

<<Comfort Food爽心美食>>

图书基本信息

书名：<<Comfort Food爽心美食>>

13位ISBN编号：9781405463195

10位ISBN编号：1405463198

出版时间：2006-12

出版时间：Parragon

作者：Not Available (NA)

页数：112

版权说明：本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问：<http://www.tushu007.com>

## <<Comfort Food爽心美食>>

### 内容概要

With today's busy lifestyles it's all too easy to resort to unhealthy takeout meals and expensive convenience foods, simply because cooking from scratch feels like too much of a chore. However, sitting down to a home-cooked meal can be a wonderful opportunity to relax and unwind-either alone or in the company of family or friends-and is the perfect antidote to a stressful day. This book shows how easy it can be to prepare tasty and wholesome dishes with the minimum of effort and fuss. It also contains helpful hints to take the pain out of preparation and make it as enjoyable as the finished result.

<<Comfort Food爽心美食>>

书籍目录

INTRODUCTION  
CHAPTER 1 weekdays:chill out/TV dinners  
CHAPTER 2 rainy days:blues  
chasers  
CHAPTER 3 lazy weekends  
CHAPTER 4 childhood favorites  
CHAPTER 5 chocolate therapy  
INDEX

<<Comfort Food爽心美食>>

版权说明

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问:<http://www.tushu007.com>