

# IRRESISTIBLE VEGETABLES GOOD COOKS COLLECTION S.



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Irresistible Vegetables, The Cookbook offers you a host of fresh and imaginative ideas. With these easy-to-prepare dishes you will find many ways to enjoy both familiar and more unusual vegetables Our recipes show how each vegetable can contribute its own particular quality to become the main character of the meal.

This is not a vegetarian cookbook, but with such a selection of appetising and wholesome light and main courses,

you could live well on vegetable fare. For best results choose vegetables that are in season and fresh at the market. Herbs add a special touch to a dish, and as many are associated with certain vegetables, we have included a chart of favourite culinary herbs. Try the delicious sauces and dressings in The Final Touch section as quick and easy ways to enhance a vegetable and to bring out its own special flavour. The practical hints and tips on food preparation, freezing, microwave and conventional cooking techniques featured throughout the book will help you produce a dish that is as pleasing to the eye as it is to the palate. As always we have our handy Check-and-Go boxes which appear beside each ingredient so you are able to add those ingredients that you do not have to your shopping list. Our recipes for delicious vegetables will be enjoyed by all who love good food.

作者介绍:

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