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KEY=THE - GREYSON BROWN

The Groundnut Cookbook

Penguin UK *The Groundnut Cookbook is an African cookbook by friends Duval Timothy, Jacob Fodio Todd and Folayemi Brown. They are three energetic, imaginative Londoners set to change the face of African food with their cookbook packed full of gorgeous full-colour photography and easy-to-follow, fresh and healthy recipes. Learn how to prepare classics like their namesake Groundnut Stew, and Jollof Rice, alongside innovative offerings like their Avocado Ice Cream or Puna Yam Cake. The Groundnut Cookbook will make you wonder why it's taken you this long to explore Africa's culinary gems*

Food From Across Africa

Recipes to Share

HarperCollins *Discover the amazing cuisine of Africa with this beautiful full-color cookbook featuring classical and modern African dishes. With its diverse, delicious flavors, African food is “some of the best on the planet,” yet remains little known to many in the wider world. To introduce this wonderful cuisine, Duval Timothy, Jacob Fodio Todd, and Folayemi Brown started their popular bi-monthly London supper club The Groundnut to showcase the food of their childhoods, dishes that reflect their heritage in Western and Eastern Africa. Based on their sold-out events, Food from Across Africa features both traditional recipes, many of which have been passed down through the generations, as well as experimental dishes using new ingredients and combinations: from the fragrant and ubiquitous West African dish, jollof rice, to innovative modern offerings like aromatic star anise and coconut chicken served in a steaming plantain leaf. Food from Across Africa includes nine complete menus with dishes that complement and enhance one another—from cocktails and juices to main courses, vegetables, sides, and desserts. Instead of making explicit distinctions, the menus represent the way these dishes fit together, whether attached by season, dominant flavors, or by another unifying point of inspiration. Easy to follow and cook, each recipe includes a short history and uses ingredients found in local markets. Pork in Tamarind, Mustard Prawns, Baked Broccoli Falafel, Pineapple Jam, Spinach & Green Bean Salad with Peanut Pesto, Banana Almond Cake, Pickled Peppers, Baked Plantain, and much more—the mouthwatering fare in Food from Across Africa is meant to be eaten communally, with family, friends, and neighbors, and enjoyed with all the senses. “Our food encourages tactility, with influences form our childhoods growing up eating freshly picked mangoes sprinkled with salty chili powder, being served juice in a peeled, cored, and squeezed orange and hand rolling and dunking balls of eba into okra soup then straight into your mouth.” A celebration of a fascinating and flavorful culture, bursting with dozens of gorgeous full-color photos, Food from Across Africa is a bounty of delights, presenting food that is simple, balanced, beautiful, and fabulous to share.*

Foods of Sierra Leone and Other West African Countries

A Cookbook

AuthorHouse *Foods of Sierra Leone and other West African countries is a unique cookbook focusing on West African foods many of which have a global appeal. It is loaded with overwhelming details about these foods as well as interesting personal food stories that will delight children and adults alike. In addition, the book exposes the reader to many delectably tasty recipes for dishes like jollof rice, various soups and stews, the fascinating groundnut soups and stews, the delicious cassava leaf sauce, okra sauces, beans sauces, other mixed sauces and many more including vegetarian variations of some of the sauces. Food lovers will learn how traditionally Western vegetables like spinach, collard green, swiss chard and many others can be cooked using West African recipes. All these are lavishly presented by a West African national who was born and brought up in the region, and has lived in the region cooking and eating these foods for more than 50 years.*

Afro-vegan

Farm-fresh African, Caribbean & Southern Flavors Remixed

The rising star chef, food activist and author of The Inspired Vegan remixes foods of the African diaspora to outline creative but comprehensive vegan recipes for such options as Corn Maque Choux-Stuffed Jamaican Patties, Groundnut Stew and Crispy Teff-Grit Cakes. 17,500 first printing.

Zoe's Ghana Kitchen

An Introduction to New African Cuisine – From Ghana With Love

Voracious *Remix classic Ghanaian dishes for the modern kitchen in a cookbook that is "bright, bold, and bursting with flavor" (Bryant Terry) and “provides a new perspective and a sense of wonder for Ghanaian cooking” (Sicily Sierra) Celebrated cook and writer Zoe Adjonyoh passionately believes we are on the cusp of an African food revolution. First published to widespread acclaim in the United Kingdom, Zoe’s Ghana Kitchen began as a pop-up restaurant in London featuring dishes such as Pan-Roasted Cod with Grains of Paradise, Nkruma (Okra) Tempura, Cubeb-Spiced Shortbread, and Coconut and Cassava Cake. Soon those dishes evolved into this tempting and celebratory cookbook, newly revised and updated for American cooks. Join Zoe as she shares the beauty of Ghana’s markets, culture, and cuisine, and tells the evocative story of using these tastes and food traditions to navigate her own identity. Whether you are familiar with the delights of Ghanaian cuisine or new to the bold flavors of West Africa, this book contains inspiration for extraordinary home cooking, in dishes such as: Simple Fried Plantains Red Red Stew Red Snapper and Yam Croquettes Bofrot Doughnuts Nkatsenkwan (Peanut Butter Stew with Lamb) Jollof Fried Chicken Ghana-fied Caesar Salad and more With flexible recipes for hearty salads, quick and wholesome dinners, flavorful feasts, and much more, Zoe’s Ghana Kitchen brings truly exciting and flavor-packed dishes into your kitchen. This is contemporary African food for simply everyone.*

Flavour

Eat What You Love

Random House Over 170 recipes – sweet and savoury – for every day, every budget, every taste, in a cookbook that puts your appetite first from the Sunday Times top ten bestselling author of *Eat Up*. Organised by ingredient, *Flavour* helps you to follow your cravings, or whatever you have in the fridge, to a recipe. Creative, approachable and inspiring, this is cooking that, while focusing on practicality and affordability, leaves you free to go wherever your appetite takes you. It is a celebration of the joy of cooking and eating. Ruby encourages us to look at the best ways to cook each ingredient; when it's in season, and which flavours pair well with it. With this thoughtful approach, every ingredient has space to shine; including store cupboard staples. These are recipes that feel good to make, eat and share, and each plate of food is assembled with care and balance. Including Hot and Sour Lentil Soup, Ghanaian Groundnut Chicken Stew, Glazed Blueberry Fritter Doughnuts, Mystic Pizza and Carrot and Feta Bites with Lime Yoghurt, this is a cookbook that focuses above all on flavour and freedom – to eat what you love.

Cooking the East African Way

Lerner Books [UK] 9 yrs+

Anthropologist'S Cookbook

Routledge First published in 1997. Routledge is an imprint of Taylor & Francis, an informa company.

Peanuts Cook Book

Cool World Cooking

Fun and Tasty Recipes for Kids!

Scarletta Press Give up-and-coming chefs a chance to explore the foods of the world! This international cookbook has over 50 recipes from 6 different cultures and introduces readers to world geography and authentic, easy-to-make recipes that taste great. Learn about African, French, Italian, Mexican, Middle Eastern, and Japanese and Chinese cooking. Each kid-tested recipe includes step-by-step instructions and how-to photos. Tools and ingredients lists are also provided, along with pronunciation guides when needed. So grab an apron and prepare for a tasty adventure! Books include: ingredients & tool lists, visual index of cooking terms, world map with highlighted areas, step-by-step instructions and photos, and allergy & safety information.

Cooking with Love

Comfort Food that Hugs You

Simon and Schuster Collects one hundred twenty-five recipes that adapt favorite comfort foods for overall taste enhancement, including spicy carrot ginger soup, chicken pot pie and five-flavor pound cake.

The Lee Bros. Charleston Kitchen

Clarkson Potter Provides one hundred recipes inspired by the Charleston, South Carolina region, including flounder in parchment with shaved vegetables, Huguenot torte, and shrimp and grits.

Best of Regional African Cooking

A gourmet's tour of Africa, from North African specialties like chicken tajin with olives and lemon to Zambian groundnut soup and Senegalese couscous. This book includes more than 240 recipes that deliver the flavours of each region: North, East, West, Central and South Africa.

The Cooking Gene

A Journey Through African American Culinary History in the Old South

HarperCollins 2018 James Beard Foundation Book of the Year | 2018 James Beard Foundation Book Award Winner in Writing | Nominee for the 2018 Hurston/Wright Legacy Award in Nonfiction | #75 on *The Root100* 2018 A renowned culinary historian offers a fresh perspective on our most divisive cultural issue, race, in this illuminating memoir of Southern cuisine and food culture that traces his ancestry—both black and white—through food, from Africa to America and slavery to freedom. Southern food is integral to the American culinary tradition, yet the question of who "owns" it is one of the most provocative touch points in our ongoing struggles over race. In this unique memoir, culinary historian Michael W. Twitty takes readers to the white-hot center of this fight, tracing the roots of his own family and the charged politics surrounding the origins of soul food, barbecue, and all Southern cuisine. From the tobacco and rice farms of colonial times to plantation kitchens and backbreaking cotton fields, Twitty tells his family story through the foods that enabled his ancestors' survival across three centuries. He sifts through stories, recipes, genetic tests, and historical documents, and travels from Civil War battlefields in Virginia to synagogues in Alabama to Black-owned organic farms in Georgia. As he takes us through his ancestral culinary history, Twitty suggests that healing may come from embracing the discomfort of the Southern past. Along the way, he reveals a truth that is more than skin deep—the power that food has to bring the kin of the enslaved and their former slaveholders to the table, where they can discover the real America together. Illustrations by Stephen Crofts

The Anthropologists' Cookbook

Routledge *Le Stockfish? Ghanaian Groundnut Stew? Hawaiian Lau Laus? Chugach Eskimo Chowder? Whatever your tastes may be, these are just a few of the choice contributions collected by Jessica Kuper from anthropologists all over the world to create a gastronomic galaxy that no global gourmet will want to be without. More than a mere roll-call of remarkable recipes, this book provides a feast of insights into the varied phenomena of intercultural cuisine from an anthropological point of view, ranging from an examination of the significance of special dishes through general discussions about the preparation of food in different cultures, to an analysis of the symbolic and structural significance of food and eating.*

Afro Vegan

Family Recipes from a British-Nigerian Kitchen

- *Vibrant plant-based dishes fusing African and European flavors from a young British-Nigerian cook - Includes almost 50 recipes* *Introducing Zoe Alakija, a London-based cook, whose rich recipes blend modern British flavors with the rich colors and tastes of her Nigerian upbringing. African food in general, and Nigeran food in particular, is on the rise in the UK and dishes like cheesy kokoro and nutty plantain brownies take European vegan food far beyond the more muted flavors and colors that we are used to. Zoe's immaculate balance of tastes combined with playful presentation ensures these are recipes to remember for those willing to explore broader, more environmentally responsible horizons.*

Sundays at Moosewood Restaurant

Ethnic and Regional Recipes from the Cooks at the

Simon and Schuster *Since its opening in 1973, Moosewood Restaurant in Ithaca, New York, has been synonymous with creative cuisine with a healthful, vegetarian emphasis. Each Sunday at Moosewood Restaurant, diners experience a new ethnic or regional cuisine, sometimes exotic, sometimes familiar. From the highlands and grasslands of Africa to the lush forests of Eastern Europe, from the sun-drenched hills of Provence to the mountains of South America, the inventive cooks have drawn inspiration for these delicious adaptations of traditional recipes. Including a section on cross-cultural menu planning as well as an extensive guide to ingredients, techniques, and equipment, Sundays at Moosewood Restaurant offers a taste for every palate. Moosewood Restaurant is run by a group of eighteen people who rotate through the jobs necessary to make a restaurant work. They plan menus, set long-term goals, and wash pots. Moosewood Restaurant contributes 1% of its profits from the sale of this book to the Eritrean Relief Fund, which provides food and humanitarian assistance to the Eritrean people. Moosewood Restaurant supports 1% For Peace, an organization working to persuade the government to redirect 1% of the Defense Department budget towards programs that create and maintain peace in positive ways.*

The Oh She Glows Cookbook

Over 100 Vegan Recipes to Glow from the Inside Out

Penguin *The New York Times bestseller from the founder of Oh She Glows "Angela Liddon knows that great cooks depend on fresh ingredients. You'll crave every recipe in this awesome cookbook!" —Isa Chandra Moskowitz, author of Isa Does It "So many things I want to make! This is a book you'll want on the shelf." —Sara Forte, author of The Sprouted Kitchen A self-trained chef and food photographer, Angela Liddon has spent years perfecting the art of plant-based cooking, creating inventive and delicious recipes that have brought her devoted fans from all over the world. After struggling with an eating disorder for a decade, Angela vowed to change her diet — and her life — once and for all. She traded the low-calorie, processed food she'd been living on for whole, nutrient-packed vegetables, fruits, nuts, whole grains, and more. The result? Her energy soared, she healed her relationship with food, and she got her glow back, both inside and out. Eager to share her realization that the food we put into our bodies has a huge impact on how we look and feel each day, Angela started a blog, ohsheglows.com, which is now an Internet sensation and one of the most popular vegan recipe blogs on the web. This is Angela's long-awaited debut cookbook, with a treasure trove of more than 100 mouthwatering, wholesome recipes — from revamped classics that even meat-eaters will love, to fresh and inventive dishes — all packed with flavor. The Oh She Glows Cookbook also includes many allergy-friendly recipes — with more than 90 gluten-free recipes — and many recipes free of soy, nuts, sugar, and grains, too! Whether you are a vegan, "vegan-curious," or you simply want to eat delicious food that just happens to be healthy, too, this cookbook is a must-have for anyone who longs to eat well, feel great, and simply glow!*

The Ghana Cookbook

Hippocrene Books *Designed as an introductory, but comprehensive cooking course that builds on basic flavors, textures, and cooking principles, and seasons them with stories, photography, and cultural explanations.*

The Great Northern Cookbook

Hodder & Stoughton *"This journey has given me the exciting opportunity to bring my cooking life full circle, and to introduce you to the very best recipes from the North of England. I've been able to delve deep into the diverse cultures, histories and traditions of the North and, of course, Northern food. The results of my travels, my many tastings, meals and experiments, are presented here, in a book that revels in its Northernness!" SEAN WILSON Britain is a nation built on its food, and nowhere has a richer heritage than the North of England. In The Great Northern Cookbook, Sean Wilson - former Coronation Street actor now award-winning cheese-maker and chef - is our guide to the culinary highlights of the North. A proud Lancastrian, Sean serves up timeless recipes and reveals the history behind the foods you love. In The Great Northern Cookbook you'll find homely hotpots and pies, alongside beef stew with melting dumplings, and a recipe for the soft, warm oven-bottom muffins. With soups to feed an army, traditional sweet treats, delicious Northern curries, and of course timeless Yorkshire puddings with mushy peas and gravy, Sean serves up the greats from Lancashire, Yorkshire, Cumbria and Northumberland. Embrace the Northern passion for simple food, made with good, authentic ingredients. Tying in to a new TV series, The Great Northern Cookbook is packed with delicious and affordable recipes you'll want to eat and share*

The World Cookbook: The Greatest Recipes from Around the Globe, 2nd Edition [4 Volumes]

The Greatest Recipes from Around the Globe

ABC-CLIO *This is the only world cookbook in print that explores the foods of every nation-state across the globe, providing information on special ingredients, cooking methods, and commonalities that link certain dishes across different geographical areas. Increasing globalization, modern communication, and economic development have impacted every aspect of daily life, including the manner by which food is produced and distributed. While these trends have increased the likelihood and expansion of food influences, variations of the same popular dishes have been found in regions all over the world long before now. This book is an ecological, historical, and cultural examination of why certain foods are eaten, and how these foods are prepared by different social groups within the same—and different—geographical region. The authors cover more than 200 countries and cultural*

groups, featuring each nation's food culture and traditions, and providing overviews on foodstuffs, typical dishes, and styles of eating. This revised edition features in excess of 400 new recipes, several new countries, and additional sidebars with fun facts explaining unique foods and unfamiliar ingredients. More than 1,600 recipes for popular appetizers, main courses, desserts, snack foods, and celebration dishes are provided, allowing readers to construct full menus from every country of the world. Contains more than 400 new recipes for a total of more than 1600 recipes Includes the newly independent countries of Kosovo and South Sudan, and tiny countries like St. Kitts and Nevis, Nauru, Palau, and Vanuatu Features anecdotal information on typical dishes, styles of eating, and unusual ingredients for each country

Chicken and Rice

Fresh and Easy Southeast Asian Recipes From a London Kitchen

[Penguin UK](#) Southeast Asian food is fresh, easy and full of unforgettable flavours: Chicken and Rice will show you just how simple it is to make at home. Shu Han Lee moved to London from Singapore as a student. Homesick and hungry, she started teaching herself to cook the food she'd grown up with - Singaporean and Malaysian dishes, with a strong Chinese influence from her Hokkien Chinese mother. These recipes, from her mother's sesame oil chicken to ox cheek and venison rendang, are ones you will want to make time and time again. There are perfect midweek suppers rustled up in less time than it takes to order a takeaway, and healthier and better tasting at that: fennel and minced pork stir fry, fried hor fun noodles with kale and beansprouts or tom yum soup with mussels. For weekends, there are more adventurous projects: learn how to make your own steamed buns, egg noodles, or BBQ sambal lemon sole - a whole fish barbequed on banana leaves. Although these are Southeast Asian recipes, Shu's seasonal approach to the very best of UK produce is reflected throughout this book: from Brussels sprouts with smashed garlic and oyster sauce to no-churn rhubarb and condensed milk ice cream. There are also recipes that Shu has picked up on her travels throughout Southeast Asia, such as Vietnamese caramel pork ribs, Thai baked glass noodles with prawns and black pepper and Burmese chickpea tofu with fish sauce, lime and honey dressing.

The Mainland China Cookbook

[Random House India](#) The Mainland China Cookbook includes all the beloved restaurant chain's favourite dishes and teaches you how to whip up the perfect Chinese meal in your kitchen. Spicy Hunan prawns, quick fried snow peas with garlic pearls, chicken with chilli and cashewnuts, lamb with cumin, hot and sour soup—try these and more. Accompanied with notes on the main regional styles, techniques and tips for easy cooking, and a list of suppliers in all major metros, The Mainland China Cookbook is the ultimate Chinese cookbook for your Indian kitchen.

Soul Food Love

Healthy Recipes Inspired by One Hundred Years of Cooking in a Black Family

[Clarkson Potter](#) A mother and daughter duo translate soul food recipes passed down through generations into affordable and nutritious dishes, featuring black-eyed pea hummus, spicy pepper chicken, sweet potato skewers, and chia pudding.

Trullo

[Random House](#) Learn a British take on Italian cooking from one of London's brightest chefs. Trullo offers the ultimate in warming comfort recipes for cold winter nights. 'This is the book I've been waiting for' Nigel Slater Trullo is about serious cooking, but with a simple, laid-back approach. From creative antipasti and knockout feasts to the bold pasta dishes that inspired Trullo's sister restaurant Padella, this is food that brings people together. 'Now you can make Siadatan's very good food at home' The Times

Cook As You Are

Recipes for Real Life, Hungry Cooks and Messy Kitchens

[Serpent's Tail](#) WINNER OF THE 2022 GUILD OF FOOD WRITERS GENERAL COOKBOOK AWARD A SUNDAY TIMES BOOK OF THE YEAR A GUARDIAN FOOD BOOK OF THE YEAR A STYLIST BOOK OF THE YEAR A DIANA HENRY 'BEST COOKBOOK TO BUY' AUTUMN 2021 'Practical, straight-talking, endlessly inspirational - this is Ruby at her best.' Nigel Slater 'I'd recommend it for everyone from novice cooks looking for a helping hand in the kitchen, to keen cookbook buyers looking for new inspiration' Rukmini Iyer, author of The Roasting Tin 'One of the best, most interesting cookbooks I've seen in a long time.' Ravneet Gill, author of The Pastry Chef's Guide and judge on Junior Bake Off 'A warm invitation to relax into and enjoy the experience of cooking and eating.' Nigella Lawson 'Beautiful, practical and a total game-changer' Ella Risbridger, author of Midnight Chicken Ruby Tandoh wants us all to cook, and this is her cookbook for all of us - the real home cooks, juggling babies or long commutes, who might have limited resources and limited time. From last-minute inspiration to delicious meals for one, easy one-pot dinners to no-chop recipes for when life keeps your hands full, Ruby brings us 100 delicious, affordable and achievable recipes, including salted malted magic ice cream, one-tin smashed potatoes with lemony sardines and pesto and an easy dinner of plantain, black beans and eden rice. This is a new kind of cookbook for our times: an accessible, inclusive and inspirational addition to any and every kitchen. You don't have to be an aspiring chef for your food to be delectable or for cooking to be a delight. Cook as you are.

Complete Chinese Cookbook

[Random House](#) Ken Hom is widely regarded as the world's leading authority on Oriental cuisine, and with the Complete Chinese Cookbook, he has created a seminal collection of his best-loved dishes. With Cantonese stir-fries and spicy Sichuan favourites alongside new discoveries from the lesser-known culinary styles of Yunnan and Hong Kong, this comprehensive collection is filled with accessible and easy recipes, demonstrating the amazing depth of flavour that is only now being fully appreciated in modern Chinese cuisine. Set to become a kitchen classic, this all-encompassing cookery book guides you through the essential cooking techniques, equipment and ingredients, all with Ken's trusted blend of experience and enthusiasm. Featuring 250 recipes covering all aspects of Chinese food, Ken offers tips and inspiration for a wealth of dishes that use simple, healthy ingredients to create quick and delicious meals. Over the past 25 years Ken has brought Chinese cookery into mainstream British homes, and in this beautifully photographed cookbook, he brings together all of his expertise to offer the ultimate guide to the flavours of China.

Soup Recipes from All Over Africa

Nigerian, Egyptian, South African, Ghanaian & Liberian Cookbook

Explore Africa's Spices, Tastes and Time-Honored Traditions with this beautiful full-color cookbook featuring classical and modern African dishes. With its diverse, delicious flavors, African food is "some of the best on the planet," yet remains little known to many in the wider world. It's not easy pinning down national favorite soups but in Soup Recipes from All Over Africa we combine most popular soups from each of Africa's different regions, including meals from Ethiopia, Ghana, South Africa, Kenya, Morocco, Egypt, Angola and more based on their sold-out events, Food from Across Africa features both traditional recipes, many of which have been passed down through the generations, as well as experimental dishes using new ingredients and combinations: from the fragrant and ubiquitous African dish. These recipes are Sample tried-and-true staples that have survived generations, like NIGERIAN RED STEW, KENYAN MAHARAGWE (SPICED COCONUT BEAN SOUP), SENEGALESE POULET YASSA, LIBERIAN STYLE COLLARD GREENS, GHANAIAN SPINACH STEW WITH CHICKPEAS, GHANAIAN CHICKEN AND GROUNDNUT SOUP, CHORBA ADAS (ALGERIAN LENTIL SOUP), MOROCCAN SPICED LENTIL SOUP,

EFO RIRO - NIGERIA SPINACH STEW and many more. Whether you're a foodie, a spicy food aficionado or simply looking for a colorful new cuisine to try, Soup Recipes from All Over Africa is an excellent map for your culinary journey. It's A celebration of fascinating and flavorful culture, bursting with dozens of gorgeous full-color photos, Food from Across Africa is a bounty of delights, presenting food that is simple, balanced, beautiful, and fabulous to share.

LIMA the cookbook

Mitchell Beazley The growing popularity of Peruvian cuisine throughout the world has made Lima, the capital of Peru, a destination city for food lovers. Virgilio Martinez is the most famous young chef in Peru. His restaurant Central, in Lima, is among the best in the world and he has opened two LIMA restaurants in the heart of London. With this collection of more than 100 of Virgilio's fuss-free, contemporary recipes you can cook this fresh, vibrant, healthy food at home using your local fish, meat and vegetables - plus the superfoods for which Peruvian food is renowned.

The African Cookbook

Citadel Press Presents menus and recipes from eleven African countries, with serving hints and complete shopping lists, and includes additional recipes for appetizers, soups, fish, poultry, beef, side dishes, salads, breads, and desserts

The Jackfruit Cookbook

Over 50 sweet and savoury recipes to hit the flavour jackpot!

Random House A healthy fruit that doubles as a meat substitute? Count us in. Jackfruit is the new sustainable super ingredient on the block. With 60 sweet and savoury recipes, The Jackfruit Cookbook has something for everyone, from Loaded jackfruit nachos or faux meat Pulled 'pork' jackfruit burgers with crunchy 'slaw to Jackfruit Chutney and Sweet jackfruit fritters with toasted coconut. Whether it's breakfast, lunch, dinner or dessert, there is nothing this fruit can't do. Make the most of this versatile, sustainable and delicious vegan ingredient with recipes for every occasion, perfect if you're looking for lunch on the go or a dinner menu to make everyone's mouth water.

The Modern Proper

Simple Dinners for Every Day (A Cookbook)

Simon and Schuster Get the most out of your time in the kitchen with these 100 fast, instant-classic dinners that everyone will love. For pretty much everyone, life gets busy—but you still want to cook up a good meal, ideally one that's accessible, efficient, and doesn't sacrifice any of the delicious flavors you love. The creators of the popular website The Modern Proper are all about that weeknight dinner, and now, they're showing you how to reinvent what proper means and be smarter with your time in the kitchen to create meals which will bring friends and family together at the table. The Modern Proper will expand your "go-to" list and help you become a more intuitive, creative cook. Whether you're a novice or a pro, a busy parent or a workaholic, this book will arm you with tools, tricks, and shortcuts to get dinner on the table. Every ingredient is easy to find, plus you'll find plenty of swaps and options throughout. Each of the 100 recipes (some all-time fan favorites and many brand-new) includes prep time, cook time, and quick-reference tags. These include: -Stuffed Chicken Breast with Mozzarella and Creamy Kale -Stir-Fried Pork Cutlets with Buttermilk Ranch -Sweet Cider Scallops with Wilted Spinach -Tofu Enchiladas with Red Sauce -And more! With recipes to feed a crowd, an entrée for every palate, a whole chapter of meatballs, and plenty of pantry essentials, The Modern Proper is the new essential cookbook for any and all food lovers.

Moosewood Restaurant Favorites

The 250 Most-Requested, Naturally Delicious Recipes from One of America's Best-Loved Restaurants

Macmillan A collection of classic vegetarian recipes from the first four decades of the Moosewood Restaurant features 250 most-requested favorites updated to reflect today's practices and includes such options as Red Lentil Soup with Ginger and Cilantro, Caramelized Onion Pie and Vegan Chocolate Cake.

The Everyday Dairy-Free Cookbook

Recipes for Lactose Intolerants

Grub Street Cookery Lactose is the primary sugar found in milk. Digestion of lactose requires the enzyme lactase, which breaks lactose into simpler sugars. When the intestine produces little or no lactase, milk sugar is not digested. New-born babies require high intestinal lactase levels for survival. Later in life though about two-thirds of all people lose the ability to produce lactase. Most of the people who keep producing it throughout adulthood are those of European ancestry but in other ethnic groups - Mexican, Jewish, African, Asian and Native American 75 to 100 percent of adults are lactose intolerant. Primary lactose intolerance may begin at any time but usually develops in early adolescence and continues through life. Lactose intolerance means avoiding foods such as cream, butter, cheese, yoghurt, and ice cream as well as many prepared foods to which lactose is added such as bread, cereal, salad dressings, cake mixes, frozen meals. The Everyday Dairy-Free Cookbook explains all you need to know about this condition, how to tackle the problem and where to go for help and advise. As with the other titles in this best-selling Everyday series the book contains 200 recipes for family meals and there is a special section on catering for children. There are recipes for soups, dips and starters, light meals, main dishes, fish dishes, vegetarian dishes, savoury sauces and accompaniments, salads and dressings, puddings, sweet sauces, sweets and treats, baking, pastry, breakfasts, and beverages. If someone in your family cannot tolerate lactose this book will make catering for their needs simple and straightforward with so many meals to choose from.

The Complete Slow Cooker Cookbook

Over 200 Delicious Easy Recipes

Random House This must-have guide is an invaluable companion to your slow cooker. From a mid-week supper to a more elaborate dinner party, The Complete Slow Cooker Cookbook is on-hand with dishes that can be prepared with little fuss. Containing over 200 tried-and-tested recipes, Cara shows you how to make best use of your slow cooker and create a delicious range of nutritious and healthy dishes - and with minimal preparation time in the morning, you are guaranteed to enjoy a hearty, hot dinner every evening. Choose from a light and tasty Provençale Pasta Sauce or Seafood Risotto; rustle up a winter warmer such as Chicken with Bacon, Leeks and Mustard or a creamy Lamb and Cauliflower Kashmir Curry; and impress your friends with Slow-roasted Duck and Apples followed by an indulgent Toffee and Pecan Pudding. You don't have to spend hours in the kitchen to make a delicious meal - your slow cooker will do the hard work for you. Filled with quick, tasty, and easy-to-follow recipe ideas, this is the only slow cooker cookbook you will ever need. The cookbook also contains guidance on choosing a slow cooker according to your needs; how to care for your cooker and how to adapt

cooking times and recipes for different scenarios. There is also a chapter of ideas for how to spice up a Sunday roast as well as buying advice and troubleshooting tips.

The Ultimate Slow Cooker Cookbook

Over 100 delicious, fuss-free recipes - from family favourites to dishes for a dinner party

Random House Time is short in the working day and it is difficult to find time at the end of it to produce a hot meal. With a slow cooker, you can be eating a nutritious and thrifty hot supper every evening, with minimal effort and preparation time. This must-have guide is an invaluable companion to your slow cooker, with delicious recipes for every occasion - from a mid-week family supper to a more elaborate dinner party; you can even take your cooker camping! Rustle up classic dishes such as Lamb Shanks with Redcurrant and Rosemary Sauce and Traditional Pot-roasted Gammon in Cider with Apples or impress your friends with Satay-style Pork with Coriander, Goan Fish Curry with Lentils or Sticky Toffee Pudding. The cookbook also contains guidance on choosing a slow cooker according to your needs; how to care for your cooker and how to adapt cooking times and recipes for different scenarios.

The Hungry Healthy Student Cookbook

More than 200 recipes that are delicious and good for you too

Spruce A student cookbook with a difference, *The Hungry Healthy Student* offers a choice of more than 200 quick, cheap and easy recipes, meaning more money in your pocket and more time to play! All the recipes have a healthy focus which means increased brain power and more energy to enjoy student life to the full. There are also indispensable tips on healthy habits, mood boosters, free ways to get fit and takeaway alternatives. With chapters dedicated to Breakfast and Lunchbox; Healthy and Hearty; Good Grains, Beans and Pulses; Super Salads, Snacks and Sides; Make it Light and Sweet Alternatives, there are recipes whether you want food on the go, for impromptu parties, or just comfort food and delicious treats for a night in. All the recipes in this book are balanced for a healthy diet, and they each have an affordability stamp to help with budgeting, as well as detailed instructions to make them accessible to even the most novice cook. Forget the textbooks, this is the only book you'll ever need to get through your first year!

The Hungry Student Vegan Cookbook

Octopus Books With all the essays and exams, not to mention the enormous pressure of having to go out partying four nights on the trot, staying healthy and well-fed has never been more important, and *The Hungry Student Vegan Cookbook* will make sure you get all the essential nutrients to get you through from freshers' week to graduation, all while following a vegan diet. Alongside the recipes are helpful hints and tips for getting the most out of a tiny student budget, creating gourmet feasts out of what you can find in your storecupboard, and advice on what kind of equipment you might need to take to uni (read: steal from the kitchen at home). Carry the flag for the vegan revolution all the way to your student halls, and once your new friends get a whiff of the amazing food you're cooking up, you're bound to find more people are willing to join the healthy-eating and cruelty-free vegan revolt. Because this book isn't just about cooking some truly delicious recipes; it's also about reducing your carbon footprint and your impact on the environment by cutting out animal products, and improving your health with a plant-based diet. And ok, yes, it is also about cooking totally yummy recipes and scoffing the lot (and with a clear conscience too!). Whether you're a committed vegan looking to branch out with some new recipe ideas, or you're just getting started on the road to veganism and want to learn the ropes of vegan cooking, this is the perfect book to add to your student bookshelf.

1000 Recipe Cookbook

Arcturus Publishing With 1000 scrumptious and easy-to-follow recipes, this book provides the perfect answer to all those vexed questions about what to cook. No more agonizing over what to put on the table; you will easily be able to find something to tempt the palate and satisfy the appetite of even the fussiest eaters - whatever the occasion. From time-honoured...

Healthy Keto Cookbook for Beginners

Simple and Delicious 90 Low-Carb Keto Diet Recipes for Fast Weight Loss

XinXii Are you trying to go for a keto diet and you don't know where to start? Millions of people have lost weight and become healthier on the keto diet. Grab this cookbook because you can start your journey now and have the healthy body you have always dreamt of. In this cookbook, you will learn the highest quality 5 ingredient ketogenic recipes, offerings tons of scientifically proven health benefits. Keto benefits and what this cookbook is going to do for you: such as, Protects your heart Gives you more energy Lowers inflammation Boosts weight loss Fuels and strengthens your brain Stabilizes blood sugar Appetite control Keto fights Type 2 diabetes Increases level of HDL Cholesterol Lowers blood pressure Improves PCOS symptoms Improves acne May reduce the risk of certain cancers and obesity Parkinson's disease What are you waiting for, click buy now in order to get your copy asap!