



Let's Eat: Recipes from My Kitchen Notebook

Tom Parker Bowles

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Tireless in pursuit of a good dinner, Tom Parker Bowles has eaten some of the best food in the world - and then recreated his favourite dishes in his own kitchen. Some of the 140 recipes in this book are inspired by food cooked for him by friends and family, some by more formal dinners, some by his travels. But all have been recreated by Tom to make them easy for the home cook to prepare. A chapter on Comfort food is packed with family favourites such as My mum's roast chicken and fish goujons with pea puree. There are also chapters on Quick fixes, such as stir fries and steaks, and on Slow and low, such as braises and casseroles. The From far-flung shores chapter includes dishes inspired by Tom's travels, such as ceviche, or Lime marinated prawns with avocado and there's a chapter on Cooking for children too. Tom has cooked every recipe in his home kitchen again and again before including it in this notebook. He also explores the basic ingredients that are essential to a good dinner, such as fats and stocks, offering thoughts on how to prepare and cook with them. Everyday staples such as eggs and steak get a close inspection too, with ideas and advice for dishes to prepare with them. Let's Eat is an irresistible hotchpotch of delicious recipes; a trusty cookbook and a very good read. It is packed with photographs of the dishes. 'Few food writers enjoy eating with gusto quite as much as does Tom. Now, with this deeply scrumptious book, he reveals how talented he is at the first bit: the cooking.' Simon Hopkinson



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