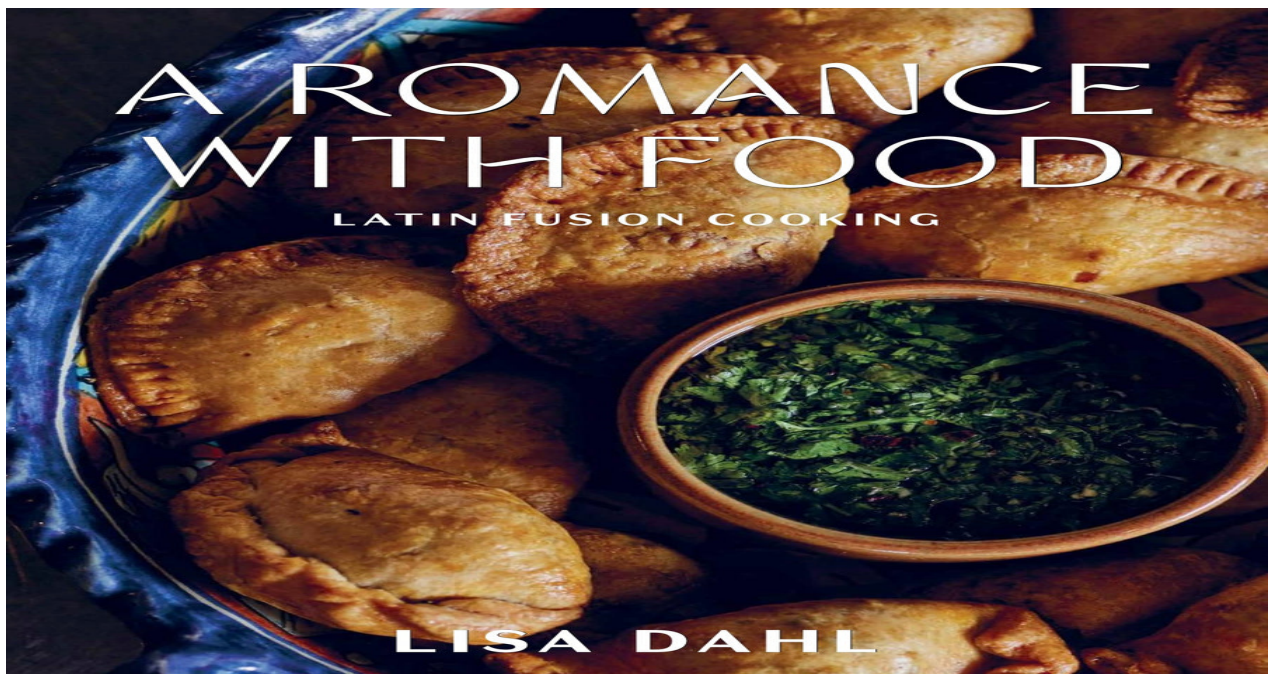




Romance with Food Book Now Available Through Mediterranean Table Website

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Mediterranean Table, based in Red Feather Lakes, CO, is happy to announce that the recipe book, "A Romance with Food," by Lisa Dahl is now available through their website. This cookbook offers beautiful photography and unique recipes but it is more than that. It serves as a journey of transformation for the readers as they explore the wonderful things in the book. The book takes the readers on a journey through Latin America, such as Chile, Argentina, Mexico, and Uruguay and the romance with Latin fusion food continues as the people actually prepare the recipes included, and family and friends get to enjoy and experience the various aromas and flavor from Latin American countries.

For instance, one of the featured recipes is the quesadilla, which is a Mexican dish made with paper-thin tortilla that is filled with molten cheese and other savory ingredients like tomatoes, chicken, and vegetables. Lisa Dahl suggests creating gourmet-style quesadillas and pair it with a cup of soup and enjoy the flavors

while relaxing on the sofa. She presents several recipes such as: roasted portobello, charred corn and queso quesadilla; grilled chicken, roasted tomato, mozzarella quesadilla; filet of beef, caramelized onion and roasted potato empanada filling; corn, pepper and jack cheese empanada filling; portobello, poblano and three-cheese empanada filling; coconut mango ceviche; red rock shrimp ceviche; mussels con chorizo in roasted tomato broth; and more.

Lisa also recalls her travel to Uruguay when she visited the town of Jose Ignacio with its tranquility and shabby chic style. She recalls the bungalow-style restaurant La Susana, owned and operated by Chef Marcelo Betancourt. She remembers tasting the ceviche recipes of the chef who sources his ingredients locally. Meanwhile, those who are interested in knowing more about Mediterranean Table can visit their website at mtableco.com.

Lisa dedicates one chapter in her recipe book to some of her favorite cocktails and various alcoholic beverages, such as tequila, mezcal, pisco, gin, and sangria. Always looking for fine ingredients for her food creations, she looks for those that don't have artificial additives, naturally produced, certified organic, and produced using sustainable methods. She also applies such standards for drink ingredients. She notes how making mezcal and tequila requires a lot of patience since it requires waiting seven to 25 years to harvest. For example, Azunia tequilas are certified organic and the Corrido agave from Los Altos makes use of a unique aging to bottle philosophy. The Carreno Tepestate mezcal is made from the scarce Oaxacan Tepaztate agave, which requires 25 years to mature.

Also featured in her recipe book are salads, such as Atun Parfait, Green Goddess, Ensalada Neptuno, Heirloom Tomatoes Ambrosial; Confetti Quinoa Salad; and various dressings. Also featured are a number of soups, including Glorioso Gazpacho, Sopa de Justino, Vegetable Stock, Thanksgiving Soup, Lovely Lentil, and Vegan Pozole.

She points out that making soup can be compared to life because it teaches a lot of things, such as patience. Patience is required to allow the flavors to be released, develop, and mature. This requires a slow cooking process that cannot be speeded up or else the soup will not have the same richness that one is expecting from it. While people typically rush through life, the same thing can't be done when making soup, which is not just delicious but also has the power to improve one's health, allowing people suffering from lack of appetite to recover and have more vigor.

Mediterranean Table was established by Glenn and Maribeth Wagner, who are based in Arizona and are passionate about food and travel. and their desire to share it with family and friends. Their unique products are available through their boutique store at Red Feather Lakes and also at the art and wine festivals, culinary events, and farmers markets in Arizona.

People who are interested in the cookbook ?A Romance with Food? and/or would like to know more about the Mediterranean food, recipes and ingredients featured on Mediterranean Table can check out their Mediterranean food store website, or contact them through the telephone or via email.

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For more information about Mediterranean Table, contact the company here: Mediterranean Table Glenn Wagner 623-680-4501 mtablerflco@gmail.com 64 Main St Red Feather Lakes, CO 80545

Mediterranean Table

Mediterranean Table is an authentic, online Italian food store. We specialize in infused olive oils, flavored vinegar, Sogno Toscano pastas and Bellazza beauty products.

Website: <https://mtableco.com/>

Email: mtablerflco@gmail.com

Phone: 623-680-4501



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