



Cheat Your Way to Gourmet Eating

Carolyn Humphries

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This is clever, classy cheating. It short-cuts so much time and effort in the kitchen that real cookery becomes very easy indeed. The food that you serve from this book will be put together in minutes, but arrive at your table looking like you've spent hours in the kitchen. Here are brilliant combinations of convenience foods and fresh, nutritious ingredients that will improve your quality of life and health. Simply buy in the storecupboard ingredients and you are off - five star eating in minutes.

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