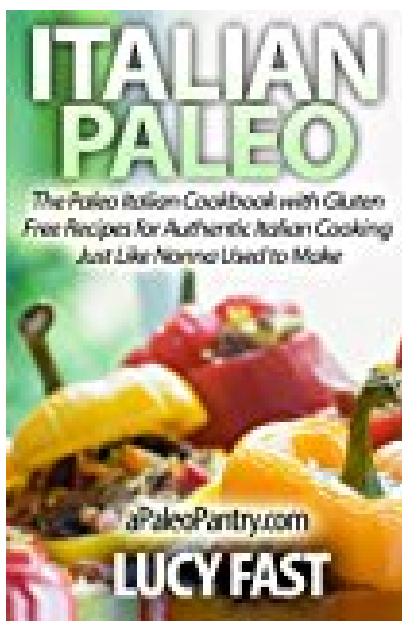


# Italian Paleo The Paleo Italian Cookbook with Gluten Free Recipes for Authentic Italian Cooking Just Like Nonna Used to Make Paleo Diet Solution Series

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## BOOK DETAILS

- Author : Lucy Fast
- Pages : 48 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1500900907

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## BOOK SYNOPSIS

Italians are passionate and opinionated about their food and I am no exception! Italian-born food lover, blogger and actress Silvia Colloca offers us her personal insight into authentic Italian home cooking. Now living in Australia, she is quick to correct the misconception that every dish must be drowned in olive oil or topped with a thick coating of parmesan. On the contrary, Silvias everyday recipes are simple, light and healthy, and based on fresh, seasonal ingredients. This is the food she grew up with. This is how Italians really eat. Step into Silvias kitchen and sample such goodies as twice-cooked cinnamon galettes, watermelon rind jam, white wine and fennel crackers, Abruzzese fishermen's stew with garlic toast, ricotta gnocchi with cavolo nero pesto, and strawberry and mascarpone cake. Silvias warmth, humour and thoughtful instructions show you how easily it can be done in your own kitchen.

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