

Gimme the Recipe

Sheila Kiely

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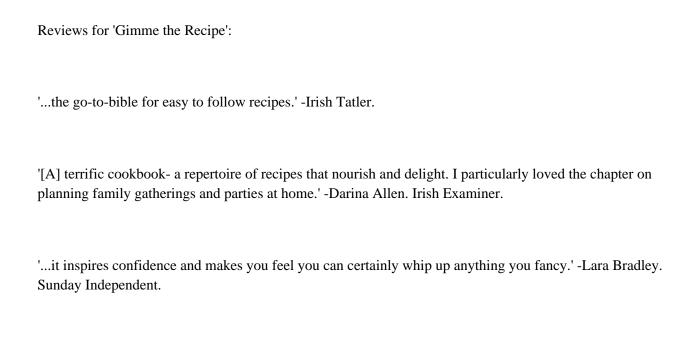
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A recipe book with a fresh, practical approach to home cooking. This book has been written by a busy, working mother of six school-going children who loves to cook for both family and friends. The recipes are easy to follow and Sheila takes a practical and realistic approach to the cookery methods – busy people prep as they cook and don't have a chopped/diced/cubed/grated onion magically on standby! The book also includes a planning schedule and suggested menus for family gatherings such as communions and birthdays, as well as a time planner for Christmas Day. All ingredients used are readily available from the local supermarket, are fairly cost conscious and include recipes to make the most of leftovers that kids will want to eat. The delicious, easy recipes include dishes such as Chicken Tikka Masala and Double Chocolate Cupcakes.



'You might not be able to have it all but, with Kiely's recipes, I'd say you can certainly make a decent stab at



cooking it all.' -Fiona Kiely, Sunday Business Post.

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