



Cooking for One: 150 Delicious Recipes to Treat Yourself

Amy Willcock

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Living on one's own is an increasingly popular choice. Yet the joys of cooking for one—it takes less time, washing up is minimal, and you can indulge yourself with cuts such as fillet steak which for larger numbers would be prohibitively expensive—are frequently overlooked. The 100 specially devised recipes included here, such as Chicken Milanese, Salt and Pepper Prawns, Baby Pumpkin Gratin, and Baked Eggs with Spinach, focus on what the single person really wants to eat—quick and easy last-minute suppers and mid-week treats to lazy weekend meals—not cut-down recipes for four. So whether you are a singleton, a student, an empty-nester, or someone left to your own devices for merely a few days, this book will prove invaluable.

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