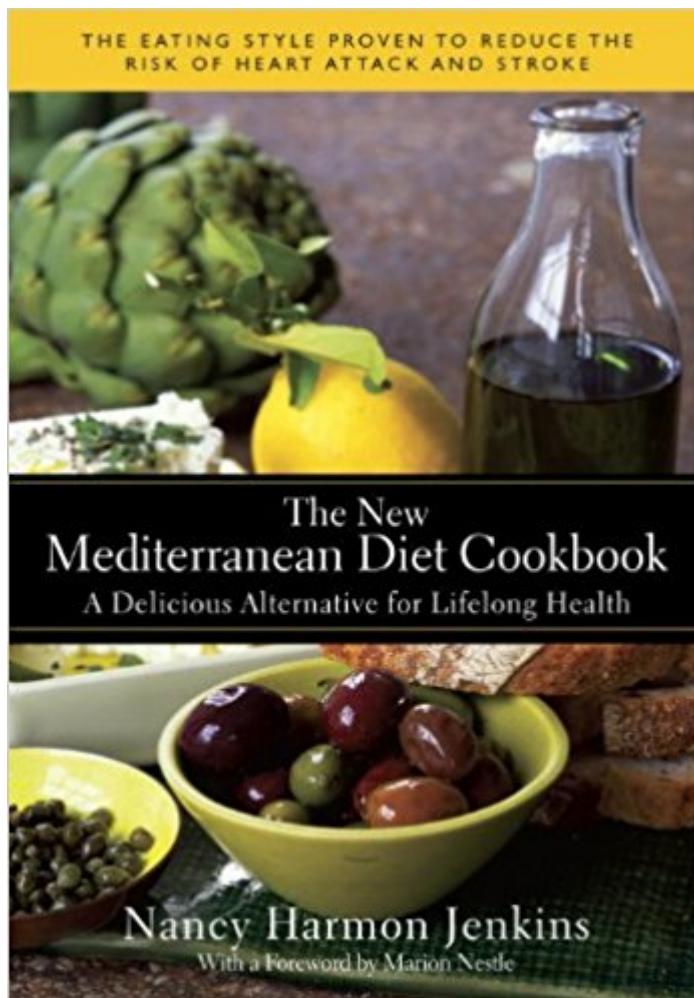


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The New Mediterranean Diet Cookbook: A Delicious Alternative For Lifelong Health



Synopsis

The eating style proven to reduce the risk of heart attack and stroke. Spanning the Mediterranean from Spain to France, Italy, and Greece, with side trips to Lebanon, Cyprus, and North Africa, this revised and updated edition of Nancy Harmon Jenkins' acclaimed cookbook offers ninety-two mouthwatering new dishes plus the latest information about the nutritional benefits of one of the world's healthiest cuisines. But best of all are the recipes—bursting with flavor, easy to prepare, and sure to please everyone at your table, whether you're cooking for yourself, your family, or your friends. Known for classic favorites like tabbouleh and ratatouille, flatbreads, pastas, zesty herbs, and flavorful oils pressed from succulent olives, the Mediterranean diet combines delicious taste with health-supportive ingredients as few other cuisines do. With an emphasis on fruits and vegetables, grains and legumes, fish, lean meats, and heavenly desserts, here are recipes for over 250 outstanding dishes created for today's American kitchens. You'll also find new cooking techniques and a simplified approach to cooking—because simplicity is what the Mediterranean way of eating is all about. Experienced and novice cooks alike will be inspired by these delectable, seasonally inspired recipes ranging from sweet young Roman-style peas for spring to skewered shrimp for summer, robust North African Pumpkin Soup when autumn is in the air, and warming winter dishes like Lebanese Garlicky Roast Chicken and Cypriote Braised Pork with Wine, Cinnamon, and Coriander—plus a variety of fabulous pizzas and dinner pies, hearty salads like Tuscan panzanella, and satisfying small dishes known as tapas. Also included is a special selection of traditional dishes prepared for Islamic, Jewish, and Christian holidays that can be enjoyed year round. Rich in flavor and healthy nutrients but low in saturated fats and cholesterol, here are recipes that will delight your palate, nourish body and soul—and can be prepared with ease in your home kitchen.

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Customer Reviews

Starred Review. This nutritionally sound, flavor-savvy cookbook, first published in 1994, was arguably ahead of its time—at least for American readers. Of course, a wave of American dieters and nutritionists have since come to advocate Mediterranean eating habits, including a largely plant-based diet with modest amounts of proteins and plenty of good fats. Jenkins's updated and revised version will surely reach a wider audience. Jenkins, an American who has lived in Italy, France, Lebanon, Cyprus and Spain, zeros in on the dietary patterns that link these nations. Yet Jenkins's approach is hardly prescriptive; she prefers to gently encourage good habits rather than lay out a daily regime. The 250 recipes are largely traditional dishes, some of which may be novel to her readership, such as Provençal chickpea soup; Moroccan lamb tagine with apricots; and kourabiedes, Greek butter almond cookies. Jenkins has removed the nutritional data from the previous edition, which allows for a greater emphasis on the food itself. Jenkins's recipes are reliable, and though dishes like pizza made from scratch require extra time and effort, the payoff is in the slow food, Mediterranean approach: an overall respect and enjoyment for what we eat that translates into greater health. Jenkins is an effective ambassador for this way of thinking about food, and her cookbook is a wonderful resource for anyone considering it. (Dec.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

In the decade since Jenkins first revealed the Mediterranean diet's virtues, nutritional theory has repeatedly validated its benefits. The Mediterranean's reliance on breads and pastas, fresh vegetables, olive oils, minimal but high-quality meat, and few sweets mark it a heart-healthy regimen. Complementing Italy's pastas, Spain's tapas have won an American audience. These little plates, meant for preprandial grazing, present diners a wide variety of options. Tapas help assuage hunger with multiple intense flavors and textures. Eastern and southern shores of the Mediterranean offer their own delights with Turkish, Lebanese, and Moroccan dishes, and Jenkins includes a few examples. Ever-increasing availability of ethnic foods and more-demanding consumers have made many Mediterranean staples and fresh foods available

in mainstream American groceries to an unprecedented degree. Oddly, Jenkins barely mentions the role of wine, considered by many a nutritionally important part of this diet. Includes bibliography.
--Mark Knoblauch

This book is well written, and the recipes are solid. Some of the recipes are not for novice cooks and could be frustrating for them. But, the recipes are well worth the time (these are NOT 30 minute meals!) and effort. I really like the snippets of history woven through the book, making certain recipes feel like they are being handed down to you.

Bought the original version around 10 years ago and loved it. Mainly, I used it as just a recipe resource, but not as a lifestyle. Recently my wife and I decided to lose weight and the concept of the Mediterranean Diet really struck home. By limiting our portion sizes, we have found we can eat the most wonderful food and still lose weight, too. I bought this version because I lent my original copy and it was never returned! Nancy Harmon Jenkins has made significant changes, but what I like the most about this book is the local insight for each recipe. It appears that Nancy has lived all around the Mediterranean Sea and has local knowledge for each recipe. In the 1.5 months we have been eating Mediterranean, the quality of our meals has vastly improved and our weight loss journey has continued successfully. Furthermore we both feel that this is a lifestyle we can continue for the rest of our lives. THE NEW MEDITERRANEAN DIET COOKBOOK is the basis for our new way of eating everyday.

I like more recipes in this book than her original Mediterranean Diet Cookbook. I will add that I had a question about substituting fresh tomatoes for canned tomatoes due to allergies and Ms. Jenkins responded quickly with good suggestions.

I wish it had some pictures of the items but otherwise everything I have cooked so far is delicious.

A great introduction to the Mediterranean Diet!

I purchased this book to understand more about what the Mediterranean diet was.

Over the past four months, this has absolutely become my favorite cookbook. There are all types of recipes -- fish, meat, soups, pastas, veggies, appetizers, and desserts. For the most part, the recipes

are not difficult to make. They may be time consuming, but the recipes are simply written and easy to understand and follow. The results are delicious -- fresh, flavorful, and abundant (we always have lots of leftovers.) I'm working my way throughout the entire cookbook, cooking 4 to 5 recipes out of it each week. I'm also blogging about the whole thing (with pictures, which unfortunately the book itself doesn't have). Google "GoodbyeButter" on blogspot to find my photos. Buy this book and you'll be cooking healthy and delicious meals in no time.

A gift for a friend. I'm sure they enjoyed it.

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