

HARVEST



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Skörd

Anette Dieng and Ingela Persson

180x240, 224 p

Around 600 small vego recipes are presented in Harvest.

Each vegetable is presented with recipes, practical tips on storage, information on when a vegetable is at its best and what are the good combinations, and what goes well with the prepared recipes.

Most of us cook vegetables more or less the same way every time. This book gives us a chance to get to know our basic produce better and learn how to serve it in new ways and in a different combination of flavours – turnip cabbage for example is delicious with pears, onion, flaked almond and honey vinaigrette, and boiled cauliflower mixed with butter, chopped salted gherkin and dill works very well as an accompaniment to fish.

The recipes in the book are not an exact science. They are short, simple and have no exact measurements. The idea is that we can quickly prepare something tasty with what we already have at home. Most of the recipes are side dishes, but they also work perfectly well on their own. Or we can serve several vegetable dishes as a meal.



About the authors

Anette Dieng has earlier worked as a chef and was part of the team that started Ekolådan. Now she is a writer with a desire to spread knowledge on how food and produce can be made more sustainable. Anette is also co-author of *Handbook of natural bee-keeping* (2015).

Ingela Persson is a chef and restaurateur and writes new recipes for Ekolådan every week. She has previously written the books *Time for dessert* (2006) and *Fruit and berries* (2008) and runs the Brasserie Bobonne in Stockholm.



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