



A Feast of Fruits

Elizabeth Riely

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Fruits are healthy and versatile, and no longer used only in desserts. "A Feast of Fruits" is a collection of more than 340 recipes - for appetizers, soups, salads, sauces, preserves, main courses, and more - organized alphabetically by fruit for easy reference. Each section includes information on the fruit's history, cultivation and nutritional content, and tips of selection, storage, and best methods of preparation. Recipes for the fruit follow, for everything from a Tart Raspberry Sauce to serve with poultry and pork to Brandied Cherry Preserves. All of the recipes are written with an eye to reducing calories and fat without sacrificing flavour.



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