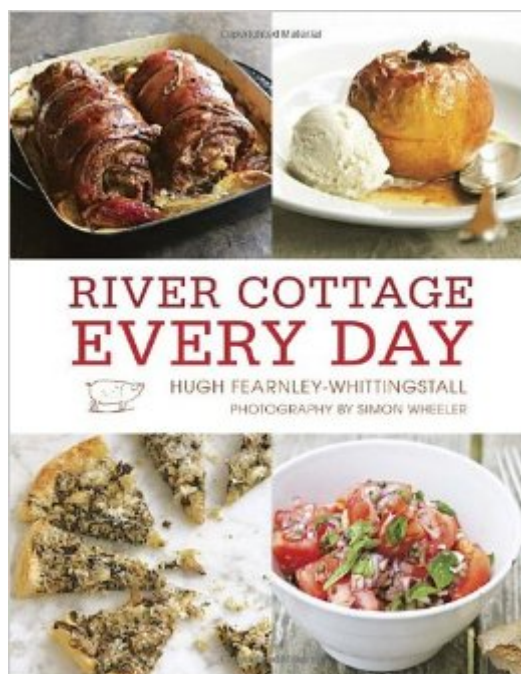


The book was found

River Cottage Every Day



Synopsis

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.

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Customer Reviews

'River Cottage Everyday' brings recipes that are a bit different than the normal ordinary everyday

cookbook; although these could be served day after day and also for some special occasions too. There are some excellent descriptions in the differences between cooking oils and flours. There are many pictures of the recipes and ones illustrating Hugh Fearnley-Whittingstall's narrations of his cooking experiences. Entertaining line drawings are added into many of the pages. He introduces each section, which include recipes for; making breakfast, bread, lunch boxes, fish, thrifty meat, vegetables, which includes soups, fruit and treats. These are recipes that are a bit geared to European tastes and cooking rather than the heavy American comfort food. They are healthy and make use of fresh ingredients and provide some great alternatives for ordinary cooking. Hopefully you would have a taste for thyme, since many of the recipes seem to lean heavily on this seasoning. There are many delicious smoothie recipes and some interesting healthy alternatives for lunch. Surprising hits with our family have been; kippers with smashed new potatoes, scotch broth salad, slow roast beef brisket with potatoes and onions, salad of baby peas ricotta and green onions, green beans with tomatoes, stuffed butternut squash and especially his version of Eton mess with raspberries. That will give you an idea of some of the types of food that you can find in this book. The recipes are clearly written and printed out, with enough white space around them, that even when a page has 3 on it, one can read and interpret what you should be doing very easily. This would provide an interesting addition to many cookbook collections.

I struggled with the turn from carnivore to vegetarian until Fearnley Whittingstall wrote this book. I had worked in a veg kitchen and for Time Out's Food desk, but still the veg repertoire was dull. Until finally: here is veg food which is substantial, yummy, unpretentious, easy, not weird, not quiche, and - yippee - not trying to look like meat. There are easy, varied and filling pies, lasagnas, pastas, curries and stews - meaning it fulfils carnivore sensibilities but by making the most of vegetables. These bright veggies are taking a stand, and they're winning.

Veg: River Cottage Everyday is a perfect cookbook. All the recipes that I have tried so far have been simple to make, use easy to find ingredients, and most importantly, are delicious. The instructions are clear and easy to follow and the photos are beautiful. The biggest surprise was Hugh's "Magic Dough" bread recipe. I've been trying to find a successful pizza dough recipe for years and the "Magic Dough" lived up to the hype. The pizza crust came out crunchy on the outside and soft and chewy inside. The dough was easy to handle and rolled out nice and thin. I've been a vegetarian for fifteen years and my husband and son are carnivores. It's a real find to have a cookbook that has recipes that we all can enjoy. Salad consumption has tripled at dinnertime. This

review refers to the UK version of the book. I had to look up what "strong flour" was. (Bread flour in the US) and the measurements are all in metric. So if you prefer fahrenheit to centigrade and ounces to milliliters, you might want to wait for the American edition of this book due out in May 2013.

I've just spent the past week cooking several recipes from the this book. My title says it all. The recipes are straight forward and easy to prepare using fresh ingredients. They all turned out well. Highly recommended. This is an English book, so a few recipes contain ingredients which are hard to find in the US, eg kippers. But this is not a big deal.

I just finished reading through this cookbook and intend to put many of these recipes to use. I wanted to say that the author makes a point of saying, *before* the chapter on meats, that he is interested in helping folks put to use some of the less expensive odder cuts of meat with which they may find themselves. He is also British, which I think changes what is readily available for him. I think you have to keep that in mind. If you are a family who has ever purchased a quarter or half of a beef (we have, this is common in our rural area), then you know exactly what he is talking about...you get the tongue, the heart and other things that many of us Americans don't really know how to cook. I think this is his intention, to allow these cuts to be enjoyed. So I think the "devilled lamb hearts" example of a previous reviewer, while it does make a point--this kind of cuisine is not for everyone--is probably the most extreme example in the book and ought to be taken with a grain of salt. I found myself really loving the recipes, most of which do not require an insane number of ingredients, though some substitutions for Americans might be necessary--but he often addresses this with variations or notes already! His vegetable recipes are particularly inspiring to me, as are some of the breakfasts (portobellos on toast!). I think this is a nice cookbook for someone who wants to put a little more thought and gourmet variety into their "everyday" cooking and mix things up a bit. I could see a number of these recipes making it onto our family table frequently, and we are cooking for 2 adults and 5 kids (including 3 teenagers).

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