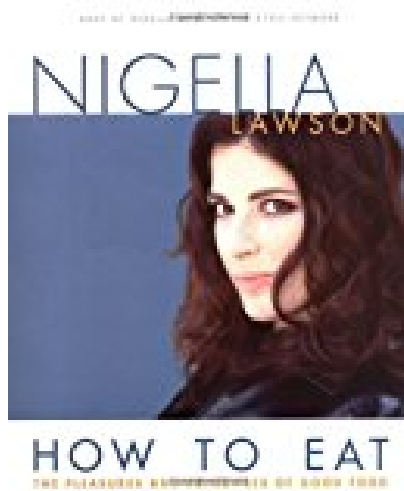


# How to Eat The Pleasures and Principles of Good Food

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## BOOK DETAILS

- Author : Nigella Lawson
- Pages : 496 Pages
- Publisher : Wiley
- Language : English
- ISBN : 0471257508

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## BOOK SYNOPSIS

Nigella Collection: a vibrant new look for Nigella's classic cookery books. 'Cooking is not just about joining the dots, following one recipe slavishly and then moving on to the next. In cooking, as in writing, you must please yourself to please others.' Hailed by chefs, reviewers, cookery writers and millions of home cooks worldwide as one of the best cookery books ever written, How To Eat is more than just an imaginative collection of over 350 delicious, simple recipes. Combining Nigella's down-to-earth, practical cookery advice with a passion for food and a friendly, chatty style, you will need two copies of this glorious classic: one for the kitchen, one for the bedside table. This is Nigel Slater's all-time favourite cookbook: "If I could only keep one cookbook, this would be it. How To Eat suits the way I cook. It is as if Nigella is sitting on a stool next to me in the kitchen as I'm cooking ... With every page you know she loves this stuff, and she wants you to love it too. It's a very, very special book for me. My own copy is falling apart." With gloriously witty food writing, easy recipes, basic cooking tips and a beautiful hardback design, this is a book you will treasure for many years as well as a delicious gift for friends and family. Basics - from easy bread recipes and basic roast chicken to sauce ingredients and seasonal foods Cooking in advance - slow cooking, marinades and stress-free, easy recipes One and two - cooking for one and meals for two people, from the practical to the romantic Fast food - easy recipes and quick meal ideas Weekend lunch - Saturday and Sunday lunch menus, for entertaining friends and family meals Dinner - complete dinner menus for any occasion, from an elegant dinner party to a simple supper Low Fat - healthy recipes and low-fat meals that still burst with flavour Feeding babies and small children - weaning recipes, easy family meals and dishes to tempt that fussy eater

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