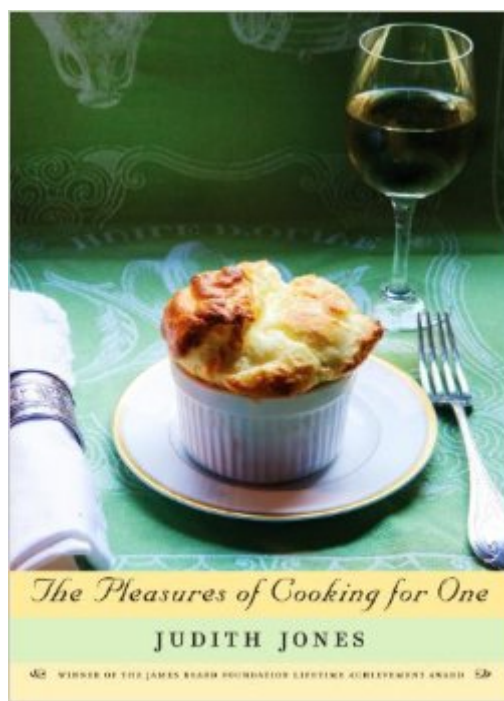


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# The Pleasures Of Cooking For One



## Synopsis

From the legendary editor of some of the world's greatest cooks—including Julia Child and James Beard—a passionate and practical book about the joys of cooking for one. Here, in convincing fashion, Judith Jones demonstrates that cooking for yourself presents unparalleled possibilities for both pleasure and experimentation: you can utilize whatever ingredients appeal, using farmers' markets and specialty shops to enrich your palate and improve your health; you can feel free to fail, since a meal for one doesn't have to be perfect; and you can use leftovers to innovate—in the course of a week, the remains of beef bourguignon might be reimaged as a ragù, pork tenderloin may become a stir-fry, a cup or two of wild rice produces both a refreshing pilaf and a rich pancake, and red snapper can be reinvented as a summery salad. It's a fulfilling and immensely economical process, one perfectly suited for our times—although, as Jones points out, cooking for one also means we can occasionally indulge ourselves in a favorite treat. Throughout, Jones is both our instructor and our mentor, suggesting basic recipes—such as tomato sauce, preserved lemons, pesto, and homemade stock—that all cooks should have on hand; teaching us how to improvise using an ingenious strategy of building meals through the week; and supplying us with a lifetime's worth of tips and shortcuts. From Child's advice for buying fresh meat to Beard's challenge to beginning crêpe-makers and Lidia Bastianich's tips for cooking perfectly sauced pasta, Jones's book presents a wealth of acquired knowledge from our finest cooks. *The Pleasures of Cooking for One* is a vibrant, wise celebration of food and enjoying our own company from one of our most treasured cooking experts.

## Book Information

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## Customer Reviews

I love this book. It is practical and concrete, and addresses my main problem in the kitchen: how to cook for one without either boring myself to tears eating the same leftovers for a week, or wasting food by letting it rot in the 'fridge while I get take-out because I crave variety. The book reads like a relaxed conversation with an experienced home cook who is generously sharing her expertise. It's not just about cooking, it's about meal planning - how to use the leftovers from one meal to make something completely different and delicious the next night. Intermixed in there are some great traditional recipes that teach classic cooking techniques. Some of these I knew, but some I didn't. I love that it's not just a bunch of fussy recipes where everything has to be measured exactly. She doesn't have you jamming fresh herbs in a tablespoon. She suggests a splash of this, a pinch of that. She encourages creativity and ingredient substitutions. She's not just giving you recipes to follow, she's teaching you how to think like she does - how to solve the problem of meal planning and cooking for one. There's another subtle message in this book that's very important: the self-respect implicit in this fundamental form of self-care. This jumped out at me because I help people with emotional eating, and so much of emotional eating comes from lack of self-care, from feeling you don't deserve your own time and energy. She talks about this in the introduction, where she lists the reasons that people don't make nice meals for themselves: "Yes, I like to cook, they say, but I like to cook for OTHERS, to give my friends pleasure. Why would I want to go to all that trouble just for me?"

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