



The Cafe Fresh Cookbook

Mary Farrell

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Cafe Fresh in Dublin is a Mecca for food lovers. It has become recognized as a centre of excellence for seasonal, healthy food that looks fabulous and tastes great. Now for the first time, chef and owner Mary Farrell shares her passion for food in The Cafe Fresh Cookbook. With over 150 recipes that are easy to prepare and cook, this book is for those who are interested in tasty, seasonal food but who do not want to spend hours in the kitchen. Mary also stresses the importance of smell, sight, touch, sound and taste as tools to guide us through the cooking process. She shows how easy it is to incorporate more vegetables, pulses, grains and fruit into our diets as it is done on a daily basis at Cafe Fresh. Her recipes also demonstrate how sugars, fat, flours and other potentially harmful ingredients may be removed from meals without compromising at all on flavor and nutrition. Covering soups, salads, main courses, desserts and with lots of information on nutrition, The Cafe Fresh Cookbook is a kitchen bible for everyone striving for a healthy lifestyle, where good food is quick and easy to prepare and a pleasure to eat.

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