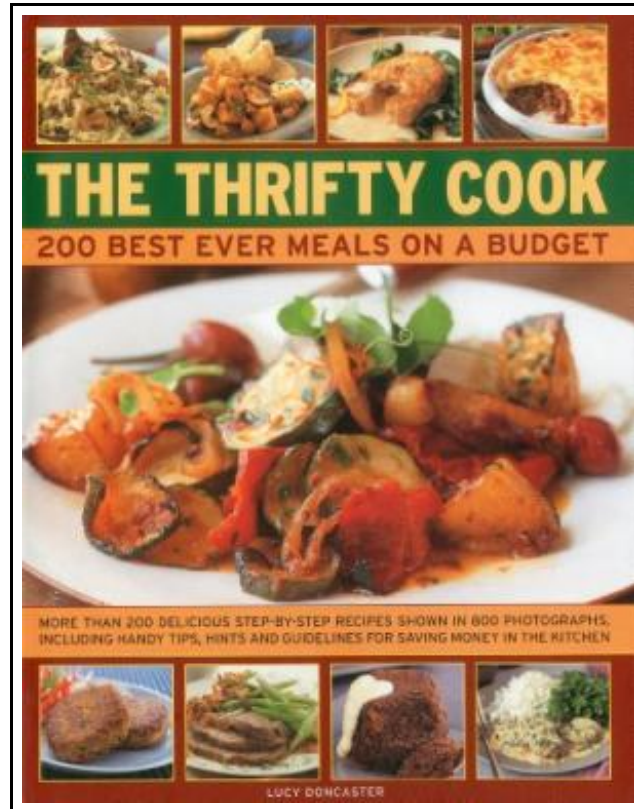


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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, The Thrifty Cook: 200 Best Ever Meals on a Budget, Lucy Doncaster, "175 Best Ever Meals on a Budget" provides all you need to know to create great value meals that are still tasty, healthy and well-balanced. It includes 200 recipes for low-cost yet delicious soups, starters, main courses and desserts - feast for hardly anything on a meal of baked peppers with egg and lentils or Irish stew, and then a chocolate mud pudding. It contains expert tips, hints and guidelines for saving money in the kitchen without compromising on quality, quantity or flavour. Every recipe is shown step-by-step in over 800 beautiful colour photographs. It includes seasonality charts, basic recipes and useful freezing and preserving methods to make the most of your purchasing power. It also includes complete nutritional information for every recipe. This new book reveals how to create low cost family meals that are varied and nutritious. There is an expert introduction that gives advice on getting the most out of your shopping - how to explore economical outlets as well as the supermarkets. Freezing and simple preserving techniques allows the clever cook to make the most of bulk buys, seasonal gluts and special promotions. The book includes expert tips to ensure that you are getting the best value and quality for your money. 200 tested recipes then show step-by-step how these principles can be put into practice. At-a-glance menu planners show the best combinations of recipes, and there are additional ideas to create a complete yet low-cost meal with ease.



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