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A Girl And Her Greens: Hearty Meals From The Garden



Synopsis

From the chef, restaurant owner, and author of the critically lauded *A Girl and Her Pig* comes a beautiful, full-color cookbook that offers tantalizing seasonal recipes for a wide variety of vegetables, from summer standbys such as zucchini to earthy novelties like sunchoke. *A Girl and Her Greens* reflects the lighter side of the renowned chef whose name is nearly synonymous with nose-to-tail eating. In recipes such as Pot-Roasted Romanesco Broccoli, Onions with Sage Pesto, and Carrots with Spices, Yogurt, and Orange Blossom Water, April Bloomfield demonstrates the basic principle of her method: that unforgettable food comes out of simple, honest ingredients, an attention to detail, and a love for the sensual pleasures of cooking and eating. Written in her appealing, down-to-earth style, *A Girl and Her Greens* features beautiful color photography, lively illustrations, and insightful sidebars and tips on her techniques, as well as charming narratives that reveal her sources of inspiration.

Book Information

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Customer Reviews

We were so excited to hear that April Bloomfield has just released a new cookbook. We've discovered her energetic personality on PBS *Mind of a Chef*, so couldn't wait to see her new book where veggies in all their shapes are the star. And these recipes couldn't be further from boring salads and over-boiled veggies! The book is certainly pretty! Lots of cute drawings and sublime photos perfectly highlight the nature of her food: bold, colourful, vibrant! Subtle, inspiring, and daring pairings are commonplace, such as mixing raw and char-grilled fennel in the same dish to add

depth, or variations of polenta that sound (and taste!) outrageously good. We particularly loved her ability to describe how she thinks in layers of goodness and flavours, where every ingredient has a well-defined role to play. It's obvious that this isn't a "let's publish something quickly"-type of book. Every recipe has clearly been tested and refined over years of trial and error. Yet, her ability to strike the perfect balance between "making incredible food" and "still doable at home" is remarkable. Recipes are detailed and well-written, and some still require quite a few steps (cooking ingredients separately, etc.), which shows clearly that April doesn't cut corners when it comes to food! Some recipes might seem overkill for a quick dinner after-work, but her goal was to show amateur cooks that you can make restaurant-quality vegetarian food at home without spending the whole week-end. And damn this book delivers here! The balance of flavours in her amazing Roasted Cauliflower and Freekeh salad with Pistachios and Pomegranate was top-notch and made us feel we're ready to open a middle-eastern street food cart right away.

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