



Eat Good Things Everyday (Hardback)

By Carmel Somers

Cork University Press, Ireland, 2009. Hardback. Condition: New. John Carey (illustrator).

Language: English . Brand New Book. This book contains over ninety recipes, some of which can be cooked in advance to have as a helper in your freezer. To make it easier to cook food from readily available, seasonal produce, there are four weeks of summer recipes and four weeks of winter recipes. All recipes are designed for the busy person who wants to eat well, weekday recipes are short and easy to prepare with lots of helpful tips and ideas to vary the dishes for another time. Each week is balanced between meat, fish and vegetarian recipes which are also suitable for when you have friends around without spending too much time in the kitchen. There are recipes on how to create a second meal during the week from leftovers in the fridge without feeling you are using leftovers. Each week has a simple soup and a dessert if you feel like a treat. All the recipes are typical of the food served at the acclaimed Good Things Cafe and Cookery School in West Cork and what Carmel has been feeding her three children over the years. This...



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