



# Very Fond of Food: A Year in Recipes (From Season to Season)

*Sophie Dahl*

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## **Very Fond of Food: A Year in Recipes (From Season to Season)** Sophie Dahl

Bestselling author Sophie Dahl offers up 100 wholesome recipes for health-minded home cooks who yearn for a bit of indulgence in her gorgeous second cookbook. Favoring natural sweeteners, minimal meat, and abundant produce, these dishes satisfy yet never feel ascetic. Recipes ranging from Roasted Pumpkin with Sautéed Greens and Toasted Cumin Dressing to Rhubarb Rice Pudding are organized seasonally, and the book finishes with a full chapter of luscious desserts. But the recipes are only part of the story--Sophie's food-filled memories and musings on the good life make this a book to treasure for its writerly charms as much as for its advice in the kitchen.

*Very Fond of Food* will enchant the eye with evocative photography and whimsical drawings; inspire the mind with witty recollections on family, travel, and romance; and captivate the palate with recipes that comfort body and soul. Sophie Dahl invites you into a delightful world where every meal is a story, and there's always an excuse for cake.

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