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Annabel Langbein The Free Range Cook

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Annabel Langbein The Free Range Cook Annabel Langbein
Annabel Langbein is on a mission to get people into the kitchen with fun, no-stress recipes. Her down-to-earth approach to cooking is both practical and inspiring. Starting with the freshest seasonal ingredients, she shows how easy it is to cook sensational food in a simple, natural way. This book takes you on a journey through the food process from sourcing and growing produce to creating your own mouthwatering menus - all against a backdrop of stunning New Zealand landscapes and the natural lifestyle Annabel enjoys at her lakeside cabin. This is a very appealing, pared-back approach to food that celebrates a spirit of resoucefulness and the ability to enjoy whatever is in season at its very best.

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From reader reviews:

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