



# Calabria in Cucina: The Flavours of Calabria

*Valentina Oliveri*

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## **Calabria in Cucina: The Flavours of Calabria** Valentina Oliveri

"Calabria in Cucina" contains authentic, regional recipes, as well as local food traditions and classic wine from the Sila Mountain range to the white cliffs of the Vaticano Cape, close to Tropea. The easy-to-follow recipes are written by Chef Valentina Oliveri, owner of the restaurant L'Elibelinde, based in Rende (Cosenza).

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