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In his first meat-free cookbook, Gino D'Acampo brings together his favourite dishes. Based on simple fresh vegetables and crisp salads, and flavoured with herbs, oils and chilli, Italian food offers endless healthy recipes. From simple pasta and gnocchi, pizzas and breads, antipasti and salads, gratins and bakes, the possibilities are endless. And because the recipes use the freshest ...

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Gino's Veg Italia!: 100 quick and easy vegetarian recipes. Gino D'Acampo. Hodder & Stoughton, Apr 23, 2015 - Cooking - 256 pages. 0 Reviews. Healthy Italian recipes from Britain's favourite Italian chef. In his first meat-free cookbook, Gino D'Acampo brings together his favourite dishes. The Italian diet is one of the healthiest in the world.

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Gino's veg Italia! : 100 quick and easy vegetarian recipes

Gino D'Acampo Gino's Veg Italia!. Description 'Vegetables are key to the way Italians eat, yet in most Italian cookery books they play second fiddle to meat and fish dishes. That is why I really wanted to write this book – to celebrate vegetables and make them the star attraction rather than simply the supporting cast.

Gino's Veg Italia! - Gino D'Acampo Official Website

Gino's Veg Italia! 100 quick and easy vegetarian recipes [D'Acampo, Gino] on Amazon.com. *FREE* shipping on qualifying offers. Gino's Veg Italia! 100

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Gino will also be back on our screens in 2020 alongside Gordon Ramsay and Fred Sirieix for a second series of their highly popular show Gordon, Gino and Fred's Road Trip. Gino is the author of several best-selling books including Gino's Healthy Italian for Less, Gino's Italian Coastal Escape, Gino's Italian Escape and Gino's Italian Adriatic Escape and Gino's Hidden Italy.

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Healthy Italian recipes from Britain's favourite Italian chef. In his first meat-free cookbook, Gino D'Acampo brings together his favourite dishes. The Italian diet is one of the healthiest in the world. Based on simple fresh vegetables and crisp salads, and flavoured with herbs, oils and chilli, Italian food offers endless healthy recipes. From simple pasta and gnocchi, pizzas and breads ...

Gino's Veg Italia!: 100 quick and easy vegetarian recipes ...

The sheer number of Italian vegetarian recipes is almost endless, not to mention healthy, tasty and easy to make. So for a truly traditional selection of Italian vegetarian recipes it's hard to beat the great range of ideas from Gino D'Acampo. Gino's Italian vegetarian recipes include classics like risotto con zucca e salvia – or butternut squash risotto with sage butter – stufato do fagioli con polpettine di pane, an Italian bean stew recipe with bread dumplings and the most ...

Italian Vegetarian Recipes / Authentic Italian Vegetarian ...

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The Gluten-Free Italian Vegetarian Kitchen: More Than 225 Meat-Free, Wheat-Free, and Gluten-Free Recipes for Delicious and Nutricious Italian Dishes
Donna Klein Paperback

Healthy Italian recipes from Britain's favourite Italian chef. In his first meat-free cookbook, Gino D'Acampo brings together his favourite dishes. The Italian diet is one of the healthiest in the world. Based on simple fresh vegetables and crisp salads, and flavoured with herbs, oils and chilli, Italian food offers endless healthy recipes. From simple pasta and gnocchi, pizzas and breads, antipasti and salads, gratins and bakes, the possibilities are endless. And because the recipes use the freshest vegetables and salads, you can enjoy delicious Italian food without piling on the pounds.

Want to cook like a true Italian and stick to the budget? Look no further than these 100 authentic and simple meals from the heart of Italy. Gino will teach us how to cook like a true Italian, but this time on a budget! Full of money-saving tips and tricks, to create delicious, healthy Italian meals at home - brimming with fresh ingredients with the same big flavours, in his simple signature style. Learn how to shop smart and store food, make the most of your fridge / freezer, and fill your kitchen cupboards with fail-safe Italian basics. Bring down the cost of your weekly shop and start eating better than ever with Gino's Healthy Italian for Less.

THE SUNDAY TIMES BESTSELLER TAKE A SEAT AT GINO'S FAMILY TABLE: with every recipe from his latest hit ITV series

_____ Italian families know that food is where the heart is. In his new book, Gino shares over 80 tried and tested recipes that work for busy families, ranging from quick weeknight one-pot meals to comforting roasts to decadent desserts – and even the dinners to make when the kids are out! You'll be amazed what you can do with cheap ingredients you can find anywhere. Try his: · HEARTY MUSHROOM PENNE with smoked pancetta and rosemary · BRAISED LAMB SHANKS in honey and red wine sauce · MACARONI QUATTRO FORMAGGI with fried breadcrumbs and sneaky veg · SPICY AUBERGINE BAKE with mozzarella and pecorino cheese · IRISH CREAM PANNA COTTA with chocolate coffee beans · ITALIAN BUCK'S FIZZ with prosecco and Cointreau Whether you've got hours or minutes to cook, whether your family wants adventurous new tastes or old familiar classics, Gino has the perfect recipe for you. Including the chapters Quick, One-Pot, Lighter, Sunday Specials, Kids Are Out and Desserts, this book will bring a ray of Italian sunshine into your family dinners. Buon appetito!

Discover the secrets of real Italian food with Gino D'Acampo as he captures the flavours, smells and tastes of his homeland in over 100 deliciously simple recipes. From much-loved pizza, pasta and antipasti dishes, to Gino's classics with a twist such as Honey & Rosemary Lamb Cutlets and Limoncello Mousse, this book is packed with mouth-watering favourites that will soon have you cooking and eating like a true Italian. Accompanying a major ITV series, Gino's Italian Escape is a celebration of the very best Italian food from one of the country's favourite exports.

Gino is passionate about Italian food and believes that you should be able to achieve maximum satisfaction with minimum effort. You do not need hundreds

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of ingredients and complicated techniques to achieve fantastic results. By following the 100 recipes in this book, you too will be able to make great Italian food. Gino offers classic Italian recipes such as Linguine with Prawns as well as his own version of Shepherd's Pie and Italian-style Spring Rolls. Full of Gino's characteristic humour and enthusiasm, and encompassing the influences of the country's famous cuisine, this is a book filled with delicious, modern Italian food.

From bestselling cookery author, Gino D'Acampo, comes a brand-new cookbook inspired by a culinary journey along Italy's most famous rail journeys. Gino's Italian Express is a celebration of the delicious and authentic local foods Gino discovered on his train travels across beautiful Italy. Packed with 80 brand-new recipes, Gino shows you how to cook Italian dishes at home with minimal effort, pronto! Each recipe is in Gino's signature easy-to-follow style and perfect for both weeknight suppers and dinner parties alike. Including all the recipes from Gino's major ITV series coming in Autumn 2019, Gino's Italian Express is the must-have cookbook for those wishing for a taste of Italy.

The Mediterranean diet is renowned for its health benefits (less saturated fats, less processed food, more 'good' fats and omega oils, more antioxidants), resulting in less heart disease and cancer for those who follow it. And you can enjoy truly delicious dishes - this is no starve-yourself diet but a healthy living approach to eating.

Join Gino on his culinary journey along the picturesque Adriatic coast. Gino's Italian Adriatic Escape, from everyone's favourite Italian chef, explores the cuisine of the beautiful East coast of Italy. A celebration of the finest recipes from the Adriatic coast, this cookbook makes Italian cooking simple. It includes everything from fresh seafood to delicious pasta, vegetarian options to meat dishes, and the exquisite photography is guaranteed to give you wanderlust. Gino's Italian Adriatic Escape includes all of the mouth-watering recipes from the accompanying major ITV series, as well as introducing us to some new delicious Italian recipes which are perfect for a meal for one or a family feast.

Enjoy the best of Italian food whilst still losing weight! The Italian diet combines simple, fresh, good-quality ingredients for an easy way to shed pounds. The Mediterranean diet is renowned for its health benefits (less saturated fats, less processed food, more 'good' fats and omega oils, more antioxidants), resulting in less heart disease and cancer for those that follow it. And you can enjoy truly delicious dishes - this is no starve-yourself diet but a healthy living approach to eating with exceptional recipes that can be prepared for breakfast, lunch or dinner. With a dietitian's advice on what to eat and what not to eat, and daily and weekly menu plans so you can easily follow the diet, this is an attractive, stress-free approach to losing weight.

Divided into six chapters—Fresh and Filled Pasta, Dried Pasta, Baked Pasta, Like Mama Used to Make, Pasta on the Go, and Pasta for those with Allergies—Gino's new book illustrates the best ways to use the huge array of pasta shapes available, from everyday varieties like spaghetti, ravioli, and fusilli to the lesser known messelune, bucatini, and conchiglie rigate. Gino also includes simple instructions on how to make fresh pasta alongside step-by-step photographs