

Cooking For One: 150 Recipes To Treat Yourself - Amy Willcock

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Living on one's own is just as likely to be a matter of choice as not and the numbers adopting this lifestyle are increasing all the time. Yet the joys of cooking for one - it takes less time, washing up is minimal, and you can indulge yourself with cuts such as fillet steak which for larger numbers would be prohibitively expensive - are frequently overlooked. The 150 specially devised recipes included here, such as Chicken Milanese, Salt and Pepper Prawns, Baby Pumpkin Gratin and Baked Eggs with Spinach, focus on what the single person really wants to eat - quick and easy last-minute suppers and mid-week treats to lazy weekend meals - not cut-down recipes for four. So whether you are a career girl, a student, an empty-nester or merely a man left to his own devices for a few days, this book will prove invaluable. Author: Willcock, Amy Publisher: Ebury Digital Illustration: N Language: ENG Title: Cooking for One: 150 recipes to treat yourself Pages: 00176 (Encrypted EPUB) On Sale: 2009-10-06 SKU-13/ISBN: 9780091926717 Category: Cooking : General

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