



# A Year in My Real Food Kitchen

By Emma Galloway

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Emma Galloway returns with a sensational seasonal celebration of real food with real taste. Best-selling author Emma Galloway returns with a feast of new and seasonal vegetarian and gluten-free recipes, filled with her signature inventive, flavour-driven techniques, minimalist styling and stunning photography. In an age of year-round growing, hydroponics and hi-tech preservation techniques, it is easy to forget that food is seasonal. In-season fruits and vegetables, grown and picked where they will be eaten, taste a million times sweeter and juicier. This book is both a celebration of real ingredients and a guide to eating the best, the healthiest and the tastiest food - just as nature intended. Following the rhythms of her own garden and kitchen, Emma Galloway demonstrates how you too can choose the right produce at the right time to get the most out of it. Nutritious, delicious and real - these fantastic new recipes will inspire every home cook to explore the bounty of the seasons and re-connect with a more natural way to eat.

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## **A Year in My Real Food Kitchen** By Emma Galloway Bibliography

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## **Editorial Review**

### **About the Author**

Emma Galloway is a former chef, food photographer and creator of the multi-award winning food blog My Darling Lemon Thyme. Her work has featured on Oprah.com, The Kitchn, Food & Wine, Huffington post, Food 52, SBS Food, and in The Guardian, Delicious, Peppermint magazine, Taste.com and Taste magazine (NZ). Mydarlinglemonthyme.com was named the winner of the People's Choice award in Kidspots Voices of 2013 blog awards and in April 2014 won the Best Original Recipes Award in the much coveted Saveur Best Food Blog Awards. MY DARLING LEMON THYME was published in 2014. She lives in Raglan, New Zealand with her husband and two children.

## **Users Review**

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**David Fern:**

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