

Fresh from the Farmers' Market



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著者:Janet Fletcher

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Sporting a gorgeous new cover, "Fresh From the Farmers' Market" just got a little fresher. With more and more home cooks falling in love with the unbeatable flavour of farm-fresh fruits and vegetables, there has never been a better time to showcase seasonal fruits and vegetables at mealtime. For inspiration, they can turn to this wonderfully useful cookbook - a celebration of market bounty in luscious colour photographs and more than 75 mouth-watering recipes, each organised by season and then by alphabet. Each delicious soup, salad, entree and dessert makes the most of the season's bet. Author Janet Fletcher guides shoppers through the market, sharing tips on selection and storage as well as advice from the farmers themselves, so readers can turn peak-season produce into delicious eating, year-round. Each season's offerings are better than the one before: Make the most of the spring harvest with Pappardelle with Asparagus and Fava Beans or Spinach Salad with Roasted Betts and Feta. Turn summer's produce into velvety Roasted Corn Soup, Spaghetti with Red and Gold Cherry Tomatoes and a Blackberry Macaroon Torte. In autumn, the farmer's market may inspire a fennel and Prosciutto Gratin, a Sweet Potato and Chestnut Soup, or an Apple and Dried Berry Crisp. Even winter, in many regions, offers full-flavoured produce for dishes, such as Baked Leeks with Cream and Tarragon, Braised Red Cabbage with Pears and Winter Garden Pasta. With its simple, seasonal recipes and

expert shopping advice, "Fresh from the Farmer's Market" will delight a whole new generation of those who appreciate produce at its farm-fresh best.

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