

《四种原料一顿饭/Just 4 Ing》

图书基本信息

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内容概要

For everyday eating, nothing beats home cooking for flavour, variety and nutrition, but the demands of modern living mean that it isn't always easy to find the time to shop for, prepare, cook and even clean up after a home-cooked meal. Preparing delicious, healthy dishes doesn't have to be a time-consuming chore, however, as Just 4 Ingredients proves. Using just four ingredients excluding - water, salt and pepper, any accompaniments and optional garnishes - the recipes in this book provide an exciting variety of great-tasting dishes you can create quickly and easily. They range from great midweek family suppers to quick after-school snacks and light lunches, and from hearty stews, roasts and bakes to impressively elegant dinner party dishes. Beautifully illustrated with full-colour photography, all the recipes in this book are written in easy-to-follow, step-by-step instructions, and are simple to prepare. So get cooking and see how easy it is to cook with Just 4 Ingredients.

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