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Oranges & Lemons: A Taste of the Mediterranean

Sarah Woodward

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Oranges and lemons are both catalysts to flavour as well as being key ingredients. They are important in classics such as spaghetti al limone and the Greek avgolemono to Moroccan tagine of chicken with preserved lemons or the Milanese sauce gremolada. Oranges are just as versatile as lemons and ever bit as appropriate to main courses or starters as they are to desserts - even 17th-century cookbooks recommended the use of their juice in soups, stews and sauces. As well as examining the wide range of influences these fruits can have as an ingredient, this title includes advice on buying and storing them, a guide to identifying the different varieties, their history, from their origins in the Himalayas to their journey, via India and China, to North Africa, the Mediterranean, and finally, America.

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