



Mr Wilkinson's Favourite Vegetables: Summer

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: fresh baby sweetcorn, herb salt and butter; braised eggplant, tomato and meatballs; spinach, mustard greens and baked ricotta cheese; smoked tomato and goats curd gougeres; baked long green peppers, couscous and currants; salad of radish, figs, walnuts and blue cheese; 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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