

Cooking for One



Filesize: 8.31 MB

Reviews

A must buy book if you need to adding benefit. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is only after i finished reading this publication where in fact modified me, alter the way in my opinion.

(Prof. London Gerlach)

COOKING FOR ONE



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W Foulsham & Co Ltd. Paperback. Book Condition: new. BRAND NEW, Cooking for One, Molly Perham, This book is about pleasing yourself.shortcuts to fantastic food for one. Looking for a quick fix in the kitchen? If the thought of cooking for one at the end of the day has you reaching for a packaged ready-meal for a quick solution - this is the book for you. Inside you'll discover why being able to eat whatever you like, whenever you like, can actually be fun. You won't need imagination or inspiration. Molly Perham does all the thinking for you - writes the shopping list, plans the menus, tells you what equipment you need and serves up recipes that are so quick and simple, most ready-made options couldn't make it to the table any faster. You'll get the rundown on what you need to know about storage life, nutrition and preparation for each food type. And you'll also learn that the secret to great-tasting, fast, fresh food is simply a well-stocked cupboard and freezer. Best of all, you'll get back your taste for real food, freshly cooked in your own kitchen.



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