



Veg: The Greengrocer's Cookbook

Gregg Wallace

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Whether they're roasted, grilled, fried, boiled, or steamed, vegetables are nature's perfect, healthy fast food! Most cook in four minutes or less, and bring amazing versatility to any meal. On these pages is every type you'd ever expect to buy—from artichokes and asparagus to bok choy and brussels sprouts to spinach, squash, and sweetcorn—complete with descriptions of their flavor and texture, hints on identifying the pick of the bunch, and advice on preparing them perfectly, in every possible way. Try these as part of a quick and delicious meal: Eggplant-Based Moussaka; Broccoli and Cauliflower Gratin; Stuffed Cabbage Leaves, with Minced Beef and Long-Grain Rice; and New Potato, Watercress, and Bacon Salad.

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