



The Great Courses: The Everyday Gourmet: The Joy of Mediterranean Cooking

By Chef Bill Briwa

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Mediterranean cooking is one of the most flavorful, fresh, and varied cuisines in the culinary canon—not to mention one of the most healthful styles of eating in existence. Numerous studies have demonstrated this oil-abundant diet's power to reduce your risk for heart disease, and there's evidence linking it with the potential to prevent diabetes and cancer as well. And it just so happens that it's also simple to prepare and a pleasure to eat. Across 16 informative, inspirational lessons, *The Everyday Gourmet: The Joy of Mediterranean Cooking* reveals how you can revitalize your culinary repertoire and take full advantage of the benefits of a Mediterranean diet by creating iconic regional dishes right in your own kitchen. Presented by Bill Briwa, a renowned chef-instructor at the prestigious Culinary Institute of America, this course is filled with detailed demonstrations of the techniques, ingredients, and signature dishes that make Mediterranean cuisine so delectable to the palate and beneficial for your well-being. Dish after satisfying dish, you'll see that this healthful approach is far from a "diet" in the restrictive or temporary sense. Rather, it's truly a way of life—and a wonderfully robust, vibrant one at that. Whether you're searching for culinary inspiration or a more heart-healthy way of life, look no further. From the very first lesson, you'll be ready to start experimenting in the kitchen—and fully convinced that healthy food can be delicious food.

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