The Everyday Table

A practical recipe-book starter

Simple food · clear steps · room to make it yours

Roasted tomato and white bean soup

Serves 4 45 minutes

Ingredients

- 800 g ripe tomatoes
- 2 cans cannellini beans
- 1 onion, diced
- 3 cloves garlic
- 750 ml vegetable stock
- 2 tbsp olive oil
- basil, salt, pepper

Method

1. Prepare the ingredients and heat the pan or oven as directed.
2. Combine in stages, tasting as you go and keeping the texture in mind.
3. Rest briefly, finish with the garnish, and serve warm.

Citrus grain salad

Serves 4 30 minutes

Ingredients

- 250 g pearl couscous
- 2 oranges
- 1 cucumber
- 100 g toasted almonds
- 1 handful parsley
- 3 tbsp olive oil
- lemon juice and salt

Method

1. Prepare the ingredients and heat the pan or oven as directed.
2. Combine in stages, tasting as you go and keeping the texture in mind.
3. Rest briefly, finish with the garnish, and serve warm.

Oat and pear crumble

Serves 6 50 minutes

Ingredients

- 5 ripe pears
- 100 g rolled oats
- 80 g plain flour
- 75 g butter
- 60 g brown sugar
- 1 tsp cinnamon

Method

1. Prepare the ingredients and heat the pan or oven as directed.
2. Combine in stages, tasting as you go and keeping the texture in mind.
3. Rest briefly, finish with the garnish, and serve warm.

Kitchen notes

- Keep preparation and cooking time in the recipe header so the page works as a quick reference.
- Replace the method steps with your own detailed sequence when a recipe needs more than three stages.
- Add an image with `graphicx` or divide the book into sections with ordinary `section` headings.