



## Egg: Recipes

*Blanche Vaughan*

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## **Egg: Recipes** Blanche Vaughan

A collection of ninety fabulous recipes inspired by one of the most simple, versatile, nutritious, and convenient natural foods—the egg—packaged in a colorful and innovative die-cut cookbook.

Rich in protein, low in fat, and essential for baking, the egg is the starting point for some of the most delicious and inspiring dishes. With *Egg*, Blanche Vaughan shows us how tasty and adaptable eggs can be in a variety of mouthwatering recipes for every meal of the day.

*Egg* makes it easy to whip up perfect poached, scrambled, and fried eggs, as well as quick and fuss-free pancakes, soufflé, tarts and omelets, cakes, curds and puddings, that are sure to please the fussiest eater. Classic recipes such as steamed pudding and Arnold Bennett are treated to a contemporary twist, and Vaughan offers a delectable selection of lighter, fresh egg-based dishes, such as Courgette Fritters with Dill and Lemon and Squash Gnocchi with Sage that are perfect for entertaining.

Creating healthy and imaginative dishes for breakfast, lunch, tea or supper, Vaughan celebrates the egg as never before, and demonstrates the endless potential for this satisfying and nourishing ingredient.

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