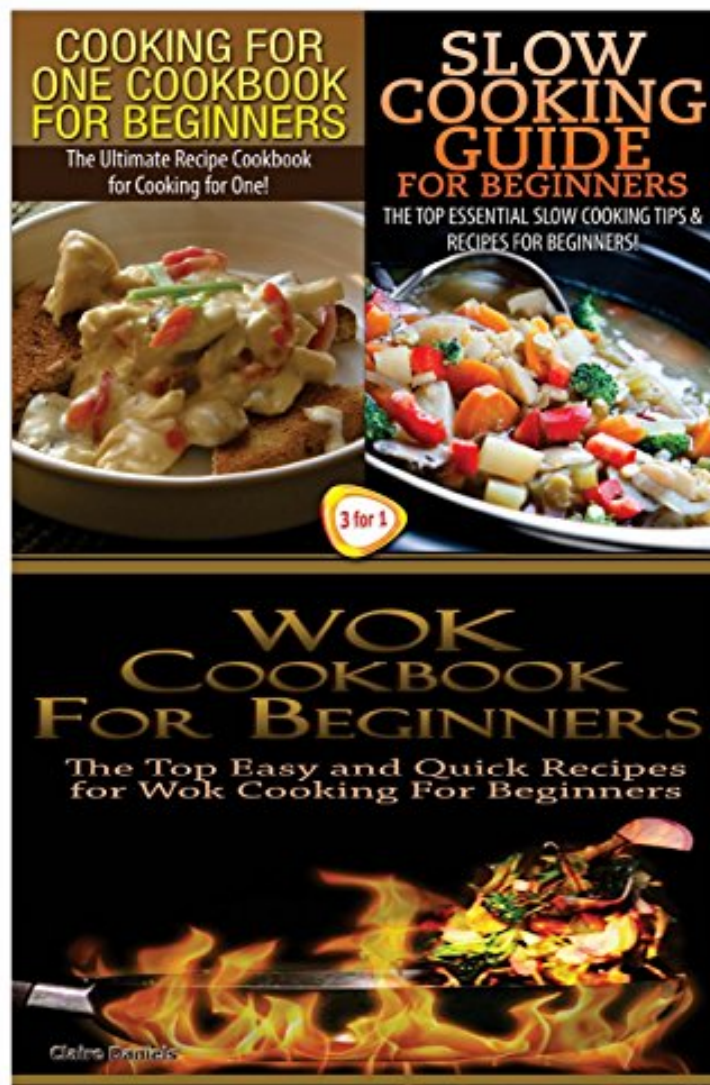


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Claire Daniels

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Cooking for One Cookbook for Beginners (The Ultimate Recipe Cookbook for Cooking for One!) + Slow Cooking Guide for Beginners (The Top Essential Slow Cooking Tips Recipes for Beginners!) + Wok Cookbook for Beginners (The Top Easy and Quick Recipes for Wok Cooking For Beginners!) Great deal 3 for one! 2 Free Books! Cooking for One You got this book for a reason: you are tired of microwave TV dinners, canned food and unhealthy takeouts. You want to enjoy fast, delicious, cheap and healthy meals that will make eating alone a worthwhile experience. Well, good news, for this book will guide you through the journey of healthier eating! One big advantage of cooking for one is that dish washing won't be such a chore. All you will ever need is one pair of cutlery, one bowl, one plate, one cup and one glass. And just because you're cooking for one does not make it a rush all of the time. Dedicate a table and a chair to be your dining area, spread an attractive tablecloth over it and place a vase with some fresh cut flowers in it. Create a playlist to serve as your background music while you are eating to set the right ambiance. Hang a lantern over a light bulb to set the mood for eating at home. Topics Covered... Important "Cooking for One" Tips Fast and Easy Breakfast Recipes Lunchbox-Ready Lunch Recipes Classic and Delectable Dinner Recipes Scrumptious and Healthy Snack and Dessert Recipes Much, much more! Slow Cooking We live in a fast paced world. We want everything easy and quick especially in preparing delicious meals for our family. But sometimes, going slow can be quite advantageous. Slow cooking is a cooking method that utilizes low heat for an extended period of time. The food prepared using this method will become oh-so-tender and more flavorful. In the past, slow cooking involves putting a pot in the stove over a low fire for several hours. Unfortunately, this leaves room for the homemaker to do anything else since the flame needs constant supervision. If not, the pot may over boil, dry out, and cause a fire if left on for too long even on low. Fortunately, this won't be an issue anymore since the slow cooker has already been invented. Great Topics Covered: Slow Cooking and Slow Cookers Dips and Sauces Recipes Meat Dish Recipes Seafood Vegetable Dish Recipes Poultry Dish Recipes Dessert Snack Recipes Much, much more! Wok Cookbook Usually, the wok is used for stir-frying. Therefore, you need to learn how to stir-fry. Aside from being delicious, what is it with stir-frying that you would want to learn how to do it? First and foremost, stir-fried meals are delicious. Aside from that, the resulting meals can be prepared fast. The meals are also really healthy and seasoned. Stir-frying with the use of a wok leads to the creation of meals that can lead to the creation of beautiful works of art in the form of good food. This method is best suited for making meals for one or two people. But if you will choose to cook meals for many people, this can be used, too. Many people see the wok as an unattractive ornament in the kitchen. This notion is common among people who are not aware of the kinds of dishes that can be made from it. But many people are attracted instantly to have one once they tasted the dishes for themselves. Woks are essential for cooking authentic tasting dishes. Here Is A Preview Of What You'll Learn... General Wok Cooking Tips Easy Wok Recipes Cleaning your Wok More Recipes Much, much more!