



# Season's Bounty: Cooking with Nature's Abundance

*Sophia Lindop*

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Ever been faced with the dilemma of what to do with a glut of lemons or asparagus in the spring? Or wondered how to make the most of the abundant watermelons and tomatoes in the summer, butternut in autumn or potatoes in winter? Look no further! Inspired by her mother and Lebanese and Afrikaans grandmothers, Sophia Lindop gives us a thoroughly modern twist on cooking with fresh produce available in ample quantities at different times of the year. Whether you grow your own, or just want to buy seasonal fruits and vegetables from your local grocer, no one wants to eat the same thing all week – let Sophia's innovative recipes for each ingredient help you make the most of each season's natural bounty. *'Intuitive and instinctive food from a rich Afrikaans and Lebanese heritage...'* Michael Olivier, renowned South African food commentator *'This book is the next best thing to being invited over to Sophia's... The food is as bountiful as it is beautiful and as honest as the day is long – enjoy!'* Pete Goffe-Wood, MasterChef South Africa judge

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