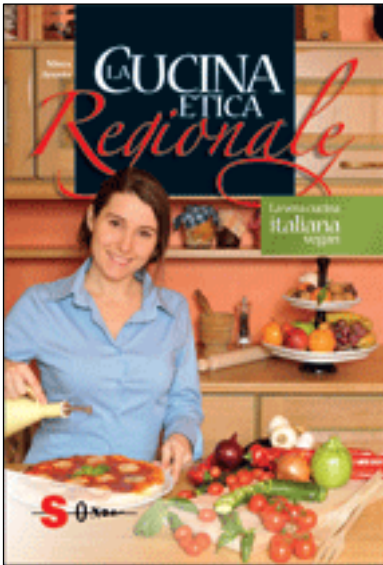




Genre: **cooking book, vegan-friendly**

Territory: **world**



REGIONAL ITALIAN VEGAN CUISINE

Each Italian region has a unique culinary tradition that comprises the wonderful variety of Italy's food and explains its worldwide popularity.

This book takes the reader on a **journey across Italy's diverse regions** and it teaches how to take advantage of the many traditional dishes that do not include ingredients of animal origin, such as the Sicilian pizza, the Genoese cucculi or Piedmont's pavrunà, but it also explains how to turn regional Italian recipes into **vegan-friendly dishes**.

The volume offers a wide collection of **over 400 recipes** divided into starters, main courses, soups and vegetables. It also provides background information on typical products, a **territorial overview** and it creates an interesting geographical and culinary itinerary across Italy's most palatable traditions.

The author -----

Nives Arosio has been a vegetarian since the age of 15 and after a few years she converted to veganism. She loves cooking for her family and she specialised in converting Italian traditional recipes in tasty vegan dishes.

Author: Nives Arosio

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