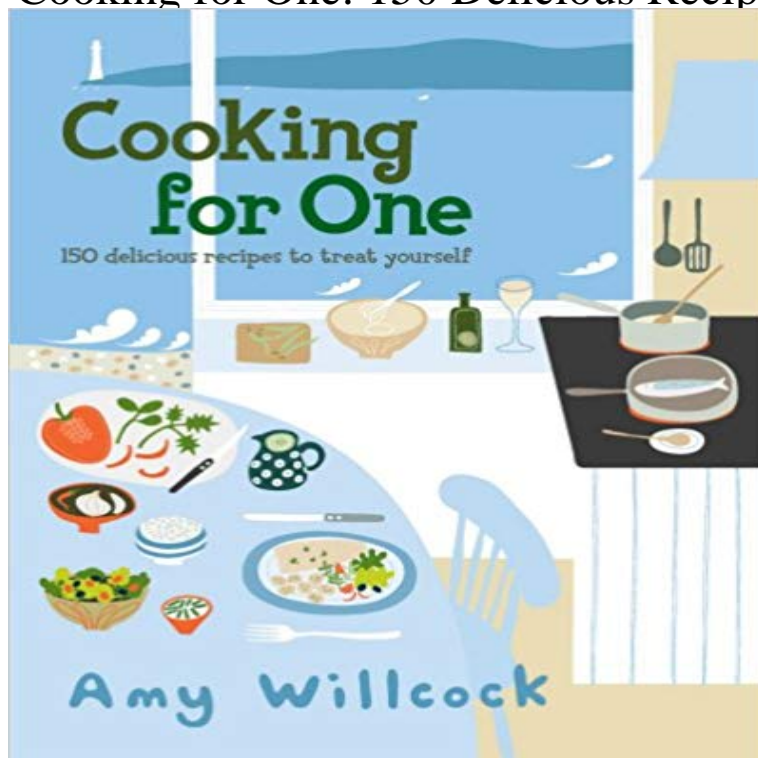


Cooking for One: 150 Delicious Recipes to Treat Yourself



Living on ones own is an increasingly popular choice. Yet the joys of cooking for oneit takes less time, washing up is minimal, and you can indulge yourself with cuts such as fillet steak which for larger numbers would be prohibitively expensiveare frequently overlooked. The 100 specially devised recipes included here, such as Chicken Milanese, Salt and Pepper Prawns, Baby Pumpkin Gratin, and Baked Eggs with Spinach, focus on what the single person really wants to eatquick and easy last-minute suppers and mid-week treats to lazy weekend mealsnot cut-down recipes for four. So whether you are a singleton, a student, an empty-nester, or someone left to yourown devices for merely a few days, this book will prove invaluable.

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