

La Piadina Segreti E Ricette Per Preparare La Vera Piadina Romagnola

"Dalle montagne dell'Appennino alle spiagge infinite della Riviera, passando per le città d'arte; la varietà dell'Emilia-Romagna è la sua ricchezza, l'accoglienza che riscalda il cuore è la sua anima". Esperienze straordinarie: foto suggestive, i consigli degli autori e la vera essenza dei luoghi. Personalizza il tuo viaggio: gli strumenti e gli itinerari per pianificare il viaggio che preferisci. Scelte d'autore: i luoghi più famosi e quelli meno noti per rendere unico il tuo viaggio. In questa guida: il Po e il suo delta; La Via Francigena; a tavola in Emilia-Romagna; viaggiare con i bambini.

Simple, delicious, unfussy – Sunday Times resident food writer Lucas Hollweg offers good food for real people.

It's 1941, and Captain Alexander M. Riley and his crew of deep-sea treasure hunters believe they're setting off on yet another adventure--to find a mysterious artifact off the coast of Morocco for an enigmatic millionaire with questionable motives. Part-time smugglers, world travelers, and expats who have fought causes both valiant and doomed, Riley and his crew soon find themselves in the crosshairs of a deal much more dangerous than the one they bargained for. From Spain to Morocco to an Atlantic crossing that leads to Washington, DC, Captain Riley must sail his ship, the *Pingarrón*, straight through the eye of a ruthless squall and into a conspiracy that goes by the name Operation Apokalypse--a storm that only he and his crew can navigate.

From the famed publisher and poet, author of the million-copy-selling collection *A Coney Island of the Mind*, his literary last will and testament -- part autobiography, part summing up, part Beat-inflected torrent of language and feeling, and all magical. "A volcanic explosion of personal memories, political rants, social commentary, environmental jeremiads and cultural analysis all tangled together in one breathless sentence that would make James Joyce proud. . ." —Ron Charles, *The Washington Post* In this unapologetically unclassifiable work Lawrence Ferlinghetti lets loose an exhilarating rush of language to craft what might be termed a closing statement about his highly significant and productive 99 years on this planet. The "Little Boy" of the title is Ferlinghetti himself as a child, shuffled from his overburdened mother to his French aunt to foster childhood with a rich Bronxville family. Service in World War Two (including the D-Day landing), graduate work, and a scholar gypsy's vagabond life in Paris followed. These biographical reminiscences are interweaved with Allen Ginsberg-esque high energy bursts of raw emotion, rumination, reflection, reminiscence and prognostication on what we may face as a species on Planet Earth in the future. *Little Boy* is a magical font of literary lore with allusions galore, a final repository of hard-earned and durable wisdom, a compositional high wire act without a net (or all that much punctuation) and just a gas and an inspiration to read.

Il gusto di sedurre. Le ricette e i segreti di uno chef da amare

Le stagioni del cioccolato

L'uovo alla kok

Pronto soccorso brucia grassi

Tradition in Evolution. The Art and Science in Pastry

Che siate genitori con orari da incubo, nonni della domenica, studenti fuori sede, zii vacanzieri, single senza pentole o tate plurime non ha importanza. E non importa neanche che siate quel tipo di persona che trema all'idea di preparare un piatto con più di tre ingredienti, teme il forno e guarda con soggezione un impasto. Se siete di buon appetito, e pensate che il cibo sia un modo per stare insieme e dimostrare affetto agli altri e a se stessi, allora questo manuale di cucina è per voi.

The anticipation of Christmas and the excitement of Advent bring out the cook in everyone, whether you're making nibbles to serve with drinks for friends, planning your holiday season menu or baking heartfelt gifts for loved ones. From panettone and jam cookies, to nourishing salmon and potatoes, pumpkin wellington and a warming ginger punch, here are 24 seasonal recipes to add festive deliciousness to your celebrations and personal touch to your gift-giving.

Chris and Heidi Powell, hosts and transformation specialists from the hit TV show, Extreme Weight Loss, now share their proven, life-changing, step-by-step guide for losing weight and keeping it off in their first co-authored book, Extreme Transformation. They are the hosts of television's most popular weight-loss documentary show, Extreme Weight Loss, and now the Powells provide a blueprint for changing your health in just 21 days. Whether you're looking to lose the baby weight, that last ten pounds, or several hundred, this is the program that can change your life forever. They share their most effective secrets for weight loss success through diet and exercise and go into detailed focus on how to develop a powerful, sustainable mental change to keep the weight off forever. With their help, readers will "see" the hidden path of transformation; be guided through fast and fun exercises; enjoy loads of recipes (both quick and gourmet) along with advice for food shopping, preparation, and more! With an incredible expansion of the Carb-cycling core that has driven Chris's first two national bestsellers, the Powells guide you from the very first step to reach your ideal weight and transition to lifelong maintenance--high-impact results in as little as three weeks.

SKINNY GUYS! If you've ever wanted to quickly build 30 pounds of rock-solid, shredded muscle without dangerous bodybuilding drugs, expensive supplements, and long hours in the gym—if you've ever wanted to Live Large—start reading immediately. Let's face it: You're tired. Tired of filling your body with bogus supplements that only give you the most expensive pee in town. Tired of busting your ass in the gym six days a week, only to find you're the same size you were last month and the other guys are twice as big. Tired of all the conflicting and mind-numbingly complex advice floating

around in cyberspace. Before professional fitness model Vince Del Monte became The Skinny Guy Savior, he was known as Skinny Vinny—scrawny and weak. As a "hardgainer," he experienced firsthand the challenges of bulking up and had a difficult time putting on muscle. But with his success in developing an enviably ripped physique—and helping many others do the same with his No-Nonsense Muscle Building and Maximize Your Muscle programs—Del Monte has proved even "hardgainers" can build an awe-inspiring body. You too can have the body of your dreams when you stop listening to false advice and learn the truth about gaining weight and building lean muscle mass—the smarter way! In *Living Large*, Del Monte shares his foolproof, no-nonsense plan for insane muscle gain. His revolutionary program primes your body and mind to pack on your first 30 pounds of muscle in only 30 weeks, with minimal gym time. He even includes customized, easy-to-follow meal plans to optimally fuel your specific body type, whether you're ultra-skinny or starting off a little chubby. In *Living Large*, you'll find: - 5 essential training principles to gain your first 30 pounds of pure muscle - 5 muscle-building enemies you must avoid - Mass and shred meal plans at every calorie level - 14 simple, no-nonsense nutrition principles - The ultimate exercise execution demonstration guide - 4 supplements that actually work Don't waste hundreds of hours and thousands of dollars with no results. Stop limiting yourself and start *Living Large*.

Food and Drink Infographics. a Visual Guide to Culinary Pleasures

Recipes for Advent

Mangia bene e con gusto!

Driving Mr. Albert

Living Large

Italian Identity in the Kitchen, or, Food and the Nation

Based on Sammy Moniz's popular Instagram page, *Feeding the Frasers* is a book that any CrossFit aficionado—or just someone curious about how to cook with whole foods without sacrificing the world—will want to get their hands on. Filled with 100 terrific recipes of high quality delicious food that promote balance, togetherness, indulgence, and athletic recovery. Sammy Moniz is well known in the CrossFit community as an activist, and she is also the wife of five time champion Mat Fraser, the winningest athlete in CrossFit history and one of the most beloved. This is her cookbook where she shares the secrets behind feeding the greatest champion of the sport.

Dopo avere pubblicato libri con e libri senza ricette, Davide Oldani ha deciso qui di "raccontare" la sua cucina in una forma più agile, proponendo ai lettori i piatti presentati nel corso della trasmissione "Mangia come parli" di Radio24, condotta con Pierluigi Pardo. Utilizzando un linguaggio semplice e accompagnando le preparazioni passo dopo passo senza più separare gli ingredienti dal procedimento, ha creato un amalgama funzionale all'esecuzione dei piatti. Le ricette sono state raccolte seguendo il criterio della stagione e valorizzando sempre le caratteristiche e la provenienza di ciascun ingrediente.

Declutter your desk and brighten up your business with this transformative guide from an organizational psychologist and the #1 New York Times

bestselling author of *The Life-Changing Magic of Tidying Up*. The workplace is a magnet for clutter and mess. Who hasn't felt drained by wasteful meetings, disorganized papers, endless emails, and unnecessary tasks? These are the modern-day hazards of working, and they can slowly drain the joy from work, limit our chances of career progress, and undermine our well-being. There is another way. In *Joy at Work*, bestselling author and Netflix star Marie Kondo and Rice University business professor Scott Sonenshein offer stories, studies, and strategies to help you eliminate clutter and make space for work that really matters. Using the world-renowned KonMari Method and cutting-edge research, *Joy at Work* will help you overcome the challenges of workplace mess and enjoy the productivity, success, and happiness that come with a tidy desk and mind.

A must-have for every 21st-century foodie, this book gathers the best infographics of all things eating, drinking, and cooking. Whether it's the secrets of sashimi or stress-free party planning, this is gastro-guidance at its most visually appealing and expert, solving kitchen conundrums in simple and memorable graphics, while exploring visual...

I segreti della longevità essere centenari, ora è possibile

Feeding the Frasers

LE RICETTE VEGANE DELLA NONNA

Bread of Dreams

In cucina con Igles Corelli. Le ricette e i segreti per diventare un grande chef

Morgante

Over 100 globally-inspired sweet and savory recipes made with one of the most probiotic-rich and nutrient-dense superfoods on the planet Derived from the Turkish word “keif” meaning “feeling good,” kefir is a tart, tangy cultured milk, low in sugar and lactose free, and an excellent source of protein, calcium, and B vitamins. Originating from a grain that dates back two thousand years to the Caucasus Mountains of Europe, it is also one of the healthiest natural foods available—scientifically shown to help boost immunity, improve gut health, build bone density, fight allergies, and aid the body’s natural detoxification. In 1986, ten years after they emigrated from Kiev, Michael and Ludmila Smolyansky introduced kefir to America. Today their children, Julie and Edward, lead Lifeway Foods Inc., the Smolyansky family company and the top-selling kefir brand in America. In *The Kefir Cookbook*, Julie shares her family’s abiding love of kefir through treasured family stories and innovative recipes. From Ludmila’s Borscht, a staple of life behind the Iron Curtain, to Nutella Smoothies, a homage to the Rome that welcomed them as refugees, and Kefir Jerk Chicken, a celebration of friendship experienced with her young daughters, these dishes showcase the versatility of this ancient healing food. While kefir can be drunk straight from the bottle, whipped into smoothies, or used in parfaits and smoothie bowls, Julie reveals in more than 100 recipes—including contributions by Christy Turlington Burns, Seamus Mullen, and Katrina Markoff—how it can also be blended with your favorite comfort foods to add tang, boost creaminess, and elevate their nutritional properties. Deeply personal, *The Kefir Cookbook* offers unique spins on classic recipes, while introducing contemporary flavors and textures to inspire you in the kitchen every day.

Presents more than two thousand recipes for traditional Italian dishes.

La piadina. Segreti e ricette per preparare la vera piadina romagnola al gusto di sedurre. Le ricette e i segreti di uno chef da amare Rizzoli
La cucina come una volta Storie, segreti e antiche ricette da monasteri e conventi Edizioni Terra Santa
The Italian wine bible for a new generation-a superstar sommelier and restaurateur explores the dynamic world of contemporary Italian wine. Acclaimed Italian wine expert, sommelier, winemaker, and restaurateur, Joe Campanale presents a comprehensive guide that is as transportive as it is deeply educational. Vino dives into the dynamic landscape of Italian wine today, where a new generation of winemakers is eschewing popular international styles, championing long-forgotten indigenous grapes, and adopting sustainable approaches best suited for their local climates. In an epic quest through Italy's 20 regions that takes readers from the steep hills of Valle d'Aosta to the near-tropical climates of Sicily, Campanale uncovers and profiles the diversity of real Italian wine and the most exciting, game-changing producers in each area. Readers will leave with countless recommendations for exceptional winemakers and be armed with Campanale's empowering new rubric of quality (say goodbye to the Italian wine pyramid). Full of colorful stories, in-depth explorations of the modern craft, and stunning photography, Vino proves there's never been a better time to drink Italian wine. Joe's epic quest through Italy's twenty regions takes him from the steep hills of Valle d'Aosta to the near-tropical climates of Sicily, as he uncovers and profiles the diversity of wines and producers in each, inspiring readers to seek out these specific wines themselves to try. The stunning beauty of these areas is captured by photographer Oddur Thorisson, making this book as transportive as it is educational. Readers will meet scores of interesting characters deeply devoted to their craft and leave with a new appreciation of the fruits of their labor and a profound understanding of why there's never been a better time to drink Italian wine. Throughout, readers will learn about exceptional producers and bottles to look out for the next time they're in a favorite wine shop or perusing a wine list.

The Geometry of Pasta

Il libro del pane. Tutti i segreti per farlo

A Novel

Extreme Transformation

Gingerbread Wonderland

Organizing Your Professional Life

When Fearne's not making us laugh onscreen or keeping us company on the radio, you'll find her in the kitchen cooking up a storm. Easy, healthy recipes that are fun to make and delicious to eat - these are the recipes Fearne loves and has become famous for. Recipes she can't wait to share with you, too. With chapters covering fresh and delicious breakfasts to start your day well; simple, sumptuous lunches to enjoy at home and on the run; and comforting dinners that show you

how to eat the rainbow, Cook. Eat. Love provides over 100 recipes that will have you eating happily and healthily at every meal time. A pescatarian herself who cooks meat for her family, Fearne includes recipes that can cater for both and be packed with goodness either way. You'll also find plenty of ideas for elevenses, afternoon treats, baked goods and desserts that use plenty of natural ingredients to make those sweet treats guilt-free and just as satisfying. From Thai Coconut Soup to Quick and Healthy Pizzas; Roast Chicken Cashew and Chilli salad to Salted Caramel Chocolate Slice and Beetroot Cupcakes, Cook. Eat. Love is guaranteed to bring joy to your kitchen and beyond.

In a rich and engaging book that illuminates the lives and attitudes of peasants in preindustrial Europe, Piero Camporesi makes the unexpected and fascinating claim that these people lived in a state of almost permanent hallucination, drugged by their very hunger or by bread adulterated with hallucinogenic herbs. The use of opiate products, administered even to infants and children, was widespread and was linked to a popular mythology in which herbalists and exorcists were important cultural figures. Through a careful reconstruction of the everyday lives of peasants, beggars, and the poor, Camporesi presents a vivid and disconcerting image of early modern Europe as a vast laboratory of dreams.

"Camporesi is as much a poet as a historian. . . . His appeal is to the senses as well as to the mind. . . . Fascinating in its details and compelling in its overall message."—Vivian Nutton, Times Literary Supplement "It is not often that an

academic monograph in history is also a book to fascinate the discriminating general reader. Bread of Dreams is just that."—Kenneth McNaught, Toronto Star "Not religion but bread was the opiate of the poor, Mr. Camporesi argues. . . .

Food has always been a social and mythological construct that conditions what we vainly imagine to be matters of personal taste. Our hunger for such works should tell us that food is not only good but essential to think and to read as if our lives depended on it, which they do."—Betty Fussell, New York Times Book Review

This season's fashions are good enough to eat; in fact they are entirely edible. In A MATTER OF TASTE Fulvio Bonavia fuses haute couture with cuisine with results that are guaranteed to tantalize fashionistas and foodies alike. Step out in style in a pair of corn espadrilles. A tagliatelle belt makes for a delicious main course, but should always be worn al dente. Later, for dessert, you can dine on fruit-paste bangles and a cheese necklace, then dance the night away in a pair of aubergine slippers. Accompanying Fulvio's images is a delightful culinary text by New Zealand's 'queen of food', writer Peta Mathias, ensuring that each item is worn with delectable style. May you never go hungry, or naked, again...

Ci sono tantissimi buoni motivi per diventare Vegetariani o Vegani: salute, amore per gli animali, ecologia, ecc. Questo libro è dedicato proprio a chi ha deciso di fare il grande passo: diventare vegetariano o vegano! Ma per fare una scelta consapevole e convinta bisogna prima documentarsi al meglio e questo libro è proprio quello che serve. Scritto con uno stile leggero, ironico e intelligente, fa riflettere e dà mille consigli pratici sui nuovi percorsi alimentari da intraprendere.

Nulla di scontato o noioso, attraverso questa guida scoprirai tante cose curiose e utilissime. Ma, attenzione, non è solo un libro “teorico”, anzi: è un libro pieno di ricette golose e salutari, pronte per essere realizzate e gustate! E allora, cosa aspetti? Ti butti o non ti butti? Scopri subito... Perchè è bene cambiare alimentazione Come trovare le giuste motivazioni per farlo Come non cambiare idea prima o durante Cosa mangia un vegetariano e cosa un vegano Come convivere a tavola con chi non lo è Come arricchire la propria alimentazione veg Come guadagnarci in salute Perchè farai del bene al mondo Come cambiare il modo di fare la spesa senza traumi Come passare da zero a vegano Come passare da vegetariano a vegano Vegano o Vegetariano? Le migliori ricette vegetariane Le migliori ricette vegane e molto altro...

The Skinny Guy's Guide to No-Nonsense Muscle Building

A Matter of Taste

Good Things To Eat

Mangia come parli

ricette, curiosità, segreti di alta e bassa cucina: dall'insalata all'acqua alla pastina in brodo della pensione, da Apicio a Michel Guérand, da Alexandre Dumas a Carlo Emilio Gadda, dal curato di Bregnier a san Nicolao della Flù e

The Semi-detached House

These beers represent a new authenticity and way of life.

Albert Einstein's brain floats in a Tupperware bowl in a gray duffel bag in the trunk of a Buick Skylark barreling across America. Driving the car is journalist Michael Paterniti. Sitting next to him is an eighty-four-year-old pathologist named Thomas Harvey, who performed the autopsy on Einstein in 1955 -- then simply removed the brain and took it home. And kept it for over forty years. On a cold February day, the two men and the brain leave New Jersey and light out on I-70 for sunny California, where Einstein's perplexed granddaughter, Evelyn, awaits. And riding along as the imaginary fourth passenger is Einstein himself, an id-driven genius, the original galactic slacker with his head in the stars. Part travelogue, part memoir, part history, part biography, and part meditation, Driving Mr. Albert is one of the most unique road trips in modern literature.

This is the essential book about the cookery as well as zoology of the fish and shellfish that inhabit the Mediterranean; now published in more than a dozen languages and available in France, Italy, Spain, Greece and many other home territories. It combines natural history and cookery in a most enticing way, providing information for the fisherman and seafood enthusiast as well as for the cook. Its genesis was while the author was posted to the British Embassy in Tunis, his wife needed an overview of the local fish markets to plan her shopping. It was taken up with enthusiasm by Elizabeth David and has been required reading ever since. The book is split between a catalogue, with drawings and description of each sort of fish, together with cookery

notes and any information that might put it in context; and a recipe section which draws on the best methods of cooking these types of fish from the many countries best acquainted with them.

How regional Italian cuisine became the main ingredient in the nation's political and cultural development.

Lifelong Weight Loss in 21 Days

Festive

La nuova guida pratica che it fa perdere 5 chili in 14 giorni

Captain Riley

An Ancient Healing Superfood for Modern Life, Recipes from My Family Table and Around the World

The Kefir Cookbook

Turn your kitchen into a winter wonderland with *Gingerbread Wonderland*. With recipes ranging from simple gingerbread men and women to more detailed scenes such as houses and a carousel, Mima Sinclair's new cookbook is suitable for the whole family. It's packed with fun gingerbread biscuits, sticky gingerbread cakes, plus handy tips on how to avoid mistakes, making templates, cutting perfect lines and more. As well as the traditional Christmas favourites such as a Hansel & Gretel House, there are contemporary creations such as Mini CoffeeCup Houses, Glass Pressed Cookies and a 3D Christmas Tree. Make perfect treats to slip into lunch boxes, serve up to friends at tea, give as gifts or show off as your holiday centrepiece.

Compiendo una sorta di pellegrinaggio gastronomico, l'autrice entra nei più famosi luoghi di pace e spiritualità usando la porta della cucina e propone ricette originali che suore, monaci e frati cucinieri le hanno voluto regalare. Attraverso i piatti proposti, il libro fa scoprire un mondo ancora oggi carico di fascino, quello della vita in monastero, in un percorso che è – insieme – gastronomico, culturale ed esistenziale. • Un grande repertorio di ricette attinte alla sapienza culinaria di monasteri e conventi: la storia, le curiosità e gli antichi segreti, insieme a dosi, fasi di preparazione, tempi di cottura e realizzazione. • Un "pellegrinaggio gastronomico" ricco di consigli per la cura e il mantenimento della salute attraverso una cucina semplice, economica e rispettosa dell'ambiente. • Il ricettario è diviso per portate, secondo la disponibilità stagionale degli ingredienti: primi, carne, pesce, formaggi, uova, verdure, pane, dolci, vini e liquori. Con tanti aneddoti legati a ogni pietanza.

Lo scrittore affronta un argomento molto delicato e dibattuto come l'alimentazione e la prevenzione delle malattie. Si è dedicato a un'imponente ricerca su argomenti quali salute e longevità. Questo libro è frutto di questo lavoro, ove sono esposte le verità che nessuno vuole raccontarti, affrontando con una chiave rivoluzionaria il problema delle malattie degenerative, della vecchiaia e trovando soluzioni per giungere a un'inaspettata longevità. Un argomento che per essere sufficientemente esaustivo occorrerebbero migliaia di pagine o raccolta di libri. Si tratta di un'essenziale sintesi di quanto

la nostra civiltà può fare per prevenire le malattie e vivere al più lungo possibile seguendo semplicissime abitudini alimentari e comportamentali. La medicina ufficiale non ha avuto ancora il coraggio di affrontare e risolvere questo tema cruciale della longevità, negando molti di noi che possano vivere bene oltre 100 anni seguendo una particolare disciplina alimentare e comportamentale. Esiste veramente un orologio biologico incontrovertibile nell'uomo o sono gli stili di vita errati ad accelerare il corso delle lancette?

Salve a tutti! Sono la Nonna Rosa, vivo sulle sponde del lago di Como e gestisco da tanti anni una graziosa trattoria sempre affollata di turisti e clienti abituali. La cucina è da sempre la mia grande passione. Sin da piccola passavo ore e ore a guardare la mia nonna cucinare e spesso ne vestivo anche i panni di aiutante chef. Da grande ho avuto la fortuna di trasformare questa mia passione in un mestiere, quando ho iniziato a lavorare giovanissima nel migliore ristorante di Lecco. Grazie a tanti sacrifici e tanta passione, ho poi avverato il sogno della mia vita, aprendo un ristorantino tutto mio, potendomi finalmente esprimere al massimo della mia creatività culinaria. Sai, oggi il vegano è tanto di moda ma io ho sposato questa filosofia di vita già negli anni '70 quando a pensarla così eravamo proprio una tribù. Da allora mi sono specializzata nella "cucina green", con la missione di non trascurare mai il gusto e la gioia della tavola, intesa come ricercatezza dei piatti e degli ingredienti. Sin da quegli anni ho iniziato a sperimentare e a trascrivere le ricette di maggior successo. Erano stesso i miei clienti a chiedermi di volta in volta questo o quel piatto particolarmente riuscito. E c'era gente che veniva appositamente da Milano nel week end per mangiare i miei piatti veg. Rosa, mi dicevano, come cucini tu a Milano nessuno! E persino i non veg si complimentavano per aver pranzato o cenato in modo ricco e saporito senza che gli mancasse nulla. Oggi assistiamo a un vero e proprio boom del vegano e così ho deciso di scrivere questo libro con le mie migliori ricette. Sapete quanta gente conosco che negli ultimi anni si è appassionata al mondo vegano? Davvero tanti e insospettabili. Ma questo libro si rivolge a tutti. Anche a te mamma che hai una figlia vegana e vuoi imparare a cucinarle cose buone, sane e saporite. O a te, che sei un appassionato di cucina e vuoi ampliare i tuoi orizzonti verso la cucina vegana. Spero che possiate apprezzare questo mio modesto lavoro, fatto di tanta passione ed esperienza. Ho cercato di descrivervi le ricette in modo meno freddo e asettico rispetto ai classici manuali di cucina. Ho immaginato che tu fossi qui accanto a me in cucina, aiutandomi a preparare qualcosa di buono, insieme. Questo è stato lo spirito con cui ho scritto questo libro e spero che tu possa apprezzarlo. Ma adesso, bando alle ciance, passiamo ai fornelli! Pronti? Buona lettura e viva la cucina veg! La Nonna Rosa

Vino

The Life of Charlotte Brontë

Storie, segreti e antiche ricette da monasteri e conventi

La cucina come una volta

Food and Fantasy in Early Modern Europe

The Craft Beer Book

Segui il percorso dimagrante studiato dagli esperti di Riza per perdere peso subito senza fatica. Contiene il programma alimentare, la ginnastica su misura, i trattamenti cosmetici che si possono fare in casa e gli integratori che aiutano a bruciare i grassi più velocemente. E naturalmente tutte le ricette più gustose e facili da preparare. Seguendo con attenzione il nostro percorso otterrai risultati sicuri: eliminerai fino a 5 chili in sole 2 settimane, sgonfierai gambe e girovita, smaltirai le scorie e i liquidi in eccesso.

Beautiful, and an instant classic' Nigella Lawson 'Really delicious, authentic pasta recipes' Jamie Oliver 'Every cook - from the novice to the seasoned chef - will learn something from this exquisite and delightful book' Jack Monroe 'The Italians have a secret . . . There are said to be over 300 shapes of pasta, each of which has a history, a story to tell, and an affinity with particular foods. These shapes have evolved alongside the flavours of local ingredients, and the perfect combination can turn an ordinary dish into something sublime. With a stunning cover design to celebrate its 10-year anniversary, The Geometry of Pasta pairs over 100 authentic recipes from critically acclaimed chef, Jacob Kenedy, with award-winning designer Caz Hildebrand's incredible black-and-white designs to reveal the science, history and philosophy behind spectacular pasta dishes from all over Italy. A striking fusion of design and food, The Geometry of Pasta tells you everything you need to know about cooking and eating pasta like an Italian.

A classic picaresque epic detailing the thrilling exploits of Orlando, Morgante is a tale of war and of the calamities that befall the romantic hero, his fellow knights, and their sovereign, Charlemagne. After encountering the fierce Morgante, Orlando converts the giant, who then becomes his squire and trusted companion. This annotated English translation will lead to a new appreciation of Luigi Pulci's singular epic masterpiece and contribute to a reassessment of the author's influence on modern English literature.

The Silver Spoon

Cook. Eat. Love.

Mediterranean Seafood

A Trip Across America with Einstein's Brain

Tutti in cucina

Little Boy