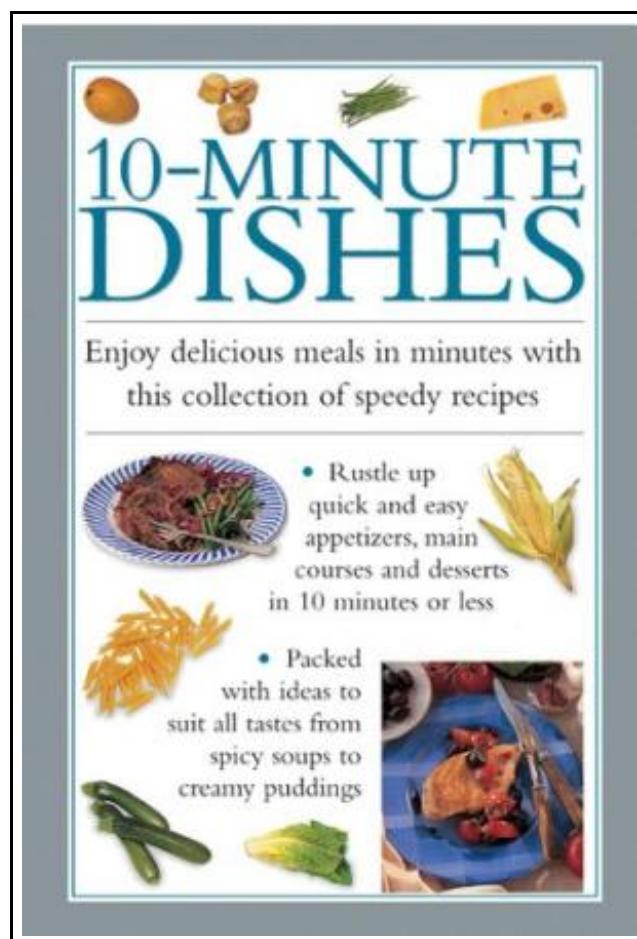


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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, 10-minute Dishes: Enjoy Delicious Meals in Minutes with This Collection of Speedy Recipes, Valerie Ferguson, Enjoy delicious meals in minutes with this collection of speedy recipes. You can rustle up quick and easy appetizers, main courses and desserts in 10 minutes or less. It is packed with ideas to suit all tastes, from spicy soups to creamy puddings. It features over 30 recipes for all occasions from simple Pan-fried Sole to impressive dishes such as Veal Escalopes with Tarragon, and Ice Cream Strawberry Shortcake. You can create stunningly quick three-course dinner parties, by following suggestions on an inspiring menu planner. It includes a guide to basic store cupboard ingredients that keep cooking time to a minimum. Modern life is hectic and many people can find that enjoyable, nutritious meals are sacrificed when time is short. This collection of recipes is perfect for busy people who don't want to live on unhealthy snacks and ready-made food. All the dishes can be prepared and cooked in 10 minutes or less. The introduction includes useful advice on stocking your store cupboard with 'short-cut' ingredients to make food preparation easier. Then there are recipes for all tastes, courses and occasions, whether you are looking for a quick appetizer for a dinner party or a simple family supper. This book demonstrates that fast food can still be nourishing and tasty.

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