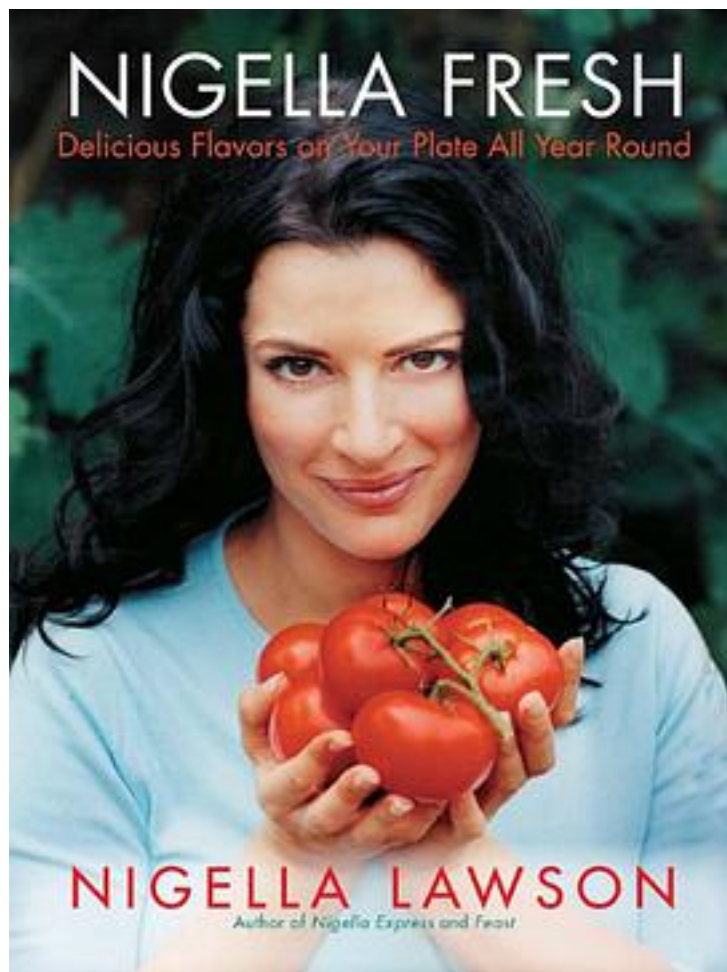


# Nigella Fresh



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著者:Nigella Lawson

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"Ms. Lawson brings to life the sensual aspects of cooking, helping you understand not only what you are after, but also the pleasure of the journey."

-- New York Times "Nigella is an icon; a smart sexy woman who promulgates the idea that it might be fun or even relaxing to make time to cook again."

-- Gourmet In Nigella Fresh , Nigella Lawson shows readers how to prolong that warm summer feeling through even the darkest days of winter. Fresh, innovative, versatile, and delicious, this is an irresistible and wide-ranging volume full of summery recipes that can be eaten at any time--from succulent Spanish and Italian dishes to the fragrant mezze of the Eastern Mediterranean; from roasted vegetables and barbecued sea bass, Moroccan roast lamb and Mauritian prawn curry, to food that conjures up the traditional strawberries-and-cream feel of an English summer afternoon or Indian-summer evening at home. And to top it all off, there is a fabulous selection of unusual ice creams and melt-in-your-mouth desserts. The constant in the recipes is simplicity, freshness, and enjoyment: easy cooking and easy eating. Written with her characteristic flair and passion, Nigella Fresh will delight Nigella's legions of fans.

作者介绍:

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