



Mr Wilkinson's Favourite Vegetables: Winter

Matt Wilkinson

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For chef Matt Wilkinson, vegetables come first. Whether he's cooking in the kitchen of his Melbourne eatery Pope Joan or for his young family at home, Matt plans and builds his dishes around the vegetables in season, when they'll taste the best, be cheapest and most readily available.

Today too many of us - chefs and home cooks alike - plan our meals around the meat (or protein) and carbohydrate components letting the vegetables play second fiddle. In this book Matt Wilkinson lets his favourite vegetables take centre stage. This beautifully illustrated book will appeal to vegetarians but it's not a vegetarian cookbook. There are plenty of dishes incorporating meat but Mr Wilkinson's favourite vegetables are the true stars.

Recipes include: mashed brussels sprouts with mint and best end of lamb; salad of cauliflower, smoked salmon and strawberry; baked fennel, breadcrumbs and herbs; parsnip and black rice risotto; truffled coleslaw with golden spiced quail kiev; heirloom carrot salad, yoghurt, almond and honey dressing; and many more.

All titles in this series: *Mr Wilkinson's Favourite Vegetables: Spring* *Mr Wilkinson's Favourite Vegetables: Summer* *Mr Wilkinson's Favourite Vegetables: Autumn* *Mr Wilkinson's Favourite Vegetables: Winter* *Mr Wilkinson's Favourite Vegetables: The Collection*



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