



Fuss-Free 4 Ingredients: An Inspiring Collection of Fabulous, Fast Recipes with Only Four Ingredients (Hardback)

By Valerie Ferguson

Anness Publishing, United Kingdom, 2016. Hardback. Condition: New. Language: English. Brand new Book. This is an inspiring collection of fabulous, fast recipes with only four ingredients. It is a mouthwatering selection of recipes for anyone who loves simple, easy-to-prepare food. You can discover sophisticated yet stress-free dishes such as Avocado Soup, Tofu and Pepper Kebabs, and Duck with Plum Sauce. You can indulge in outrageously simple desserts such as Coconut and Lime Ice, Baked Blueberry and Almond Tart, and Grilled Peaches with Meringues. It includes helpful step-by-step techniques, and basic recipes for making stocks and sauces. It includes recipes for all occasions, from quick midweek lunches to more elaborate creations to serve at dinner parties. This book puts the emphasis on dishes that are quick and easy to prepare, yet that are still tempting and delicious. It teaches you how to make the most of food with simple, yet tasty recipes that use only four ingredients or fewer. Using a limited number of top-quality ingredients allows you to appreciate the aroma, taste and texture of a dish, and saves time on writing lists and shopping for ingredients. It also allows for fuss-free preparation, giving you more time to sit back,...



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