



Four Seasons is a high quality hardback cookbook, printed in full colour. Size: 210 x 275mm (8 x 11").

FOUR SEASONS COOKBOOK

WHILST REDUCING COST AND FOOD MILES, DISCOVER DELICIOUS NEW IDEAS FOR COOKING WITH BRITISH INGREDIENTS IN THIS BEAUTIFUL NEW COOKBOOK

Savour this collection of sumptuous recipes that champions British ingredients and reflects the influence of the seasons

We are fortunate to live in a country with four distinct seasons, providing us with a superb variety of foods. When ingredients are in season they taste better and are generally more nutritious.

Eating local seasonal food can be less expensive than buying foods flown in from around the globe and is certainly better for the planet. By making a conscious effort to look out for fresh, tasty, British food we can rejoice

in the wonderful fare grown on our doorstep and support those who work to produce it.

This cookbook is split into four seasonal chapters, crammed full of imaginative recipes to help you make use of the ingredients you have and cook delicious food to match the mood of each season. From fresh, vibrant salads in summer and comforting dishes in autumn to fabulous festive food in winter.

- 75 triple-tested recipes
- A stunning photograph for every recipe
- Seasonal ingredients
- Where to find foods in season
- Planning and storing
- Quick meal ideas
- Delicious recipes for spring, summer, autumn and winter
- Nutritional information
- Cook's tips



£10.99

