



The WI Cookbook: The First 100 Years

Mary Gwynn

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As the Women's Institute turns 100, this beautifully packaged book, curated by food journalist Mary Gwynn, brings together the 100 best-loved members' recipes nationwide. Organized decade by decade, and setting each recipe in its historical and social context, it spans everything from jams and preserves to main courses, puddings, and bakes. Nostalgic favorites like Toad in the Hole and Kedgeree feature alongside contemporary hits such as Lamb Pot Roast with Nettle Champ and Italian Lamb with Roasted Sweet Peppers. Here are recipes created during the war to make the most of limited supplies (like Stuffed Cod Steak and Apple and Fig Roll) and ideas to overcome the challenges of food rationing (like Elderberry and Apple Jelly and Corned Beef Hash), to current day recipes such as Venison Steaks with Quick Bearnaise Sauce, and finally the WI's own signature cake: The Centenary Fruit Cake from North Yorkshire. Fully illustrated from the archives of the WI, alongside beautiful food photography, this gorgeous cookbook will prove a firm favorite with keen cooks of all ages.

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