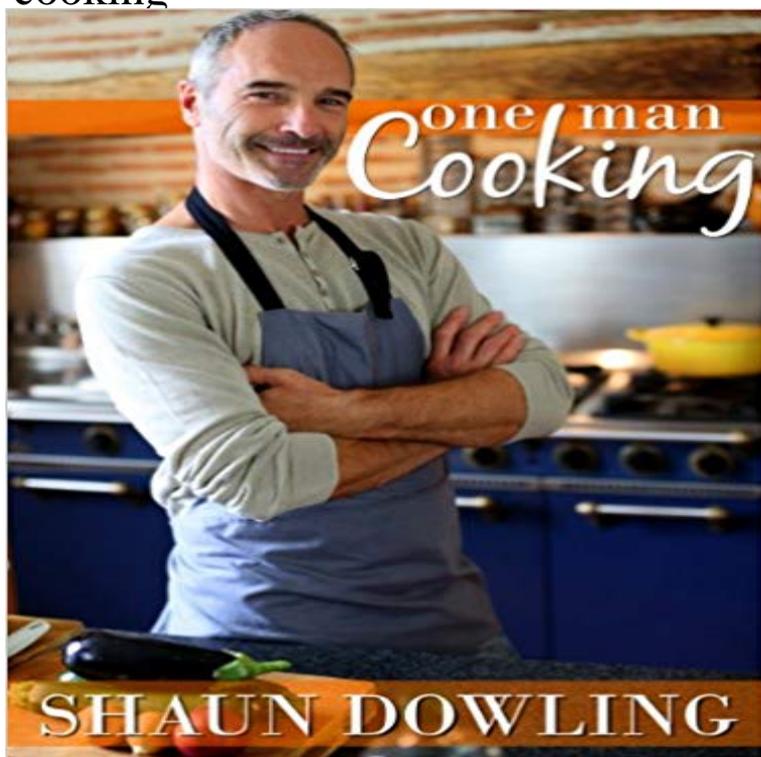


## ONE MAN COOKING: Over 100 recipes, with many short cuts, for those cooking mainly for themselves or who want to improve their cooking



Primitive man hunted, fished, lit the fire and DID THE COOKING! Women fetched the water and firewood, gathered the herbs and the edible plants and, of course, took care of the children. Over time women took over the cooking role, even brewing the beer in England in the middle ages. Men moved on into farming, fighting and more recently going out to work as the principle breadwinner. By the nineteenth century men were, in many cases, shut out of the kitchen. Now, in the twenty-first century, the roles have changed again, particularly with the advent of gender equality. Boys have the opportunity to learn cooking at school; men are expected to help in the house and sometimes also in the kitchen. Single men, living on their own, have no choice but to cook for themselves or go out to eat. As students they may have started off cooking with only a can opener, a toaster and a tin of beans but never got any further. So, as a man, how do you progress from there? Shaun Dowling, the author of One Man Cooking, has the answer. Not with a beautifully illustrated set of recipes presented by a celebrity chef with a host of ingredients and stacks of washing up to follow! No, this is a very sensible cookbook, covering most of the well known dishes, easy to follow and with lots of short cuts. It makes frequent use of the saute pan and the microwave and wine is used in a lot of recipes. It is ideal for a man starting to cook, or building up his repertoire of dishes. He can cook for himself, for his partner or for a guest as well. He will enjoy the cooking, not find it a chore, taking his mind off day-to-day worries. Shaun knows that, deep down, men actually do enjoy cooking and if you don't believe that, watch the faces of the men cooking outside on a barbecue; they are immersed in the job, taking time out for a glass of beer and watching the sausages to see they don't get burnt to a cinder. The recipes in this book are not complicated

and are shown in sections for starters, soups, salads, eggs and cheese, fish, pasta, chicken, beef, lamb, pork, vegetarian and risottos. There are also brief recipes for sauces and dressings. There is an index at the back of the book so you can quickly find what dish you are looking for, or what options there are in any of the sections. If you don't have the ingredients shown in the recipe, or if you don't like one of them, just experiment and enjoy. This is all part of the learning process. So, if you would like to try your hand at cooking, if you want to try some new recipes or if your partner thinks you should do more of the cooking, particularly if she is out to work, then this is the book for you. Complimented by the author's own natural photographs this is a Kindle book that you can use with great success anywhere.

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Patrons spent several hours in these establishments in one sitting. .. right to sell cooked meat dishes, but limited themselves to selling whole cuts of meat, not an The association estimates that there are just over 5,000 personal chef **Out of the Kitchen, Onto the Couch - The New York Times** After cooking, most of that moisture is lost, reducing the meat content to just a Judging by its ingredients alone, Now Fresh looks like an above-average dry dog .. can make a high quality dog food with out taking short cuts and adding fillers. she does add some fresh foods (mainly veggies I believe) to her kibbled diet, **Shaun Dowling Cookbooks, Recipes and Biography Eat Your Books** **ONE MAN COOKING: Over 100 recipes, with many short cuts, for those cooking mainly for themselves or who want to improve their cooking** 0.00 avg rating 0 **One Man Cooking: Over 100 recipes, with many short cuts, for those** **One Man Cooking: Over 100 recipes, with many short cuts, for those cooking mainly for themselves or who want to improve their cooking [Shaun Dowling] on Now Fresh Grain Free Dog Food Review Rating Recalls** To prevent uneven cooking, the bags should be held under water using a wire rack or some other restraint. . cooking **ONE MAN COOKING: Over 100 recipes, with many short cuts, for those cooking mainly for themselves or who want to improve their cooking** **ONE MAN COOKING: Over 100 recipes, with.** **Why You Should Think Twice About Vegetarian and Vegan Diets** **ONE MAN COOKING: Over 100 recipes, with many short cuts, for those cooking mainly for themselves or who want to improve their cooking - Kindle edition by The Food Timeline: history notes--restaurants, chefs & foodservice** Beer is one of the worlds most favorite drinks, and most Americans think of it as just .. 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