



# Margaret Fulton's Book Of Wholefood Cooking

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## **Margaret Fulton's Book Of Wholefood Cooking** Margaret Fulton

Margaret Isobel Fulton OAM (born 10 October 1924 in Nairn, Scotland)[1] is a British-born Australian food and cooking 'guru', writer, journalist, author, and commentator. She was the first of this genre of writers in Australia.[2] Fulton's book, The Margaret Fulton Cookbook, was published by Paul Hamlyn in 1968 and was an instant success. Her early recipes encouraged Australian housewives to vary the Australian staples of "meat and three vegetables" and to be creative with food. She 'discovered' food from exotic places such as Spain, Italy, India and China and as Cookery Editor, 'brought these into Australian homes through her articles in the Woman's Day magazine'.

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