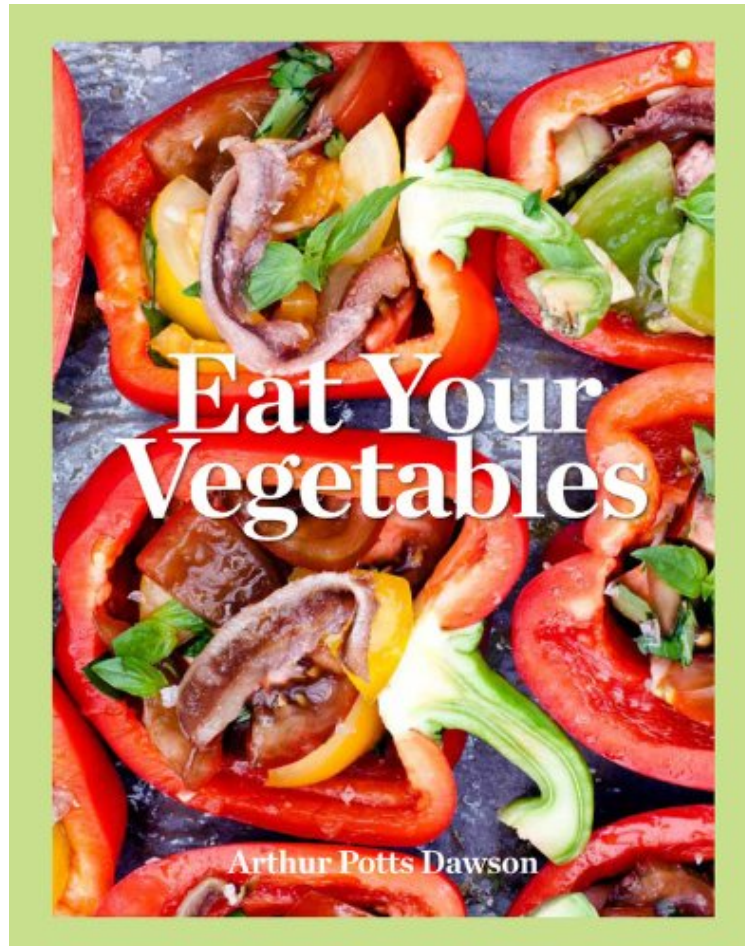


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Eat Your Vegetables

Arthur Potts Dawson

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Arthur Potts Dawson : Eat Your Vegetables before purchasing it in order to gage whether or not it would be worth my time, and all praised Eat Your Vegetables:

0 of 0 people found the following review helpful. Five Stars By Sondra W. Walters No shortage of great vegetable recipes for all seasons of the year. 0 of 1 people found the following review helpful. Not what I was expecting By Sarah Diaz Didn't really enjoy the recipes 3 of 5 people found the following review helpful. Veggie cookbook By Anne E. I am enjoying this cookbood but some of the recipes are far out. I pick the ones I like but would not do a lot of them. All in all it is a great cookbook.

@font-face { font-family: "Times"; } @font-face { font-family: "Calibri"; } @font-face { font-family: "JoannaMT"; } @font-face { font-family: "JoannaMT-Italic"; } p.MsoNormal, li.MsoNormal, div.MsoNormal { margin: 0in 0in 0.0001pt; font-size: 10pt; font-family: "Times New Roman"; } div.Section1 { page: Section1; } Eat Your Vegetables answers the call to eat more vegetables and less meat, offering everything you need to take your veggies from

accompaniment to center stage. This isn't about being vegetarian, this isn't a vegetarian cookbook, it's a new way of life. Eat Your Vegetables presents a mix of classics, basics, fast food and show-off dishes that make the most of what's in season. Whether you receive organic food box deliveries, go to farmer's markets or raid what's on special offer at the supermarket, you'll be able to eat more vegetables, every day. From knowing your vegetables, and what to eat when, we've got everything covered from potato and cucumber salad and bruschetta, 3 ways to gratin dauphinoise and hot samphire salad, all arranged by vegetable in an easy-to-use format.

About the Author@font-face { font-family: "Times"; }@font-face { font-family: "Calibri"; }@font-face { font-family: "JoannaMT"; }@font-face { font-family: "JoannaMT-Italic"; }p.MsoNormal, li.MsoNormal, div.MsoNormal { margin: 0in 0in 0.0001pt; font-size: 10pt; font-family: "Times New Roman"; }div.Section1 { page: Section1; } Arthur Potts Dawson is passionate about good food, eating well and making the most of what's fresh, local and seasonal. He was trained by the Roux brothers- Rowley Leigh and Pierre Koffmann. He went on to be head chef for Ruth Rogers Rose Gray at the River Caf, the Soho House Group at Cecconi's, Jamie Oliver at Fifteen and Hugh Fearnley-Whittingstall at River Cottage HQ in London. He founded London eco-restaurants Acorn House and Water House for the Shoreditch Trust, and the annual Mrs. Paisley's Lashings pop-ups with Jo Wood. Arthur has appeared on the BBC's Market Kitchen on numerous occasions, had his own show in C4's latest Food Fight season alongside Gordon, Jamie, Hugh and Heston, and was featured on C4's The People's Supermarket documentary this Spring.