

## Bread River Cottage Handbook No 3

In the tenth River Cottage Handbook, Nikki Duffy shows how to grow and cook with herbs. Herbs are the most liberating and confidence-boosting of ingredients: grow some and you feel like a proper gardener, bring some into the kitchen and you feel like a proper cook. They allow you to experiment and bring individuality to your cooking while, at the same time, anchoring you in sound culinary tradition because herbs are often responsible for those key flavours that 'make' a dish. Not only that but they are a step on the road to a more self-sufficient, homegrown, organic way of eating. In the first part of the book, Nikki explains how to get the most from herbs. She outlines the basic choosing, picking and using guidelines. The second part is a catalogue of herbs, each with grow-your-own notes, flavour descriptions and mini-recipes. Among the forty herbs that Nikki describes are basil, bay, bergamot, chives, coriander, dill, fennel, horseradish, hyssop, marigold, marjoram, mint, parsley, perilla, rocket, rosemary, sage, scented geranium, tarragon, thyme, wild garlic and winter savory. Following this are over fifty wonderful and adaptable recipes for everything from herb-scented cakes and biscuits to soups, stuffings and tarts, where more than one herb is, or can be, used. With an introduction by Hugh Fearnley-Whittingstall and full-colour photographs, Herbs is a must-have book for every kitchen.

TV's Paul Hollywood conveys his love of bread-making in this collection of fantastic recipes. He reveals all the simple techniques you need to make this staple food and shows you that baking bread is far easier than you could possibly have imagined. 100 Great Breads features a wide range of recipes, from a basic brown and white loaf to savoury and sweet, Mediterranean, traditional and ancient breads.

In the ninth River Cottage Handbook, Mark Diacono explains how to nurture and grow your own garden fruit. Growing fruit at home is a delicious and altogether more enjoyable alternative to buying it in the shops. Mark Diacono offers a practical and accessible guide to making the most of your garden and what it has to offer. The first part of the book is an A-Z of the different varieties of fruit, with old favourites like apples, cherries, plums, blackcurrants, white currants, redcurrants, strawberries, blueberries, gooseberries, raspberries and rhubarb as well as more exotic species like figs, grapes, cranberries, Japanese wine berries and apricots. Each is accompanied by a photograph, with detailed advice on when and how to grow and harvest. In the second part of the book, Mark gives straightforward guidelines on techniques like pruning and training, as well as how to deal with problems or pests. There is a section dedicated to growing under covers and in containers. Introduced by Hugh Fearnley-Whittingstall and with 30 delicious recipes, beautiful, full-colour photographs and a directory of useful addresses, this is the ideal reference for any aspiring fruit grower.

British iconoclast and sustainable food champion Hugh Fearnley-Whittingstall goes back to basics in this guide to simple, everyday home cooking. In River Cottage Every Day, Hugh shares the dishes that nourish his own family of three hungry school-age kids and two busy working parents—from staples like homemade yogurt and nut butters to simple recipes like Mixed Mushroom Tart; Foil-Baked Fish Fillets with Fennel, Ginger, and Chile; and Foolproof Crème Brûlée. Hugh brings his trademark wit and infectious exuberance for locally grown and raised foods to a wide-ranging selection of appealing, everyday dishes from healthy breakfasts, hearty breads, and quick lunches to all manner of weeknight dinners and enticing desserts. Always refreshingly honest, but without sermonizing, Hugh encourages us to build a close relationship to the sources of our food and become more involved with the way we acquire and prepare it. But he doesn't shrink from acknowledging the challenges of shopping and cooking while juggling the demands of work and family. So while Hugh offers an easy recipe

for homemade mayonnaise, he admits to having a jar of store-bought mayo lurking in the fridge, just like the rest of us! Including helpful and encouraging advice on how to choose the finest meat, freshest fish, and most mouthwatering fruits and vegetables, River Cottage Every Day shows us that deliciously prepared and thoughtfully sourced meals can be enjoyed every day of the year.

In the eighth of the River Cottage Handbook series, PamCorbin offers an appealing guide to baking perfect cakes

Infamous creators of the Sex Bomb and Baby Googoo - The Icecreamists are passionate about ice cream and the business of sin. Drawn to the mix of childhood fantasy and adult indulgence, The Icecreamists achieved instant notoriety with their breast milk ice-cream in 2009. With a rich variety of both summer and winter treats, The Icecreamists are famous for their cutting-edge flavours and creations. This is where ice cream meets cocktails, with concoctions including the vodka-infused Miss Whiplash and the Molotoffee Cocktail, as well as the devilish Toast Mortem. The Icecreamists' closely-guarded recipes are revealed here for the first time in simple, easily lickable recipe formats so you can recreate the authentic experience at home.

Nothing beats a really good cheese. These days you can buy great dairy products locally, made using high-quality ingredients and with a unique flavour of their own. The next step is to try your hand at making yoghurt, labneh, mozzarella and even delicious matured cheeses yourself. The River Cottage ethos is all about knowing the whole story behind what you put on the table; and as Steven Lamb explains in this thorough, accessible guide, the key ingredient is milk. He shows you exactly what to do to take it from its liquid form to a wide range of dairy products, from clotted cream to a washed-rind cheese. There are also plenty of gorgeous recipes that make the most of cheese and other dairy goods – as you'd hope, they involve such pleasures as dunking carbs into a pot of melty cheese; biting down on a delicate cheese wafer; or whipping up the best ever cheesecake. With an introduction by Hugh Fearnley-Whittingstall and plenty of helpful photographs, this book is the indispensable guide to crafting and enjoying cheese and other dairy products.

A thoroughly practical guide to catching, preparing and cooking sea fish, from the bestselling River Cottage Handbook series From renowned fishing expert Nick Fisher comes this concise and beautifully illustrated guide to fishing along British coastline. All that's needed is a beach, pier, harbour, estuary or boat. Nick covers all the basics, such as when and where to go fishing, and then profiles the sea fish that you are likely to catch (each one clearly photographed), covering their conservation status, season, habitat and method of catching. Next he gets down to the nitty gritty, with a guide to tackles, rods, reeds, rigs, knots and bait, and step-by-step advice on all the sea fishing techniques. And for once you've made your catch, there are 30 delicious recipes from River Cottage.

'Exactly the kind of person you want to lead you through Christmas... a comprehensive volume' Diana Henry, Sunday Telegraph Christmas at River Cottage encapsulates the very best that the season has to offer, guiding you from the autumn equinox, through advent and Christmas, and merrily into the new year with inspiration, traditions and indispensable recipes for every festive occasion. These are recipes that have been honed over the years and are rooted in the River Cottage foundations of tradition, seasonality and sustainability. As well as the ultimate versions of all the classics, there are a whole host of new ideas for showstopping centrepieces, sparkling cocktails, prep-ahead canapes, edible gifts, livening up leftovers, as well as some of Hugh Fearnley-Whittingstall's festive favourites. And accompanying all of this are tips from Lucy and Hugh on planning ahead, making natural decorations, effortlessly feeding a crowd and orchestrating the great Christmas Dinner so you'll also be able to find the magic along the way.

In Fermentation, Rachel de Thample shines a light on one of the oldest methods of preserving food, which is just as relevant today, and shows you how to produce delicious and health-boosting ferments in your own kitchen. There are more than 80 simple recipes to make

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everything from sauerkraut and sourdough, kimchee and kombucha, to pickles and preserves, accompanied by thorough explanations of how the fermenting process works. With little more than yeast and bacteria, salt and time, a whole realm of culinary possibilities opens up. With an introduction by Hugh Fearnley-Whittingstall and plenty of helpful step-by-step photographs, this book will bring the art of fermentation to your kitchen.

Paul Hollywood is Britain's favourite master baker. His new book is all about bread - how to make it and how to use it. But while it's all very well making a lovely loaf of bread, can you guarantee that it won't be wasted? You know those times when you have a lovely crusty loaf, fresh from the oven, and you have a horrible feeling that after the initial excitement is over, half of it's going to get pushed aside and not eaten...? Well, maybe it's time to bring bread back into mealtimes for real. Not only does Paul teach you exactly how to make a variety of breads, but for each one there is a spin-off recipe that shows you how to make a fantastic meal of it. The book has six chapters, each with five bread recipes - plus the spin-off recipes for main courses. Not only are Paul's recipes delicious but they are also foolproof, with comprehensive step-by-step photographs. Try your hand at a basic white bloomer, which can become a savoury picnic loaf; stilton and bacon rolls, which are excellent served with celery soup; fluffy crumpets, which become the base for eggs Benedict; flatbreads, which are a natural pairing with chickpea masala; ciabatta, which the Italians have traditionally used as a base for tomatoey panzanella; pizza bases, which can become home-made fig, Parma ham and Gorgonzola pizzas; or white chocolate and raspberry bread, which makes for the best summer pudding you've ever tasted. Tying in with the BBC2 television series, Paul Hollywood's Bread is all that you could want from a book and more. Get baking!

In the thirteenth River Cottage Handbook, Steven Lamb shows how to cure and smoke your own meat, fish and cheese. Curing and smoking your own food is a bit of a lost art in Britain these days. While our European neighbours have continued to use these methods on their meat, fish and cheese for centuries, we seem to have lost the habit. But with the right guidance, anyone can preserve fresh produce, whether living on a country farm or in an urban flat – it doesn't have to take up a huge amount of space. The River Cottage ethos is all about knowing the whole story behind what you put on the table; and as Steven Lamb explains in this thorough, accessible guide, it's easy to take good-quality ingredients and turn them into something sensational. Curing & Smoking begins with a detailed breakdown of any kit you might need (from sharp knives to sausage stuffers, for the gadget-loving cook) and an explanation of the preservation process – this includes a section showing which products and cuts are most suitable for different methods of curing and smoking. The second part of the book is organised by preservation method, with an introduction to each one, and comprehensive guidance on how to do it. And for each method, there are, of course, many delicious recipes! These include chorizo Scotch eggs, salt beef, hot smoked mackerel, home-made gravadlax ... and your own dry-cured streaky bacon sizzling in the breakfast frying-pan. With an introduction by Hugh Fearnley-Whittingstall and full-colour photographs as well as illustrations, this book is the go-to guide for anyone who wants to smoke, brine or air-dry their way to a happier kitchen.

In the first of the River Cottage Handbook series, mycologist John Wright uncovers the secret habits and habitats of Britain's thriving mushrooms - and the team at River Cottage explain how to cook them to perfection. In the first of the River Cottage Handbook series, mycologist John Wright explains the ins and outs of collecting, including relevant UK laws, conservation notes, practical tips and identification techniques. He takes us through the 72 species we are most likely to come across during forays in Britain's forests and clearings: old friends the Chanterelle and Cep, as well as a whole colourful host of more unfamiliar names - edible species including the Velvet Shank, the Horn of Plenty, the Amethyst Deceiver, the Giant Puffball and the Chicken in the Woods, and poisonous types such as the Sickener, the Death Cap

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and the Destroying Angel. The handbook is completed by more than 30 simple and delicious mushroom recipes from the River Cottage team. With colour photographs throughout, line drawings, a user-friendly Key and an introduction by Hugh Fearnley-Whittingstall, the River Cottage Mushroom Handbook is a comprehensive and collectable guide, destined to be an indispensable household reference.

In this new addition to the award-winning collection, River Cottage master preserver Pam Corbin helps you transform the abundance of your garden (and your friends' and neighbors' gardens) into everything from jams and jellies to vinegars and sauces. The River Cottage farm, established by British food personality Hugh Fearnley-Whittingstall to promote high-quality, seasonal, and sustainable food, has inspired a television series, restaurants and classes, and a hit series of books. Now, with The River Cottage Preserves Handbook, learn to make everything from simple Strawberry Jam to scrumptious new combinations like Honeyed Hazelnuts, Nasturtium "Capers," Onion Marmalade, Spiced Brandy Plums, and Elixir of Sage, plus a pantryful of butters, curds, pickles, chutneys, cordials, and liqueurs.

In the third of the River Cottage Handbook series, Daniel Stevens explains the ins and outs of baking, and inspires us to abandon ready-sliced loaves for a world of delicious breads baked at home. First, Daniel examines the key ingredients in baking (flour, yeast, salt and water), explains the science behind the seemingly alchemic processes, and advises on the right kit to get started. He then demonstrates how to make yeast and non-yeast breads, as well as enriched doughs and home-started sourdough, and includes sixty recipes, covering everything from the simple white loaf and familiar classics such as ciabatta, naan and pizza bread, to fresh new challenges like potato bread, rye, tortilla, croissants, doughnuts and bagels. The handbook is completed by full-colour photographs throughout, including step-by-step photos, instructions for building your own bread oven, and a directory of equipment and useful addresses.

Hugh's River Cottage Veg Every Day! became the UK's best-selling vegetable cookbook, persuading us through sheer temptation to make vegetables the mainstay of our daily cooking. In this much-anticipated follow-up, Hugh delivers more irresistible recipes, and this time, takes things one step further. Fuelled by his passionate belief that plant foods should be the dominant force in our kitchens, Hugh has put cheese, butter, cream, eggs, and refined flour and sugar firmly to one side. Instead, he uses veg, fruit, wholegrains, nuts, seeds, spices and cold-pressed oils to explore the length and breadth of what can be achieved with natural, unprocessed plant foods. River Cottage Much More Veg! makes it clear that unadulterated ingredients are the very best building blocks for delicious and healthy meals. In typical Hugh style, the recipes are easy, utterly foolproof and delicious. All but a handful are gluten-free, and at least half the dishes require 20 minutes (or less) hands-on work time. With recipes such as Roast squash and chickpeas with spicy apricot sauce, Blackened cauliflower with pecans and tahini, Spiced beetroot, radicchio and orange traybake, Celeriac and seaweed miso broth, Seared summer cabbage with rosemary, chilli and capers, and Baked celery agrodolce, River Cottage Much More Veg! demonstrates how easy it is to make versatile, plentiful and delicious vegetables the bedrock of your diet.

Recipes for the whole family.

Adam Leonti started a movement--now with Flour Lab, he puts fresh flour within reach for all home bakers with this informative and authoritative guide on making, baking, and cooking with flour milled from whole grains, which includes 20 tentpole recipes. In Flour Lab, the new definitive book on flour, chef Adam Leonti shows you the best tools and techniques for making flour that is better-tasting and more nutritious than pre-ground flours. He gives expert tips on where to source wheat, how to mill at home, and how to work with different grains. Here, too, he specifically addresses the idiosyncrasies of working with freshly milled flour as opposed to what's found on supermarket shelves. Twenty recipes for breads, pasta, pizza, cakes, and pastries serve as a practical instruction for using fresh flour in a variety of ways.

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Advance praise for Flour Lab "Bread lovers of all skill levels are sure to find themselves returning to this one time and again. This unique and practical collection of standards stands out."--Publishers Weekly (starred review)

In the twelfth River Cottage Handbook, John Wright explains how to home-brew and make your own tipples. What could possibly beat a cool pint of beer down the pub or a lazy glass of wine at your favourite bar? The answer is: home-brewed beer or your very own brand of wine. With this, the twelfth in the River Cottage Handbook series, the inimitable John Wright shows exactly how easy it is to get started. You don't need masses of space to make alcohol at home, and if you follow the simple instructions, you won't be faced with exploding bottles in the cellar. But don't forget, it's all about experimentation and finding out what works for you. Booze is divided up by alcohol type, from beer, cider and wine to herbal spirits and fruit liqueurs. Each section starts with an introduction to the basic techniques, methods and other useful information, before giving recipes for delicious tipples like rhubarb wine, sparkling elderflower wine, mead, cherry plum wine, orange beer, lager, real ginger beer, sweet cider, zubrovka vodka, amber spirits, rose infusions, blackberry whiskey, pomegranate rum, chestnut liqueur, mulled cider and there's even a hangover cure thrown in for good measure. With an introduction from Hugh Fearnley-Whittingstall and full-colour photographs as well as illustrations, Booze is a home-brewer's book with a kick.

This text is more than just a collection of Hugh's recipes. It's also a friendly, practical guide to the River Cottage lifestyle, with advice on rearing your own meat, growing your own vegetables, and tapping into the free wild harvest.

Recipes and reflections from Hugh Fearnley-Whittingstall, with an emphasis on seasonality.

In the seventh of the River Cottage Handbook series, John Wright explores the culinary delights of the British hedgerow. Hedgerows, moors, meadows and woods - these hold a veritable feast for the forager. In this hugely informative and witty handbook, John Wright reveals how to spot the free and delicious pickings to be found in the British countryside, and how to prepare and cook them. First John touches on the basics for the hedgerow forager, with an introduction to conservation, safety, the law, and all the equipment that you may need. Next he guides you through the tasty edible species to be found. Each one is accompanied by photographs for identification, along with their conservation status, habitat, distribution, season, taste, texture and cooking methods - not forgetting, of course, some fascinating asides and diversions about their taxonomy and history. Fifty species are covered, including bilberries, blackberries, raspberries, common mallow, dandelions, hedge garlic, horseradish, pignuts, nettles, sloes, sweet chestnuts, water mint, bulrushes and wild cherries. After this there is a section describing the poisonous species to steer clear of, with identifying photographs as well as warnings about nasty 'lookalikes'. Finally, there are thirty delicious recipes to show how you can make the most of your (edible) findings. Introduced by Hugh Fearnley-Whittingstall, Hedgerow is an indispensable household reference, and an essential book to have by your side for every trip into the countryside.

BreadBloomsbury Publishing

Gluten is found in an extraordinary number of foods, yet it can be problematic for so many of us. Whether you need to cut gluten out of your diet or you're cooking for friends and family with gluten intolerance, River Cottage Gluten Free will provide the tools you need to gain inspiration and navigate mealtimes. Nutrition expert Naomi Devlin gives clear advice for gluten-free eating – including detailed guidance on alternative flours, methods of fermentation and delicious baking ideas. She offers 120 ingenious recipes for breakfasts, bread, pastry, soups, salads, snacks, main meals and puddings, including Prosciutto and egg muffins, Blinis with crème fraîche and smoked salmon, Leek and bacon quiche, Courgette hummus, Blackberry bakewell tart, Luscious lemon cake and Chocolate fondants. With an introduction by Hugh Fearnley-Whittingstall and helpful tips from Naomi throughout, this definitive gluten-free cookbook will add fresh vitality to your cooking and

eating, and a host of recipes to make you feel great.

In *Outdoor Cooking*, Gill Meller explains every aspect of cooking out in the open. He will take you back to basics with a guide to building the perfect fire, and reinvigorate your summer barbecue by cooking bread on it, grilling Indian-style kebabs, smoking fish or roasting succulent joints of meat. You can also find out how to make the most of a pizza oven or Kamado-style clay barbecue (popularised by the Big Green Egg) and, if you're feeling adventurous, there are comprehensive instructions for spit roasting larger pieces of meat or making a smouldering earth oven. With an introduction by Hugh Fearnley-Whittingstall and plenty of mouth-watering photographs, this book will rekindle your passion for the great outdoors and spark new ideas for creative cooking in the wild.

Funny, outrageous, passionate, and unrelenting, Vogue's food writer, Jeffrey Steingarten, will stop at nothing, as he makes clear in these forty delectable pieces. Whether he is in search of a foolproof formula for sourdough bread (made from wild yeast, of course) or the most sublime French fries (the secret: cooking them in horse fat) or the perfect piecrust (Fannie Farmer--that is, Marion Cunningham--comes to the rescue), he will go to any length to find the answer. At the drop of an apron he hops a plane to Japan to taste Wagyu, the hand-massaged beef, or to Palermo to scale Mount Etna to uncover the origins of ice cream. The love of choucroute takes him to Alsace, the scent of truffles to the Piedmont, the sizzle of ribs on the grill to Memphis to judge a barbecue contest, and both the unassuming and the haute cuisines of Paris demand his frequent assessment. Inevitably these pleasurable pursuits take their toll. So we endure with him a week at a fat farm and commiserate over low-fat products and dreary diet cookbooks to bring down the scales. But salvation is at hand when the French Paradox (how can they eat so richly and live so long?) is unearthed, and a "miraculous" new fat substitute, Olestra, is unveiled, allowing a plump gourmand to have his fill of fat without getting fatter. Here is the man who ate everything and lived to tell about it. And we, his readers, are hereby invited to the feast in this delightful book.

Hugh Fearnley-Whittingstall covers the practical basics of cooking with meat - everything you'll need to know about choosing the best raw materials and understanding the different cuts - before offering recipes for 150 classic dishes.

A comprehensive collection of 200+ recipes that embrace vegetarian cuisine as the centerpiece of a meal, from the leading food authority behind the critically acclaimed River Cottage series. Pioneering champion of sustainable foods Hugh Fearnley-Whittingstall embraces all manner of vegetables in his latest cookbook, an inventive offering of more than two hundred vegetable-based recipes, including more than sixty vegan recipes. Having undergone a revolution in his personal eating habits, Fearnley-Whittingstall changed his culinary focus from meat to vegetables, and now passionately shares the joys of vegetable-centric food with recipes such as Kale and Mushroom Lasagna; Herby, Peanuttty, Noodly Salad; and Winter Stir-Fry with Chinese Five-Spice. In this lavishly illustrated cookbook, you'll find handy weeknight one-pot meals, pure and simple raw dishes, and hearty salads as well as a chapter of meze and tapas dishes to mix and match. A genuine love of vegetables—from delicate springtime asparagus to wintry root vegetables—permeates *River Cottage Veg*, making this book an inspiring new source for committed vegetarians and any conscientious cook looking to expand their vegetable repertoire.

In the fourteenth River Cottage Handbook, Gill Meller shows how to keep pigs and cook with pork. Keeping a herd of pigs

brings a lot of enjoyment – they are curious, intelligent and (often) lovable animals, with plenty of character. When the time comes, they can provide you with a fine carcass that can be turned into all manner of tasty things. The River Cottage ethos is all about knowing the story behind what's on the plate, and as Gill Meller explains in this accessible and comprehensive guide, by rearing and butchering your own pigs you'll be able to create a full range of delicious pork products in the most sustainable, economical and hands-on way possible. *Pigs & Pork* gives expert advice on choosing whether to keep your own pigs, on sourcing them and setting up their home, and on feeding and caring for them. Gill also explains how you can arrange for the pigs' eventual slaughter, and how to find a good butcher or carry out your own butchery at home and identify the different cuts of meat. And even if you are buying your pork from the butcher, there is plenty to inspire. In the mouth-watering recipe section you will find the ultimate roast pork, farmhouse pâtés, pork scratchings, brawn, sausages, rillettes, pork pies, Scotch eggs and black pudding, as well as instructions for how to home-cure your own bacon, ham and salami. And of course, there are guidelines for setting up a proper hog roast to cater for large numbers, River Cottage-style – simply the perfect fare for an outside gathering. Whether you are just after the secret to sensational crackling, or you want to go the whole hog and set up your own sty, this book will guide you on the road to pork heaven.

A practical guide to baking seasonal, local, organic bread at home.

In the eleventh River Cottage Handbook, bestselling author Mark Diacono gives recipes and comprehensive guidance for keeping chickens. Chickens are a fantastic addition to a garden or outdoors space - you don't have to live in the back of beyond to have a few clucking around and giving you fresh eggs. They come in all shapes and sizes: some are layers, some are just born to strut. Mark Diacono begins at the basics, showing how you can raise chickens from eggs, and look after them once they start laying their own. The first part of *Chicken & Eggs* explains how to think ahead about what kind of chickens you want and how many to get, whether you are going for a breed that lays eggs regularly, or that you might eventually use for eating, or that simply looks decorative. You can choose from Orpingtons, Derbyshire redcaps, Muffed Old English Game, Leghorns and many more.

'This is a book about feeding children, but these recipes are for adults too. I don't think there should be any sharp distinctions between 'baby food', 'children's food' and 'grown-up food'. It's a spectrum the whole family can be on, the food each person eats becoming a little more sophisticated and seasoned as they mature.' Nikki Duffy brings the River Cottage ethos to feeding children, and shows that it's never too early to involve the youngest family members in mealtimes. Her delicious seasonal purées and simple, wholesome recipes put the needs and wants of babies and toddlers first, whilst offering up dishes that will delight adults too. With clear advice on nutrition and weaning, *The River*

Cottage Baby & Toddler Cookbook is the perfect starting point for your child's great food adventure. Start the day with breakfasts like blueberry pancakes, apple muesli or eggy bread, followed by simple and delicious meals like fishcakes, meatballs, shepherd's pie, home-made pizza, falafel, mackerel pâté, pea risotto or roasted fish with tomato sauce. Nice little puddings include baby baked apples with chocolate, rhubarb crumble and a classic rice pudding. With an introduction by Hugh Fearnley-Whittingstall, this book will put real food on the table for the whole family to share.

In Eat Better Forever, Hugh Fearnley-Whittingstall gives you all the tools to improve your eating habits, and therefore your life - permanently. And to help it all happen, he's added his 100 healthiest recipes yet. In this ground-breaking book, instead of promising a gimmicky single-fix solution to the challenge of healthy eating, Hugh extracts the knowledge, advice and healthy habits, from cutting edge research into the obesity crisis, to produce 7 simple strategies that will transform your diet and your health. Starting with the blissfully simple message that we all need to Go Whole, he leads us away from the industrial junk and processed foods that are doing so many of us so much harm and returns us to the real foods that nurture us and keep us well. Everything that follows is clear, believable and achievable. From sorting the good carbs from the bad, learning not to fear fat, and looking after our gut, to renegotiating the foods we call 'drinks' and being mindful of when to eat...and when to take a pause... Hugh guides us to a better way of eating that will last us our whole lives. It's all offered up with reassuring tips and switches that help us act on the vital knowledge he imparts. And the 100 recipes that come with it, and their endless variations, make for a lifetime of healthy eating.

What could possibly beat a cool pint of beer or a glass of wine at your favorite bar? The answer is: home-brewed beer or your very own brand of wine. With this, the twelfth in the River Cottage Handbook series, the inimitable John Wright shows exactly how easy it is to get started. You don't need lots of space to make alcohol at home, and if you follow the simple instructions, you won't be faced with exploding bottles. But don't forget, it's all about experimentation and finding out what works for you. Booze is divided by alcohol type, from beer, cider, and wine to herbal spirits and fruit liqueurs. Each section starts with an introduction to the basic techniques, methods, and other useful information, before giving recipes for delicious beverages like rhubarb wine, sparkling elderflower wine, mead, cherry plum wine, orange beer, lager, real ginger beer, sweet cider, zubrovka vodka, amber spirits, rose infusions, blackberry whiskey, pomegranate rum, chestnut liqueur, mulled cider, and there's even a hangover cure thrown in for good measure. With an introduction from Hugh Fearnley-Whittingstall and full-color photographs as well as illustrations, Booze is a home-brewer's book with a kick.

In the eighth of the River Cottage Handbook series, Pam Corbin offers an appealing guide to baking perfect cakes. Baking is the most comforting and entirely satisfying of the culinary arts - making a cake is not only a sumptuous process



in its own right but the end result is entirely delicious. Pam Corbin offers the voice of experience, setting out basic techniques and recipes that will guarantee success. This is traditional baking at its very best, with over 75 adaptable recipes including Macarons, Meringues, Fairy Cakes (and their counterpart - Gnome Cakes), the classic Victoria Sandwich, Rhubarb Pudding Cake, Walnut Cake, Banana Breakfast Muffins, Orange Cake with Earl Grey Icing, and the glorious Battenberg Cake with its distinctive pink and yellow checks. As a finishing touch, there is a section devoted to sweet embellishments like feather icing, crystallised violets and chocolate leaves. Say goodbye to sinking sponges and brittle brownies with this comprehensive guide to the heavenly world of cake making, introduced by Hugh Fearnley-Whittingstall.

In the fourth River Cottage handbook, Mark Diacono tells us everything we need to know to create our own productive, organic garden, no matter where we live. Drawing directly from his experience as an acclaimed climate-change gardener, and of setting up a kitchen garden from scratch for River Cottage, Mark explains the practical aspects of organic growing, introduces us to a whole world of vegetables we may not have previously considered, and does away with alienating gardening jargon once and for all. Mark begins with a catalogue of vegetables that will grow in this country, explaining for each their benefits, what varieties to go for, dos and don'ts, and popular culinary uses. He then invites us to create a wish list of foods, and shows us his own list from his early gardening days. Next, he explains how to turn this wish list into a coherent kitchen garden plan appropriate for our space, whether it be a patch of acidic soil, a roof-top garden or an allotment, whether we put on our wellies in every free moment or are 'time-poor' gardeners. Then he puts all the theory into practice, showing us how to look after nutrients in the soil, how to resist pests and diseases, and how to make our garden sustainable and organic. In clear, concise sections we learn about seed trays, supporting plants with climbing structures, mulching, composting, companion planting, irrigation and promoting pollination, and there are additional tables showing sowing and harvesting times, plant sizes, and alternative varieties of plants for different sites. About thirty recipes and a directory of useful addresses finish the book, and the handbook is complemented by bright colour photography throughout. Practical and inspiring, with a textured hard cover and an introduction by Hugh Fearnley-Whittingstall, Veg Patch is destined to join Handbooks No. 1, 2 and 3 as an indispensable household reference.

THE SUNDAY TIMES BESTSELLER "GENIUS ... CHANGED THE WAY I'M GOING TO EAT FROM NOW ON ...

THESE SANDWICHES ARE EPIC!" THE HAIRY BIKERS Max's Sandwich Book is the perfect guide to an exciting lunch and the perfect gift for the sandwich lover in your life (even if it's you). Max Halley owns Britain's most amazing sandwich shop. After working in some of the country's best restaurants, he realised that the sandwich, humanity's greatest invention, was due a renaissance. So Max decided to open his own place and reinvent the sandwich forever. Inside this

book you will find: · Award-winning creations from his shop · Inspired variations on classic sandwiches · Brilliant, delicious ways to use your leftovers · Sandwiches for breakfast · Sandwiches for dinner · Sandwiches for dessert · And more than 100 recipes for making your own ingenious creations at home. Ham, Egg & Chips never tasted so good. Max is the owner of Max's Sandwich Shop in Crouch End, winner of the Observer Food Monthly Award for Best Cheap Eat in 2015. "Amazing" Russell Norman, author of Polpo "Max is a sensation!" Meera Sodha "The Ham, Egg & Chips is the best sandwich I've ever eaten in my life" Simon Rimmer, Sunday Brunch "Very, very good" Evening Standard

A savory spin on Swedish baking, pantry, and party cuisine from the coauthor of Fika. An illustrated cookbook on the classic breads and savory foods of a Swedish smörgåsbord that can be enjoyed for parties and holidays as well as for snacking and small meals. Includes traditional and contemporary Swedish recipes for dishes such as Rye Bread, Chicken Liver Pate, Elderflower Cured Trout, Fresh Cheese, Swedish Deviled Eggs, Buttery Red Cabbage, and infused aquavit liqueurs.

The formidable River Cottage team turns their attention to all matters aquatic in this definitive guide to freshwater fish, saltwater fish, and shellfish. Hugh Fearnley-Whittingstall and Nick Fisher examine the ecological and moral issues of fishing, teach individual skills such as catching and descaling, and offer a comprehensive (and fascinating) species reference section. They also demystify the cooking of fish with 135 recipes for preparing fish and shellfish in diverse ways, from pickling to frying to smoking. This ambitious reference-cookbook appeals to both intellect and appetite by focusing on the pleasures of catching, cooking, and eating fish while grounding those actions in a philosophy and practice of sustainability. The authors help us understand the human impact on the seafood population, while their infectious enthusiasm for all manner of fish and shellfish—from the mighty salmon to the humble mackerel to the unsung cockle—inspires us to explore different and unfamiliar species. Fish is superlative food, but it's also a precious resource. The River Cottage Fish Book delivers a complete education alongside a wealth of recipes, and is the most opinionated and passionate fish book around.

COOKERY / FOOD & DRINK ETC. This lovely box set contains the following titles: 9781408836057 Mushrooms 9781408836064 Preserves 9781408836071 Bread 9781408836088 Veg Patch 9781408836095 Edible Seashore 9781408836101 Sea Fishing 9781408836118 Hedgerow 9781408836125 Cakes 9781408836132 Fruit 9781408836149 Herbs.

We all occasionally suffer a guilty conscience about those languishing ingredients that stay untouched in the fridge or cupboard for days: the bendy carrots, the wilting salad, the foil-wrapped roast chicken, the rock-like bread and that little nugget of Cheddar... In this new pocket bible, Hugh Fearnley-Whittingstall offers nifty and creative ideas to transform

leftovers into irresistible meals. Hugh starts by giving practical advice for cooking on a weekly basis with leftovers in mind – helping to save money and avoid waste – and provides tips on how best to store your ingredients to make them last for as long as possible. Hugh then gives handy recipe templates that can be applied to all kinds of leftover ingredients, and provides simple and flexible recipes. He shows, for instance, how you can transform leftover meat into Chilli beef noodles, Stew enchiladas, Spicy chicken salad with peanut butter dressing; surplus root vegetables into Roast root hummus, Quick lentil and parsnip curry and Beetroot and caraway seed cake; spare eggs into Hazelnut roulade and easy Macarons. He also gives ingenious ideas for Christmas leftovers, shows how to assemble a delicious meal in under ten minutes, and how to make simple store-cupboard suppers. With more than 100 recipes, gorgeous photographs and illustrations, this is the ultimate companion for everyone's kitchen – and you'll never be bored of leftovers again.

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