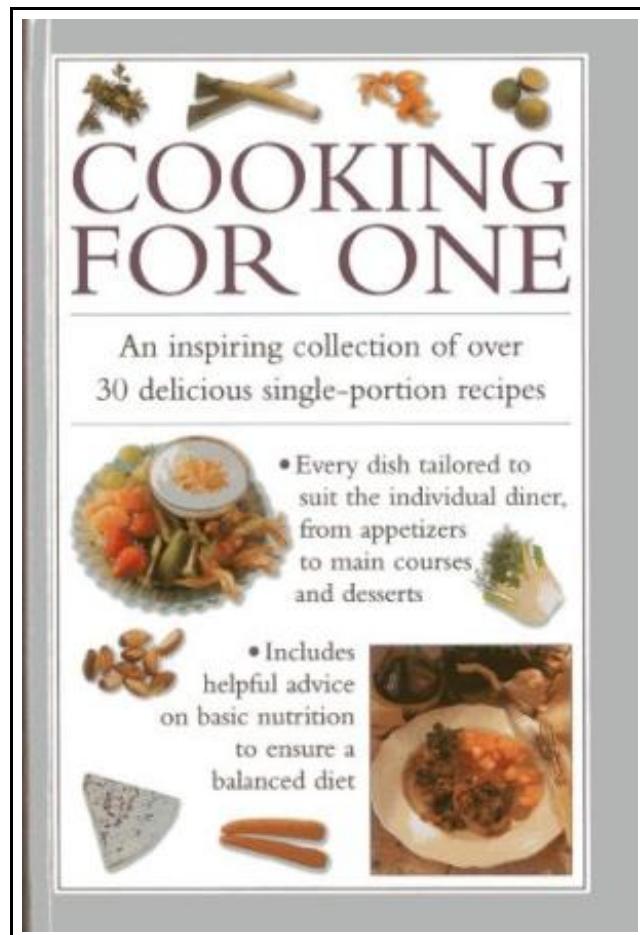


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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Cooking for One: An Inspiring Collection of Over 30 Delicious Single-portion Recipes, Valerie Ferguson, This is an inspiring collection of over 30 delicious single-portion recipes. Enjoy the pleasure of eating delicious dishes every time you cook, whatever the quantity. Every dish is tailored to suit the individual diner, from appetizers to main courses and desserts. It features ideas for quick suppers, such as Chicken with Tomatoes & Olives, as well as more elaborate ideas, such as Duck Breast with Pineapple & Ginger. Enjoy tastes from all around the world, from fresh salads and hearty pasta dishes to spicy stir-fries and curries. It contains useful information on cooking in small batches and making the most of pantry ingredients. 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 been 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.



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