

Fresh and Wild Cookbook

A Real Food Adventure



Ysanne Spevack

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**Fresh and Wild Cookbook:
A Real Food Adventure**

«HarperCollins»

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Fresh and Wild is the hippest and most successful organic supermarket chain in the UK. Now organic cookery queen Ysanne Spevack has joined forces with Fresh and Wild to bring us a book packed with recipes using organic, healthy and adventurously unusual ingredients. With 100 wholesome, tasty and easy-to-prepare recipes, this book answers all your questions on unusual new and trendy foodstuffs. From quinoa grain to wasabi, many foods in delicatessens and organic supermarkets are unfamiliar to the British cook. This book has been designed to unleash the adventurer in all of us. Like Nigella's Domestic Goddess and The River Cottage Cookbook, the recipes are accompanied by fascinating stories and details – a real social, historical and geographical smorgasbord for any food lover. The sort of recipe book which makes a great armchair read. Contains tips useful to newcomers and committed organic consumers alike, such as:– choosing produce for ideal taste, according to appearance and texture– buying, storage and preparation for tonight's meal and beyond

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A REAL FOOD ADVENTURE

YSANNE SPEVACK



For fresh thinkers and wild spirits

... dedicated to all those who've had enough of
blandness, both in and out of the kitchen, and who
make the world a tastier and better place to
get fresh and be wild.

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