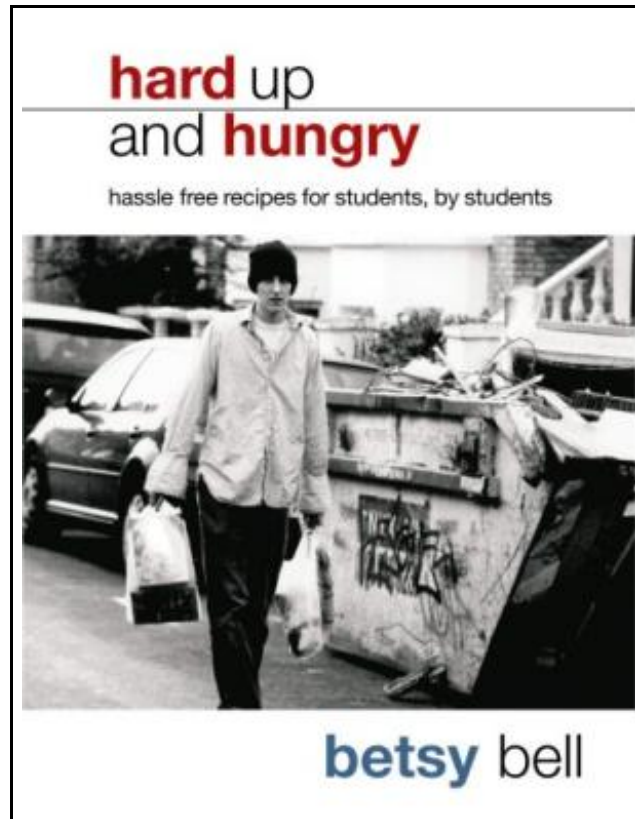


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Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Hard Up and Hungry: Hassle Free Recipes for Students, by Students, Betsy Bell, This student cookbook stands out from all the others on the market. It doesn't feature baked beans, and it's packed with truly mouthwatering, easy, nutritious recipes. Betsy Bell wrote this book for her children and their friends when they were heading to university. She realised that they all knew little (or nothing) about culinary survival, but that their sophisticated tastes went beyond the standard macaroni cheese and beans on toast recipes that feature in other student cookbooks. So Hard Up and Hungry includes recipes that students will want to make; that are tempting enough to keep them away from the nearest pizza outlet or chip shop. It includes Spaghetti with Fennel and Smoked Bacon, Spinach Frittata, Cod with Olives and Sweet Peppers, Southwestern Burgers, Italian Rice and Beans and sweet treats (including American pancakes and Vodka Jelly). Betsy doesn't forget the basics either: the ultimate Bacon Butty, Boiled Eggs and Baked Potatoes all feature too. The book is also packed with advice on how to store and shop for food inexpensively (including alternatives to supermarkets, and the pros and cons of online shopping). Illustrated throughout with hip black and white photographs and wire bound, this is the ultimate cookbook for students and anyone who wants to cook fantastic food on a budget.



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