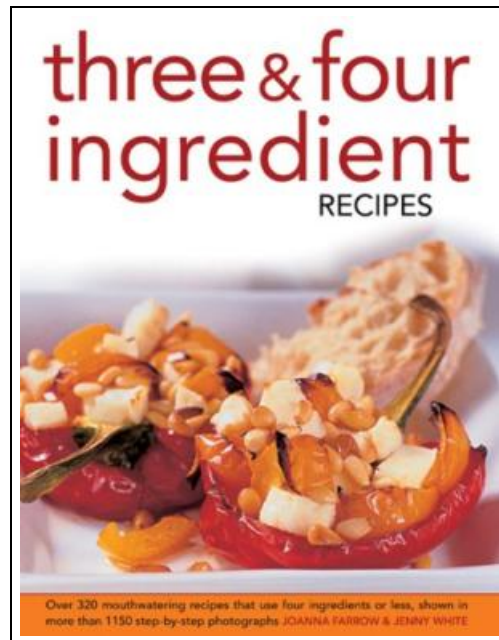


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Anness Publishing, United Kingdom, 2013. Hardback. Condition: New. Language: English . Brand New Book. This title features over 320 mouthwatering recipes that use four ingredients or less, shown in more than 1150 step-by-step photographs. This collection of delicious recipes makes the most of just 3 or 4 ingredients to create simple but tasty meals. It simplifies shopping, cuts preparation time, and is perfect for the busy modern cook who loves good food. It includes recipes for every type of dining - breakfasts and brunches, midday meals and simple suppers, weekday family meals, buffets, relaxed alfresco dining, elegant entertaining and sumptuous desserts. Stress-free food does not mean plain and dull - this book offers scores of indulgent recipes, like Figs with Proscuitto and Roquefort, Sea Bass in a Salt Crust, and Lamb Steaks with a Redcurrant Glaze. It includes easy-to-follow images and nutritional notes. This comprehensive book offers an innovative approach to food that is perfect for today's busy cook. The recipes are divided into 19 chapters, with something suitable for all occasions, from fast breakfasts and tasty appetizers to main meals for vegetarians as well as fish and meat lovers. Hearty main course dishes include Stuffed Baby Squash, and Chicken Escalopes with Lemon and Serrano Ham, while quick and easy suppers such as Spaghetti with Garlic take just minutes to prepare. There are also recipes for indulgent desserts, like Passion Fruit Creams or Chilled Chocolate and Espresso Mousse, that make a superb end to a meal. Beautifully photographed, this is the cookbook for anyone who loves good food but would rather spend less time in the kitchen.

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