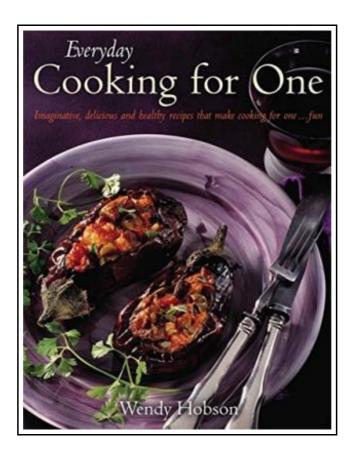
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EVERYDAY COOKING FOR ONE: IMAGINATIVE, DELICIOUS AND HEALTHY RECIPES THAT MAKE COOKING FOR ONE. FUN



Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Everyday Cooking For One: Imaginative, Delicious and Healthy Recipes That Make Cooking for One . Fun, Wendy Hobson, Living on your own doesn't mean losing out on interesting and healthy food. Nor does it haveto involve the often unreliable business of quartering recipes! Here is a collection of simple, delicious meals - specially designed for one - that will ensure you enjoy your everyday eating. You'll find useful tips for shopping and stocking your food cupboard and delicious recipes foreverything from snacks to main courses with fish, meat and vegetables. Quick, easy andeconomical, the recipes are designed to make everyday cooking exciting, and to keep your diethealthy and balanced. Some recipes just don't work in small quantities, and that could include some of yourfavourites. A unique feature of this book is the inclusion of really tasty recipes - such ascasseroles, roasts and cakes - that show you how to create four differentmeals from one singlecooking session. So you can try: Braised Tender Lamb, then reinvent it as Lamb with Mediterranean Couscous, Lamb with Crisp Courgettes and Parsnip-topped Lamb Or treat yourself to: Roast Lemon-infused Chicken, then enjoy Chicken Filo Parcels, Sweet and Sour Chickenand Chicken with Pancetta Or simply enjoy just-for-one treats such as:Caramelised Onion and Goats' Cheese PuffsSalmon Steak with Summer Vegetable Parcels Spinach and Avocado Salad with PancettaHoneydrenched Tunisian Almond CakeAuthor Wendy Hobsonhas spent a career working in and around cooking. She has written several books - including Classic 1000 Cake & Bake Recipes, Classic 1000 Recipesand The Kitchen Companion - and edited manymore. She loves being able to cook in small quantities to please herself as well as in larger amounts to share with family and friends Contents: KEY POINTS - Includes a healthy, balanced range of dishes; economical, quick and easy. -...

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