

Sophie Grigson: *Eat Your Greens*: Network Books (BBC Books) London, 1993: ISBN 0 563 36738: 272 pp, colour photographs Jess Koppel, index, £15.99 (also available in p'back).

Sophie Grigson & William Black: *Travels à la Carte*: same publisher, 1994: ISBN 0 563 37017 3: 224 pp, colour food photographs Jess Koppel, index, £15.99.

*Eat Your Greens* is an attractive light-heartedly serious book. Although the emphasis is on vegetables, meat, fish and fowl are allowed to act as the occasional escort. And beets (purple), and carrots (orange) are allowed to join the party despite not being green. Designed to encourage the greater appreciation of vegetables, this user-friendly slenderish volume includes useful practical hints on the preparation of vegetables, and a digestible amount of background information. Perhaps though, it is most useful for its imaginative collection of recipes.

I was drawn to the one for baked onions and sun-dried tomatoes, page 93-94, where I am encouraged to choose medium to moderately sized onions, but not heffalumps. And bliss to see at the end that I should serve them hot, warm or cold; I feel more relaxed already.

*Travels à la Carte*, with William Black as co-author falls into the travel-cookbook slot, as its title suggests, and comprises a collection of recipes garnered during their travels in Europe. I particularly enjoyed the Turkish chapter, being partial to Turkish food. But there was plenty of interest in the Swiss and Hungarian chapters too. A pleasant and useful book for those whose minds turn blank occasionally when confronted with what to make for dinner. Or anyone who would like to recapture flavours remembered from a holiday in one of the countries explored by the authors.

Both books are linked to the television programs bearing the same names.

J.M.D.

Henrietta Green: *New Country Kitchen*: Conran Octopus, London, 1994: ISBN 1 85029 366 X: 256 pp, lots of colour photographs by Jess Koppel, index, p'back, £9.99 (also available in hard cover).

We missed the hardback version which appeared in 1992 but, on the better late than never principle, take pleasure in recommending this one. Henrietta Green says 'shopping really is the key to successful cooking, and without good produce you do not stand a chance'. She gives much perceptive advice on how to recognise quality, good or bad.

Background information, along with the advice cited above combine to make this a useful reference book, although its scope is not comprehensive. It is, after all, primarily a selective and personal recipe book which follows the soup to nuts trail, but in Henrietta Green's own original way.

J.M.D.