



Slow Cooking Through the Seasons

Carolyn Humphries

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Can you remember the last time you noticed the sheer pleasure of the flavour in your food? It's not easy when the food in our supermarkets has spent so long in the food chain. But if you buy the best seasonal ingredients, they will bring your taste memories flooding back. Here is a flavour book where the ingredients are sensational and everything tastes as it should taste. Each month target a few recipes that interest you. Add their ingredients to your shopping list and you're on your way to the best lifestyle change you can make for yourself and the environment. 'If this doesn't improve your quality of life I'll eat my hat!' Restaurant Quality Eating at Home This is one of the bestselling titles in the Premier UK Slow Cooker Library. Foulsham, the Publishers of this library, have been researching Slow Cooker Recipes for more than 33 years. Their research Cooks have tested and published more than 2,500 recipes. The mission statement that drives this research is Recipes that produce Restaurant Quality eating at Home. A " And their work has taken them through every major culinary tradition - American, British, French, Italian, Indian, Mexican, Thai and more! No other publisher has made such a commitment to this lifestyle. And no other Publisher can match the depth of quality to be found in their Slow Cooker Recipe Library.

About the Author

Carolyn started her career at the top working as Head Chef for a restaurant but eventually switched to journalism where, in 1977, she was able to combine her love of food with her flair for words when she became Deputy Cookery Editor for Woman magazine. Over the years she has freelanced for numerous women's, parenting, education, food and lifestyle magazines as well as for PR companies specialising in food, nutrition and health. She has written over 40 books and has taught both cookery and journalism at further education level. She has written many books for Foulsham and sold over 92,000 books in 2006 alone.

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