



# Extra Virgin: Cooking with Olive Oil

*Clare Ferguson*

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## **Extra Virgin: Cooking with Olive Oil** Clare Ferguson

Extra virgin is the best olive oil - the cream of the crop. It's the most delicious, the most versatile, and the right oil to choose for your health. In *Extra Virgin* Clare Ferguson takes you on a culinary journey using this most inspiring ingredient - to discover its history, how it is made, how the trees are grown, how the fruit is harvested and pressed. There are double-page feature spreads on the great olive-oil-producing regions of the world from Northern and Southern Italy, Greece, and Spain to the newer estates in California, Australia, and New Zealand. For each region Clare helps you to understand the unique flavor and character of its oil. Above all, *Extra Virgin* shows you how to cook with this healthful and delicious oil. There are over 60 simple-to-prepare recipes that include Spicy Chile Clam Chowder, Provencal Roast Chicken, Catalan Spinach with Pine Nuts, and sweet treats such as Greek Honey Cake and Orange Polenta Cake, all photographed by Peter Cassidy.

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