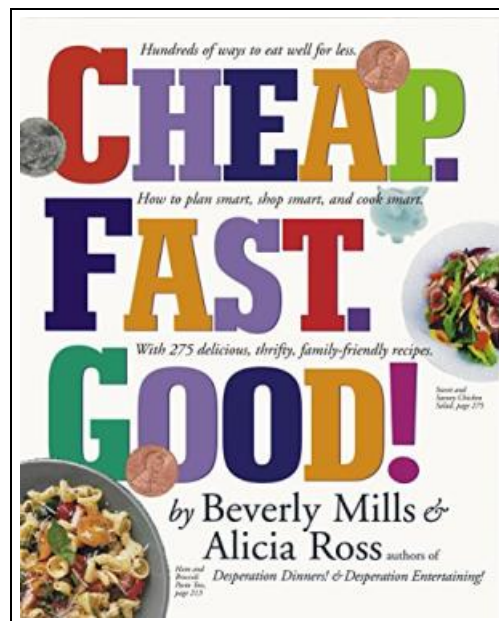


Cheap.Fast.Good!



Filesize: 6.98 MB

Reviews

Great electronic book and useful one. It can be written in straightforward terms rather than difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Kian Harber)

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Workman Publishing. Paperback. Book Condition: new. BRAND NEW, Cheap.Fast.Good!, Beverly Mills, Alicia Ross, Who doesn't want to eat cheaper? And who doesn't want to eat better? And who wouldn't like to sit down to a dinner of Salmon Pasta with Tomatoes and Dill, or Pan-Fried Pork Chops with Pepper Medley, or Enchanting Enchiladas, or Moroccan Meatballs over Couscous? In their two previous cookbooks, "Desperation Dinners!" and "Desperation Entertaining!" Beverly Mills and Alicia Ross showed us how to save time in the kitchen without ever sacrificing flavour. Now the desperate duo turns to the universally appealing idea of saving money, too."Cheap. Fast. Good." is not a penny-pinching cookbook - it's a "get smart" cookbook. It's about planning smart, shopping smart, cooking smart, and, not coincidentally, about eating smart. The work of two brilliant problem solvers, it presents 275 delicious recipes that are thrifty, quick to prepare, and intrinsically family-friendly and healthy, too: Barbecued Chicken and Black Bean Burritos, Sweet Onion Chowder, Bayou Stew, Ham and Asparagus Crostini, Basic Beef Brisket, Perfect Spinach Pesto Pizza, Gayle's Country-Style Steak, Souped-Up Chicken Stroganoff. Recipes are filled with techniques for pushing flavour, substituting ingredients, and using what's in the refrigerator or pantry already, and every chapter includes strategies for running a kitchen more economically: The When, Where, and How of Shopping, The Miracle of Menu Planning, Making Your Own Convenience Items, Cutting Up a Roasted Chicken, and more.



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