



## Mr. Wilkinson's Vegetables: A Cookbook to Celebrate the Garden

### **Matt Wilkinson**

Black Dog and Leventhal

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“I build my dish around what vegetables are in season because this is when they will be the cheapest, most readily available, and, most importantly, taste the best—and surely this has to be the most important factor when cooking. ... This is where I'm a little different with my veg-first approach.”

With that, and only that, Matt Wilkinson, author of *Mr. Wilkinson's Vegetables*, encourages readers to think about a protein to add (meat or seafood), considering how the flavors will marry together with the chosen vegetables. Revelatory!

What follows are twenty-four chapters devoted respectively to asparagus, beans & peas, beets, broccoli, brussels sprouts, cabbage, peppers, carrot, cauliflower, corn, cucumber, eggplant, fennel, garlic, horseradish, leaves from the garden, nettle, onion, parsnip, potato, pumpkin and squash, radish, tomato, and zucchini—each accompanied by gardening and preparation know-how and three or more recipes. Mr. Wilkinson's beautifully photographed and illustrated vegetables cookbook is simply a must acquisition for anyone who reads, cooks, and eats.

MATT SUTHERLAND (Summer 2013)

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