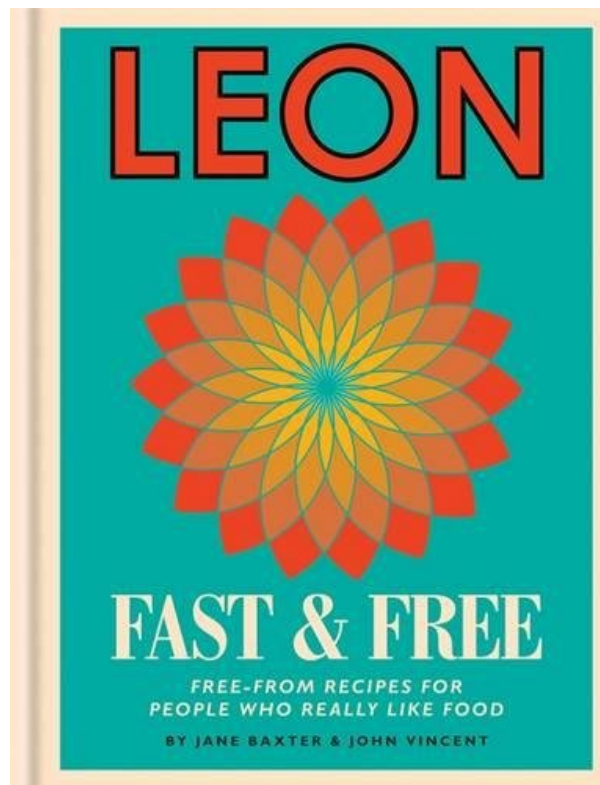
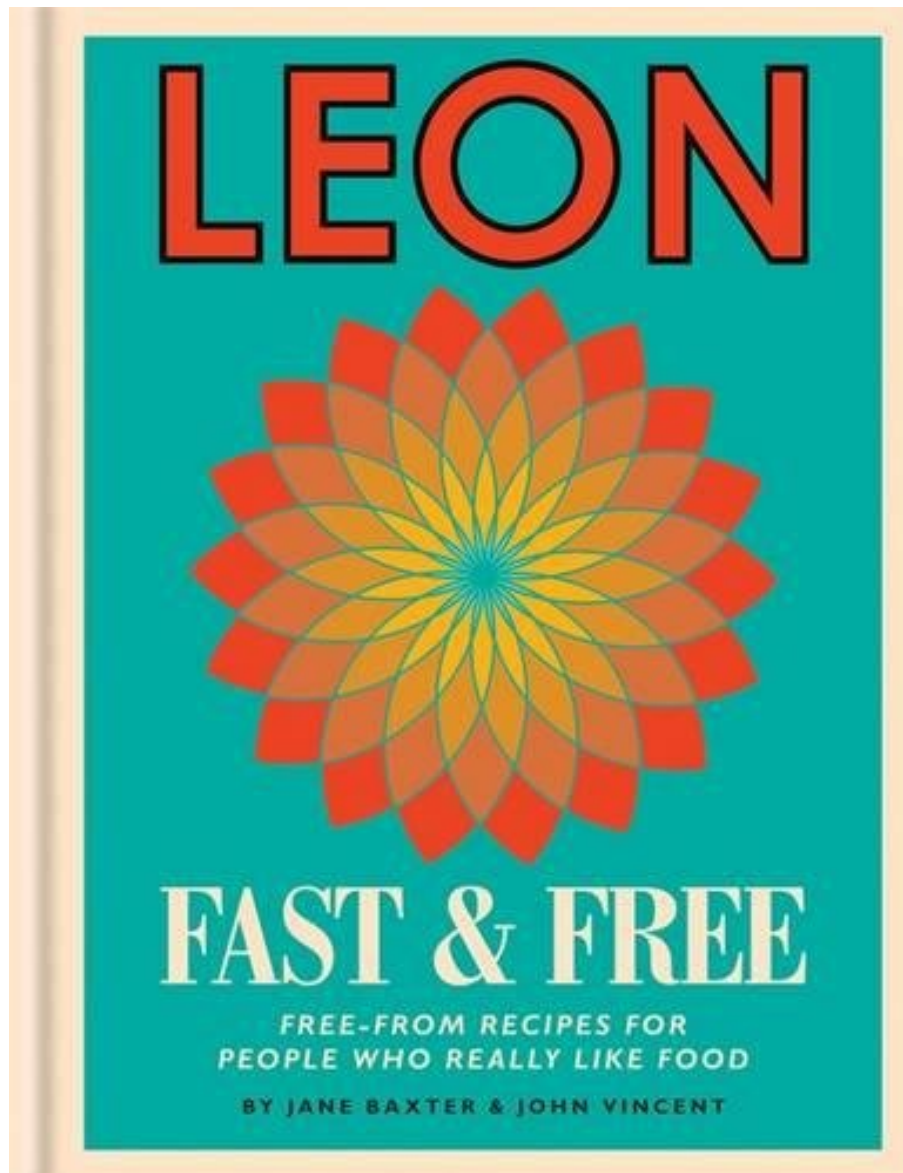


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About the Author

Jane Baxter is the co-author of LEON Fast Vegetarian with Henry Dimpleby and LEON Happy Salads with John Vincent. She also co-authored The Riverford Farm Cook Book, which won Best First Book at the Guild of Food Writers' Awards. Jane worked at the Carved Angel in Dartmouth and the River Cafe London before becoming the Head Chef at the Field Kitchen, the restaurant for Riverford Organic Vegetables. She now spends her time catering, consulting on food matters and hosting food events in unusual locations. John Vincent, LEON's co-founder, wrote the bestselling LEON Naturally Fast Food with Henry Dimpleby, LEON Family & Friends with Kay Plunkett-Hogge and LEON Happy Salads with Jane Baxter. John's interest in nutrition has been crucial in determining the LEON ethos, particularly the importance of the glycaemic index, the damaging effects of too much sugar and the difference between good and bad fats.

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'LEON was the first restaurant on the high street to pay attention to a new way of eating - championing gluten-, dairy- and sugar-free food. We've always done it. It's always done us and our customers good. Now it's time to stop it being a secret.' - John Vincent, LEON co-founder Each recipe in this beautiful cookbook is completely gluten-, dairy- and refined sugar-free, with many following a 'paleon' formula (LEON's version of Paleo). From recipes for gluten-free Spaghetti Vongole to chocolate beetroot cake, breakfast dahl to chicken and olive tagine, this book contains recipes for every meal of the day and every occasion, and proves that a free-from menu can be utterly delicious.

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FOOD FASHIONS AND TRENDS

By DAVID BRYSON

In the constantly changing world of diet fashions and trends this book is probably as up-to-date and 'with it' as you will find at the close of 2016. I don't intend that to imply that the authors are any kind of faddists or fashion-butterflies. They are conscientious about addressing their recipes to readers who may suffer from health conditions and consequent diet restrictions for one thing. Indeed in her short preface Jane Baxter talks dismissively of 'the airbrushed fantasy of glossy food magazines and advertising campaigns'.

The book contains exclusively recipes – 207 pages of them on my counting – that are strictly free from gluten, dairy foods and refined sugar. Nothing new about that, you may think, but the attraction of these

recipes is precisely that – they are imaginative and creative recipes, not just things produced to a standard formula. Where the theme of the book may be unfamiliar to some is its focus on ‘paleo’. For the benefit of newcomers to the paleo diet concept, the word is, really and truly, an abbreviation of ‘paleolithic’. Our paleolithic ancestors, while still hunter-gatherers and prior to getting organised into collective and organised agriculture, had a diet that included some things and excluded a good few more that we have today. For our benefit, the two lists are spelt out for us, and while you will not be astonished to find, say, alcohol on the banned-list, you may not have been expecting to see legumes there.

I have seen many systematic diets in my time, but this one does my head in for sheer boldness, and let me say that I have made no attempt to study the reasoning or the range of benefits attributed to the paleo system, given here in a slightly modified form that involves serious examinations of their conscience by the authors as regards the legitimacy of allowing vinegar in the approved list.

I got the book off the UK Vine, strictly out of curiosity. One thing I should point out is that the recipes here are not exclusively, maybe not nearly that, vegetarian. Indeed what has happened to vegetarianism these days? I don’t seem to be hearing or seeing much about it now, and indeed our paleolithic ancestors can’t have been vegetarian whatever else they were.

The authors stress their belief that their recipes are easy, but they would say that, would they not? Something that can’t have been easy is to produce such a long, detailed and careful book of recipes, complete with two indexes and other handy summaries. It wins my respect all the way. In that case why not 5 stars? I just can’t do 5 stars for something as far off the common path as this book is, nor could I honestly vouch for such a huge selection of recipes.

Do you ‘swallow’ (forgive the expression) the general concept? Myself, I am totally undecided, and I wonder where the travelling showboat of cookery will go next. One thing I can’t help noticing is how many of my favourite TV cookery programmes – Masterchef and so on – carry on as if the whole diet-aware scene did not even exist.

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