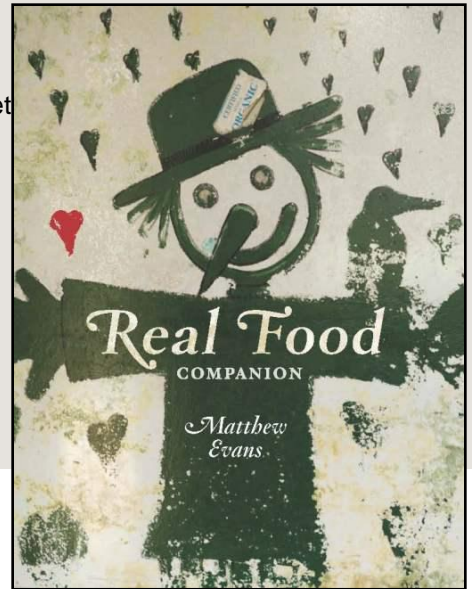


Real Food Companion

Matthew Evans

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| AUTHOR | Matthew Evans |
| ISBN | 9781741967203 |
| BINDING | Hardback plc with French-fold jacket |
| EXTENT | 576 pages |
| DIMENSIONS | 245 x 190mm |
| WORD COUNT | 118,000 |
| PHOTOGRAPHS | 215 |
| RECIPES | 215 |
| RRP | £30.00 |
| RELEASE DATE | 3 rd May 2010 |
| BIC CODE | WBA |



DESCRIPTION

In *Real Food Companion*, renowned food writer Matthew Evans shows us how to ethically source, cook and eat real food. Written with gusto and filled to bursting with information to inspire and recipes to nurture the soul and family, *Real Food Companion* outlines everything you need to know to navigate today's complex food world. It's the farmer, butcher, fishmonger and baker by your side.

KEY SELLING POINTS

- Back to basics approach to buying and cooking food
- A captivating read
- Tried and tested recipes including how to make your own ricotta and clotted cream



AUTHOR PROFILE

Recipe writer, cook, stirrer and passionate foodie, Matthew Evans was originally a chef by trade. Matthew has since become a taste junkie by desire. In a move akin to Darth Vader's, he crossed from the dark heart of restaurant kitchens to the even darker side, to become a restaurant reviewer for most of the past decade. Originally trained in Canberra, Australia, Matthew has also worked in Sydney and Melbourne and written about restaurants and producers from across the country.



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