



# Eat Slow Britain

Alastair  
**Sawday's**

by Alastair Sawday with Anna Colquhoun

- Publication date: June 2010
- Price: £19.99
- 1st Edition
- ISBN: 978-1-906136-37-6
- Pages: 224
- 88 entries with full-colour photos
- Paperback, 196 x234mm

**ipa**<sup>09</sup>  
Publisher  
of the Year  
award winner 2009

*Eat Slow Britain*, the latest title in Sawday's Slow series, recommends and celebrates some wonderful restaurants and organic producers. The restaurants are chosen for their owners' commitment to supporting local suppliers, sourcing food grown without chemicals and to creating a convivial space for diners to enjoy it. The Soil Association approved producers are some of Britain's best and are all passionate about the importance of producing delicious food without harm to animals, land, humans or the environment.

Discover menus lovingly composed from local larders, the freshest ingredients worked up into something magical and the flavours of British foods. Devon Red Ruby beef, hand-dived Lyme Bay scallops, Highland venison, partridge fresh from the Lammermuirs, roe deer from the Tweed valley and porcini, chanterelles, wood blewits from Ashdown Forest.

## Facts and Figures

- Each producer and restaurant is beautifully illustrated with colour photography in this coffee-table format book
- 45 restaurants and 43 organic producers
- Produced in conjunction with The Soil Association
- Information on the Slow Food Movement
- Listings of the best food websites and blogs

## About the Author

Anna Colquhoun trained as a chef in San Francisco and was an intern at Alice Waters restaurant Chez Panisse. Something of an obsessive foodie, she has travelled far and wide to research and write about her subject.

## Contact

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