

Title	The Real Food Companion
Author	Matthew Evans
ISBN	9781741967203
Imprint	Murdoch Books
Binding	Hardcover
Extent	576 pages
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Category	Cooking



Description

In *The Real Food Companion*, renowned food writer Matthew Evans shows us how to ethically source, cook and eat real food. Written with gusto and filled to bursting with information to inspire and a huge range of recipes to nurture the soul and family, *The Real Food Companion* outlines everything you need to know to navigate today's complex food world. It's the farmer, butcher, fishmonger and baker by your side.

The fresh, modern and eye-catching design and stunning food and location photography will ensure this comprehensive cookbook stands out on the shelves. It will appeal to dedicated foodies as well as novice cooks looking for a reliable and up-to-date kitchen companion.

Sales Points

- *The Real Food Companion* is the cookbook for the first half of 2010, playing in the same league as Stephanie Alexander's *The Cook's Companion* and Maggie Beer's *Maggie's Harvest*
- Matthew Evans has a new TV series, 'Gourmet Farmer', on SBS TV starting 7 January 2010
- Matthew's writing is engaging and knowledgeable – he considers and answers many questions that will offer new insights for anyone with an interest in food
- *The Real Food Companion* taps into the current back-to-basics approach to buying and cooking food and features tried and tested recipes, including techniques for how to make things such as your own ricotta and clotted cream
- The release of this new cookbook will be supported by an extensive national media campaign, including a feature in *delicious.* magazine, plus reviews in the leading food and lifestyle magazines
- Matthew will appear at Melbourne Food + Wine Festival in March 2010
- Also available: *The Real Food Companion* Bonus Display Pack (ISBN 9787777007005, RRP \$1,799), contains: 20 copies of *The Real Food Companion* plus one free display copy, two large display boxes, one A1 poster, one header card for the Murdoch Books silver metal stand and one pack of 50 postcards
- A1 poster (ISBN 9787777006688), postcards (ISBN 9787777006602 for one pack of 50 postcards) and header card for Murdoch Books silver metal stand (ISBN 9787777006763) also available to order

Author Profile

Recipe writer, cook, author and passionate foodie Matthew Evans is a chef by trade. He crossed from the dark heart of restaurant kitchens to the even darker side and worked as a restaurant reviewer for most of the past decade. Originally trained in Canberra, Matthew has also worked in Sydney and Melbourne and written about restaurants and producers from across the country. He now lives on a farm in Tasmania, the subject of his forthcoming TV series 'Gourmet Farmer', and is the Food Editor for *Grazia* magazine as well as writing for *Good Weekend* and other publications.