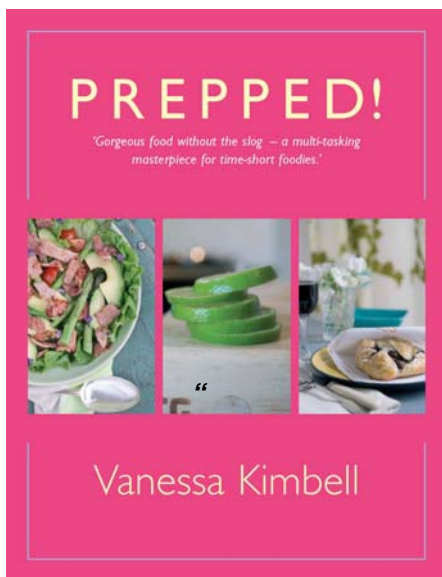


“My chief delight was Vanessa Kimbell’s PREPPED!, it’s bursting with flavour and new ideas, a book that should prove a long-lasting favourite.

(Sue Baker, The Bookseller)



PREPPED!

Make Your Everyday Cooking Special

By Vanessa Kimbell

288 pages . over 100 recipes & colour illustrations

ISBN: 978-1-905862-56-6

Hardback

£20 June 2011

“This book is a kitchen life saver!”
Jason Atherton

Vanessa Kimbell says, *“Really life should be full of spur of the moment picnics, outings, supper parties, countryside walks, fun time, sunshine and laughter. Food and eating is integral to these treasured moments but to make that space and time to enjoy life’s opportunities you have to be ready. Being spontaneous means being prepared. So don’t just dream about it - be delicious, be **PREPPED!**”*

In a professional kitchen a chef does not start cooking until he or she is ‘prepped’. Vanessa Kimbell, presenter of The Kitchen Garden Show on BBC Radio Northampton, and author of this ingenious new cook book, has combined her training as a professional chef and her daily experience of being a time short foodie to come up with the ultimate recipes for having it all – being **PREPPED!**

Illustrated with stunning colour photography, the contents of this book are split into flavours such as Elderflower, Rhubarb, Chocolate and Lavender. Kimbell shows you how just one of these flavours can make a multiple of dishes for a number of occasions. For example, the **Elderflower** and Rose Syrup can be used to make *Baked Trout with Chilli and Elderflowers*, *Elderflower and Champagne Jelly* and *Ginger Von Tease Cocktail*. **Rhubarb** syrup can be used to make *Rhubarb Crumble*, *100mph Batter Cakes* and *Rhubarb, Elderflower and Rose Cupcakes*. **Chocolate** can be used to make *Lamb & Chocolate Pasties*, *Chilli Chocolate Cupcakes* and *Chocolate Ice Cream*. **Lavender** can be used to make *Lavender Bake Salmon*, *Lavender Bread*,

Lavender Cupcakes and *Lavender Lemonade*. All are totally delicious and original.

PREPPED! shows you how to multi-task food when also juggling all the many other areas in your life! The recipes are not complicated to prepare but the flavours are intriguingly complex and the presentation is sophisticated. By linking recipes and using layering techniques you can work all week, bring up your children, and still impress family and friends with spontaneous supper parties, complete with cocktails and canapés. With **PREPPED!** those unexpected guests can be greeted with sumptuous teatime treats and your children will be delighted by the picnic you can pull together in time to grab that rare sunny afternoon in the park.

About the author: Vanessa Kimbell is a trained chef, successful business woman (in her mid twenties she sold her recruitment agency to her main competitor) and a busy mother of three. Vanessa writes a food column in her local newspaper and presents The Kitchen Garden Show on BBC Radio Northampton.



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Advance Praise:

“Prepped is a brilliant book for the modern mother as it gives you loads of time saving ideas and really wonderful recipes. The thing I like most about the book is that it always keeps you one step ahead, with lots of recipes using the “double cook” technique, where one lot of cooking gives you two completely different and delicious dishes.” Heidi Wallace

‘It’s time to make way for the new kitchen genie Vanessa. Having it all isn’t magic...it’s about being ahead of the game, and Prepped! is the answer to how I can fit in family & friends easily whilst running of one of the UK’s most creative chocolate establishments.’ Chantal Coady of Rococo Chocolates

'Vanessa's book is not only exciting, it is simply a great addition to any cookery collection. I find the recipes simple but thrilling and the combinations delicious. This book is a kitchen life saver!' Jason Atherton

'Great ingredients, proper food, but with the odd short-cut and doubling up of recipes to help you on your way. Vanessa calls it 'linked cooking...Gorgeous food without the slog – a multi-tasking masterpiece for time-short foodies.' www.englishmum.com