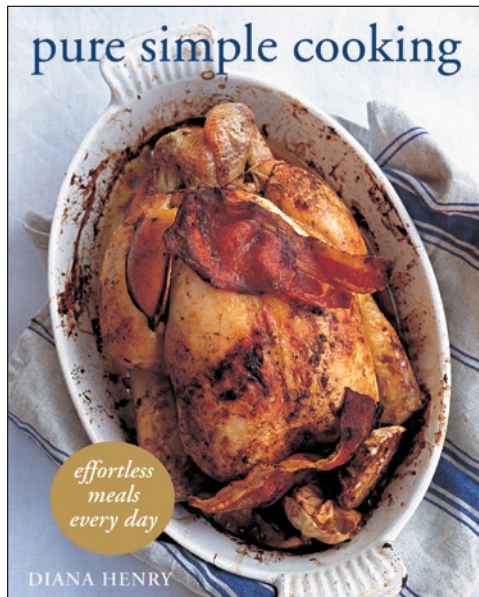


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Pure Simple Cooking

Effortless Meals

Every Day

Diana Henry

As a busy working mother, Diana Henry decided that “quick” cooking was no longer the answer; she needed *effortless* cooking. She set out to find simple ways to turn the building blocks of meals—chicken thighs, fettucine, a few bell peppers—into something that would both sustain and satisfy her family.

Pure Simple Cooking is packed with recipes and ideas for dishes that can be prepared while juggling a phone or a baby, rifling through the day’s mail, or pouring drinks for friends. Many of the recipes require 15 minutes or less of prep time, but the cooking is all from scratch (no pre-cut vegetables or prepared-food mix-ins). The chapters are helpfully arranged by the ingredients that go through our heads at the end of the day when we wonder what to cook for dinner—ingredients that are readily available from the supermarket or corner store: chicken, pork chops, fish, pasta, greens and herbs, veggies, and fruit. The vivid photography reinforces the approachability of each dish.

Henry’s classic recipes enhance simple food with fresh ingredients and pantry staples, like Roast Lamb with Prosciutto and Garlic, Roasted Eggplant Three Ways, Goat Cheese and Fig Salad, and Vanilla-Baked Apricots. With an appealing mix of recipes from Provence, Italy, North Africa, Greece, and other regions, *Pure Simple Cooking* serves up a world of good food with minimal effort.

Pure Simple Cooking is for anyone who wants to make interesting, authentic food without a major time commitment.

About the Author

DIANA HENRY is one of the brightest voices in food writing and broadcasting in Britain. She is the food columnist for Britain’s *Sunday Telegraph* and the author of five cookbooks, including *Roast Figs*, *Sugar Snow* and *Crazy Water Pickled Lemons*. In 2007, she was named Cookery Writer of the Year by the British Guild of Food Writers. She cohosts a popular UK television show and lives in London.

Pure Simple Cooking: Effortless Meals Every Day by Diana Henry

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