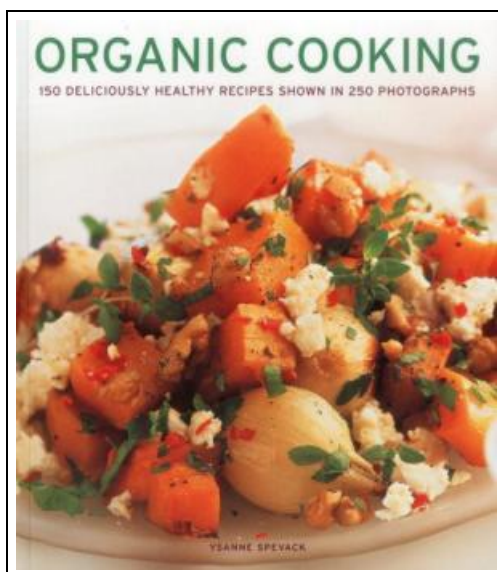


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ORGANIC COOKING: 150 DELICIOUSLY HEALTHY RECIPES SHOWN IN 250 PHOTOGRAPHS



Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Organic Cooking: 150 Deliciously Healthy Recipes Shown in 250 Photographs, Ysanne Spevack, This tile features 150 deliciously healthy recipes shown in 250 photographs. you can enjoy the very best organically grown food with these fantastic recipes, each complete with a nutritional breakdown to help you plan a healthy diet. The recipes follow the changing pattern of the seasons, with chapters on Spring, Summer, Autumn and Winter, each presenting a wealth of recipes for appetizers, main courses and desserts. The many irresistible dishes include Marinated Salmon with Avocado Salad, Winter Farmhouse Soup, Chicken with Cashew Nuts, Fillets of Brill in Red Wine Sauce, and Fragrant Fruit Salad. This is a comprehensive guide to organic eating is packed with advice on selecting and preparing the best produce, and the nutritional benefits of a wide range of ingredients. Great tasting food starts with using the best ingredients - and that means going organic. But organic cooking is about more than just taste; it is also an entire movement, encompassing natural farming methods, fairer trade and a closer link to fresh, seasonal produce. This book will show you how to make the best use of organic ingredients. There are 150 glorious recipes, including dishes such as Roast Leg of Lamb, Fillets of Sea Bream in Filo Pastry, Thai Beef Salad, Tabbouleh, Roasted Garlic and Squash Soup, and Spiced Poached Kumquats. The book features a guide to the full range of organic ingredients now available, and is packed with information on the many nutritional and health benefits of organic food.



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