

# TASTY DAYS

## EASY RECIPES IN 10, 20 AND 40 MINUTES



### Content

Fish & Seafood

Vegetarian & Salads

Meat

Desserts

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Andy Harris & David Loftus

210x240, 254pp

**T**asty Days is the cookery book for all those who like making good and exciting food but who don't always have time to spend hours beside the stove. The dishes are arranged in a flap system according to how long they take to prepare, so that if you don't have much time then in a flash you can simply look up a delicious and quick-to-prepare recipe. For slightly more relaxed and informal occasions, there are recipes that contain more ingredients and stages. But they all have one thing in common: they are easy to make and they bear the mark of the author's wide-ranging culinary journeys over the whole world.

The chapter *Fish & Seafood* for example, contains an oyster and bacon omelette that you can knock together in 10 minutes, a classic mussel soup and angler fish wrapped in bacon which takes half an hour in the oven. In *Vegetarian & Salads*, you can botanize among deliciously fresh ingredients and find tender greens in the Greek manner or an aromatic vegetable casserole from Provence. The *Meat* chapter treats us to both refined veal dishes and hot spicy pork from Jamaica, while *Desserts* tempt us with everything from a super simple chocolate cream to an impressive orange soufflé.

### About the author

Andy Harris founded *Jamie magazine*, Jamie Oliver's new and very popular food and travel magazine which is published in almost 50 countries. His career started in England and included both *Vogue* and *Elle* before he moved to Australia and the USA in the late 1990s, where he became a major figure at *Williams-Sonoma Taste* and *Gourmet Traveller* and *Wine* as well as other famous magazines.

Andy's culinary expertise has been used in a multitude of different contexts, from the extravaganza of a millionaire's 5-day party for 200 people on the Greek paradise island of Santorini to doing the catering for Baz Luhrmann's film *Australia*. And now several TV and book projects are under way with Jamie Oliver.

### About the photographer

David Loftus is one of the most respected photographers in his field, and has won numerous awards. His food photography has been described as "still life works of art, where the food is just begging to be picked off the page and be eaten". He is equally well known in the worlds of fashion, interiors, gardens and travel.

His talent and very personal manner, have led him to work with the likes of Ruthie Rogers and Rose Gray, Heston Blumenthal, Martha Stewart, Alvin Hall, Lord Snowdon, Boy George and Jamie Oliver. Specifically with Jamie Oliver, David shot his last 11 books. David's work can consistently be found in *Jamie Magazine*, *Tatler*, *Gourmet*, *Red* and the Sunday supplements.



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SÖDER MÄLARSTRAND 21  
118 20 STOCKHOLM  
SWEDEN

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