

# The Easy Cook Cookbook: Real Food For Busy People - Sarah Giles

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This is the cookbook for people who love good food, but don't have time to spend hours in the kitchen. The recipes are all triple-tested, with simple, straightforward instructions and easy-to-find ingredients. The book is divided into two parts, Everyday Food and Weekend Food. The first part is full of delicious dinners that you can whip up after work - chapters include 'Easy Suppers' - meals you can make in 20 minutes, 'Easy Low-Fat Meals', 'Easy Standby', 'Easy Puds' and 'Easy Family Food'. The second part offers quick recipes that are a little more indulgent and includes 'Easy Classics', 'Easy Lunches', 'Easy Snacks', 'Easy Entertaining' and 'Easy Baking'. Illustrated with full-colour recipe photography and with helpful tips on preparing food, freezing leftovers and baking techniques, this is an essential cookbook for busy people. Author: Giles, Sarah Publisher: BBC Digital Illustration: N Language: ENG Title: The Easy Cook Cookbook: Real food for busy people Pages: 00192 (Encrypted EPUB) On Sale: 2012-04-24 SKU-13/ISBN: 9781846077470 Category: Cooking : General

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