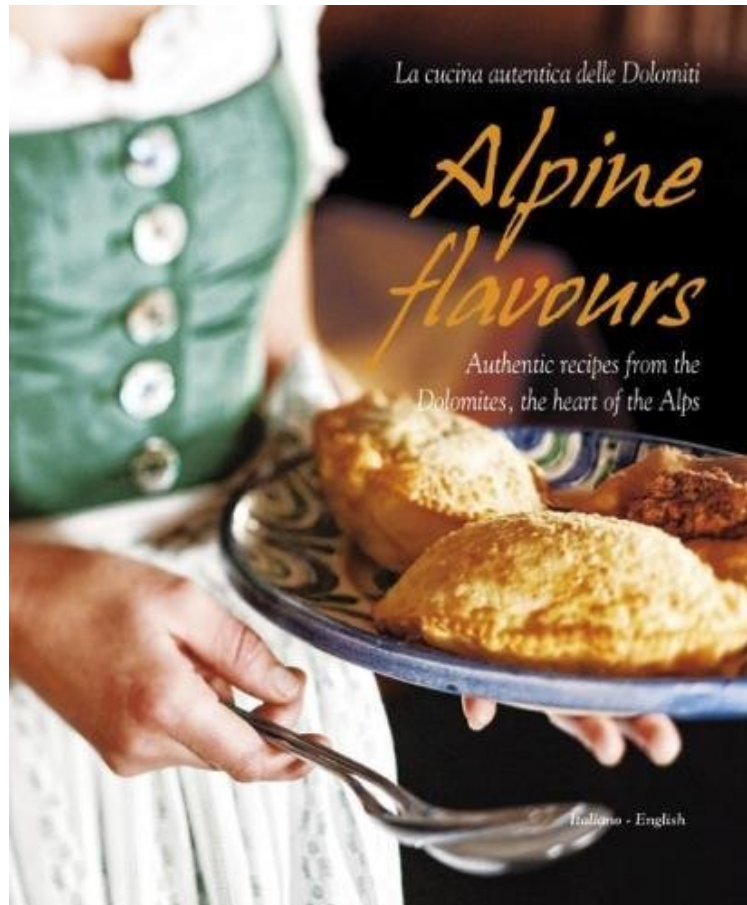


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## Alpine Flavours: Authentic recipes from the Dolomites, the heart of the Alps

*Miriam Bacher, Franco Cogoli*  
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The traditional dishes of the Italian region of Dolomites stem from traditional farm cooking and are still cooked and enjoyed today. Their history, which spans centuries, is kept alive thanks to families who have handed down these recipes from one generation to the next. There are delicious first courses, hearty meat dishes, doughnuts and desserts, cold and warm delicacies. ALPINE FLAVOURS includes 80 traditional recipes that anyone can prepare. The extraordinary photographs, detailed glimpses into Dolomites and its inhabitants, enrich the book, giving a clear sense

of the traditions, landscapes, regional products, mountains, and valleys of South Tirol.