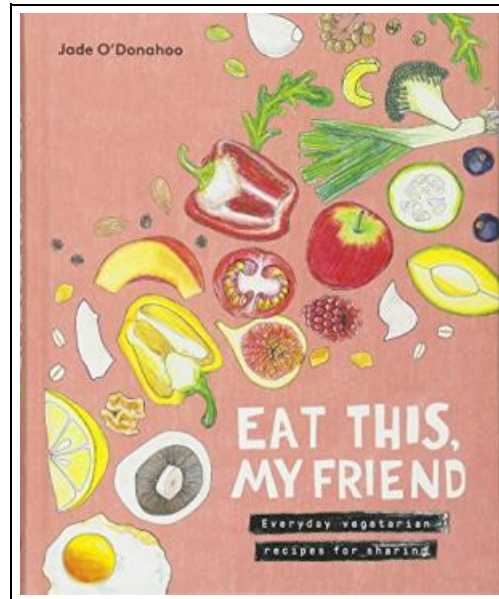


## Eat This, My Friend: Everyday vegetarian recipes for sharing (Hardback)



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HARDIE GRANT BOOKS, Australia, 2017. Hardback. Condition: New. Language: English . Brand New Book. When Jade O Donahoo sold her tiny but acclaimed hole-in-the-wall cafe, Switch Board, in the heart of Melbourne, she wanted to share the secrets of her favourite dishes. She wrote down the recipes, compiling them as a gift to loyal customers and friends. Beautiful illustrations followed, and the project evolved, first to a blog, and ultimately to this little book. Eat This, My Friend is Jade s collection of more than 60 lovingly illustrated recipes for versatile, healthy veggie dishes that are fuss-free - and especially good when shared with friends. From the delicious and healthy Choc-tahini spread or Labneh + beetroot bagel that will get you through breakfast with a breeze, to Lemony broccoli quinoa salad, or a Peperonata tart that will stave off the lunchtime hunger pangs, and meals such as Thai-style pumpkin soup or Lentil shepherd s pie that will keep you satisfied for dinner, Eat This, My Friend has you covered for every occasion. A whole chapter is set aside for sides, a meal that is often overlooked, with Raw zucchini agrodolce or Honey + harissa glazed sweet potato, then its onto sweet treats such as Apricot + coconut bliss balls or Lemon, yoghurt + polenta muffins. Jade also offers handy tips on kitchen equipment, staples for your pantry and recipes to make your own condiments and sauces. Eat This, My Friend is the result of 15 years of collecting recipes, drawing and illustrating, of cooking and tasting and sharing; a book that will help you realise that incredible food need not be complicated or timeconsuming, nor do you need to be a chef to be able to prepare it; a book that makes you actually want to cook.



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