



My Basque Cuisine: A Love Affair With Spanish Cooking

Ash Mair

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Ash Mair, chef, writer, author and winner of UK MasterChef: The Professionals presents a skillful interpretation of the food of the Basque Country and Spain in this fabulous volume of recipes suitable for the home cook. The Basque region, taking in a portion of northern Spain and southwest France, has a strong cultural identity and is rightly famed as a gastronome's paradise.

The region's fertile pasture and arable lands together with its coastal waters, which offer up an abundant array of fish and seafood, provide the ingredients that make up this traditional cuisine. Cured hams, spicy sausages, hot peppers, sweet almonds, fresh fish and flavourful tomatoes are some of the everyday ingredients that are integral to Basque Country dishes, with the emphasis on fresh, seasonal and local produce.

This tempting collection of more than 100 recipes includes many classic dishes, well-known favourites and modern interpretations of traditional recipes including Catalan Fish Stew of Monkfish, Prawns, Mussels and Clams, Basque Onion, Pepper and Tomato Stew, Paella with Chorizo, Morcilla and Wood-roasted Peppers, and Chicken Braised with Cannellini Beans, Tomato and Chorizo. Included too, is a visually appealing selection of tapas and pintxos, and a mouthwatering menu of desserts that will tempt the tastebuds and delight the palate, which are the essence of this talented chef's dishes.

Illustrated with beautiful photography, My Basque Cuisine, is a lavish book that is a feast for the eyes and essential reading for every serious cook.

(Ash Mair)

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