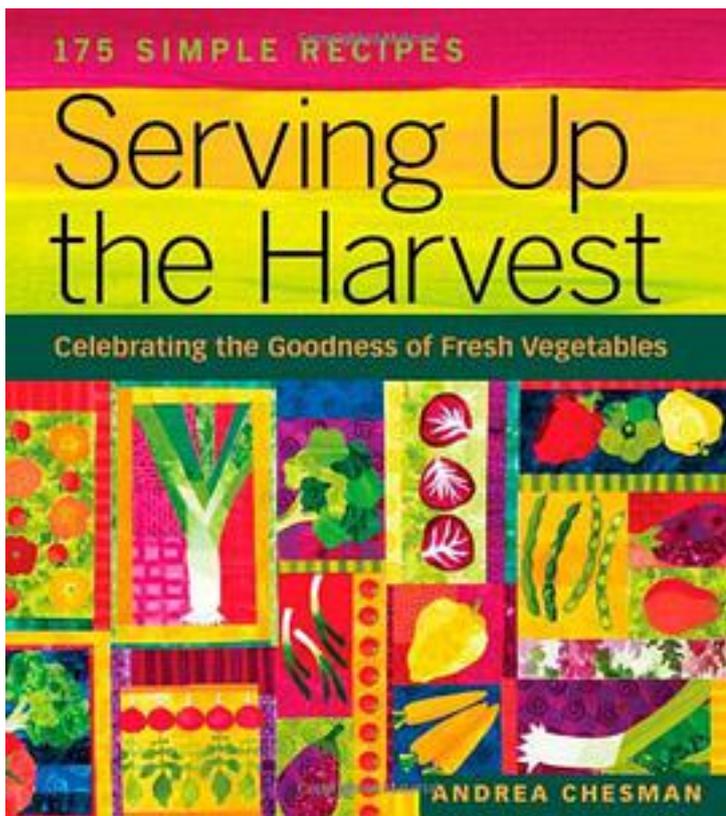


Serving Up the Harvest



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Chesman knows what it's like to be facing pounds of perishable vegetables, and as she developed 175 recipes that place garden freshness centre stage, she followed these guidelines: simple, delicious, and harmonized with the growing seasons. The vegetables are organised by crop readiness, with many recipes following the wisdom that vegetables that ripen together taste good together. Popular techniques such as roasting and grilling bring out the flavour in recipes such as Grilled Chicken and

Asparagus Salad, Roasted Leek Tart, Soy-Sesame Grilled Eggplant, and Maple Roasted Carrots. Main-dish and side salads abound such as: Beet and New Potato Salad, Warm Mushroom Salad, Spinach Salad with Feta and Pecans, Everyday Tomato-Cucumber Salad. And the deep flavours of autumn are celebrated in braised Belgian endives, brussels sprouts with pecans and cranberries, and chocolate chip carrot cake. "Serving Up The Harvest" is an inspirational collection for everyone who wants to enjoy fresh, local, seasonal vegetables with every meal.

作者介绍:

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