

the river cottage cookbook

The River Cottage Cookbook stands as a quintessential guide for food enthusiasts, home cooks, and sustainable living advocates alike. Authored by the renowned British chef and food writer Hugh Fearnley-Whittingstall, this cookbook encapsulates a philosophy of simple, honest cooking rooted in seasonal ingredients, ethical sourcing, and a deep respect for the land and sea. Since its first publication, the River Cottage Cookbook has become a staple in kitchens around the world, inspiring countless individuals to reconnect with nature's bounty and embrace a more sustainable approach to food. Whether you're an experienced chef or a novice eager to learn, this cookbook offers a wealth of recipes, tips, and insights that celebrate the art of good, wholesome cooking.

Overview of the River Cottage Cookbook

The River Cottage Cookbook is more than just a collection of recipes; it embodies a lifestyle centered around sustainable living and local food sourcing. Hugh Fearnley-Whittingstall's ethos is rooted in the belief that everyone can play a part in making better food choices, reducing waste, and supporting local farmers and producers. The book is designed to guide readers through the seasons, highlighting ingredients at their peak and encouraging a farm-to-table approach.

History and Background

The River Cottage movement began in the early 1990s when Hugh Fearnley-Whittingstall started his farm-based culinary venture on a small patch of land in Devon, England. The success of this initiative led to the publication of The River Cottage Cookbook in 2004, which has since become a bestseller and a cultural touchstone within the food community. The book reflects Hugh's commitment to ethical eating, sustainable farming, and a desire to make good food accessible to everyone.

Core Themes of the Cookbook

The River Cottage Cookbook emphasizes several key themes:

- **Seasonality:** Recipes are organized around the changing seasons, encouraging the use of fresh, seasonal ingredients.
- **Sustainability:** Promotes ethical sourcing, responsible fishing, and organic farming practices.
- **Simplicity:** Focuses on straightforward, uncomplicated recipes that highlight natural flavors.
- **Self-sufficiency:** Encourages growing your own produce, foraging, and understanding where your food comes from.
- **Community and Connection:** Celebrates local food traditions and the importance of supporting local producers.

Key Features of the River Cottage Cookbook

Understanding what makes The River Cottage Cookbook a beloved resource can help you appreciate its value and why it has stood the test of time. Below are some of the key features that set this cookbook apart.

Comprehensive Seasonal Recipes

The cookbook is divided into sections based on seasons—spring, summer, autumn, and winter—making it easy to find recipes that align with what's available locally and in your garden. Each section features dishes that showcase the best ingredients of that time of year.

Focus on Whole Foods

From hearty stews and roasts to fresh salads and desserts, the recipes emphasize whole, unprocessed ingredients. Hugh Fearnley-Whittingstall advocates for minimal intervention, allowing the natural flavors of ingredients to shine through.

Practical Tips and Techniques

Beyond recipes, the book offers valuable advice on:

- Preparing and preserving seasonal produce
- Butchering and meat preparation
- Making homemade stocks, sauces, and fermented foods
- Foraging and sourcing wild ingredients

Inspiration for Sustainable Living

The cookbook encourages readers to:

- Grow their own vegetables and herbs
- Raise chickens or keep small livestock
- Fish responsibly and ethically
- Reduce food waste through clever leftovers and preservation

Popular Recipes from the River Cottage Cookbook

The appeal of The River Cottage Cookbook lies in its diverse array of recipes suitable for everyday meals, special occasions, and everything in between.

1. Seasonal Vegetable Soups

- Roasted tomato and red pepper soup
- Spring pea and mint soup
- Autumn pumpkin and sage soup

2. Classic British Dishes

- Roast beef with Yorkshire puddings
- Fish pie with smoked haddock
- Shepherd's pie made with locally sourced lamb

3. Foraged and Wild Food Recipes

- Wild garlic pesto
- Seaweed salads
- Mushroom risotto

4. Preserves and Fermentation

- Pickled vegetables
- Homemade chutneys
- Sauerkraut and kimchi

5. Ethical Meat and Fish Dishes

- Grass-fed beef steaks
- Sustainable fish casseroles
- Free-range chicken casseroles

Sustainable Living and the Environment

The River Cottage Cookbook isn't just about cooking; it's about fostering a meaningful relationship with the environment. Hugh Fearnley-Whittingstall emphasizes that our food choices have a significant impact on the planet.

Why Sustainability Matters

- Reducing Carbon Footprint: Choosing local, seasonal ingredients minimizes transportation emissions.
- Supporting Biodiversity: By sourcing from diverse farms and foragers, we help preserve ecosystems.

- Minimizing Waste: Preserving, fermenting, and using leftovers reduce food waste.

How the Cookbook Promotes Sustainability

- Advocates for ethical meat consumption, including reducing intake and choosing responsibly farmed options.
- Encourages home gardening and composting.
- Offers advice on foraging for wild edibles, reducing reliance on store-bought goods.
- Provides techniques for preserving seasonal harvests to enjoy year-round.

How to Use The River Cottage Cookbook Effectively

To maximize the benefits of this comprehensive cookbook, consider the following tips:

Embrace Seasonality

Plan your meals around what's in season to enjoy fresh flavors and support local producers.

Start Small

Begin with simple recipes to build confidence, gradually exploring more complex dishes and preservation techniques.

Grow Your Own

Create a small vegetable garden or herb patch to have fresh ingredients at your fingertips.

Experiment with Preserving

Try pickling, fermenting, and freezing seasonal produce to enjoy flavors all year long.

Support Local and Ethical Producers

Seek out local markets, community-supported agriculture (CSA), and responsible fisheries.

Conclusion: The Lasting Impact of The River Cottage Cookbook

The River Cottage Cookbook remains a vital resource for anyone passionate about cooking, sustainability, and reconnecting with nature's rhythms. Its blend of practical advice, seasonal recipes, and ethical principles makes it more than just a cookbook—it's a guide to a more mindful way of living and eating. Hugh Fearnley-Whittingstall's dedication to promoting sustainable food practices has inspired a global movement that values quality, responsibility, and community.

By integrating the lessons from The River Cottage Cookbook into your daily life, you can enjoy delicious, wholesome meals while making positive choices for the environment. Whether you're cooking a simple spring vegetable stir-fry or preserving your autumn harvest, this cookbook offers the tools and inspiration to nourish both your body and the planet.

Keywords for SEO Optimization:

River Cottage Cookbook, Hugh Fearnley-Whittingstall recipes, sustainable cooking, seasonal recipes, farm-to-table, eco-friendly eating, preserving seasonal produce, ethical sourcing, foraging recipes, sustainable living tips, homemade preserves, local food sourcing

Frequently Asked Questions

What is the main focus of The River Cottage Cookbook?

The River Cottage Cookbook focuses on seasonal, sustainable, and locally sourced recipes that celebrate British countryside ingredients and traditional cooking methods.

Who is the author of The River Cottage Cookbook?

The cookbook was created by Hugh Fearnley-Whittingstall, a renowned British chef and food writer.

What types of recipes can I find in The River Cottage Cookbook?

The book features a wide range of recipes including fish and seafood, game, vegetables, breads, and preserves, emphasizing simple, hearty, and flavorful dishes.

Is The River Cottage Cookbook suitable for beginners?

Yes, the cookbook offers accessible recipes with clear instructions, making it suitable for both beginners and experienced cooks.

Does The River Cottage Cookbook include information on sourcing ingredients?

Absolutely, it emphasizes the importance of local sourcing, seasonal eating, and sustainable food practices.

Are there vegetarian options in The River Cottage Cookbook?

While the focus is largely on meat, fish, and game, the cookbook also includes a variety of vegetarian and vegetable-centric recipes.

Has The River Cottage Cookbook won any awards?

Yes, it has received numerous accolades for its contributions to sustainable cooking and its approachable recipes.

Can I find recipes for preserving and making jams in The River Cottage Cookbook?

Yes, the cookbook features sections on preserving, pickling, and making jams and chutneys to enjoy seasonal produce year-round.

Is The River Cottage Cookbook available in digital formats?

Yes, it is available in e-book formats for digital readers, making it accessible for a wide audience.

Additional Resources

River Cottage Cookbook

The River Cottage Cookbook stands as a quintessential guide for home cooks, food enthusiasts, and sustainability advocates alike. Authored by the renowned British chef and food writer Hugh Fearnley-Whittingstall, this comprehensive volume is more than just a collection of recipes—it's a manifesto for seasonal eating, ethical sourcing, and reconnecting with the land and sea. Whether you're a seasoned chef or a curious beginner, the River Cottage Cookbook offers invaluable insights into cooking with integrity, respecting nature's rhythms, and celebrating the flavors of Britain.

Overview and Background

The River Cottage Cookbook was first published in 2004, emerging from Hugh Fearnley-Whittingstall's pioneering work at River Cottage, a smallholdings and farm in Devon, England. The project was born out of a desire to promote sustainable food practices and encourage people to take control over what they eat. Hugh's approach is rooted in locality, seasonality, and simplicity,

emphasizing that good food doesn't have to be complicated or expensive.

The book is the culmination of years of experiential practice, personal philosophy, and culinary experimentation. It encapsulates Hugh's commitment to ethical sourcing—whether through foraging, fishing, or rearing animals—and his belief that food should be honest, unpretentious, and nourishing.

Key Themes of the Book

- Sustainability and ethical sourcing
- Seasonality and local ingredients
- Whole animal butchery and nose-to-tail eating
- Foraging and wild ingredients
- Preserving and fermenting
- Simple, rustic cooking techniques

Content Structure and Organization

The River Cottage Cookbook is organized to guide readers through the seasons, ensuring that the ingredients and recipes reflect what's available at different times of the year. This seasonal approach not only promotes sustainability but also enhances flavor and freshness.

Seasonal Chapters

Each season is dedicated to a section, featuring recipes that highlight the best ingredients of that time:

- Spring: Fresh greens, lamb, wild garlic, rhubarb
- Summer: Berries, tomatoes, herbs, fish, and shellfish
- Autumn: Mushrooms, game, apples, root vegetables
- Winter: Cured meats, hearty stews, root vegetables, preserved foods

Additional Sections

Beyond seasonal recipes, the book includes chapters on:

- Butchery and Meat Preparation: Guides on breaking down animals, nose-to-tail eating, and making stocks
- Preservation: Canning, pickling, fermenting, and drying
- Wild Food Foraging: Identifying and preparing wild ingredients
- Cooking Techniques: Roasting, grilling, braising, smoking, and more

In-Depth Analysis of the Recipes and Techniques

The River Cottage Cookbook is celebrated not only for its recipes but for its detailed guidance on culinary techniques, many of which are aimed at making cooking accessible yet authentic.

Focus on Whole Animal Butchery

One of the standout features of the book is Hugh's emphasis on nose-to-tail eating. This approach encourages minimizing waste and appreciating the full value of animals.

Key aspects include:

- Step-by-step butchery guides for various meats, including beef, pork, lamb, and chicken
- Recipes for offal such as liver pâté, kidney stew, and oxtail soups
- How to make stocks and broths from leftover bones and trimmings

Embracing Foraging and Wild Ingredients

Hugh advocates for connecting with nature by foraging responsibly. The book provides practical advice on:

- Identifying edible wild plants like wild garlic, nettles, and elderflowers
- Harvesting mushrooms safely and sustainably
- Incorporating wild ingredients into everyday dishes

Preservation and Fermentation Techniques

Preserving seasonal bounty is a core principle. The book offers detailed instructions on:

- Making jams, jellies, and chutneys
- Fermenting vegetables such as sauerkraut and kimchi
- Drying herbs and fruits
- Curing meats and fish, including recipes for smoked salmon and charcuterie

Cooking Methods and Recipes

Hugh's recipes are characterized by their rustic simplicity and emphasis on natural flavors. Examples include:

- Roast lamb with rosemary and garlic
- Fish pie with fresh herbs
- Wild mushroom risotto
- Hearty stews using game meats
- Simple salads with seasonal greens and edible flowers

Highlights and Notable Recipes

While the entire book is a treasure trove of culinary wisdom, some recipes and sections have garnered particular praise:

- The Perfect Roast Chicken: Hugh's method emphasizes dry brining and resting, resulting in tender, flavorful meat.
- Wild Garlic Pesto: A fragrant, seasonal condiment that captures spring's freshness.
- Homemade Sausages: Guides on stuffing and curing, encouraging DIY butchery.
- Seafood Dishes: Recipes utilizing the bounty of local fisheries, such as mackerel pâté and shellfish platters.
- Seasonal Preserves: Spiced apple chutney, elderflower cordial, and more.

Relevance and Impact

The River Cottage Cookbook has had a significant impact on the way home cooks approach food in the UK and beyond. Its principles promote:

- Sustainable eating: Encouraging consumers to buy less but better quality, locally sourced ingredients.
- Seasonal awareness: Reinforcing the importance of eating in harmony with nature's cycles.
- Food ethics: Advocating for humane animal rearing and responsible harvesting.
- Culinary confidence: Providing accessible techniques that empower cooks to prepare a wide variety of dishes from scratch.

Many readers have credited the book with transforming their attitudes towards food, inspiring them to grow their own vegetables, forage responsibly, and appreciate traditional cooking methods.

Design and Usability

The River Cottage Cookbook features a straightforward, rustic design that mirrors its philosophy—simple, honest, and practical. The layout is user-friendly, with clear headings, step-by-step instructions, and helpful photographs that illustrate techniques.

Pros:

- Well-organized seasonal sections
- Practical advice alongside recipes
- Emphasis on techniques that build cooking confidence
- Beautiful photography capturing the seasonality and rustic charm

Cons:

- Some may find the rustic style and emphasis on traditional techniques less appealing if seeking quick, modern recipes
- The depth of information can be overwhelming for absolute beginners without prior culinary background

Conclusion: Is the River Cottage Cookbook Worth It?

Absolutely. The River Cottage Cookbook is a comprehensive, inspiring, and practical guide rooted in ethical and sustainable food principles. It's an essential resource for anyone interested in reconnecting with seasonal ingredients, learning traditional butchery and preservation techniques, and adopting a more conscious approach to eating.

While it requires time and patience to fully appreciate the depth of knowledge it offers, the payoff is a richer understanding of food, flavors, and environmental impact. Hugh Fearnley-Whittingstall's passion and integrity shine through on every page, making this book not just a collection of recipes but a blueprint for a more mindful, flavorful, and sustainable culinary life.

In summary, the River Cottage Cookbook is more than a cookbook; it's a lifestyle manual that champions local, seasonal, and ethically sourced ingredients. Its blend of recipes, techniques, and philosophy makes it a timeless addition to any kitchen and a catalyst for a more sustainable food future.

[The River Cottage Cookbook](#)

the river cottage cookbook: The River Cottage Cookbook Hugh Fearnley-Whittingstall, 2008 U.S. edition of the best-selling British cookbook featuring techniques and recipes for choosing, preparing, and storing food grown in the garden, butchered from prize animals, or foraged or caught locally, as well as opinions on supporting the environment, vibrant local economies, and resourceful use of plants and animals.--Provided by publisher.

the river cottage cookbook: River Cottage Every Day Hugh Fearnley-Whittingstall, 2011-04-19 British iconoclast and sustainable food champion Hugh Fearnley-Whittingstall goes back to basics in this guide to simple, everyday home cooking. In *River Cottage Every Day*, Hugh shares the dishes that nourish his own family of three hungry school-age kids and two busy working parents—from staples like homemade yogurt and nut butters to simple recipes like Mixed Mushroom Tart; Foil-Baked Fish Fillets with Fennel, Ginger, and Chile; and Foolproof Crème Brûlée. Hugh brings his trademark wit and infectious exuberance for locally grown and raised foods to a wide-ranging selection of appealing, everyday dishes from healthy breakfasts, hearty breads, and quick lunches to all manner of weeknight dinners and enticing desserts. Always refreshingly honest, but without sermonizing, Hugh encourages us to build a close relationship to the sources of our food and become more involved with the way we acquire and prepare it. But he doesn't shrink from acknowledging

the challenges of shopping and cooking while juggling the demands of work and family. So while Hugh offers an easy recipe for homemade mayonnaise, he admits to having a jar of store-bought mayo lurking in the fridge, just like the rest of us! Including helpful and encouraging advice on how to choose the finest meat, freshest fish, and most mouthwatering fruits and vegetables, River Cottage Every Day shows us that deliciously prepared and thoughtfully sourced meals can be enjoyed every day of the year.

the river cottage cookbook: The River Cottage Family Cookbook Hugh

Fearnley-Whittingstall, Fizz Carr, Simon de Courcy Wheeler, 2005 Designed for children and adults to use together or alone, with hundreds of recipes, and an emphasis on local, seasonal ingredients.

the river cottage cookbook: *The River Cottage Meat Book* Hugh Fearnley-Whittingstall, 2007-05-01 First published in the United Kingdom, THE RIVER COTTAGE MEAT BOOK quickly became an underground hit among food cognoscenti around the world. Now tailored for American cooks, this loving, authoritative, and galvanizing ode to good meat is one part manifesto on high-quality, local, and sustainable meat production; two parts guide to choosing and storing meats and fowl; and three parts techniques and recipes for roasting, cooking, barbecuing, preserving, and processing meats and getting the most out of leftovers. With this thought-provoking and practical guide, meat eaters can knowledgeably buy and prepare meat for better health and better living, while supporting the environment, vibrant local economies, and respectful treatment of animals. • Already a sensation in the United Kingdom, this groundbreaking treatise on choosing and preparing meat is now available in the United States for the first time. • Includes more than 100 recipes and more than 200 full-color photographs. • Thoughtfully Americanized, with complete information about assorted cuts (including illustrations), production standards, and sources for buying and learning about meats in the United States. • British edition has sold 150,000 copies.

the river cottage cookbook: *The River Cottage Family Cookbook (special Sales)* Hugh

Fearnley-Whittingstall, Fizz Carr, 2014-04-26

the river cottage cookbook: *The River Cottage Family Cookbook* Hugh Fearnley-Whittingstall,

Fizz Carr, 2005

the river cottage cookbook: *The River Cottage Year* Hugh Fearnley-Whittingstall, 2005-04-11

In this bestselling book, Hugh writes about the year on his Dorset smallholding. He recalls, month by month, the highs and lows of past years, and anticipates the 12 months ahead - what'll be in season when, and when'll be the best months to crack on with such tasks as chick rearing and sheep shearing, haymaking and hedge laying. But, for all its outdoorsy information, the real focus of THE RIVER COTTAGE YEAR is indoors - at Hugh's kitchen table. With over 100 brand new recipes, this is above all a cookery book and for once a genuinely seasonal one, celebrating local seasonal produce at its very best - chestnuts in January, artichokes in March, rhubarb in April, asparagus in May, strawberries in June, blackcurrants in July, tomatoes in August, plums in September, apples in October, pumpkins in November and parsnips in December... Full of his hard-earned smallholder's wisdom, seasoned with his infectious good humour, THE RIVER COTTAGE YEAR is Hugh's rallying cry for us to reclaim the seasons.

the river cottage cookbook: *Original River Cottage Cookbook* Whittingstall Fearnley,

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In this new addition to the award-winning collection, River Cottage master preserver Pam Corbin helps you transform the abundance of your garden (and your friends' and neighbors' gardens) into everything from jams and jellies to vinegars and sauces. The River Cottage farm, established by British food personality Hugh Fearnley-Whittingstall to promote high-quality, seasonal, and sustainable food, has inspired a television series, restaurants and classes, and a hit series of books. Now, with *The River Cottage Preserves Handbook*, learn to make everything from simple Strawberry Jam to scrumptious new combinations like Honeyed Hazelnuts, Nasturtium "Capers," Onion Marmalade, Spiced Brandy Plums, and Elixir of Sage, plus a pantryful of butters, curds, pickles, chutneys, cordials, and liqueurs.

the river cottage cookbook: The River Cottage Fish Book Hugh Fearnley-Whittingstall,

Nick Fisher, 2012-03-20 The formidable River Cottage team turns their attention to all matters aquatic in this definitive guide to freshwater fish, saltwater fish, and shellfish. Hugh Fearnley-Whittingstall and Nick Fisher examine the ecological and moral issues of fishing, teach individual skills such as catching and descaling, and offer a comprehensive (and fascinating) species reference section. They also demystify the cooking of fish with 135 recipes for preparing fish and shellfish in diverse ways, from pickling to frying to smoking. This ambitious reference-cookbook appeals to both intellect and appetite by focusing on the pleasures of catching, cooking, and eating fish while grounding those actions in a philosophy and practice of sustainability. The authors help us understand the human impact on the seafood population, while their infectious enthusiasm for all manner of fish and shellfish—from the mighty salmon to the humble mackerel to the unsung cockle—inspires us to explore different and unfamiliar species. Fish is superlative food, but it's also a precious resource. The River Cottage Fish Book delivers a complete education alongside a wealth of recipes, and is the most opinionated and passionate fish book around.

the river cottage cookbook: River Cottage Easy Hugh Fearnley-Whittingstall, 2017-03-09 How often have you wished there was a magic formula to make cooking easier? Well, there is. Put just three good things together on a plate and, somehow, the whole is always greater and more delicious than the sum of its parts. Looking back over nearly two decades of professional cookery, Hugh Fearnley-Whittingstall has worked out the combinations that make magic. Salty, sweet, crunchy. Sharp, rich, crumbly. Hot, bland, crisp. Think scones with jam and cream, fish and chips with mushy peas, or porridge with golden syrup and cream. Hugh has used the formula of three to create more than 175 easy recipes, both well-loved classics and brand new ideas, based on trios like squash, ricotta and ham; aubergine, tomatoes and chickpeas; clams, tomatoes and garlic; chicken, tomatoes and tarragon; pork, potatoes and apples; pasta, courgettes and mozzarella; strawberries, cream and shortbread; and chocolate, ginger and digestives ... The list goes on. With sumptuous photography from Simon Wheeler, this book will unlock a whole new world of fantastic food. Easy cooking with three delicious ingredients. It really is that simple.

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than 350 recipes, and brimming with advice on processes such as curing bacon and making yoghurt, the secret of perfect crackling and which apple varieties to choose for a stand-out crumble, as well as sourcing the most sustainable ingredients, this is an essential guide to cooking, eating and living well. More than anything, the River Cottage A to Z is a celebration of the amazing spectrum of produce that surrounds us – all brought to life by Simon Wheeler's atmospheric photography, and Michael Frith's evocative watercolour illustrations.

the river cottage cookbook: *River Cottage Meat Book - Signed Stock* Hugh Fearnley-Whittingstall, 2004-05-24

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the river cottage cookbook: *Bread* Daniel Stevens, 2018-02-22 In the third of the River Cottage Handbook series, Daniel Stevens explains the ins and outs of baking, and inspires us to abandon ready-sliced loaves for a world of delicious breads baked at home. First, Daniel examines the key ingredients in baking (flour, yeast, salt and water), explains the science behind the seemingly alchemic processes, and advises on the right kit to get started. He then demonstrates how to make yeast and non-yeast breads, as well as enriched doughs and home-started sourdough, and includes sixty recipes, covering everything from the simple white loaf and familiar classics such as ciabatta, naan and pizza bread, to fresh new challenges like potato bread, rye, tortilla, croissants, doughnuts and bagels. The handbook is completed by full-colour photographs throughout, including step-by-step photos, instructions for building your own bread oven, and a directory of equipment and useful addresses.

the river cottage cookbook: River Cottage Veg Hugh Fearnley-Whittingstall, 2013-05-14 A comprehensive collection of 200+ recipes that embrace vegetarian cuisine as the centerpiece of a meal, from the leading food authority behind the critically acclaimed River Cottage series. Pioneering champion of sustainable foods Hugh Fearnley-Whittingstall embraces all manner of vegetables in his latest cookbook, an inventive offering of more than two hundred vegetable-based recipes, including more than sixty vegan recipes. Having undergone a revolution in his personal eating habits, Fearnley-Whittingstall changed his culinary focus from meat to vegetables, and now passionately shares the joys of vegetable-centric food with recipes such as Kale and Mushroom Lasagna; Herby, Peanuttty, Noodly Salad; and Winter Stir-Fry with Chinese Five-Spice. In this lavishly illustrated cookbook, you'll find handy weeknight one-pot meals, pure and simple raw dishes, and hearty salads as well as a chapter of meze and tapas dishes to mix and match. A genuine love of vegetables—from delicate springtime asparagus to wintry root vegetables—permeates River Cottage Veg, making this book an inspiring new source for committed vegetarians and any conscientious cook looking to expand their vegetable repertoire.

the river cottage cookbook: Fermentation Rachel de Thample, 2020-09-03 Winner of the Guild of Food Writers Specialist or Single Subject Award 2021 In *Fermentation*, Rachel de Thample shines a light on one of the oldest methods of preserving food, which is just as relevant today, and shows you how to produce delicious and health-boosting ferments in your own kitchen. There are more than 80 simple recipes to make everything from sauerkraut and sourdough, kimchee and kombucha, to pickles and preserves, accompanied by thorough explanations of how the fermenting process works. With little more than yeast and bacteria, salt and time, a whole realm of culinary possibilities opens up. With an introduction by Hugh Fearnley-Whittingstall and plenty of helpful step-by-step photographs, this book will bring the art of fermentation to your kitchen.

the river cottage cookbook: The River Cottage Australia Cookbook Paul West, 2015-06-04 'Home-grown food that is wholesome, delicious and good for the planet' Food and Travel Hugh Fearnley-Whittingstall has sowed the seed for a brand new River Cottage – in Australia! Somewhere between Melbourne and Sydney, and nestled between the pristine Sapphire Coast and the imposing Mount Gulaga, lies the beautiful old dairy farm which is now the home of River Cottage Australia, and 'new Hugh' Paul West. Paul is a fresh, exciting face on the global food scene, as well as a brilliant presenter. Predictably, there is a healthy dose of competition between Hugh and Paul. They

have fought over who can catch the first octopus and have raced to find the first mushroom of the year. But they have similar passions – sustainability and environmental issues being at the forefront – and on the farm they discover fantastic bounty as they forage for food and share the products of their culinary skills with the locals. Featuring recipes from the first three series of River Cottage Australia, this is the cookbook that will reveal the delicious dishes which Paul has been creating on the farm. The book is divided into seven chapters and includes more than 120 recipes such as pumpkin scones, roasted octopus salad, baked salmon, spiced aubergine salad, pig on a spit, borlotti bean broth, raw courgette salad and warm curd cake with honey rhubarb. With a preface by Hugh (and a sprinkling of his recipes throughout), plus atmospheric, beautiful photography by Mark Chew, this is one of the best cookery books of the year.

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