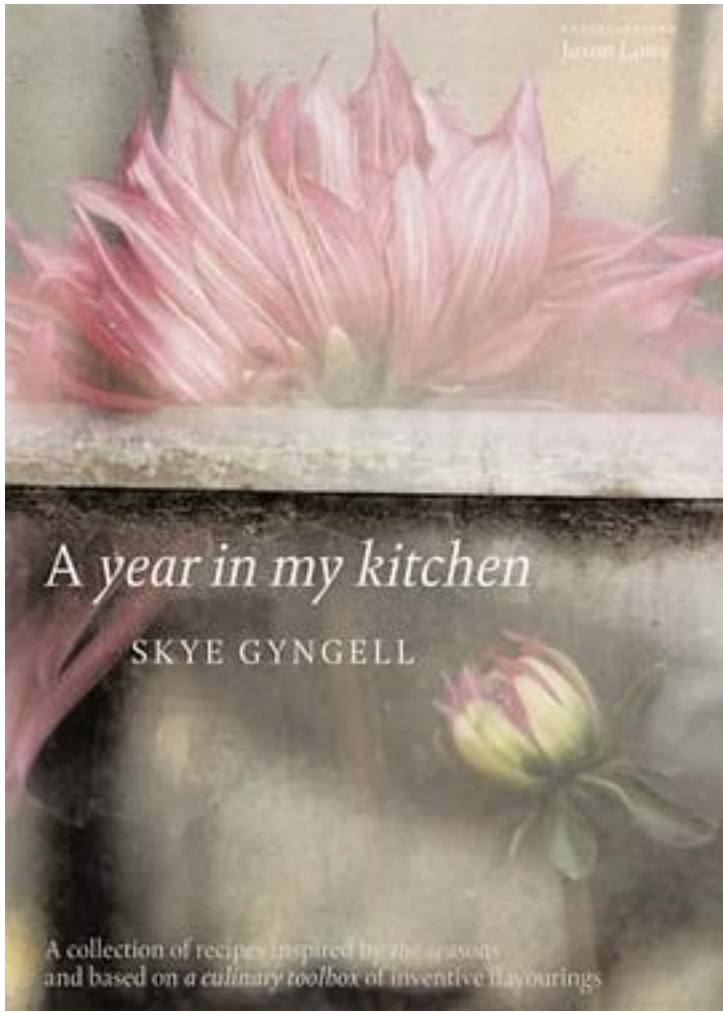


A Year in My Kitchen



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出版者:Quadrille Publishing Ltd

出版时间:2006-10-20

装帧:Hardcover

isbn:9781844003372

"A Year in My Kitchen" is destined to become one of the

classic cookbooks and consolidate the already remarkable reputation of its author Skye Gyngell, as one of the most inspirational chefs cooking today. As food editor for "Vogue" magazine and "The Independent on Sunday", and chef of the Petersham Nurseries Cafe, a magical 'town-meets-country' oasis in southwest London, Skye's refreshingly original approach to cooking yields superb results. Her unfussy but intensely flavourful food is based on the components of her culinary 'toolbox' - ingredients and flavourings that Skye uses to 'build' her dishes from earthy base note flavours to the fresh top notes that make the dish 'sing'. Seasonally inspired and produce led, Skye maintains that her secret is 'not to mess with good ingredients - just to turn the volume up'. The recipes in the book are an absolute treasure trove of dishes especially created to make the most of ingredients at their seasonal best. Try a refreshing springtime Panade of Broad Beans with Crisp Parma Ham, Mint and Ricotta; a summertime treat of Pan-roasted Chicken with Lentils, Roasted Tomatoes and Basil Oil; a warming Sweet Potato and Ginger soup in autumn; and Spicy Meatballs with Coriander and Sour Cherries to cheer you through the dark winter days. Simple, clean and clear flavours are the prevailing characteristics and the food sings in the mouth as well as visually on the plate. Her enthusiasm for great-tasting food is conveyed on every page, providing a constant source of inspiration.

作者介绍:

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