

nigel slater simple suppers recipes

Nigel Slater Simple Suppers Recipes: Effortless Meals for Every Evening

nigel slater simple suppers recipes have become a beacon for home cooks who crave delicious, fuss-free meals after a long day. Known for his warm storytelling and approachable cooking style, Nigel Slater offers recipes that don't demand hours in the kitchen but deliver on flavor and comfort. Whether you're new to cooking or simply want to streamline your evening routine, his simple suppers are a treasure trove of inspiration.

Why Choose Nigel Slater Simple Suppers Recipes?

Nigel Slater's cooking philosophy revolves around simplicity, seasonality, and using fresh ingredients. His recipes often require minimal ingredients and straightforward techniques, making them accessible for cooks of all skill levels. If you're someone who finds traditional recipes overwhelming or time-consuming, his simple suppers provide a refreshing alternative.

One of the standout qualities of Nigel Slater's recipes is their emphasis on natural flavors. Instead of relying on complicated sauces or obscure ingredients, his dishes highlight the essence of vegetables, herbs, and quality pantry staples. This approach not only makes cooking less stressful but also encourages a healthier, more sustainable way of eating.

Seasonal Cooking Made Easy

A key element in Nigel Slater's simple suppers is his commitment to seasonal produce. Using ingredients at their peak ensures maximum flavor and nutrition, while often reducing grocery bills. For example, his recipes might feature tender asparagus in spring, juicy tomatoes in summer, or hearty

root vegetables in autumn.

By following Nigel's lead and planning meals around what's fresh and available, you can enjoy a varied menu throughout the year without complicated shopping lists or exotic ingredients.

Popular Nigel Slater Simple Suppers Recipes to Try Tonight

If you're eager to dive in, here are some beloved recipes from Nigel Slater's repertoire that embody his simple supper ethos:

1. Spaghetti with Garlic and Olive Oil

Sometimes the simplest dishes are the most satisfying. This classic Italian-inspired recipe calls for just spaghetti, good-quality olive oil, garlic, chili flakes, and fresh parsley. It's ready in under 20 minutes and perfect for nights when you want something quick but flavorful.

Tips for success:

- Use dried chili flakes sparingly unless you like a real kick.
- Reserve a bit of pasta water to help the sauce cling to the noodles.
- Freshly chopped parsley adds brightness and color.

2. Roasted Vegetable Tray Bake

Nigel Slater excels at turning simple roasting into a celebration of flavors. This recipe involves chopping seasonal vegetables—such as carrots, courgettes, peppers, and red onions—tossing them in olive oil, seasoning generously, and roasting until caramelized.

The magic lies in the roasting process, which intensifies natural sweetness and texture. Serve alongside crusty bread or with a sprinkle of crumbled feta for an easy vegetarian supper.

3. Lentil and Tomato Stew

Packed with protein and fiber, this comforting stew combines red lentils with ripe tomatoes, garlic, and warming spices like cumin and smoked paprika. It's a one-pot wonder that's both hearty and light.

Cooking tips:

- Rinse lentils well to remove any dust.
- Add a splash of lemon juice at the end to brighten the flavors.
- Serve with a dollop of natural yogurt or a handful of fresh coriander.

The Art of Simple Suppers: Nigel Slater's Approach to Ingredients

What sets Nigel Slater's simple suppers apart is his intuitive use of everyday ingredients. He often

champions humble foods, elevating them through careful seasoning and thoughtful cooking techniques.

Using Pantry Staples Creatively

From canned tomatoes and dried pasta to olive oil and garlic, Nigel's recipes make the most of pantry essentials. Instead of relying on complex sauces or specialty items, he encourages home cooks to get creative with what's already in the kitchen.

For instance, a drizzle of good olive oil can transform a bowl of roasted vegetables, while a sprinkle of sea salt and freshly ground black pepper can enhance even the simplest salad. His philosophy teaches that flavor often comes from balance and subtlety rather than complexity.

Fresh Herbs and Minimal Seasoning

Nigel Slater's simple suppers often highlight fresh herbs like parsley, basil, thyme, and rosemary. These ingredients add layers of aroma and taste without overpowering the dish. Minimal seasoning techniques—such as finishing with a squeeze of lemon or a pinch of chili—showcase his skill in drawing out natural flavors.

Tips for Mastering Nigel Slater Simple Suppers Recipes at Home

Cooking Nigel Slater's simple suppers can be incredibly rewarding, especially when you keep a few practical tips in mind:

1. **Embrace the beauty of imperfection.** Many of Nigel's recipes encourage a relaxed approach,

where exact measurements aren't always necessary. Trust your instincts and taste as you go.

2. **Invest in good-quality olive oil.** Since many dishes rely on olive oil for flavor, using a high-quality extra virgin olive oil makes a noticeable difference.
3. **Keep your kitchen stocked with versatile staples.** Ingredients like garlic, onions, canned tomatoes, dried pasta, and lentils form the backbone of many simple suppers.
4. **Use seasonal vegetables.** Visit local markets or farmers' stands to find fresh, seasonal produce that will make your meals more vibrant and flavorful.
5. **Don't rush roasting or simmering steps.** Slow cooking often brings out deeper flavors, especially in vegetable dishes and stews.

Why Nigel Slater's Simple Suppers Resonate in Today's Busy World

In an era when busy schedules can make cooking feel like a chore, Nigel Slater's simple suppers provide a welcome respite. They remind us that good food doesn't have to be complicated or time-consuming.

His recipes encourage mindfulness in the kitchen—taking time to appreciate ingredients, enjoy the process, and share meals with loved ones. This philosophy aligns perfectly with modern desires for balanced living and sustainable eating.

Moreover, Nigel's writing style—warm, honest, and approachable—makes cooking feel less intimidating. Many home cooks find comfort in his storytelling, which often weaves memories and personal reflections into the recipes themselves.

Simple Suppers for Families and Solo Diners Alike

Whether you're cooking for a family or just for yourself, Nigel Slater's simple suppers adapt easily to different needs. Many recipes scale up or down effortlessly, and the emphasis on fresh, affordable ingredients makes them accessible to almost anyone.

For busy parents, his dishes offer quick turnaround times without sacrificing nutrition. For solo diners, they provide an opportunity to enjoy satisfying meals that don't require hours of prep or cleanup.

Exploring Nigel Slater's Cookbooks for More Simple Suppers Ideas

If you're inspired by the idea of simple suppers, Nigel Slater's cookbooks are a fantastic resource. Titles like *"Simple Suppers,"* *"Real Fast Food,"* and *"Kitchen Diaries"* are filled with recipes that embody his straightforward cooking ethos.

His books often go beyond recipes, offering insights into ingredient selection, seasonal eating, and thoughtful meal planning. For anyone looking to build a repertoire of easy, delicious dinners, these collections are invaluable.

Many readers appreciate how Nigel's recipes encourage flexibility—inviting cooks to adapt dishes according to what's on hand or personal taste preferences. This makes his cookbooks not just recipe collections but guides to a more intuitive, joyful way of cooking.

In the end, Nigel Slater simple suppers recipes offer more than just meals; they offer a way to reconnect with cooking as a simple pleasure. By focusing on fresh ingredients, uncomplicated methods, and genuine flavors, these recipes inspire home cooks to create satisfying dinners without

stress. Whether it's a quick pasta dish or a slow-roasted vegetable medley, Nigel Slater's simple suppers invite us all to savor the everyday magic of food.

Frequently Asked Questions

Who is Nigel Slater and what is his approach to simple suppers recipes?

Nigel Slater is a renowned British food writer and chef known for his approachable and comforting recipes. His approach to simple suppers focuses on using seasonal, fresh ingredients and straightforward techniques to create delicious, no-fuss meals.

What are some popular simple suppers recipes by Nigel Slater?

Popular simple suppers recipes by Nigel Slater include dishes like roasted vegetable pasta, quick chicken stew, caramelized onion tart, and rustic fish cakes, all emphasizing ease and flavor.

Are Nigel Slater's simple suppers recipes suitable for beginners?

Yes, Nigel Slater's simple suppers recipes are designed to be accessible for home cooks of all skill levels, including beginners, as they often require minimal ingredients and uncomplicated cooking methods.

Can Nigel Slater's simple suppers recipes be made with pantry staples?

Many of Nigel Slater's simple suppers recipes incorporate pantry staples such as pasta, canned tomatoes, and dried herbs, making them convenient for quick weeknight meals.

Does Nigel Slater offer vegetarian options in his simple suppers recipes?

Yes, Nigel Slater includes a variety of vegetarian simple suppers recipes that highlight vegetables, pulses, and grains, catering to plant-based diets.

Where can I find Nigel Slater's simple suppers recipes?

Nigel Slater's simple suppers recipes can be found in his cookbooks, on his official website, and in various food magazines and online recipe platforms.

What makes Nigel Slater's simple suppers recipes different from other easy meal recipes?

Nigel Slater's recipes stand out due to their emphasis on seasonal ingredients, warmth, and simplicity, often blending rustic flavors with elegant ease.

Are Nigel Slater's simple suppers recipes healthy?

Many of Nigel Slater's simple suppers recipes focus on fresh vegetables, lean proteins, and balanced ingredients, making them generally healthy and nutritious options.

Can Nigel Slater's simple suppers recipes be adapted for dietary restrictions?

Yes, his recipes are often flexible and can be adapted for various dietary needs, such as gluten-free or vegetarian, by substituting ingredients as necessary.

What cooking equipment is needed for Nigel Slater's simple suppers recipes?

Most of Nigel Slater's simple suppers recipes require basic kitchen equipment like a stove, oven, frying

pan, and baking dish, making them easy to prepare without specialized tools.

Additional Resources

Nigel Slater Simple Suppers Recipes: A Culinary Exploration of Effortless Home Cooking

nigel slater simple suppers recipes have garnered considerable attention from culinary enthusiasts and home cooks seeking approachable, flavorful meals without the complexity often associated with gourmet cooking. Nigel Slater, a celebrated British food writer and broadcaster, has long been synonymous with accessible yet sophisticated dishes that emphasize seasonal ingredients and minimal fuss. His approach to simple suppers offers an inviting gateway for those who desire delicious dinners that can be prepared swiftly, often with pantry staples or fresh produce.

This article delves into the essence of Nigel Slater's simple suppers recipes, analyzing their appeal, methodology, and how they fit into modern cooking trends. By examining the core features, recipe structures, and the philosophy behind these meals, we uncover why Slater's work remains influential in a crowded culinary landscape.

The Appeal of Nigel Slater Simple Suppers Recipes

At the heart of Nigel Slater's simple suppers lies a commitment to simplicity without sacrificing flavor or nutrition. Unlike intricate recipes demanding specialized techniques or rare ingredients, these dishes embrace straightforward cooking methods—roasting, sautéing, simmering—that anyone can master. This democratization of home cooking is particularly significant in an era where busy schedules often hinder elaborate meal preparation.

One key factor contributing to the popularity of Slater's simple suppers is the use of seasonal and readily available ingredients. His recipes often highlight vegetables, herbs, and proteins that are easy to source locally, reducing reliance on processed foods and encouraging sustainable eating habits.

Furthermore, many dishes accommodate dietary flexibility, catering to vegetarians or those seeking lighter options, broadening their accessibility.

Philosophy Behind Simple Suppers

Nigel Slater advocates for food that comforts and nourishes without overwhelming the cook. His philosophy centers on enjoying the process of cooking as much as the meal itself. Simple suppers are designed to be swift—some recipes take under 30 minutes—yet satisfying enough to feel like a proper evening meal. The emphasis on minimal ingredients and uncomplicated steps encourages improvisation, allowing cooks to adapt recipes based on what is at hand.

This approach resonates in contemporary culinary culture, where meal kits and ultra-processed convenience foods often dominate. Slater's recipes invite a return to hands-on cooking, fostering a connection between the cook, the ingredients, and the final dish.

Core Features of Nigel Slater Simple Suppers Recipes

Analyzing a selection of Slater's simple suppers reveals several defining features that set these recipes apart:

- **Minimal Ingredients:** Most recipes include fewer than ten components, prioritizing quality over quantity.
- **Seasonal Focus:** Ingredients reflect the time of year, such as root vegetables in winter or fresh tomatoes in summer.
- **One-Pot or One-Pan Techniques:** To minimize cleanup and complexity, many recipes employ single cookware methods.

- **Emphasis on Freshness:** Fresh herbs, citrus, and vibrant vegetables are common to enhance flavors naturally.
- **Balanced Nutrition:** Recipes often combine proteins, vegetables, and carbohydrates in harmonious proportions.

Comparison with Other Simple Cooking Styles

When compared to other popular “simple” cooking methodologies—such as 30-minute meals or minimalist cooking by other chefs—Nigel Slater’s simple suppers stand out due to their literary warmth and narrative style. His recipes often come with personal anecdotes and reflections, which enrich the cooking experience. Moreover, Slater tends to avoid overly processed components, distinguishing his approach from many quick-fix recipes that rely heavily on pre-packaged ingredients.

Popular Recipes and Their Characteristics

To better understand Nigel Slater’s recipe style, it is helpful to look at some notable examples of his simple suppers:

1. **Roast Chicken with Garlic and Thyme:** This dish exemplifies Slater’s preference for roasting as a simple yet effective cooking method. The recipe calls for a whole chicken, fresh garlic cloves, thyme sprigs, olive oil, salt, and pepper. The straightforward seasoning allows the natural flavors to shine through.
2. **Spaghetti with Cherry Tomatoes and Basil:** A perfect summer supper, this recipe is quick to prepare and showcases the freshness of ripe tomatoes and fragrant basil leaves. Its minimal

ingredient list makes it a go-to for busy weeknights.

3. **Potato and Leek Soup:** Comforting and nourishing, this soup utilizes humble ingredients but delivers a rich, creamy texture without cream, achieved through careful simmering and blending.
4. **Pan-Fried Fish with Lemon and Capers:** Simple yet elegant, this recipe highlights quick pan-frying techniques and bright flavors from lemon juice and capers, perfect for a light supper.

Each of these recipes embodies Slater's ethos of simplicity, seasonality, and flavor balance, making them accessible to cooks of varying skill levels.

Advantages and Limitations

While Nigel Slater's simple suppers recipes offer numerous benefits, including ease of preparation and flexibility, there are some considerations to note:

- **Advantages:**
 - Time-efficient preparation suitable for busy lifestyles.
 - Encourages use of fresh, seasonal ingredients, promoting healthier eating.
 - Recipes are adaptable, allowing for ingredient substitutions based on availability.
 - Minimal cleanup due to one-pot or one-pan cooking techniques.

- **Limitations:**

- Some may find the minimal seasoning or ingredient complexity less exciting if they prefer bold or exotic flavors.
- Recipes often assume access to fresh produce and herbs, which might be challenging in certain regions or seasons.
- Those seeking highly structured meal plans might find the improvisational nature less suitable.

Integrating Nigel Slater's Recipes into Everyday Cooking

For home cooks aiming to incorporate Nigel Slater simple suppers recipes into their routine, several strategies can enhance the experience and outcomes:

- **Seasonal Planning:** Align grocery shopping with seasonal produce to maximize flavor and cost-effectiveness.
- **Ingredient Substitution:** Feel free to swap herbs or vegetables based on availability or personal preference, staying true to the recipe's spirit.
- **Batch Preparation:** Many simple suppers can be scaled or adapted for leftovers, providing convenient options for subsequent meals.

- **Cooking Tools:** Investing in quality pans and roasting dishes can improve cooking efficiency and results.

Additionally, exploring Slater's broader body of work—including his cookbooks and columns—can provide further inspiration and deepen understanding of his culinary philosophy.

Impact on Contemporary Home Cooking Trends

Nigel Slater's emphasis on simple suppers aligns with larger trends toward mindful eating, sustainability, and home cooking revival. As consumers increasingly seek transparency in their food sources and preparation methods, Slater's recipes offer a model that balances tradition with modern convenience.

Moreover, the rise of digital food media has popularized quick, approachable recipes. However, Slater's enduring appeal stems from his authentic voice and genuine connection to food culture, distinguishing his work from the often formulaic nature of viral recipes.

Through his simple suppers, Slater contributes to a culinary movement that values quality, seasonality, and the joy of cooking at home—principles that continue to resonate with both novice and experienced cooks.

In exploring Nigel Slater simple suppers recipes, one uncovers more than just a collection of meals; it is an invitation to embrace cooking as a daily, joyful ritual. The balance of simplicity, flavor, and thoughtful ingredient choice offers a refreshing alternative to complex or time-consuming culinary endeavors, making these recipes a valuable asset in any home cook's repertoire.

Nigel Slater Simple Suppers Recipes

nigel slater simple suppers recipes: A Year of Good Eating Nigel Slater, 2019-11-12 An immediate new classic from Nigel Slater. Over 250 recipes, moments and ideas for good eating, with extra-special seasonal sections for quick, weeknight eats. The third instalment of Nigel Slater's classic Kitchen Diaries series, *A Year of Good Eating* explores the balance and pleasure in eating well throughout the year. The leisurely recipes and kitchen stories of the Diaries are ingeniously interspersed with seasonal sections of quick, weeknight suppers in the style of Nigel's most recent bestseller *Eat*. A salmon pie with herb butter sauce or an asparagus and blue cheese tart for when you have time to cook; roasted summer vegetables with sausages or quick baked eggs and greens for when you need to get dinner on the table fast. With Nigel's characteristically simple recipes and inspiring writing, this new book will make good eating a joy, every day of the year.

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nigel slater simple suppers recipes: Eat Nigel Slater, 2014-09-30 Britain's foremost food writer returns with a deliciously simple collection of over 600 ideas for satisfying meals that are quick and easy to get to the table. In this little book of fast food, Nigel Slater presents a wholly enjoyable ode to those times when you just want to eat. Pairing more than 600 ideas for deliciously simple meals with the same elegant prose and delightful photography that captivated fans of *Tender*, *Ripe*, and *Notes from the Larder*, *Eat* is bursting with recipes that are easy to get to the table, oftentimes in under an hour: a humble fig and ricotta toast; sizzling chorizo with shallots and potatoes; a one-pan Sunday lunch. From quick meals to comfort food, Nigel Slater has crafted a charming, inspired collection of simple food—done well.

nigel slater simple suppers recipes: The Go-To Cookbook Helen Hume, 2021-04-30 The *Go-To Cookbook* is written for people with busy lives who want to cook the best recipes for all occasions. Over 100 tried and tested recipes reflecting 50 years of cooking in a changing world. These recipes will become some of your own family classics. Recipes that give an insight into how taste, food availability and diet has changed over the years. Useful tips on planning ahead to save on waste, cost and time. This book reflects Helen's life in the kitchen through happy and also very challenging times. This book has been written in memory of Helen's youngest daughter, Vicki, who tragically died of cancer at just 22. Every penny from this book will be donated to Macmillan via the Vicki Cole tribute fund. (<https://tributefunds.macmillan.org.uk/in-memory/VickiCole>)

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'austerity' in Western culture, spanning the United Kingdom, North America, Europe and the Middle East and textual events from political media discourse, music, videogames, social media, film, television, journalism, folk art, food, protest movements, slow media and the practice of austerity in everyday life

nigel slater simple suppers recipes: *The Kitchen Diaries II* Nigel Slater, 2012 Includes over 250 recipes, many from his BBC TV series Dish of the Day, Simple Suppers and Simple Cooking. From Nigel Slater, presenter of Dish of the Day and one of our best-loved food writers, a beautiful and inspiring companion volume to his bestselling Kitchen Diaries.

nigel slater simple suppers recipes: *A Cook's Book* Nigel Slater, 2023-03-07 JAMES BEARD AWARD NOMINEE • The beloved author of *Eat and Tender* presents 150 satisfying and comforting recipes based on his favorite childhood food memories and culinary inspirations, accompanied by reflective personal essays. A GOOD HOUSEKEEPING AND WIRED BEST COOKBOOK OF THE YEAR A collection of more than 150 delicious, easy, and gratifying plant-based and meat recipes, *A Cook's Book* is the story of famed food writer Nigel Slater's life in the kitchen. He charms readers with the tales behind the recipes, recalling the first time he ate a sublime baguette in Paris and the joy of his first slice of buttercream-topped chocolate cake. From the first jam tart he made with his mum, standing on a chair trying to reach his family's classic Aga stove, through learning how to cook on his own and developing his most well-known and beloved recipes, readers will be delighted by the origin stories behind Slater's work. Slater writes eloquently about how his cooking has changed, from discovering the trick to the perfect whipped cream to the best way to roast a chicken. These are Nigel Slater's go-to recipes, the heart and soul of his simple and flavorful cooking. Chapters include: • A Bowl of Soup: Pumpkin Laksa, Spicy Red Lentil Soup, Pea and Parsley Soup • Breaking Bread: Soft Rolls with Feta and Rosemary, Blackcurrant Focaccia, Large Sourdough Loaf • Everyday Greens: Cheesy Greens and Potatoes, Spiced Zucchini with Spinach, Herb Pancakes with Mushroom • Everyday Dinners: Beet and Lamb Patties, Pork and Lemon Meatballs, Mussels, Coconut, and Noodles • A Slice of Tart: Mushroom and Dill Tart, A Tart of Leeks and Cheddar, Blackcurrant Macaroon Tart This is by far Slater's most personal book yet, and with gorgeous photography featuring Slater in his London home and garden, readers get a peek at his inspirations, motivations, and thoughts on the food world today.

nigel slater simple suppers recipes: *The Kitchen Diaries* Nigel Slater, 2005 Following the success of 'Real Food and Appetite', this is the tenth book from Nigel Slater, the award-winning food writer. His autobiography 'Toast' sold over 250,000 copies and raised him to a new level of recognition with the public.

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nigel slater simple suppers recipes: *Flavour* Ruby Tandoh, 2016-07-21 Over 170 recipes - sweet and savoury - for every day, every budget, every taste, in a cookbook that puts your appetite

first from the Sunday Times top ten bestselling author of *Eat Up*. Organised by ingredient, *Flavour* helps you to follow your cravings, or whatever you have in the fridge, to a recipe. Creative, approachable and inspiring, this is cooking that, while focusing on practicality and affordability, leaves you free to go wherever your appetite takes you. It is a celebration of the joy of cooking and eating. Ruby encourages us to look at the best ways to cook each ingredient; when it's in season, and which flavours pair well with it. With this thoughtful approach, every ingredient has space to shine; including store cupboard staples. These are recipes that feel good to make, eat and share, and each plate of food is assembled with care and balance. Including Hot and Sour Lentil Soup, Ghanaian Groundnut Chicken Stew, Glazed Blueberry Fritter Doughnuts, Mystic Pizza and Carrot and Feta Bites with Lime Yoghurt, this is a cookbook that focuses above all on flavour and freedom – to eat what you love.

nigel slater simple suppers recipes: *The Spectator* , 2009

nigel slater simple suppers recipes: *Notes from the Larder* Nigel Slater, 2013-09-24

Following on the success of *Tender and Ripe*, this companion to the bestselling *Kitchen Diaries* is a beautiful, inspiring chronicle of a year in food from beloved food writer Nigel Slater. Britain's foremost food writer returns with his quietly passionate, idiosyncratic musings on a year in the kitchen, alongside more than 250 simple and seasonal recipes. Based on Slater's journal entries, *Notes from the Larder* is a collection of small kitchen celebrations, whether a casual supper of grilled lamb, or a quiet moment contemplating a bowl of cauliflower soup with toasted hazelnuts. Through this personal selection of recipes, Slater offers a glimpse into the daily inspiration behind his cooking and the pleasures of making food by hand, such as his thoughts on topics as various as the kitchen knife whose every nick and stain is familiar, how to make a little bit of cheese go a long way when the cupboards are bare, and his reluctance to share desserts.

nigel slater simple suppers recipes: *Ripe* Nigel Slater, 2012-04-10 Britain's foremost food writer Nigel Slater returns to the garden in this sequel to *Tender*, his acclaimed and beloved volume on vegetables. With a focus on fruit, *Ripe* is equal parts cookbook, primer on produce and gardening, and affectionate ode to the inspiration behind the book--Slater's forty-foot backyard garden in London. Intimate, delicate prose is interwoven with recipes in this lavishly photographed cookbook. Slater offers more than 300 delectable dishes--both sweet and savory--such as Apricot and Pistachio Crumble, Baked Rhubarb with Blueberries, and Crisp Pork Belly with Sweet Peach Salsa. With a personal, almost confessional approach to his appetites and gustatory experiences, Slater has crafted a masterful book that will gently guide you from the garden to the kitchen, and back again.

nigel slater simple suppers recipes: *Appetite* Nigel Slater, 2001 Bestselling cookery writer Nigel Slater's mantra is 'recipes don't rule'. '*Appetite*' is the revolutionary book that will help all cooks to have fun making anything from a baked potato to Christmas dinner. Inspiring and irresistible, '*Appetite*' takes a hundred simple classics and casts aside the insecurities of normal recipes. Ingredients are listed, followed by a suggestion of how much you might need, i.e. 'double cream - start with 100 ml then see how you go'. Readers will be liberated to use their own judgement, indeed actively encouraged to skip half the ingredients for pared-down versions that will teach them the essence of a dish. Recipe titles reflect this approach - 'a cheap spaghetti supper', 'a big pork roast', 'a curry to make you sweat'. Slater's typically unpretentious style and ready wit put the fun back into food in this beautifully illustrated book. The first half is packed with instructive, funky photographs and covers all the basics - from 'getting rid of the three-course-meal tyranny' to 'why junk food is so delicious'. A long and helpful section will tell you where to get hold of everything worth eating. Written partly for the non-cook, this will be varied enough to attract more experienced cooks and people who bought '*Real Food*' and want another helping.

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