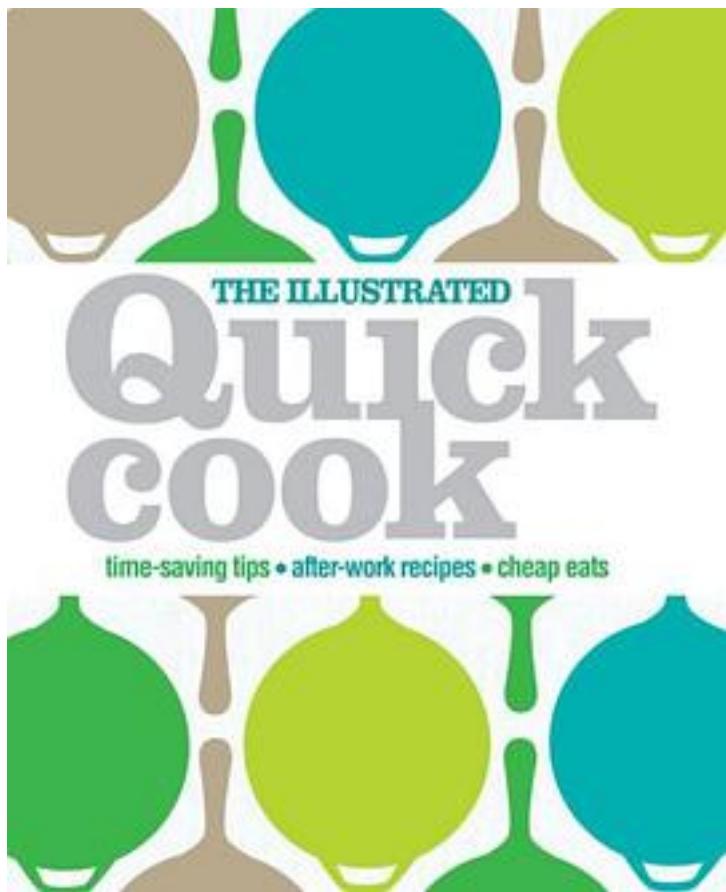


The Illustrated Quick Cook



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Never has fast home cooking with fresh ingredients been more important than it is now. The pressure on the home cook is ever increasing: how can I prepare a balanced meal from scratch when I have only 30 minutes to spare, and 4 hungry mouths to feed? I want to make something from scratch for one, but will it be simple enough? Every minute counts-I've got unexpected guests tonight, what can I whip up quick, that won't

disappoint? Family food is not just about fussy eaters and getting the quantities right. It's also about flexible eating-how often does everyone sit around the table together? Once a week if you're lucky So, food that can be prepared in advance, and simple straightforward dishes, are an essential part of the equation. We've taken all of this into consideration and come up with recipes that cover every need, with speed, so you will never have to resort to the ready meals aisle in the supermarket. "The Illustrated Quick Cook" is not trying to change the way you eat, introduce you to obscure ingredients, or take you off the beaten track. It's there to make your life easier, from planning, through cooking, to serving. More than just recipes, "The Illustrated Quick Cook" offers fantastic value for the price. Extra features include: handy menu planners, recipe chooser galleries, Cheat tips, Cook's Notes, recipe variations, and practical information to introduce you to every time-saving chapter theme. With far more recipes than any of its competitors, and a picture of every finished dish, "The Illustrated Quick Cook" delivers fast food for every occasion.

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