



# The New English Kitchen: Changing the Way You Shop, Cook and Eat

*Rose Prince*

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## **The New English Kitchen: Changing the Way You Shop, Cook and Eat** Rose Prince

A modern day household gem, giving a lifetime of stylish, beautiful, good tasting food and most of all making the most of food's usefulness.

The influence of Mediterranean food has spread to our repertoire of recipes, but the Southern European philosophy of 'making do with what you have' has not invaded Britain in the same way. We helped ourselves to the olive oil, but not the attitude. 'The New English Kitchen' offers us a different eating philosophy: an exciting new way of looking at food and how to use it over time.

Acclaimed food writer Rose Prince's guidance on making the most of local availability and seasonality, keeping a well-stocked store cupboard, growing staples such as herbs and peppering our diet with luxuries such as Parma ham, figs and wonderful cheeses shows that 'The New English Kitchen' is not so much a cookbook but a plan, one that will endure as a practical manual for future generations of cooks.

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