

Fresh and Wild Cookbook

A Real Food Adventure



Ysanne Spevack

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Fresh and Wild Cookbook:
A Real Food Adventure

Аннотация

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

Содержание

CONTENTS

7

Конец ознакомительного фрагмента.

12

FRESH
& WILD

**A REAL FOOD
ADVENTURE**

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.**

CONTENTS

Cover

Title Page

Dedication

Introduction

Breakfast

Buckwheat Blintzes

Parses Parsley Potatoes 'n' Eggs

Granola

Hot Rice Congee

Apple Porridge

Gamut of Kamut

Jo's Porage

Savoury Scrambled Tofu

Lunch

Squid and Salchichón

Tomorrow's Tamales

Lawrence Cake

Nori Sushi Wraps

Ham Gram Flan

Coral's Kasha

Tempeh, Tsuyu, Carrot

Cod's Roe Fajitas

Slow Roasted Garlicky Tomatoes

Cheeky Chilli Chocolate Mushrooms

Steamed Scallops, Clams, Cockles and Mussels

Smörgåsbord

Dinner

Funky Fried Fish

Braised Leg of Welsh Mountain Mutton

Seitan and Burdock Stir-Fry

Savoury Bread and Butter Pudding

Fishy on a Dishy

Benares Tarka Dhal

Easy as Pie – Fragrant Duck and Chaterelle Pie

Romantic Cornish Gurnard

Slow Beef, Nameko and Apricot Stew

Octopus Stew

Tofu, Wakame and Lotus Root Stir-Fry

Vegetarian Haggis

Nut Rice Not Risotto

Sweet Things

Apple and Chestnut Tempura

Vacherin Mont d'Or

Chocolate Tagliatelle

Big Orange Ravioli

Amazake and Apple Cinammon Lasagne

Green Apple, Green Grape

Rice Pudding

Janet's Ice Cream

Poached Quinces

Rooibosch Tea Cakes

Orange, Almond and Brandy Tarts

Amazake Chocolate Cake

Soups & Salads

Smoked Salmon Chowder

Minted Green Pea Soup

Proper Beefy Onion Soup

Real Miso Soup

Japanese Squash Soup

Chicory, Chard and Custard Consommé

Summer Thai Soup

Leek, Shiitake, and Maitake Soup

Leafy Summer Salad

Raw Roots with Orange, Ginger and Nut Dressing

Leafy Winter Salad

Sea Vegetable Salad

Moroccan Couscous

Red Camargue Rice

Balsamic Beets

Barley Salad

Breads & Spreads

Phat Green Flat Bread

Boozy Beer Bread

Cumin Chapatis

Caribe Chilli Tortillas

[Quinoa Grissini](#)

[Caraway Potato Bagels](#)

[Essene Bread](#)

[Sweet Orange Nut Bread](#)

[Zahtar Starter](#)

[Cherry Chocolate Spread](#)

[Fresh Crab Pâté](#)

[Baba Ganoush](#)

[Pukka Dukkah Spread](#)

[Umeboshi Squashy Spread](#)

[Yeasty Butter Bean Spread](#)

[Kooky Aduki](#)

[Kids' Stuff](#)

[Vegetable Jelly](#)

[Sticky Chestnuts](#)

[Punky People](#)

[Mochi](#)

[Tamari Nuts and Seeds](#)

[Roasted Chips](#)

[Roasted Pumpkin Seeds](#)

[Maitake in Honey](#)

[Knickerbocker Glory](#)

[Spelt Mountains](#)

[Bedtime Amazake](#)

[Juices & Smoothies](#)

[Why Organic?](#)

Resources

With Thanks to ...

Index

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