

FOOD & COOKING

The Summer Cooking Guide

Fresh food. Easy gatherings.

GUIDE / FIRST EDITION

Read it. Use it. Make it yours.

BEFORE YOU BEGIN

Make this yours.

Use this guide to build a simple warm-weather menu with fresh flavours, shared bowls, and time left for your guests. Start with the menu worksheet, then choose recipes you can prepare without a crowded kitchen.

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A NOTE ON THIS EDITION

Original recipes and planning ideas. Cooking times are estimates. Keep perishables chilled and check food temperatures and allergies.

Choose a menu that leaves you free

A good summer menu balances one warm dish with things you can assemble before serving. Choose your guests and serving time before choosing recipes. For four people, use one main, a generous salad, one simple side, and a small dessert.

Three useful menu shapes

THE OCCASION	A SIMPLE COMBINATION
A relaxed lunch	Chickpea crunch salad + lemon chicken skewers + fruit soda
A meat-free supper	Lemony white-bean bowls + whipped feta dip + yoghurt fruit cups
A picnic	Chickpea salad packed cold + bread + chilled fruit soda

My occasion, guests, serving time, and menu

WORK WITH WHAT YOU HAVE

Choose an easy assembly dish whenever the main course needs your attention. A summer menu does not need every item cooked at the last minute.