



Simply Veg: A modern guide to everyday eating

Sybil Kapoor

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Our growing appetite for veg-focused and meat-free food requires recipes that are simple, practical and full of fantastic fresh ingredients; and award-winning food writer Sybil Kapoor has developed a collection of dishes to help us eat our fill.

Bursting with clever ideas for great ‘greens’, from peas and new potatoes to scorzonera and oriental salad leaves, this book shows you how to make the most of your veg at its seasonal best. Covering favourite as well as unfamiliar ingredients, each featured veg is unraveled by Sybil’s savvy notes on selecting, prepping and cooking. Delectable dishes showcasing the versatility of each ingredient will ensure these veggies regularly take centre stage on your plate. With ideas ranging from wild mushroom and barley risotto and salt-baked celeriac to carrot and cardamom cake and cucumber ice cream, you’ll discover a range of recipes that will quickly become kitchen classics.

Sybil has created the essential guide to amazing veg-based meals and sides. Simply Veg is simply perfect for the modern cook. 0

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