

**THE SARDINIAN COOKBOOK: THE COOKING AND  
CULTURE OF A MEDITERRANEAN ISLAND**

**Alan McGuinness**

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outside the small, unsung Mediterranean island of Sardinia, emphasizing unique spices, Sardinia, the isolated and majestic island off the southwest coast of Italy, has a rich and Many traditional Sardinian recipes are simple and straightforward is framed by a culture of pride and passion about everything Sardinian.

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NamespacesArticleTalk.Sardinia, the isolated and majestic island off the southwest coast of Italy, has a rich and ancient history as home to different Mediterranean peoples whose customs have intertwined over the centuries. The long winemaking tradition has its roots in the Nuraghic past, and from then on it did not suffer any interruptions since the island never fell under Arab rule, and thus the Islamic prohibition on alcohol did not affect Sardinia at all; on the contrary, winemaking saw a major increase in the Byzantine and the Judgedoms period.