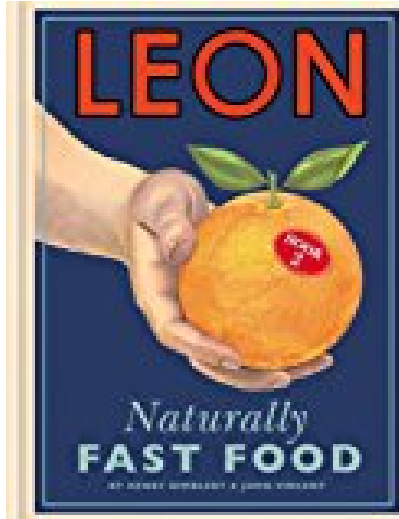


LEON Naturally Fast Food



BOOK DETAILS

- Author : Henry Dimbleby
- Pages : 304 Pages
- Publisher : Conran
- Language : English
- ISBN : 1840916125

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BOOK SYNOPSIS

The dream is to bring really good food at a good price to as many people as possible. It makes LEON sound like a new religion. If so, its one that can count our judges as among its growing congregation of worshippers. - Observer Food Monthly Awards
The first Leon restaurant, in Londons Carnaby Street, opened its doors in July 2004. For its founders - Henry Dimbleby, John Vincent and Allegra McEvedy - the aim was to change the face of fast food, by bringing fresh, wholesome cooking to the high street. Six months later, Leon was named the Best New Restaurant in Great Britain at the Observer Food Monthly Awards. The menu is based around bold flavours, using simply-cooked fresh, local, natural ingredients with an emphasis on seasonal dishes; it also reflects how our eating habits change as the daylight house get longer and shorter. Leon Naturally Fast Food is again a book of two halves. The first half is Fast Food, which contains recipes for every occasion that take a maximum of 20 minutes to prepare: from a work day breakfast and childrens meals to simple suppers and party food. The second half is Slow Fast Food which contains things that can be made in advance when you have time, to enjoy when you dont have time. There is plenty in both halves for both the experienced cook and the culinary adventurer in search of inspiration. LEONs food message is a simple and honest one - cook and eat with the best ingredients available and dont forget the naughty bits that are so necessary for a fully-rounded life.

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