



Take 5 Ingredients: 95 Delicious Dishes Using Just 5 Ingredients

James Tanner

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Take 5 Ingredients is a collection of delectable recipes for the home cook, each using just five ingredients in addition to three kitchen staples: oil, sea salt, and black pepper. The recipes include something for everyone and for every occasion, from a quick meal to an elaborate feast, from fish to meat, vegetables to desserts. James's key recommendations when looking for ingredients is quality and seasonality. Buy the best you can afford and buy your produce when it's at its best—locally, if possible. Well grown and reared food speaks volumes in flavor. So sit back, relax, and choose something you're going to love to cook—you're only five ingredients away from a delicious dish!

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