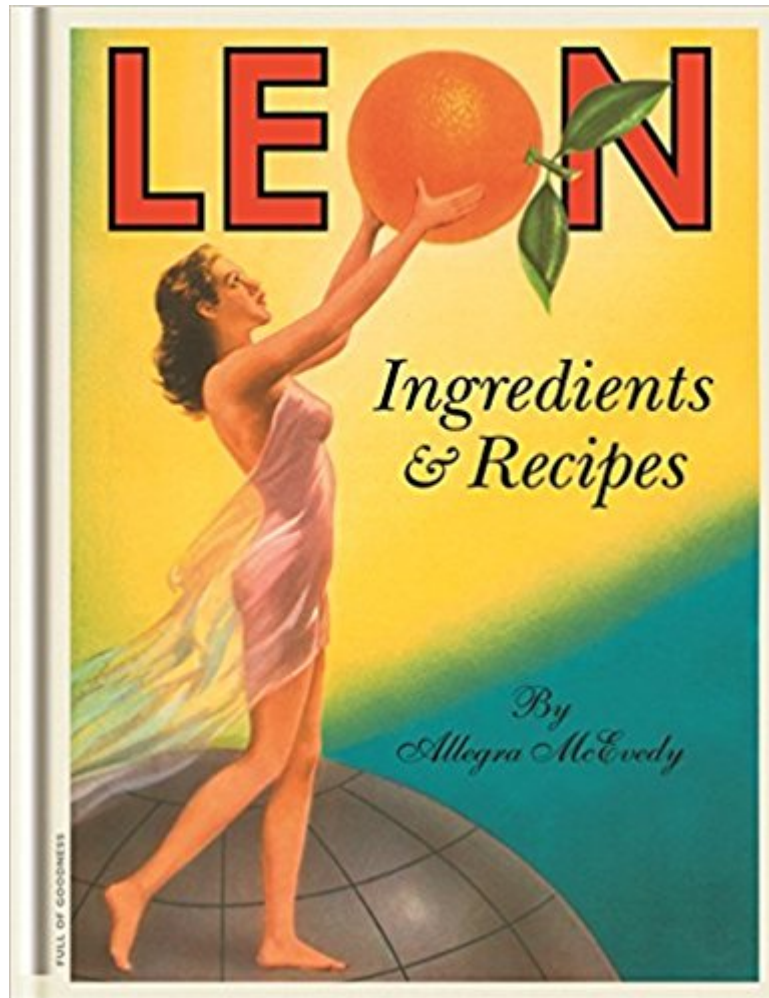




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# Leon: Ingredients & Recipes



## Synopsis

In Leon: Ingredients and Recipes, award-winning chef and cookery writer Allegra McEvedy shares the Leon principles, which through food and the environment in which we eat it aim to help people be happier and live longer. Bold, fun, friendly and bursting at the seams with information, this book will make you laugh out loud and above all make you want to cook and eat. This is a book of two halves. The Ingredients Book arms you with everything you need to know about the basic building blocks of any recipe. LEON chooses its ingredients above all for their flavor and healthfulness but also with a view to the world we live in, so that such shark-infested waters as sustainable fish are tackled and easy to navigate. LEON's top 250 fruits, vegetables, fish, meats, dairy ingredients and pantry staples are all given their own entries. Nutrition, a bit of history, flavor and the best way to get the most out of them are all covered, seasoned with a fair amount of random miscellany. The second half is The Recipe Book, where you can put your newly found knowledge of ingredients to great use with over 140 recipes: some are familiar favorites taken from LEON's menus such as the Original Superfood Salad, Moroccan Meatballs or Magic Mackerel Couscous and, for LEON Lovers everywhere, at last a recipe for the coveted LEON Better Brownie. Plus there are some recipes from the founders, their friends and those who helped make LEON what it is today, like Fred's Millennium Octopus and David Dimbleby's Spanish Omelet. LEON's food message is a simple and honest one - cook and eat with the best ingredients available and don't forget the naughty bits that are so necessary for a fully-rounded life.

## Book Information

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## Customer Reviews

The recipes are good but the ingredients listing is what makes this book purchase worthy! Remember it is a British book so there will be some conversions involved. The seasonal chart is also a great addition to the book.

Liked it so much that I bought a copy for a family member.

The imagery in this book is absolutely fabulous and it gets you excited to start cooking with all these amazing ingredients. The only thing I wish I remembered before ordering it, is that the book was published in London therefore you need to convert all of the measurements within the recipes. Other than that, amazing book. I love the seasonal chart!

Awesome deal on this cookbook

such a beautiful book! lots of great information PLUS amazing recipes! i am thrilled with this one!

Very readable, interesting information about food and ingredients, funny too. Recipes are so so... some of the ingredients are hard to find. The book was definitely worth the money. I'd buy another one in the series - not to mention visit the restaurant!

WOW! What a FUN cookbook. Love, love, love it! I have hundreds (1,000?) cookbooks, and this is hands-down, the most beautiful, interactive cookbook I have ever read. Think pop-up books for adult cooks- there are pull-out maps, a fun cupboard page that opens up to see 'pantry staples,' cut-out pages, and stickers, and outstanding art design. The food? Fantastic! The book is separated into two sections: one describing all the foods and staples (all super-healthy), and the second has recipes from Leon in London and its staff members. This book is a really fun read...lots of personal stories, vacation photos from when Leon staffers were kids, and interesting, healthy recipes. Bravo to the publisher for a truly unique book. highly recommended!!!

Unusual cookbook with, as the title suggests, 1/2 of the book about ALL kinds of ingredients - "the right basic building blocks" to create "good" and "good for you" food. The 21 Leon restaurants are located primarily in England so fruit and vegetable varieties may be unavailable to some of us; however, having first read the book at the library I knew this. I was so impressed with the text, creative and colorful illustrations and underlying philosophy I still thought I had to have it. Full range

of illustrated, interesting and easy to prepare recipes.Strong binding and heavy matte finish paper assure a book that will last.

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