



Zucchini, Tomaten, Melanzane: Die besten Rezepte (German Edition)

Karin Longariva

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So schmeckt Sommergemüse einfach am besten!

Zucchini, Tomaten und Melanzane sind die beliebtesten Gemüsesorten in unseren Gärten. Die besten und raffiniertesten Rezepte für eine abwechslungsreiche Verwendung präsentiert die erfahrene Kochbuchautorin Karin Longariva in diesem Buch. Bunte Tomaten mit Ziegenkäse und grüner Sauce, pikante Zucchini-Thunfisch-Törtchen, köstliche Melanzanetaschen mit Gemüsefülle, gebackene Zucchini Blüten mit Vanilleeis - neben bekannten Klassikern überrascht sie mit köstlichen Neukreationen und gibt viele praktische Tipps. Ob gegrillt, gedünstet, gekocht, überbacken oder eingelegt - die Vielfalt an Rezepten lässt keine Wünsche offen! Zaubern Sie kreative Gerichte oder verarbeiten Sie ihr Gemüse auf Vorrat. Karin Longariva zeigt Ihnen, wie Sie Gemüse auch bei reichlicher Ernte am besten nutzen.

- beliebte Klassiker und moderne Kreationen
- mediterrane Sommerküche, die auf Anhieb gelingt
- abwechslungsreiche Ideen, einfach nachzukochen
- Wissenswertes zu Zucchini, Tomaten und Melanzane
- köstlich, gesund und leicht
- zahlreiche Fotos und viele kreative Rezepte
- viele Tipps für Einkauf, Lagerung und Verarbeitung

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