



Fruit: Recipes for Lunch, Brunch, Desserts, and More

Brian Glover

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Healthy, delicious, and infinitely varied, fruit is the world's favorite food. As this irresistible book makes clear, it is the ideal choice at any time of the day, and it can be used in so many ways: in salsas to spice up meat and fish dishes; in soups and appetizers, and of course, in desserts. Start the day with some delicious treats such as Blackberry Buttermilk Pancakes with Apple Butter. See how using fruit in Appetizers, Soups, and Salads can take them to new heights. Ideas for Entrees include Duck with Spiced Plums and Chicken Tagine with Quinces and Preserved Lemons. For Dessert try Summer Fruit Salad with Kaffir Lime Sorbet or Exotic Fruit Scrunch. Finally, Preserves are an excellent way to use all types of fruit. Red Berry Jelly and Apple Chutney are among the delicious homemade treats. Savor the delights of this healthy, delicious, and varied food with over 50 recipes, from soups and salads to pancakes and pies. In his fascinating introduction on Fruit Basics, Brian Glover takes you on a guided tour of all types, from berries and currants to orchard and exotic varieties. Invaluable advice on how to choose, store, and prepare fruit.

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