



Fast Food for Two (Picture know how)

Erika Spate

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This cookbook contains gourmet recipes suitable for quick preparation, and is geared to cooking for two people. It includes tips on how to speed up kitchen routines through choice of equipment, use of convenience foods and techniques such as peeling, blanching, defrosting and tenderizing. Recipes that take about 20 to 30 minutes to prepare include smoked pork loin with crispy pancakes and a piquant herb sauce, salmon fillet baked in tarragon cream in an egg and potato coating, and duck-breast with a seasoned risotto of onions and oyster mushrooms.

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