



QUICK AND EASY MEALS FOR TWO

features

Hundreds of Practical Ideas and Recipes

INCLUDING—HOW TO GET DINNER QUICKER AND EASIER • MINUTE SAVERS • TECHNIQUES AND RECIPES FOR BASIC DISHES • MENUS (WITH RECIPES) ARRANGED BY SEASONS—SPRING, SUMMER, FALL, WINTER • INEXPENSIVE AND MODERATE-COST MENUS (WITH RECIPES) • INEXPENSIVE MENUS AND RECIPES USING CANNED AND PACKAGED FOODS, MIXES, ETC. • TWO-UNIT HOT-PLATE MENUS AND RECIPES • HEARTY MAIN DISHES FROM A PRESSURE COOKER • APPETIZERS, SNACKS, SOUPS, FIRST COURSES • HOSTESS SUGGESTIONS FOR CASUAL ENTERTAINING (CASSEROLE DINNERS, SIT-DOWN DINNERS, BUFFET SUPPERS, SANDWICHES, ETC.) • ESSENTIAL COOKING EQUIPMENT • TIME- AND LABOR- SAVING TOOLS AND GADGETS • HOW MUCH TO BUY FOR TWO • HOW TO SELECT AND PREPARE VEGETABLES, FRUITS, MEATS, POULTRY, AND FISH • COMMON MEASUREMENTS • MEANING OF COOKING TERMS • SIMPLE ARITHMETIC AND COMMON SENSE • TEMPERATURE CHARTS • *and lots more!*

A STIMULATING NEW COOKBOOK FOR THE SEASONED COOK AND THE BEGINNER



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