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Student Cookbook For Dummies

By Oliver Harrison

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Student Cookbook For Dummies, Oliver Harrison, Are you a student who's fed up with making do with greasy food and monotonous ingredients? A parent who worries about your son or daughter's mounting tendency to nip to the fast-food van at all times of the day? Then look no further! Taking into account the pressures and stresses of university life - the work, the exams, the parties - this entertaining guide takes students through the essential skills, techniques and ingredients they need to make over 160 delicious, healthy meals on a budget and on the go. Packed with top tips on frugal shopping, diet maintenance and healthy-microwave cooking, as well as the low-down on hosting dinner parties, choosing wines and mixing cocktails, baked-bean-living will become a thing of the past! Student Cookbook For Dummies includes: Part 1: Getting Started * Chapter 1: Saying 'Hello' To Your Kitchen * Chapter 2: Going Shopping * Chapter 3: Knowing What You're Eating Part 2: Breakfast, Lunch & Snacks * Chapter 4: Bigging up Breakfast * Chapter 5: Making great Lunches * Chapter 6: Snacks Part 3: Bring On The Main Course * Chapter 7:...

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