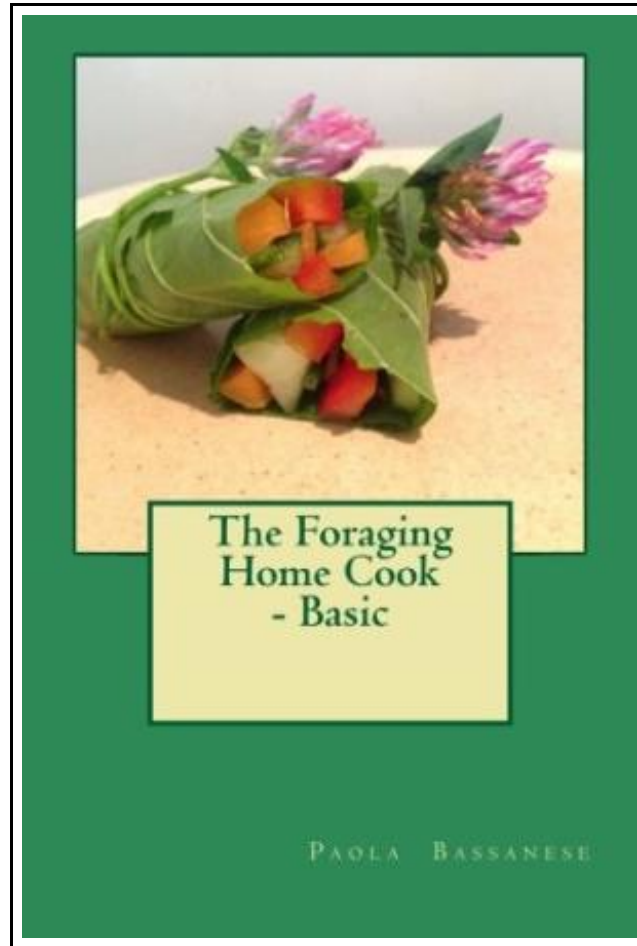


The Foraging Home Cook - Basic



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Reviews

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be play, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

(Rene Olson)

THE FORAGING HOME COOK - BASIC



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This is the no frills version of The Foraging Home Cook: it s a cookery book for home cooks who enjoy foraging for wild foods. Although there are no illustrations, all the recipes have been tried and tested and are aimed at people with some prior knowledge of foraging. Using foraged wild foods allows you to have a healthier diet and save the environment by keeping your carbon emission low. Do you want to live an environment-friendly and sustainable life? Would you like to reduce carbon emissions and eat vegetables that grow locally? It s easier than you think, if you are willing to do some research and invest time in learning about edible wild foods. Maybe it s time to stop considering wild plants like nettles just a nuisance and take a serious look at their nutritional value. Then, the next step is to taste edible plants, discover new flavours (and discard those who don t quite agree with our palate) and experiment with them in the kitchen. The Foraging Home Cook is a practical cookbook for the home cook: if you consider the two extremes in cooking, where on the one side you have restaurant-quality, labour-intensive and extravagant recipes, and on the opposite side you have boiled or steamed vegetables, this cookbook will offer you ideas for weekday and weekend dishes. Author Paola Bassanese says: Foraging is waistline- and wallet-friendly. It s good for the environment and it makes you enjoy the great outdoors. She wrote The Foraging Home Cook day by day, cooking meals and taking notes on how to prepare them using foraged ingredients. The recipe book almost reads like a...



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