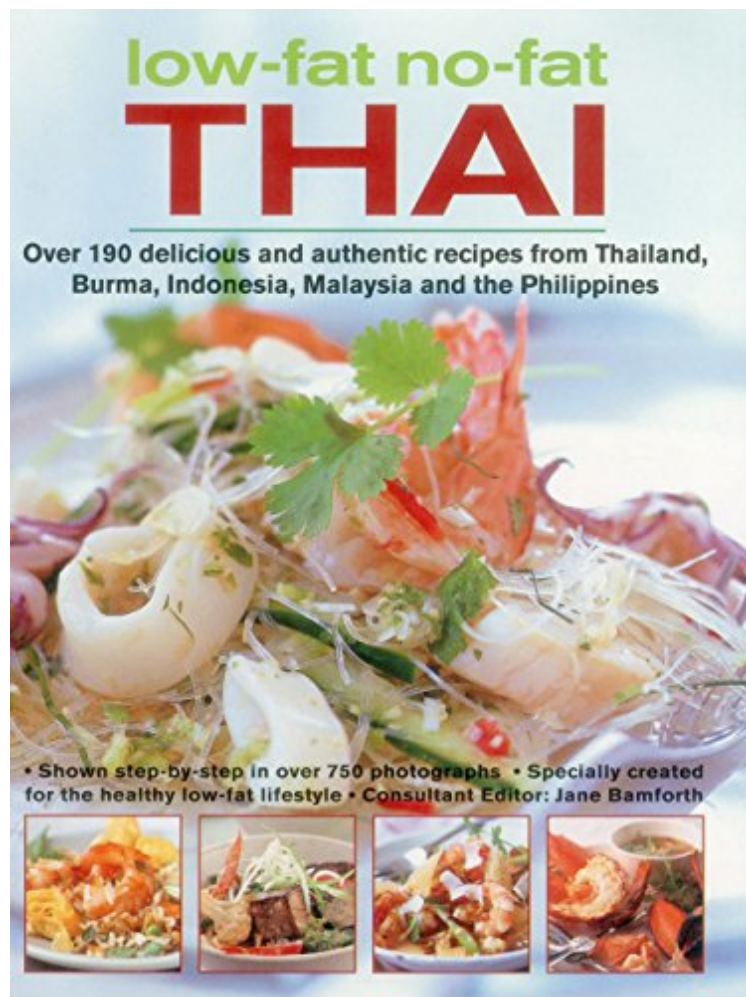


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About the Author Jane Bamforth is a freelance writer and editor and has worked on an extensive range of cook books on subjects ranging from organic cooking and world cookery, to baby food and healthy low-fat eating.