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Lost Arts: A Celebration of Culinary Traditions

Lynn Alley

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Hand-cured olives, home-baked bread, fresh goat cheese: Before Whole Foods and Trader Joe's, the only way to enjoy these pure and simple flavors was to make them the old-fashioned way-by hand. This charming little guide will teach you how to blend your own mustards, crush grapes for wine, bottle vinegar at home, and more. Sure, you can buy these things at the neighborhood farmers market, but Alley's instructions are so easy, you'll be inspired to add her age-old techniques to your culinary repertoire. The sumptuous recipes at the end of each chapter enable you to put the fruits of your labor to good use.

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