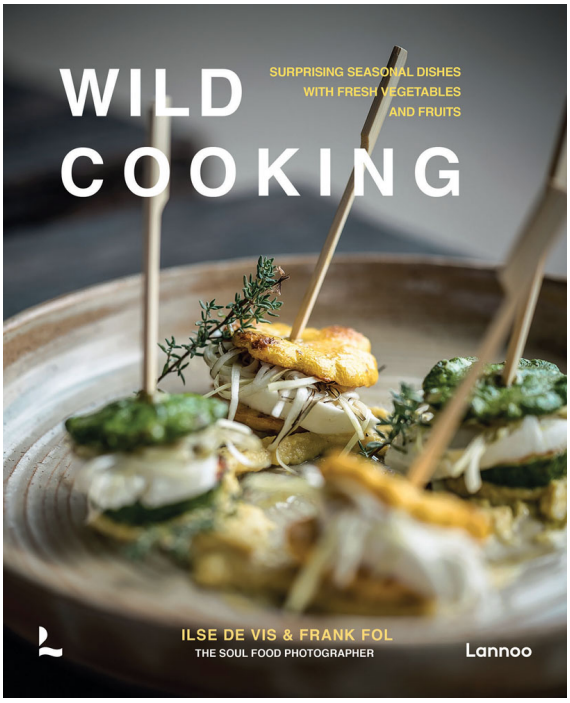
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Wild Cooking

Surprising Seasonal Dishes With Fresh Vegetables and Fruits

Frank Fol

Ilse De Vis

ISBN	9789401480093
Publisher	Lannoo Publishers
Binding	Hardback
Territory	World excluding Belgium, The Netherlands, France, Switzerland & Scandinavia
Size	250 mm x 200 mm
Pages	192 Pages
Illustrations	100 color
Price	£30.00

- Innovative and inspiring fresh fruit and vegetable recipes by master vegetable chef, Frank Fol
- An original taste experience for every season
- Deliciously simple dishes, served on beautiful ceramics created by Wild Moon
- Ilse De Vis and Frank Fol combine artisanal passion with innovative vegetable preparations

Wild Cooking presents innovative and inspiring fruit and vegetable recipes for wonderful, seasonal meals, served on handmade artisanal ceramics. Throughout his career, Frank Fol, the former chef/owner of a Michelin starred restaurant in Belgium, has been passionate about vegetables. In this new cookbook, he teams up with Ilse De Vis of Wild Moon Ceramics to create delicious recipes for cooking vegetables imaginatively, yet simply. Their culinary television program, "*Z-Mastercooks*" on Kanaal Z (a Belgian television channel), is currently one of the most-watched programs on the platform.

The Vegetables Chef® **Frank Fol** is a pioneer in cooking with vegetables. A former chef and restaurant owner, he is now an international speaker and consultant on cooking with vegetables and is the founder of We're Smart ®World, a global advocacy organisation. With We're Smart® World, he unites people and companies working towards health, ecology and sustainability.**Ilse De Vis** is a television presenter and ceramic artist, she has created a line of elegant, earthy ceramic ware under the name Wild Moon. Together they are the faces of *Z-Mastercooks* on Kanaal Z.

Published 9th Nov 2021