



# The Greengrocer's Kitchen: Fruit and Nuts

*Pete Lockett*

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## **The Greengrocer's Kitchen: Fruit and Nuts** Pete Lockett

Pete Lockett, Canada's Greengrocer, has transformed produce from an ordinary commodity into the jewel of the shopping basket. His newest cookbook is a guide to the seductive pyramids of luscious fruits that shoppers love to fondle but may not have dared to take home. The Greengrocer's Kitchen: Fruit and Nuts is the key to buying, storing, and preparing those Edenic temptations. The Greengrocer's Kitchen: Fruit and Nuts contains over 150 recipes, as well as tips on every page for choosing the most delectable specimens and keeping them in prime condition. Fruit eaten raw is sublime; cooked, it's ambrosial. With Cape Gooseberries, simply separate the sections of the husk into wings and dip the berries in melted chocolate, or strut your culinary stuff by creating a sensational Pavlova with Passion Fruit Sauce and Cape Gooseberries. Recipes such as Oriental Apricot Glaze for Salmon and Pork Tagine with Prunes and Apples show the glory of fruit in savoury dishes. Tropical Trail Mix, easy enough for children, and elegant Dried Cranberry and Pistachio Biscotti exploit the natural affinity between dried fruit and nuts.

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