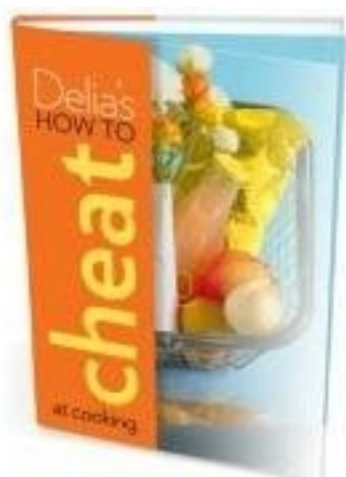


# Delia's How to Cheat at Cooking



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著者:Delia Smith

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In How to Cheat at Cooking , Delia has sourced a range of pre-prepared foods (from tins, chill cabinets, freezers and store cupboards) to help you short circuit cooking times and techniques. Readily available from supermarkets, delis, online food shops and farmers markets and of the very best quality these recipes using instant time savers will allow you to create fabulous food without the faff. How to Cheat is for people who don't want to cook, who think they can't cook, or simply don't have the time to cook. As Delia herself says, 'Cheating's come on a lot and there's much more available. The way it's going I can't think of anybody who wouldn't want it.'

This is Delia's first book in four years and it's been created with her characteristic attention to detail. Delia is Britain's most trusted food writer and her formidable track record of over 19 million book sold speaks for itself. Comprising over 150 easy-to-follow recipes and with a refreshing contemporary design, the book is a guaranteed bestseller, not least because 2008 will mark Delia's return to our screens with a six-part primetime BBC television series.

作者介绍:

目录:

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评论

Never trust cooking book by foreigners.

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