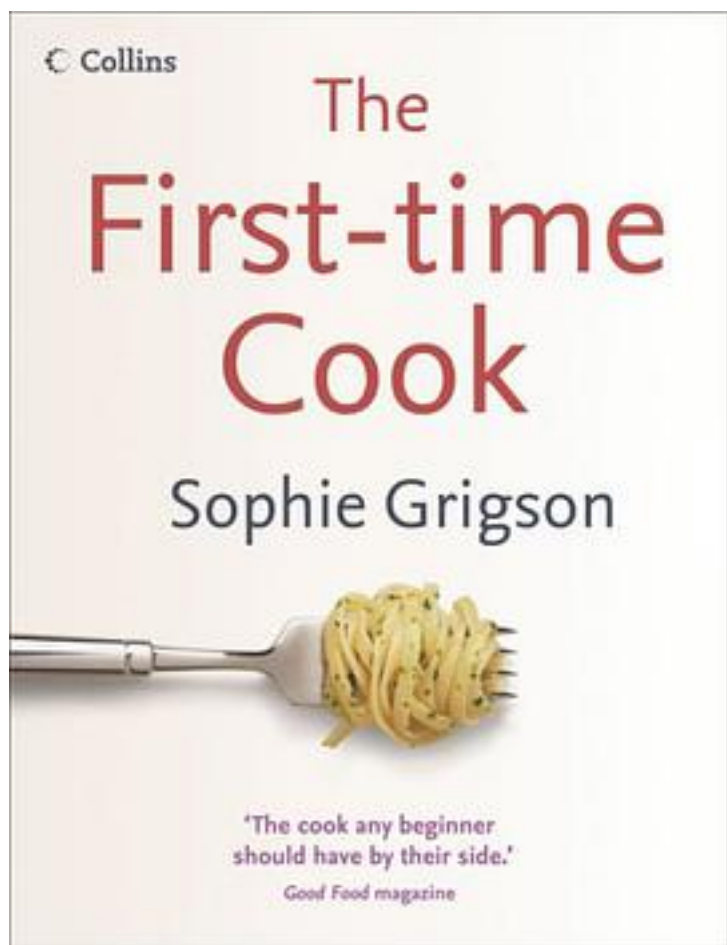


First Time Cook



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A one-stop guide that shows readers not only how to cook delicious food, but also how to understand ingredients and techniques so to feel completely confident in the kitchen, First Time Cook takes readers through the basics of shopping and cooking

equipment. Sophie Grigson then covers each essential cooking technique and food in turn, moving step-by-step through the basics with lots of incredibly useful advice on the possible pitfalls and showing variations and alternatives once you have mastered the essentials. Detailed, dynamic step-by-step photographs show how recipes should look at each stage and finished shots are of real food, not overly styled dishes that only a professional could ever achieve.

作者介绍:

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