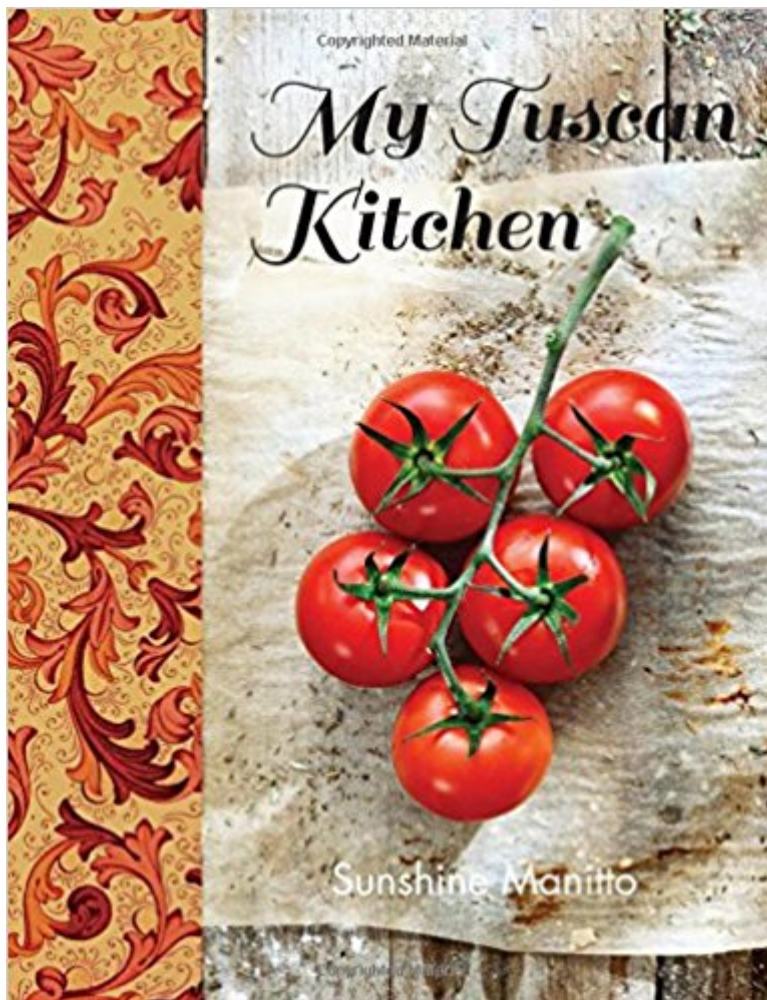




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# My Tuscan Kitchen



## Synopsis

My Tuscan Kitchen offers an innovative approach to Tuscan cookery seen through a traditional but creative heart. An explosion of colours accompanies the following chapters featuring different types of starters , crostini, bruschetta , grains or beans salads. A more technical chapter “Chopping very very finely” follows. This fundamental section represents the revolutionary key of this book as it gives the reader the tools for creating their own original recipes with meat, fish, and vegetables through the cunning use of battuti . The chapter dedicated to the family recipes is the author ’s most intimate part of the book. At the end of the book he suggest a series of menus and buffets. The reader will always feel at ease during the cooking experience thanks to the perception of being accompanied throughout this marvellous journey. (Sunshine Manitto)

## Book Information

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## Customer Reviews

Sunshine Manitto began cooking alongside Master Angelo Parodi, former chef at Il Castello restaurant in Pietra Ligure. He later developed and refined his passion for traditional Tuscan cuisine in Lucca, working as a chef at Osteria Baralla and Locanda di Bacco restaurants. He also managed the Mulino Biologico restaurant, where the attention paid to the dishes and the care devoted to satisfying the palates of his loyal customers led him to rediscover cooking as an art to transmit and share. He currently teaches Tuscan and regional Italian cooking lessons and organises conferences and small banquets on demand.

I had the pleasure of cooking with Chef Manitto in Italy recently, and got to taste a few recipes from this book. I am a serious foodie and have taken many cooking classes over the years and can honestly say that the meals Chef Manitto created were some of the best food I have ever eaten. When I learned he had a new book out there was no doubt in my mind I would be purchasing it as soon as I got back to the states. This book is beautifully done, filled with delicious recipes, and stunning photography of the food and Tuscany region. He weaves a story through it explaining his philosophy and approach to food which makes it even more special. I highly recommend it for anyone that loves food.

I had the pleasure and the privilege to cook with Sunshine on a cooking vacation in Tuscany in 2010. I still prepare some of the delicious dishes that he taught me to make. And I think for the rest of my life every time I chop ingredients for a recipe (making the battuto) I will hear him saying, "Finely, finely, finely." :-) I've also enjoyed the wonderful pictures he shares on social media of these savory dishes and of the enchanting world of Tuscany. In My Tuscan Kitchen, Sunshine combines both the art of cooking and cooking as art. It is a truly beautiful book, and I can't wait to try out some more of his recipes.

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