

<<南瓜菜Pumpkins & Squash>>

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### 内容概要

With their gorgeous colours, unusual shapes and year-round availability, pumpkins and squashes really are one of the few vegetables that can be used in an endless variety of meals—from nourishing bowls of golden soup to delightfully sweet pies. Gone are the days when pumpkins were only considered at Halloween; now with such a huge selection of squashes available, they really have entered a league of their own. With several ways to prepare and cook at your disposal and plenty of variety at your fingertips, both summer and winter, now is the time to see for yourself just what pumpkins and squashes have to offer. Whether you are already familiar with this do-it-all vegetable or wanting to try it for the first time, this book provides an inspirational selection of colourful recipes that will enliven your plate and keep you coming back for more!

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