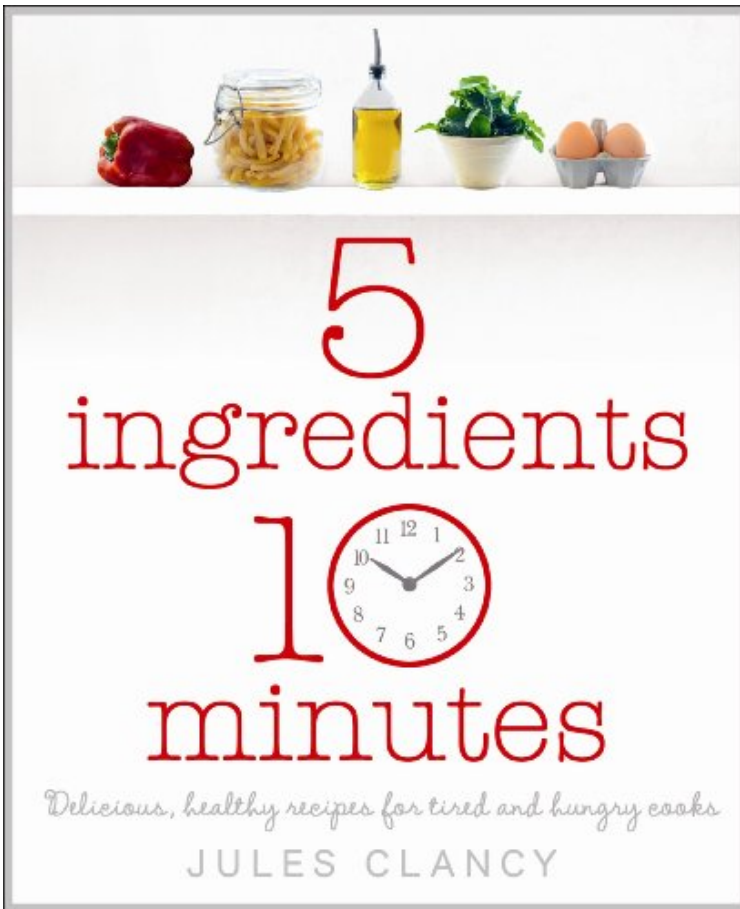


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Five Ingredients, Ten Minutes



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Description :

Prsentation de l'diteurFive Ingredients, Ten Minutes by Jules Clancy is a book is about fresh, healthy, delicious food. The fact that the recipes all contain five ingredients and can be made in ten minutes is a bonus!One of the biggest challenges we all face when it comes to cooking is being tired at the end of a long day. And hungry. And having to turn around and get something on the table that is not only fast and healthy, but tastes good too. Bit of a tall order, right? So that's where Five Ingredients, Ten Minutes can help. It is designed to come to the rescue when the 'What's for dinner?' question crosses your mind. From vegetable white bean stew to lamb fillet with fresh mint and hummus, with Jules Clancy cooking quickly at the end of a long day shouldn't be a difficulty any more!Jules Clancy trained as a food scientist, before working for Kellogg, a wine company, and then as a designer of chocolate biscuits and cookies. She's is now a full-time blogger, with a virtual cookery school specialising in quick and easy, simple food.Prsentation de l'diteurFive Ingredients, Ten Minutes by Jules Clancy is a book is about fresh, healthy, delicious food. The fact that the recipes all contain five ingredients and can be made in ten minutes is a bonus!One of the biggest challenges we all face when it comes to cooking is being tired at the end of a long day. And hungry. And having to turn around and get something on the table that is not only fast and healthy, but tastes good too. Bit of a tall order, right? So that's where Five Ingredients, Ten Minutes can help. It is designed to come to the rescue

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Biographie de l'auteur Jules Clancy is a food scientist, photographer, writer and food and wine lover. She divides her time between Sydney and the Snowy Mountains in Australia. After graduating in food science at university, she worked in product development for Kellogg, travelled the world to make wine and, back home in Sydney, became a designer of chocolate biscuits and cookies. Discovering the world of food blogs, Jules became hooked, invested in a digital camera and started her own blog (www.thestonesoup.com). She is now a full time blogger, running her online virtual cookery school which specializes in quick, minimalist, simple food.