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This is a practical and fun introduction to creative cooking and a love of good food! "How to Cook" gives budding chefs the know-how and confidence to cook how you want, whether for yourself or to impress friends and family. With over 100 easy-to-follow recipes, from Jambalaya to Macaroons, there is a great balance of healthy meals and treats from different cuisines around the world. You'll be sure to find the perfect party snack, quick meal on the run or fancy dish to impress. It is packed with helpful step-by-steps and a finished photo of every dish, as well as interesting facts on healthy eating, insights into food culture and basic cooking techniques, keeping you informed in a light and fun way. With this great selection of adaptable recipes, foodie facts and fail-safe techniques, "How to Cook" will get you creative in the kitchen and enthusiastic about food for life.



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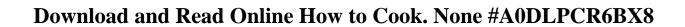
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