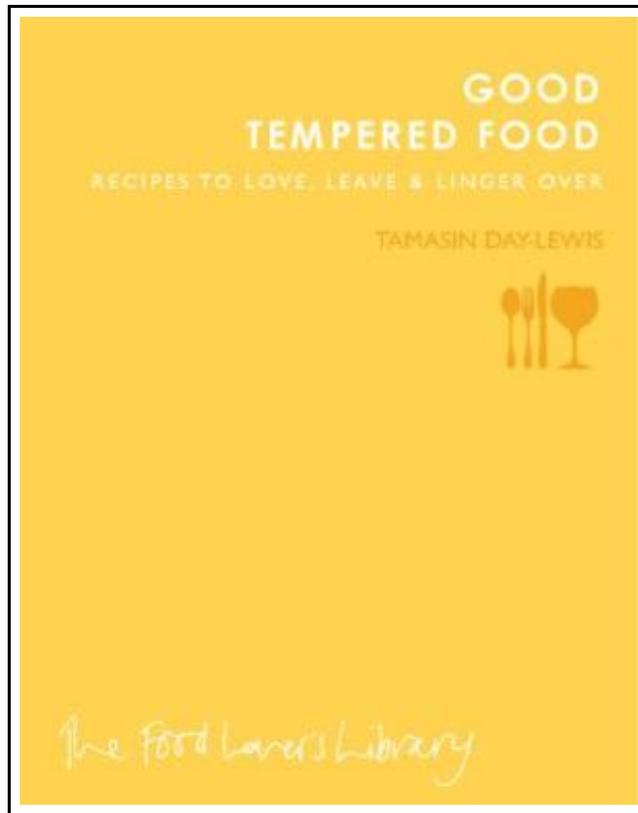


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Reviews

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(Elliott Rempel MD)

GOOD TEMPERED FOOD: RECIPES TO LOVE, LEAVE AND LINGER OVER



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Clearview. Paperback. Book Condition: new. BRAND NEW, Good Tempered Food: Recipes to love, leave and linger over, Tamasin Day-Lewis, Slow-cooked food and what the author likes to call 'good tempered food', is what proper cooking is all about. In fact, it's the chief pleasure of cooking. It's about re-uniting yourself with a sense of pleasure in the kitchen, rediscovering that 'slow' or 'time-taken' doesn't mean difficult. This is a hugely underrated pleasure in its own right - as can be the planning, shopping, reading of cookery books or recipes online, deliberating, or telephoning a friend for a recipe. Good Tempered Food also shows how to plan in advance and half-prepare a dish a day or even a week before. For example, a dish like risotto can be half-cooked before time, the simplest of meat sauces can be converted from lasagna to cottage pie, hot and cold puddings can be pre-cooked and finished at the last minute. The book is full of dishes that will give you pleasure to cook - roasted baby tomatoes mixed with baby broad beans, a handful of chives, mint, chervil and thyme, some lemon zest and cheese thrown onto some pasta of a fat piece of belly of port idling in the oven for several hours, steeped in molasses, sweet brown sugar and star anise.



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