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Wild & Sweet

Forage and Make 101 Seasonal Desserts

Rachel Lambert

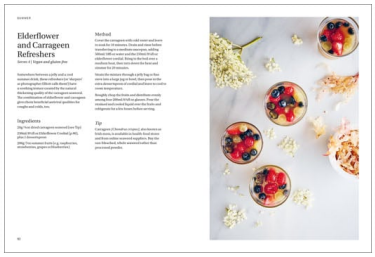
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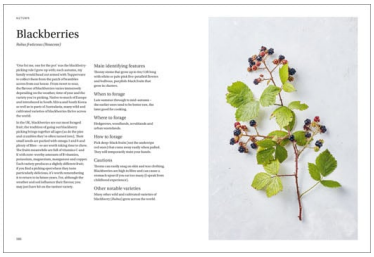
- Forage your own dessert with 101 seasonal recipes to turn wild plants into irresistible sweet treats

From elderflower doughnuts to dandelion meringues, this book will introduce you to the incredible, untapped flavors that grow wild all around us. Whether you live in a city or beyond, learn how to forage for 22 easily found plants, then take them back to the kitchen to be transformed into 101 irresistible drinks, cakes, jams, puddings and more.

Rachel Lambert is an award-winning author based in West Cornwall. She writes about foraging and cooking, and has been leading wild food courses since 2007.







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