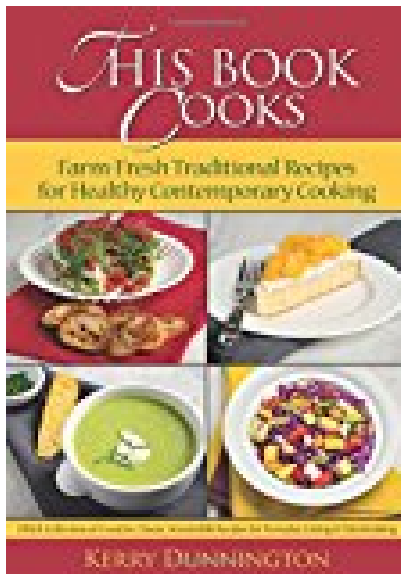


# This Book Cooks Farm-Fresh Traditional Recipes for Healthy Contemporary Cooking

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## BOOK DETAILS

- Author : Kerry Dunnington Dunnington
- Pages : 242 Pages
- Publisher : Artichoke Publishers
- Language : English
- ISBN : 0990418510

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## **BOOK SYNOPSIS**

In This Book Cooks, readers will discover creative, classic and irresistible recipes for everyday eating and entertaining. Recipes include useful and inspiring introductory material further enhanced by stories drawn from the authors life experiences in cooking, dining and serving. A comprehensive index and a stylish, user-friendly format makes This Book Cooks completely accessible, easy to navigate, and an inspiring cover-to-cover culinary read. Divided into nine chapters, from appetizers to desserts, (including a chapter devoted to recipes for dog treats) This Book Cooks offers a rich collection of nearly 200 classic, award-winning, easy-to-follow recipes readers will keep coming back to again and again. Kerrys passion for creative recipes and consuming foods in their growing season carries on in This Book Cooks. With a nod toward the farm-fresh approach that recalls her own childhood memories of food, Kerry stresses the importance of implementing family food traditions and recognizing that our culinary choices have a major impact on the environment. The book will help influence future generations about the importance of shopping the harvest, appreciating natures bounty, and sharing in the goodness and nourishment that the best home cooking provides.

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