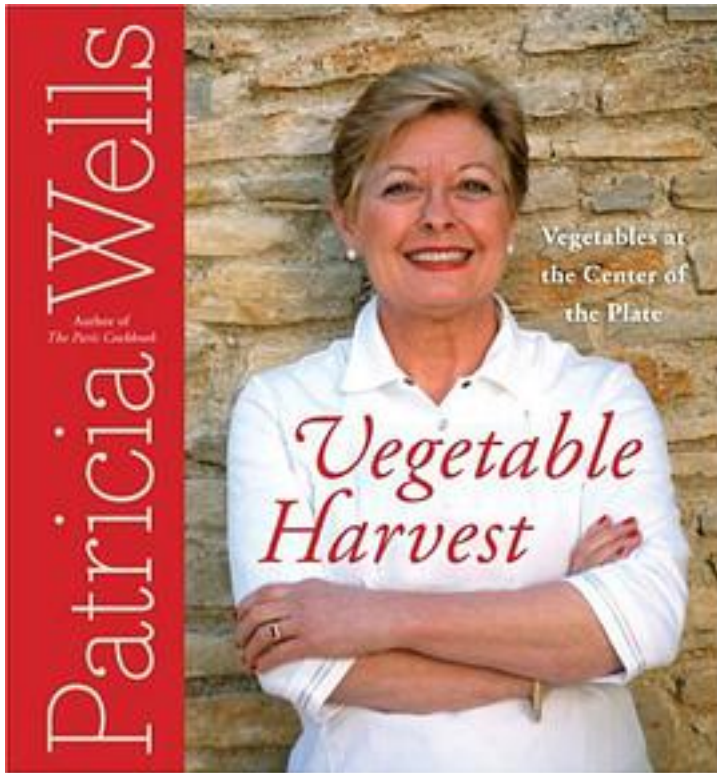


Vegetable Harvest



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著者:Patricia Wells

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The potager , or French vegetable garden, represents the very best of French cuisine: fresh, flavorful, and easily accessible for home cooks everywhere. In *Vegetable Harvest* , Patricia Wells presents a collection of recipes inspired by the garden she tends at her home in Provence. No one has done more than Patricia to bring the art and techniques of French cooking into American kitchens. Now, in her tenth cookbook, she covers every kind of produce favored by French cooks from north to south. In addition, there are charming profiles of French farmers, home gardeners, and cooks, with sixty-five stunning color photographs. From arugula to zucchini, Patricia offers up a wealth of

dishes that incorporate vegetables, herbs, nuts, legumes, and fruits fresh from the garden. And her recipes aren't limited to summer's bounty—there are plenty for fall squash and winter potatoes, too. The recipes in Vegetable Harvest include everything from appetizers, soups, and salads, to meats, poultry, and pasta. There are classics like Spicy Butternut Squash Soup, Roast Leg of Lamb with Honey and Mint Crust, and Pea and Mint Risotto, as well as innovative new dishes that are sure to become time-honored favorites, such as Potato-Chive Waffles with Smoked Salmon, Capers, and Crème Fraîche, Tomato and Strawberry Gazpacho, and Zucchini Blossoms Stuffed with Goat Cheese and Basil. To finish your meal with a flourish, there are decadent, fruity desserts like Pistachio-Cherry Cake with Cherry Sorbet, Rhubarb-Berry Compote in Grenadine, and Crunchy Almond-Pear Cake. In addition, there is a chapter on pantry staples that includes Patricia's recipes for Zesty Lemon Salt, Truffle Butter, and Fresh Cilantro Sauce. And while Patricia's wonderful dishes sound sinful, they are in fact quite healthful, low in fat and calories; nutritional information is given for each recipe. With Vegetable Harvest , you'll be eating the best nature has to offer—fresh, flavorful produce—all year round.

作者介绍:

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