



My Darling Lemon Thyme: A Year in My Real Food Kitchen

Emma Galloway

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Emma Galloway returns with a sensational seasonal celebration of real food with real taste. Best-selling author Emma Galloway returns with a feast of new and seasonal vegetarian and gluten-free recipes, filled with her signature inventive, flavour-driven techniques, minimalist styling and stunning photography. In an age of year-round growing, hydroponics and hi-tech preservation techniques, it is easy to forget that food is seasonal. In-season fruits and vegetables, grown and picked where they will be eaten, taste a million times sweeter and juicier. This book is both a celebration of real ingredients and a guide to eating the best, the healthiest and the tastiest food - just as nature intended. Following the rhythms of her own garden and kitchen, Emma Galloway demonstrates how you too can choose the right produce at the right time to get the most out of it. Nutritious, delicious and real - these fantastic new recipes will inspire every home cook to explore the bounty of the seasons and re-connect with a more natural way to eat.

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Spent a free time for you to be fun activity to complete! A lot of people spent their spare time with their family, or their own friends. Usually they doing activity like watching television, about to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Might be reading a book may be option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to consider look for book, may be the e-book untitled My Darling Lemon Thyme: A Year in My Real Food Kitchen can be good book to read. May be it is usually best activity to you.

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