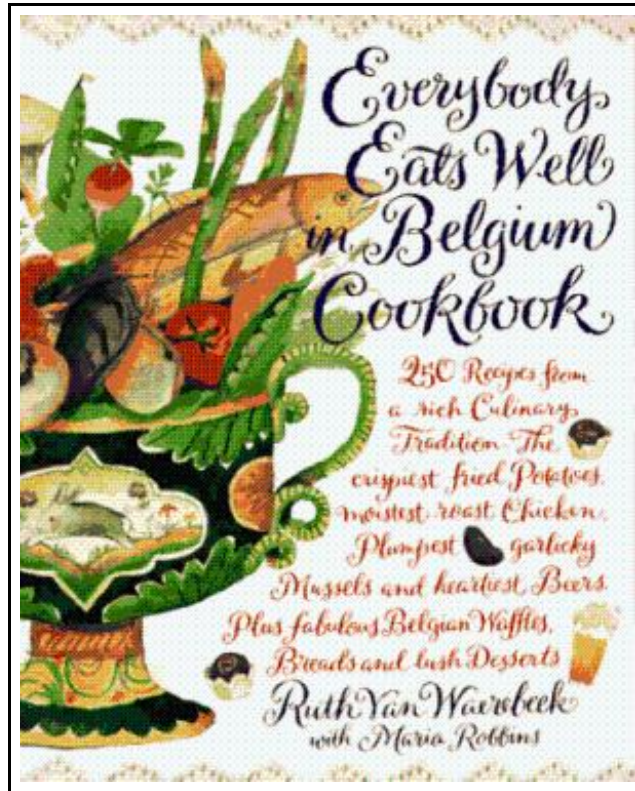


## Everybody Eats Well in Belgium Cookbook



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*(Mr. Sigrid Swaniawski PhD)*

## EVERYBODY EATS WELL IN BELGIUM COOKBOOK



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Workman Publishing Company, 1996. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: EUROPE'S BEST-KEPT SECRET APPETIZERS, SALADS, AND SMALL PLATES A cool herring salad at a summer picnic, a slice of deeply flavored pork liver pate with prunes on a winter's eve, creamy country cheese packed with garden-fresh herbs anytime-these are just a few of the dishes that serve as starters for a lingering evening meal or snacks for a lazy Sunday afternoon. SOUPS Today, as they have for centuries, hearty broths simmer through the night over wood-burning stoves in deep rural Belgium. Come morning, they'll find their way into soups respendant with the season's bounty: tangy potato buttermilk soup, heady with freshly grated nutmeg, bold tomato soup laden with tiny delicately spiced meatballs, and deep green spinach soup laced with sorrel. FISH AND SHELLFISH No matter where you are in Belgium, the sea is never far. And in this fish-lover's paradise, seafood is celebrated-from the national dish, steamed tender mussels served with crispy Belgian fries to juicy eels basking in a luxurious lemony cream sauce to firm fresh herring baked en papillote with herbed butter. POULTRY AND GAME In days gone by, a humble stewed hen was the centerpiece of the frugal Belgian farmer's Sunday meal, while extravagant city dwellers dined lavishly on crisp roast chickens. At either table, it was a feast. Some other notable bird preparations: partridge and red cabbage simmered in rich, dark ale and poached chicken blanketed in a lemon veloute sauce. MEAT Long a mainstay of the national cuisine, meat is still king of the Belgian kitchen. In a manner befitting royalty, robust, succulent cuts of beef, pork, lamb, and venison are stewed in hearty red wine, pungent mustard, and sauteed with piquant gin and juniper berries. COOKING...



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