

Jenny Bristow



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Jenny Bristow is back with "A Taste of Sunshine", a new collection of recipes inspired by the Mediterranean lifestyle. Combining rustic simplicity and a love of healthy, hearty eating, Jenny's recipes present Mediterranean food at its mouthwatering best: focaccias and honey-drenched breads; crisp salads and savoury tarts; hearty soups

and stews; oil-rich fish and crunchy vegetables; desserts bursting with cherries, plums and figs. Using the freshest local produce - seasonal fruit and vegetables, fragrant herbs, cheeses, wine, a little meat, lots of fish and, of course, olive oil - Jenny brings the Mediterranean back home and creates over eighty dishes to suit all occasions, from tomato and ricotta tart and lemon risotto to crusted lemon sole in a white wine sauce and poulet basquaise. Happily, the Mediterranean diet is also based on a sensible attitude to the sweeter things in life, so you'll find a tempting range of delicious desserts in Jenny's new collection, including tarte Tatin, lemon and rosehip panna cotta and oven-roasted peaches in lavender and honey. Accompanying the new "UTV" series, "A Taste of Sunshine" sparkles with Jenny's enthusiasm for cooking and zest for life. This new collection will ensure that the sunshine flavours, aromas and colours of the Mediterranean stay with you the whole year through.

作者介绍:

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