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Nigel Slater

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“If you decide to go through life without cooking you are missing something very, very special. You are losing out on one of the greatest pleasures you can have with your clothes on.” — Nigel Slater

A chance comment spurred the heralded *Observer* columnist and wildly popular cookbook author Nigel Slater to write **Appetite**. A reader asked “If you don’t give me exact amounts in a recipe, then how will I know if it is right?” Slater realized the reader had so little confidence in his own cooking that he didn’t know what he liked unless he was told. **Appetite** is not about getting it right or wrong; it is about liking what you cook.

To help the everyday cook achieve culinary independence, Slater supplies the basics of relaxed, unpretentious, hearty cooking, written with his trademark humour and candour. Slater doesn’t believe in replicating restaurant-style theatricality to impress guests -- he simply loves food, and his love is evident on every page.

Slater covers the philosophies of cooking, the basics to have on hand, and detailed descriptions of necessary equipment and ingredients. He tells you which wok to buy (the cheap one), and why it can pay to flirt with the fishmonger. There are sections on seasoning, a good long list of foods that pair well, and a large collection of recipes for soup, pasta, rice, vegetables, fish, meat, pastry and desserts. These are straightforward, easy-to-make dishes adapted for the North American cook -- every one a springboard to something new, different and delicious. And with full-colour photography throughout the book, Appetite is a feast for the eyes as well as the palate.

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Frank Ouellette:

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