



Smart Italian Cooking for Busy People: Yes! You CAN do it!! (Italian cuisine,Italian recipes,Italian cooking at home,Italian cooking,Italian porketta,Tuscan recipes,European,chicken,scaloppini)

Julien Robideaux

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Think Italian cooking is just long, skinny pasta and squashed tomatoes? Think again!

Tomatoes are actually a recent addition to Italian cuisine, having been brought back from the New World in the 1540's by the Spanish.

Italian foods cover the whole range of eating experiences, from all types of meats, seafoods, and fruits and vegetables. Italy was the crossroads of the ancient world. Foodstuffs from all over the Empire came through Italy and left their culinary mark.

That's an amazing history!

I have Good News!

With this book as your guide, you can be a part of that fantastic history.

Here's a blend of both old and new recipes that have been carefully designed with your busy schedule in mind.

Italian pasta's true history stretches back over 3,000 years! Did you know that until the invention of the fork, pasta was the ultimate finger food?

As an aside, Italians started using the fork in the 11th century AD, and they became part of Italian etiquette in the 16th century BCE.

This is the legacy you're about to sample. Not only do these recipes allow you to create incredible delicacies, the recipes have been selected to fit your busy lifestyles

Anyone with the patience of a Job and the time sense of a Methuselah can achieve Italian Cooking

Excellence. But it takes a Master of the Craft to do the same thing, day after day, in the comfort of your very own kitchen within the sliver of time carved out between work and sleep.

Are you up to the challenge? Are you ready, willing and able to take ordinary, readily available foodstuffs and convert them into memorable sensory Italian masterpieces?

If you answered YES!, then **Welcome to the Wonderful World** of *Smart Italian Cooking for Busy People!* This cookbook's definitely for you!

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