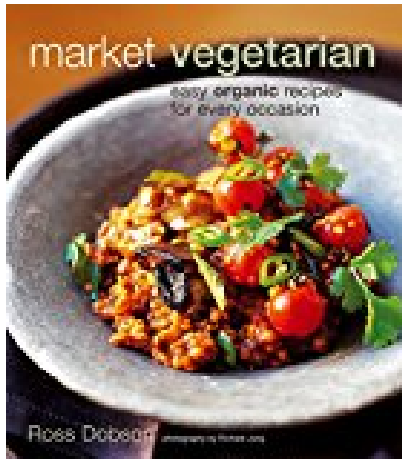


Market Vegetarian



BOOK DETAILS

- Author : Ross Dobson
- Pages : 160 Pages
- Publisher : Ryland Peters & Small
- Language : English
- ISBN : 1845977203

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BOOK SYNOPSIS

Cooking with fresh, organic produce is healthy and simple. Ideas for tasty Light Bites include Courgette and Mint Fritters with Spicy Tomato Jam - perfect for sharing. Midweek Meals has great ideas for healthy food in a hurry. Try an Asparagus, Sweetcorn and Goat's Cheese Frittata. Soups and Stews make perfect one-pot meals such as a Smoky Hotpot of Great Northern Beans. Saturday Night Suppers features recipes for when you have more time to spend in the kitchen. Treat your friends to Tagliatelle with Portobello Mushrooms, Chestnuts and Chives or Home-made Cheese with Roasted Beetroot, Fennel and Pine Nuts. Ideas for Baking include savoury pies, gratins and bakes - ideal for entertaining or the family. Try Swiss Chard, Feta and Egg Pie. Finally, scrumptious Sweet Things to try include Nectarine and Pistachio Crumble.

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