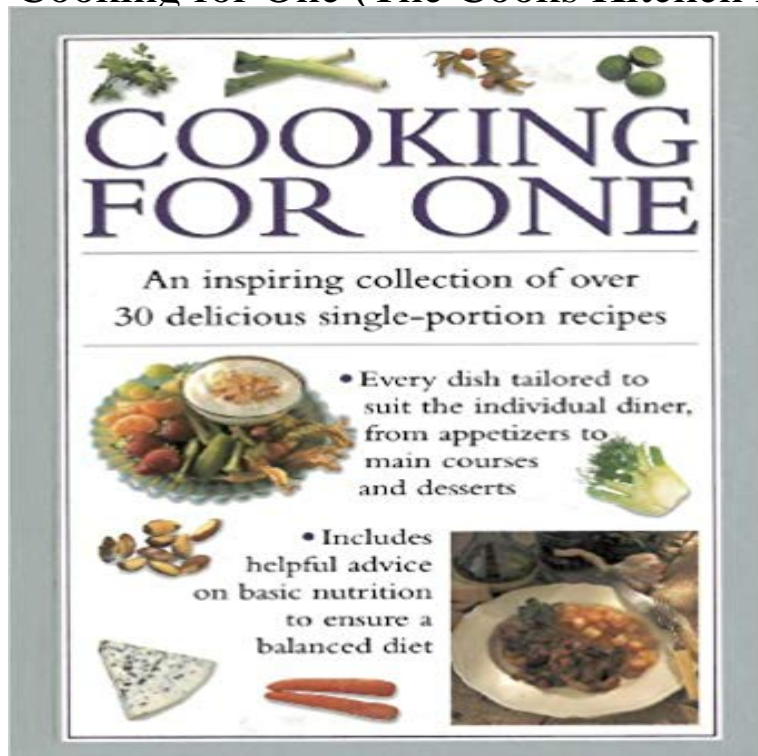


Cooking for One (The Cooks Kitchen Book 3)



Finding suitable recipes for one person is something faced by many people every day, but eating on your own does not have to mean missing out on varied, nutritious and tasty meals. The recipes in this book have all be devised for one person. There are ideas for all courses, ranging from substantial suppers to light lunches and snacks, as well as home-made soups, filling vegetarian mains and tempting desserts. The introduction offers advice on planning a healthy diet, shopping in small quantities, storing food and getting the most out of the microwave and freezer. With 30 recipes and plenty of tips, this is an ideal guide to cooking for one. Part of the Cooks Kitchen Series, this book has been written by a professional chef and all the recipes have been properly tested in our chefs own kitchen. Ingredients are measured out in metric and imperial and US cup measures are also included.

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