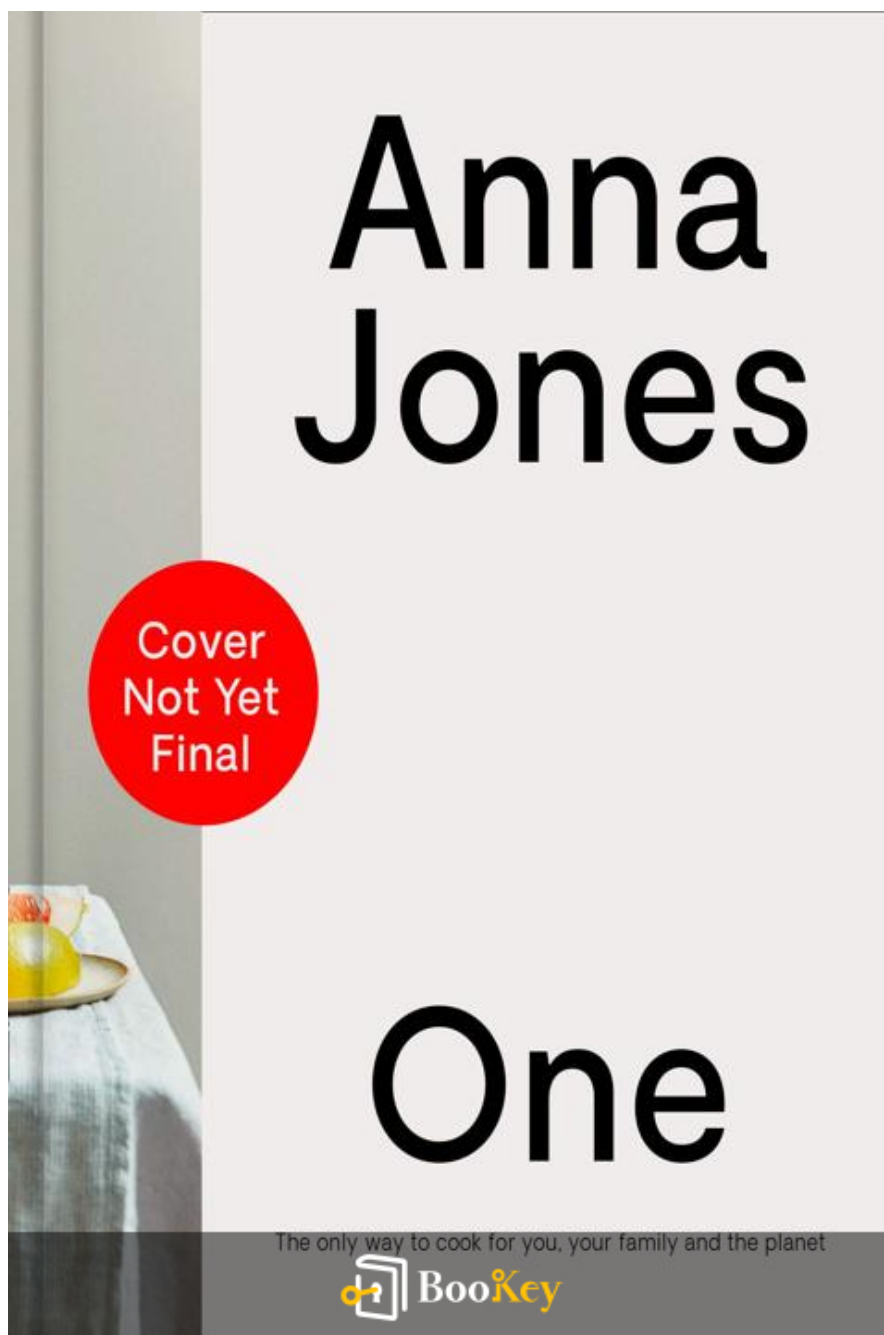


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**Anna Jones**



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## **One Summary**

"A Symphony of Single Pot Plant-Based Recipes."

Written by Books1

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## About the book

"One" by Anna Jones is a culinary adventure that invites readers to embrace simplicity and sustainability in their kitchens, making it an irresistible must-read for those seeking to transform their cooking habits. Crafting a profound connection between food and the planet, Jones masterfully showcases how to create delicious, plant-based dishes without the fuss and complexity that often loom over home cooking. Her vibrant recipes are not just about feeding the body but nourishing the soul, finding harmony in flavors while respecting the Earth's resources. With an inspiring blend of creativity and practicality, "One" encourages us to bask in the joys of wholesome meals while treading lightly on our planet, making it an essential companion for both seasoned chefs and enthusiastic home cooks looking for a refreshingly accessible approach to everyday cooking.

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## About the author

Anna Jones is a celebrated British food writer and chef renowned for her fresh approach to cooking, focusing particularly on vibrant vegetarian cuisine. Born in 1981, Anna embarked on her culinary journey after a solitary evening watching Jamie Oliver on television, which ignited her passion for food and led her to undergo rigorous training at the Fifteen Foundation. Working beside Oliver, she honed her skills to become a distinctive voice in the culinary world. Known for her dedication to wholesome, plant-based dishes, Anna quickly garnered a reputation for producing recipes that are both simple and innovative, appealing to the burgeoning movement of conscious and sustainable eating. Her books, acclaimed for their creativity and accessibility, invite home cooks to explore flavors and ingredients with a newfound appreciation. With a focus on seasonal produce, her work transcends mere instruction, aiming instead to inspire a deeper connection with food and the environment.

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# Chapter 1 Summary: Pot

## Chapter One: POT

The author begins with a savory exploration of hearty dishes, showcasing a variety of one-pot meals that blend diverse flavors and ingredients. This opening chapter, aptly titled "POT," emphasizes simplicity in cooking with a focus on using a single vessel to create delicious, comforting meals. Each recipe combines creativity with practicality, utilizing ingredients that are versatile and often sourced from the pantry or local markets.

**1. Corn & Cauliflower Chowder:** This dish is a creative take on traditional corn chowder, substituting cauliflower for potatoes to produce a lighter version. The addition of crisp cauliflower leaves, alongside a fresh basil, spring onion, and peanut topping, enhances the chowder's taste and texture, while coconut milk adds a creamy depth. This recipe not only emphasizes reducing waste by using cauliflower leaves but also suggests using alternatives like different nuts or herbs to suit varied preferences.

**2. Late Summer Corn & Tomato Curry:** A vibrant curry that blends seasonal produce, such as tomatoes and corn, with a tangy note from tamarind and the rich smoothness of coconut milk. The curry is spiced with fennel, coriander, and mustard seeds, offering warmth and complexity,





making it an ideal summer meal. It is versatile enough to adapt with autumn or winter ingredients like butternut squash or tinned tomatoes.

**3. Quinoa, Lime & Jalapeño Pilaf:** This dish revives quinoa's status as a healthful yet often overused ingredient. Enhanced with lime, pickled jalapeños, black beans, and kale, it is a protein-rich meal that serves as an all-in-one dinner. The pilaf is elevated with the optional addition of feta and is crowned with tomatoes, giving it a refreshing finish.

**4. Lemon, Tomato & Cardamom Dhal** Blending the comfort of a traditional dhal with refreshing lemon zest, this version combines spices like cumin, coriander, and cardamom seeds for a fragrant and warming dish. Spinach and tomatoes are added towards the end to maintain their freshness, and a topping of crispy cashews and herbs creates a delightful contrast in texture.

**5. Sweet Potato, Ginger & Coconut Stew:** Inspired by the Ital stew from Rastafarian cuisine, this creation merges familiar flavors like coconut milk, ginger, and allspice, while a toasted pumpkin seed garnish adds an extra layer of flavor. The stew is hearty, with butternut squash and sweet potatoes, offering both comfort and nourishment.

**6. Winter Red Cabbage & Apple Soup:** This cheerful purple soup utilizes red cabbage for a sweet and tangy flavor, complemented by apples

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and caraway seeds. It is finished with a topping of walnuts, dill, and crème fraîche or a vegan alternative, providing richness and a crunchy texture.

**7. Any-Way Congee:** Congee, a versatile rice porridge from Chinese cuisine, serves as a foundation for a variety of toppings depending on one's mood or what's available. The simplicity of the base recipe allows for creativity with garnishes like crispy greens, tofu, and kimchi, making it a comforting meal for any time of day.

**8. Persian Noodle Soup:** Inspired by Persian culinary traditions, this noodle soup combines lentils, beans, and broken pasta with herbs and spices, resulting in a savory and herbaceous meal. The soup is finished with a topping of pine nuts and a bright lemon dressing, balancing the dish's depth of flavor.

**9. White Miso Ramen:** This ramen dish features a flavor-packed chili miso paste and a broth made with almond milk, offering an unconventional yet delicious take on traditional ramen. It is versatile, with the option to customize the vegetable ingredients and serving with pickled radishes and carrots for added tartness.

**10. Aubergine & Peanut Stew with Pink Onions:** Chunks of charred aubergine are combined with spices and a peanut butter base, creating a stew rich in taste and texture. Pink onions marinated in vinegar add a tangy,

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acidic touch, offsetting the stew's richness.

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## Chapter 2 Summary: Planet I

In this chapter, the book delves into the intricate relationship between our eating habits and their impact on both health and the environment, emphasizing common-sense food choices and sustainable habits.

### Eating for Health & Sustainability

The author advocates for a diet rich in seasonal fruits and vegetables, nuts, seeds, pulses, and legumes, supplemented sparingly with treats. This approach aligns with findings from a landmark Oxford University study, which links healthier diets with positive environmental impacts. While plant-based foods like fruits and vegetables are beneficial, excessive consumption of red and processed meats significantly harms both health and the planet through high emissions and pollution. However, fish, despite its health benefits, sometimes has a larger environmental footprint than plant-based diets. Ultra-processed foods, though not as energy-intensive as meat, negatively impact health and trigger overeating. The chapter underscores the importance of diverse, local, and seasonal eating to support community livelihoods and maintain environmental resources.

### The Protein Question

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Protein is celebrated widely in social media for its crucial role in bodily functions, but the chapter reveals that the average diet, particularly in the UK, provides far more protein than needed. While plant-based diets might require a slightly higher protein intake due to absorption differences, there are abundant plant protein sources such as pulses, beans, quinoa, nuts, and whole grains that supply necessary nutrients efficiently. The writer discusses various protein sources, emphasizing plant-based options while providing insights into myths around meat consumption for protein and the environmental costs of meat production. High-profile athletes, including Venus Williams and Lewis Hamilton, adopting plant-based diets highlight that such eating habits are not only feasible but advantageous for health and performance.

### **How Not to Waste Food (& Money)**

Addressing food waste is another significant aspect of creating a sustainable food system. The chapter points out that 30% of food purchased in homes is wasted, contributing to greenhouse gas emissions. By valuing food, understanding its origins, and rethinking disposal, consumers can reduce waste and its environmental impact. Strategies like creating stocks from vegetable scraps, using soured dairy in cooking, and revitalizing fruits like bananas in baking or smoothies are practical steps highlighted to minimize

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wastage. Additionally, the narrative urges consumers to navigate sell-by and best-before dates with prudence and leverage technology platforms to share excess food with others.

## **The Most Wasted Foods**

A list of commonly wasted items such as bread, potatoes, milk, salads, and cheese follows, with practical advice on extending their lifespan or using them wisely. For instance, stale bread can be converted into croutons, breadcrumbs, or revitalized through various cooking techniques, while milk can be preserved through freezing or used in recipes requiring a touch of acidity. Overall, the chapter offers a vibrant exploration of food sustainability, interweaving practical guidance with the broader discourse on global food systems and responsibility.

This comprehensive discussion not only aligns eating habits with health benefits but also stresses their environmental implications, urging readers to make informed decisions that would benefit both individual wellness and the planet's sustainability.

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## Critical Thinking

**Key Point:** Embrace Diverse, Local, and Seasonal Eating

**Critical Interpretation:** Adopting a diet filled with diverse, local, and seasonal foods is a transformative step you can take towards healthier living and sustainability. As you incorporate a vibrant array of fresh, locally-sourced fruits, vegetables, and other plant-based ingredients into your meals, you nurture your body and the planet. This approach not only promotes better nutrition and reduces your carbon footprint, but it also strengthens local communities by supporting regional farmers and preserving natural resources. Imagine each meal becoming an opportunity to make a conscientious choice that aligns with both your health goals and environmental responsibility. By celebrating the abundance of nature's seasons, you might discover a renewed appreciation for food, transforming everyday eating into a mindful practice that honors the earth and elevates your well-being.

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## Chapter 3 Summary: Pan

### Chapter Three: "PAN"

This chapter presents a delightful variety of bold and flavorful recipes, each with its own unique twist, yet unified by the creative use of fresh, wholesome ingredients. Each recipe introduces a distinctive culinary experience, highlighting international influences and versatile applications.

#### **Carrot & Sesame Pancakes:**

Inspired by a local market stall, these pancakes blend rice and chickpea flour with aromatic miso and ginger, creating a vibrant, vegetable-packed pancake. Accompanied by an irresistible dipping sauce, these are often made large, offering a satisfying, hearty meal for each individual. Ingredients include shredded cabbage, spring onions, carrot, toasted sesame seeds, and optional kimchi to add a zesty kick.

#### **Broad Bean & Green Herb Shakshuka:**

Drawing from the Middle Eastern dish, ful medames, this shakshuka utilizes broad beans as the base for a nutritious mix of spring onions, garlic, paprika, cumin, and coriander. Cooked with juicy tomatoes and herbs, and the option

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to add eggs or tofu for protein, it becomes a fulfilling, warming dish.

### **Pan-Roasted Cauliflower with Saffron Butter:**

Inspired by Lola DeMille's culinary expertise, this dish uses pan-roasting to impart flavor and texture to cauliflower. A blend of saffron, butter, and vinegar balances the sweetness of the vegetable, while toasted pine nuts and flatbreads provide a rich finish, completed with a smooth drizzle of yogurt.

### **Green Chickpea Pancakes:**

A versatile twist on a classic, these pancakes use chickpea flour paired with spinach and lemon zest. The batter creates adaptable pancakes, perfect as wraps or chapati substitutes, with delectable ideas for toppings like sun-dried tomatoes and roasted squash further enhancing their appeal.

### **Asparagus & Greens Frittata:**

With influences from Italian cuisine, this frittata champions simplicity and flavor. Eggs or chickpea flour form the base, enriched by spring vegetables like asparagus and greens. It is complemented by a zesty lemon ricotta and a bold herb salsa, making it a springtime delight.

### **Crispy Tofu & Broccoli Pad Thai:**

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An homage to the classic Thai stir-fry, this pad Thai variant combines crispy tofu and broccoli with chewy noodles and a tamarind-heavy sauce. Peanuts and crispy shallots finalize the dish, adding necessary crunch and flavor contrast, delivering what many regard as an essential, satisfying meal.

### **Courgette & Halloumi Fritters with Chilli & Mint Jam:**

Crispy outside, soft inside, these fritters feature halloumi's savory notes balance against the refreshing bite of courgettes. The accompanying sweet chilli and mint jam offers a sweet and spicy contrast, rounding out these versatile fritters.

### **Blackened Corn Salad with Pickled Chilli & Herbs:**

Celebrating summer's best flavors, this salad offers smoky charred corn paired with pickled chillies for heat. Herbs, shallots, and yogurt marry the bold flavors. Final suggestions like feta or baked sweet potatoes emphasize its versatility as a dish.

### **Crispy Potato, Polenta & Cheese Pancake:**

Leveraging leftover potatoes, this dish marries crispy potatoes with cheese, embraced by the crunch of polenta. Accompanied by quick-fried greens, the

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result balances rich, gooey insides with a golden, crusty outer layer.

### **Crispy Butter Beans with Kale, Lemon & Parmesan:**

An easy one-pan dinner, this dish presents crispy butter beans tossed with kale and tomatoes, seasoned with nutmeg and lemon. Finished with crunchy walnuts and grated Parmesan, it offers a balanced blend of flavors and textures.

### **Cashew Nut Pakoras with Green Dipping Sauce:**

These crispy, spiced pakoras derive inspiration from Indian street food. Featuring fresh curry leaves and fennel, they're served with a fresh, zesty green sauce, making them perfect finger food for gatherings.

### **Sticky Squash & Pistachio Flatbreads:**

A go-to bread replacement, these flatbreads are topped with a spiced squash mixture, pistachios, and feta. This recipe's simplicity and adaptability make it ideal for quick meals, while seasonal tweaks keep it fresh throughout the year.

### **Spiced Aubergines with Halloumi:**

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Inspired by Moroccan zaalouk, this dish pairs grilled aubergines with a spiced tomato sauce, topped with grilled halloumi. The combination delivers a smoky, savory treat, perfect with flatbreads and a fresh herb garnish.

### **Golden Rösti with Ancho Chilli Chutney:**

Drawing from Swiss comfort food traditions, this potato rösti features a crispy, golden exterior. Accompanied by a smoky ancho chilli chutney, it is a treat suitable for any time of the day.

### **Mapo Dofu:**

A spicy Sichuan dish, mapo tofu features silky tofu in a fragrant chili bean sauce, here adapted with easily available ingredients. It retains traditional flavors via Sichuan pepper, providing that authentic taste served alongside steamed rice.

### **Green Olive & Herb Welsh Cakes:**

A twist on the classic Welsh recipe, these savory cakes incorporate olives and herbs instead of raisins. Accompanied by tomato chutney, they deliver a uniquely satisfying combination of textures and flavors, perfect for a light dinner.

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## **Pimentón Burgers:**

This vegan burger stands out with its mix of white beans, walnuts, and sun-dried tomatoes. It highlights its earthy ingredients, delivering rich, mouthwatering flavors accentuated by red pepper salsa.

## **Quick Chickpea Braise with Kale & Harissa:**

An all-in-one pan meal, this dish combines chickpeas, kale, and harissa, enriched by diced tomatoes and a preserved lemon tang. This hearty braise offers comfort, with a side of flatbreads and seasoned yogurt.

## **Arepas with Black Beans & Salsa Verde:**

Inspired by Venezuelan cuisine, these cornmeal arepas are filled with black beans and vibrantly flavored with a fresh salsa verde. Each bite promises a filling, satisfying meal reminiscent of a celebratory feast.

Each dish within this chapter is a testament to the joys of creative home cooking, emphasizing the balance of flavors and textures to create a wholesome and fulfilling dining experience.

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## Chapter 4: One Veg

In Chapter Four, titled "One Veg," the focus is on simple, adaptable recipes using common vegetables typically found in UK supermarkets. The goal is to provide cooks with versatile recipes that can boost culinary confidence and reduce food waste by encouraging ingredient substitutions and creative cooking. The chapter details different types of popular vegetables, their seasons, ideal preparation methods, and a variety of ten easy recipes for each.

**Broccoli** is discussed first, with three main types highlighted: Calabrese, Purple-sprouting, and Tenderstem. It's versatile in cooking methods like steaming, blanching, and roasting, pairing well with ingredients like garlic, tahini, and almonds. Recipes include Fiery Broccoli with garlic and chili, Charred Broccoli & Tahini, and Quick Broccoli Gratin.

For **Squash & Pumpkins**, which are autumn and winter staples, the chapter emphasizes roasting and pairing with flavors such as sage, citrus, and blue cheese. Recipes like Slow-roast Squash, Winter-spiced Roast Squash, and Squash & Chickpea Pancake are shared to celebrate squash's hearty essence.

On **Peas**, various forms like fresh, frozen, and sugar snaps are covered, noting their sweetness and versatility. Paired with mint, lemon, and cheese,

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suggested recipes include Pea & Coconut Soup, Pea, Potato & Lemon Traybake, and Creamy Pea & Pine Nut Pasta.

**Potatoes**, a staple year-round, are highlighted for their versatility across dishes. Ideal varieties for different cooking methods are suggested, and recipes such as Lemon & Potato Boulangère, Perfect Crispy Roast Potatoes, and Potato & Thyme Flatbread offer creative ways to enjoy them.

The chapter then explores **Cauliflower**, available year-round but at its best in early summer and autumn. Known for its diverse color variations, cauliflower pairs well with spices and herbs like cumin and parsley. Recipes such as Cauliflower Cheese Orecchiette, Roast Cauliflower with Lemon & Capers, and Cauliflower Herb & Sunflower Seed Salad demonstrate its adaptability.

Next, **Tomatoes** are celebrated for their rich variety, best enjoyed fresh from June to October. They pair well with basil, olives, and fennel seeds in recipes like Oven-baked Tomato Sauce, Tomato Cassoulet, and Ultimate Tomato Sandwich.

**Peppers** are introduced as versatile members of the capsicum family, suitable for roasting and pairing with smoked paprika and feta. Recipes like Piedmont Peppers, Red Pepper Bisque, and Stuffed Peppers showcase their sweet and robust flavors.

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**Carrots** appear in an array of colors and are at their sweetest in summer. Not requiring peeling, they are roasted with spices or used in soups. Recipes include Cumin-Roasted Carrots, Carrot & Coriander Seed Soup, and Carrot Dip.

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## Chapter 5 Summary: Quick

Chapter Five offers a delightful collection of recipes that span various cuisines and are designed to bring flavor and creativity into everyday cooking. Below is a summarized breakdown of each recipe, with thematic and cultural context where appropriate.

### ### Pine & Crane Peanut Cucumber Noodles

Inspired by a memorable meal at the Pine & Crane restaurant in Los Angeles, this recipe combines the spiciness of chili-spiked peanut sauce with the freshness of cucumber and sugar snap peas. It's a dish that balances flavors and textures, reminiscent of Asian cuisine, particularly with its use of chili oil and smooth peanut butter, which are staples in many Asian dishes.

### ### Kale, Lemon & Crunchy Breadcrumb Caesar

This salad offers a winter twist on the traditional Caesar, using cavolo nero (a type of kale) instead of romaine lettuce. Inspired by recipes promoting kale as a salad leaf, it incorporates earthy and zesty flavors with lemon juice, cheese, and crispy breadcrumbs, offering a hearty, yet refreshing dish for colder months.

### ### Broccoli on Toast

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A creative alternative to the beloved avocado toast, this dish takes inspiration from Californian and Middle Eastern cuisine, combining tahini with charred broccoli and za'atar seasoning. It emphasizes the importance of using good-quality bread and stems from LA's Kismet restaurant's innovation with Middle Eastern flavors in contemporary settings.

### ### Asparagus & Lemon Sauté with Maple Seeds

This accidentally-inspired recipe celebrates asparagus, using maple seeds to create a sweet, crunchy topping. With a nod to seasonal cooking, it presents variations for each season, showcasing how ingredients can be adapted to changing produce availability.

### ### Japanese Sweetcorn Fritters with Two Dips

These sweetcorn fritters draw on Japanese culinary elements like yuzu kosho, a fermented chili and yuzu paste, and tMgara. They present a versatile dish ideal for multiple meals, complemented by a tangy ponzu dipping sauce that enhances their flavor profile.

### ### Lime & Double Ginger Soba Noodles

With their vibrant lime, ginger, and coriander profile, these noodles channel

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Japanese influences while remaining versatile. Incorporating tofu and sushi ginger, they offer a refreshing meal that highlights fresh, tangy notes, typical of Japanese cuisine.

### ### Smoky Swede Carbonara

A playful take on a classic Italian pasta dish, this carbonara substitutes swede for pancetta, creating a smoky, vegetarian dish with smoked salt and Parmesan. It maintains the essence of carbonara while incorporating a unique, British root vegetable twist.

### ### Orecchiette with Sweetcorn & Green Chilli

Blending Italian pasta with American-grown corn, this dish embodies the unexpected harmony between pasta's chewy texture and sweetcorn's crispness. Ricotta and basil contribute a creamy, aromatic finish reminiscent of Mediterranean flavors.

### ### Squash & Ginger Noodle Soup

This soup combines flavors from Asian cuisine with the warming qualities of ginger and coconut milk, adding a sweet note from the squash. It taps into comforting, nutritious qualities, ideal for quick meals.

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### ### Flash-Fried Sticky Tofu

Inspired by Chinese cooking techniques and ingredients, this recipe uses tofu with a Lao Gan Ma black bean sauce, an essential in Chinese cuisine. The inclusion of ginger, Sichuan peppercorns, and green beans results in a dish that's rich in herbs and umami flavors.

### ### Cauliflower & Ginger Soup with Maple Spiced Cashews

With notes of warming spices and a creamy coconut milk base, this soup exemplifies comfort food with an exotic twist. Spiced cashews add texture and depth, highlighting fragrant spices typical in fusion dishes.

### ### Lemongrass & Tofu Larb

Larb, a traditional Laos salad, gets a vegetarian makeover with lemongrass and crispy tofu. With flavors of lime, ginger, and Thai chili, it maintains the energetic and herbal profile typical of Southeast Asian cuisine.

### ### Greens & Kimchi-Fried Rice

Taking from Korean culinary tradition, this dish relies on kimchi's fermented tanginess, balanced with greens and rice. It's a harmonious blend of texture and flavor, using kimchi as an introduction to its complex taste.

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### ### Greek Olive & Herb Shakshuka

Inspired by Greek and Middle Eastern flavors crossing with North African culinary techniques, this dish adapts shakshuka by integrating olives, feta, and fresh herbs, offering a Mediterranean twist to the classic tomato and egg dish.

### ### Carrot Soup with Tahini & Rosemary

Clocking homage to family tradition, this soup combines the earthiness of carrots with bold hits from tahini and rosemary, inspired by rich, traditional home-cooked meals.

### ### Tomato & Tamarind Bhel Puri

This recipe adapts the classic Indian street food, bhel puri, known for its crunchy texture and tangy tamarind flavors. Incorporating puffed rice and crunchy mix-ins, it captures the vibrant street-food culture of India.

### ### Carrot & Peanut Nasi Goreng

A staple of Indonesian cuisine, nasi goreng is a spiced fried rice dish enriched with tempeh, peanuts, and carrots. The dish speaks to the diversity

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of Indonesian food, relying on sambal oelek and ketjap manis to provide heat and sweetness.

### ### Greens & Caramelized Tofu with XO Sauce

Featuring the umami-rich XO sauce, this dish melds Chinese culinary influences with tofu and greens to create a flavorful and texturally diverse dish. The sauce elevates vegetables and tofu into a delectable dish perfect for any meal.

### ### Sweet Potato & Miso Noodle Broth

Combining Asian flavor enhancers like miso and tamarind, this broth is quick and versatile, with sweet potatoes providing sweetness while miso offers umami depth. A dish ideal for those seeking comfort without sacrificing speed.

### ### Saag Aloo Shepherd's Pie

Incorporating elements of Indian cuisine into a classic British dish, this pie combines spiced potatoes and beans with a spinach topping, showcasing a unique fusion that pleases palates with diverse cultural influences.

### ### Rhubarb & Stem Ginger Fool

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This light, airy dessert combines the tartness of rhubarb with ginger's gingery warmth, finishing with whipped cream. It presents various seasonal fruit variations that reflect the versatility and simplicity of British desserts.

### ### Fig & Halva Sundae

Offering a Mediterranean twist on the classic sundae, this dessert employs figs and halva for a rich, indulgent treat. With options for seasonal substitutions, it maintains its sweet charm all year round.

Through these recipes, Chapter Five encourages exploration of different cuisines and flavors, demonstrating that a home kitchen can be a melting pot of global tastes, textures, and aromas.

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# Chapter 6 Summary: Planet II

## Chapter Six: Planet II

This chapter explores how individual actions can support biodiversity, improve soil health, and make more sustainable food choices. It underscores the importance of understanding the interconnectedness of biodiversity and ecosystem health, stressing the key roles these play in sustaining life on Earth. Biodiversity includes the variety of genes, species, ecosystems, and interactions that have evolved over millions of years, forming a network crucial for human survival. However, current threats, such as factory farming, overfishing, and land misuse, endanger this delicate balance, with species extinction rates accelerating alarmingly.

In an agricultural context, biodiversity is further threatened by the monoculture farming of a narrow range of species. By overwhelmingly relying on just 12 plant species and a few animal breeds for the majority of the global food supply, we risk diminishing the resilience of our food systems. This lack of diversity not only affects ecosystems but also limits the nutritional variety necessary for human health. The chapter calls for revitalizing plant and seed biodiversity through the support of local farmers and seed banks, highlighting the efforts of small farmers and chefs, like Dan Barber, who are working to expand food choices by developing and popularizing new plant varieties.



Healthy soil is identified as indispensable for agricultural productivity, water management, and carbon storage. Yet, it is being rapidly degraded by practices like industrial farming, which contribute to deforestation and greenhouse gas emissions. Preserving soil health through methods like regenerative agriculture is imperative. Such practices enhance biodiversity, enrich soils, and potentially mitigate climate change. Efforts to support soil-friendly initiatives include buying organic products and supporting farmers who practice conservation agriculture.

## **What Foods Should Fill Your Plate**

The chapter urges diversity in our diets, moving beyond reliance on a handful of staple crops to embrace a wider array of foods. The COVID-19 pandemic highlighted the dangers of depending too heavily on staples, pointing to the need for greater flexibility and diversity in food choices. The chapter discusses the complex environmental and social issues tied to popular food trends, using examples such as avocados and quinoa, which, despite their benefits, have complicated impacts on local farmers and ecosystems.

Sustainably sourced foods provide a dual benefit of supporting the planet while enriching individual diets. The chapter advocates for eating locally-grown, seasonal produce, complemented by select imported goods as

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treats, especially focusing on organic dairy used as a complement rather than a staple. It highlights the significance of food trends on sustainability and cost, recommending creative use of diverse grains, legumes, pulses, and nuts as nutritious food sources with a lower environmental footprint.

## **Consider Food Miles**

Food miles, the distance a product travels from production to consumer, significantly influence its carbon footprint. While whole foods are easier to trace and assess for sustainability, packaged products can obscure this information. Despite the challenges, understanding the environmental impact of food transport is crucial, with air-freighted goods generally having a higher carbon footprint compared to those shipped by sea. The chapter suggests assessing the seasonality of foods in their origin countries and supports using resources like [foodmiles.com](http://foodmiles.com) for informed choices. Furthermore, it emphasizes considering the full lifecycle of products, from farming practices to consumer choices, in evaluating their environmental impacts.

## **How to Live with Less Plastic**

This section addresses the pressing need to reduce plastic waste, especially in food packaging. While plastic plays a role in preserving food and minimizing waste, the environmental toll of plastic pollution is immense.

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Practical steps to reduce plastic use include bulk-buying, choosing loose produce, using non-plastic storage solutions, and adopting reusable items like water bottles and coffee cups. It acknowledges the challenges and privileges associated with these choices but encourages incremental changes based on individual capacity. Passionate reduction in single-use plastics and making informed decisions about long-term products are advocated as practical ways to mitigate plastic impact.

## **Cooking by the Seasons**

Cooking seasonally is presented as beneficial both for the environment and personal health. Seasonal eating aligns with produce's natural harvest times, ensuring fresher, tastier, and often more affordable food. This practice supports local economies and reduces food miles. A list of seasonal fruits and vegetables guides consumers to make choices that are healthier for both themselves and the planet, fostering a deeper connection with the cycles of nature and promoting sustainable eating habits.

Overall, Chapter Six presents a comprehensive guide to making sustainable lifestyle and food choices that enhance personal well-being while supporting global biodiversity and food sustainability.

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## Critical Thinking

**Key Point:** Promote Plant and Seed Biodiversity

**Critical Interpretation:** Imagine being a pivotal part of a movement that guards the richness of life on Earth. Embracing the call to support plant and seed biodiversity isn't just a task reserved for farmers or environmentalists—it becomes a vital personal commitment to the planet's future. This key point reminds you that every choice matters: from selecting diverse, local, and seasonal produce over globally-exchanged staples, to supporting community seed banks and small farmers. By becoming an advocate for biodiversity, you contribute to a resilient food system and nurture the delicate web of life that sustains us all. Your choices at the market not only fuel your body but also stand as a testament to your role in reviving agricultural diversity, ensuring a multitude of species continue to thrive and support humans both today and tomorrow. Let this chapter be your guide to rethink what fills your plate, recognizing your power in shaping a sustainable and biodiverse world.

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## Chapter 7 Summary: Tray

### Chapter Seven Summary: TRAY

Chapter Seven explores an assortment of vibrant and satisfying traybake recipes, utilizing a variety of creative flavors and ingredients. The emphasis on using readily available produce and rich spices ensures these recipes not only delight the taste buds but also provide accessible, inventive meals.

- **Rhubarb & Potato Traybake:** The chapter opens with a recipe that artfully combines the earthiness of waxy potatoes and the sharp tartness of rhubarb. This dish is offered with a delightful twist of sweet crumble toppings, consisting of buttery toasted oats and almonds, while both maple syrup and feta cheese serve to complement the zing of rhubarb.

- **Pea, Mint & Preserved Lemon Filo Tart** Continuing with fresh spring flavors, this recipe uses everyday pantry ingredients and vibrant fresh herbs to create a visually impressive filo tart. A tangy combination of lemon and olives pairs brilliantly with spring onions, softening beans, and spinach, resulting in a tart that serves as a testament to easy yet flavorful vegan cooking.

- **Quick Squash Lasagne:** Inspired by comfort food reminiscent of a

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family-favorite lasagne, this dish leans on butternut squash instead of meat, supported by a rich tomato passata and softening lentils, bringing a fresh take on a traditional classic while also incorporating vegan mozzarella for those who prefer it.

- **Spiced Olive-Oil Roasted Tomatoes with Yoghurt & Herbs** Featuring the harmonious pairing of olive oil and tomatoes, this recipe accentuates the natural flavors of ripe tomatoes, enriched by roasting and the engaging zing of spices. Served with creamy yoghurt and fresh bread, this provides a warm, inviting start or accompaniment to any meal.

- **Baked Dhal with Tamarind-Glazed Sweet Potato** This beloved recipe blends the comforting texture of lentils, spiced with turmeric, cardamom, and ginger, topped off with the sweet-tart tang of tamarind-glazed sweet potato, promising a dish that is an effortless blend of savory warmth and sweetness.

- **Roasted Squash with Lemongrass, Peanut, & Lime**: A one-tray dinner that takes squash into new flavor territories with the addition of lemongrass, ginger, and lime, offering a fresh and zingy meal that can stand alone or atop a bed of rice.

- **Lemon, Asparagus & Jerusalem Couscous Traybake** Grilled instead of baked, this recipe brings together the nutty bitterness of charred

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asparagus with juicy lemons and hearty Jerusalem couscous, fortified by halloumi cheese, blending a medley of textures and warm flavors.

- **Creamy Parsnip, Leek & White Bean Crumble:** An all-in-one comforting dish with sweet parsnips offset by a sharp crumble topping of lemon and crème fraîche, mingled with thyme, perfecting a balance between sweetness and umami.

- **Halloumi, Lemon & Caramelised Onion Pie:** This dish layers the salty richness of halloumi with the delicate sweetness of caramelized onions, heightened by the tang of lemon and the freshness of dried mint. Accompanied by a green olive salsa, this pie is suited for any season, served hot or cold.

- **Piquant Smoked Paprika Pasta Bake:** Marrying Italian and Spanish culinary influences, this smoked paprika-infused pasta bake brings together the richness of tomato flavors and the robustness of uncooked pasta, finished under a crispy breadcrumb topping, revealing both heartiness and simplicity.

- **Leek & Potato Traybake with Quick Romesco:** This quick yet flavorful dish combines roasted potatoes and leeks with a powerfully smoky romesco sauce laden with nuts and peppers, proving that simplicity in ingredients can convey deep complexity in taste.

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- **Preserved Lemon & Herb-Baked Orzo:** Inspired by a search for a traditional Syrian recipe, this dish involves a creamy yogurt-coated orzo infused with the boldness of preserved lemon and an array of fragrant herbs, revealing a novel comfort food.
- **Sticky Sesame-Baked Cauliflower:** For those seeking a vibrant yet bold flavor, this dish features cauliflower with a sticky maple and soy glaze, providing a crunchy and satisfying bite, best served with rice and lime-dressed crisp lettuce.
- **Celeriac & Red Wine Stew with Cheddar Dumplings:** Celeriac, often overlooked, serves as the base for a hearty stew with robust red wine flavors and sweet carrots, completed with hearty cheddar dumplings for a cozy meal.
- **Fig, Thyme & Goat's Cheese Galette:** With a crunchy hazelnut pastry base and a tender filling of goat's cheese, figs, and herbs, this galette is both visually appealing and tastefully sophisticated, perfect for a summer lunch.
- **Halloumi, Broccoli & Chickpea Bake:** A staple, this dish spans halloumi's salty allure paired with chickpeas and spices like ras el hanout, illustriously roasted to bring out smokey, complex notes.
- **Gobi Manchurian:** An innovative twist on the fusion favorite, with



roasted spiced cauliflower marrying rich peanut and miso sauce for a lively cross-continental experience.

- **Biryani with Saffron & Golden Veg** An intricate, warmly spiced biryani promises a luxurious spread including richly imbued textures and fragrances achieved through the addition of saffron and rosewater.
- **Baked Feta with Tomato & Smoky Peppers** Capturing Greek essence with charring techniques, this dish melds salty feta with smoky peppers and juicy tomatoes for a creamy, succulent taste.
- **Crispy Caper & Slow-Roasted Tomato Pappardelle** A pasta lover's dream featuring sweet, slow-roasted tomatoes with crispy capers against wide pappardelle, ensuring a deeply satisfying dish.
- **Melon, Potato, Herb & Roast Feta Salad:** This salad features melon combined with savory roasted feta and warm new potatoes, tied together with herbs and a hint of lemon for revitalizing flavor.
- **Roast Rainbow Carrots with Beans & Salsa Rustica:** A visual indulgence of colorful carrots with a rustic herb salsa capitalizing on the carrots' green tops, enhancing their sweetness with zesty beans.
- **Chocolate, Olive Oil & Rosemary Cake:** This cake marries chocolate



with rosemary's earthy tones and olive oil, offering a dense, herbal treat, ideal as a unique dessert.

- **Pistachio & Tahini Fridge Tiffin** Returning to childhood indulgence, this no-bake dessert combines nuts and tahini for texture, creating a rich yet accessible refrigerator treat.

- **Chocolate & Almond Butter Swirl Brownies**: These brownies promise dual flavors and textures, intertwining chocolate richness with nutty almond butter, resulting in a swirled confection.

- **Strawberry & Labneh Semifreddo**: A delightful cross between ice cream and yogurt, utilizing roasted strawberries swirled through labneh for a refreshing, smooth dessert.

- **Chocolate & Muscovado Fudge Cake**: This dense, gooey vegan cake using coconut oil provides a rich chocolate experience, complemented by olive oil icing, perfect for chocolate enthusiasts.

- **Double Ginger & Apple Cake**: Infusing double ginger flavors with the top layer of apple, this rich cake offers both sweet and spicy notes, suited for ginger aficionados.

- **Brown Butter Double-Chip Cookies**: Textured with chewy centers and

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crisp edges, these cookies, boasting a brown butter richness, are ideal comfort snacks that can be baked fresh or from frozen.

- **Honey, Almond & Cardamom Drizzle Cake:** A fragrant cake enriched with almond and cardamom, offering a complex, honey-sweetened layer best served with yogurt.

- **Cherry & Smoked Salt Clafoutis:** A balanced approach to sweet and savory, where cherries clash with a touch of smoked salt for a distinct flavor profile unlike any other.

This chapter merges ingredients into delicious dishes, bringing to the forefront various global culinary nuances, inspiring new interpretations and offering savory experiences right from the tray.

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# Chapter 8: Waste Less

## Chapter Eight Summary: Waste Less

In Chapter Eight, we delve into the art of minimizing kitchen waste by creatively utilizing various ingredients and leftovers to create new and nutritious dishes. This chapter emphasizes the importance of sustainable cooking practices and offers a variety of methods to make the most of every component, thereby reducing food waste.

The chapter begins with innovative ways to use vegetable dressings to enhance salads, grains, and roasted vegetables, transforming them into flavorful meals or even dips. These dressings are crafted using leftover or lone vegetables, encouraging creativity in combining different flavors.

Frittatas are highlighted as a flexible meal option, perfect for repurposing leftovers. With a base recipe adaptable to different ingredients and preferences, they offer a delicious solution to minimize waste using either eggs or chickpea flour, catering to various dietary preferences.

Soups are presented as another versatile dish, serving as an excellent vehicle for using up lingering ingredients. Encouraged to explore flavors within the same family, readers are motivated to experiment and adapt the recipes,

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ensuring no leftover goes to waste.

The chapter then explores non-dairy milk preparations, presenting home-made nut, oat, and hemp milk recipes. These plant-based milks are easy to make, more nutritious, and come with a lighter environmental footprint compared to store-bought options. The leftover pulp from the milk can be repurposed in other dishes, such as hummus, promoting full use of ingredients.

Plant-based yoghurt made from nuts and a bit of pre-made yoghurt serves as a dairy alternative that stores well in the refrigerator. Seasoning and optional flavorings are suggested to customize the taste according to personal preference.

A detailed section on the optimal preparation and storage of pulses encourages using fresh dried beans for better outcomes. With specific soaking and cooking recommendations, the chapter guides readers in achieving perfectly cooked pulses every time. Suggestions for seasoning, freezing, and incorporating cooked pulses into meals ensure fuller utilization and less waste.

The chapter also delves into the art of pickling and fermenting vegetables, providing basic brine recipes for both quick and longer fermentation processes. Readers are introduced to making krauts and lacto-fermented

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vegetables, preserving surplus produce creatively.

Citrus fruits find multiple uses even after juicing, in preserved forms, as natural cleaners, or concentrated cordials, ensuring none is wasted.

Preserved lemons and natural citrus cleaners harness the remaining oils and

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