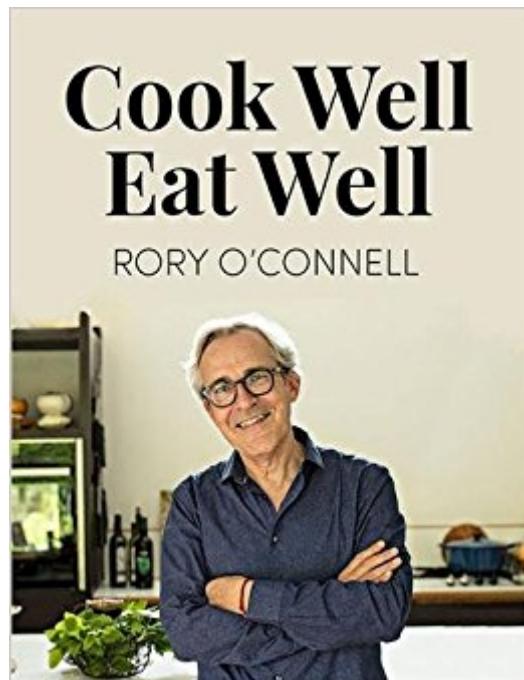


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# Cook Well, Eat Well



## Synopsis

Rory O'Connell, Ballymaloe Cookery School teacher and author of *Master It* (winner of the prestigious Andre Simon Food Book Award), is back with his second cookbook, which contains the recipes from his popular RTE TV show, *How to Cook Well*, and focuses on seasonal, balanced three-course meals for elegant eating and entertaining. Recipes are divided by season and include Beetroot and Autumn Raspberries with Honey, Mint and Labna; Sashimi of Mackerel with Crisped Radishes and Scallions; Roast Hazelnut Panna Cotta with Chocolate and Caramel Sauce and Duck Leg Curry with Cider Vinegar. Each perfectly balanced meal caters for 4-6 people, and one of the meals is entirely meat-free. In addition, every season includes a menu for entertaining a large group of people - from a summer alfresco lunch to a Christmas feast. Complete meals can be replicated for elegant entertaining, or individual dishes can be tried for simple and pleasing lunches or dinners. An absolute delight of a cookbook offering a very modern way to eat.

## Book Information

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## Customer Reviews

Rory O'Connell is founder of the Ballymaloe Cookery School with his sister Darina Allen and one of its most-loved teachers. He worked for many years with Myrtle Allen as chef at Ballymaloe House in Cork as well as with Alice Waters at Chez Panisse in California. In his thirty years of teaching he has taught many of the current stars of the British and Irish cooking scene, including Thomasina Miers, Rachel Allen and Stevie Parle.

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