



Veggienomics: Thrifty meat-free cooking at its best

Nicola Graimes

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Forget shopping at discount supermarkets, buying inferior products or cutting back on food. Nicola Graimes, the award-winning vegetarian author, has written a truly inventive and savvy book showing how adopting a vegetarian diet can significantly cut the cost of your shopping. With an emphasis on delicious global food, Veggienomics shows how to seek out the best-value vegetarian meals, focusing on in-season ingredients, foraging, growing your own, buying in bulk, and making full use of leftovers. Pick up beetroot from a market stall, for example, or from your veg patch, and find brilliant tips and recipes for delicious meals to enjoy with friends and family, or hoard in your cupboard, fridge or freezer. (Every edible bit will be made use of, even the stalks and leaves.) Try foraging for the ingredients for the Wild Garlic and Mushroom Udon Pot, making the most of seasonal fare with Winter Root, Cheddar & Cider Pie, or even buying in bulk for the Chipotle Cakes with Chilli & Lime Yogurt. Complete with brilliant tips and nuggets of information, all the recipes are modern, international and truly mouth-watering.

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