

[Free pdf] The Frugal Foodie Cookbook: Waste-Not Recipes for the Wise Cook

# The Frugal Foodie Cookbook: Waste-Not Recipes for the Wise Cook

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## THE Frugal Foodie COOKBOOK



{ *Waste-Not Recipes for the Wise Cook* }

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**Lynette Rohrer Shirk, Lara Starr : The Frugal Foodie Cookbook: Waste-Not Recipes for the Wise Cook** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Frugal Foodie Cookbook: Waste-Not Recipes for the Wise Cook:

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Exponential Chicken, the book is entertaining as well as informative. I love the biscotti recipe -- both frugal and long-lasting. I made a ton and am giving them as office gifts this year! What is great is that the recipes are handy no matter if you have a fully-stocked gourmet kitchen (and want to make prudent use of expensive ingredients such as prosciutto) or a bare-bones student kitchen (and need to know how to make one chicken last a week). Yummy, entertaining, and easy to use, this book is now a staple on my shelf!

The recession has put a lot of strain on the grocery bill, especially for those with families or friends to feed. But that doesn't mean having to skip gourmet food and a balanced diet. Noted chef and "four-star frugal gourmet" Lynette Shirk shows readers how to creatively and cleverly use ingredients and leftovers to produce wonderful inexpensive meals for any occasion. This book has everything, from roasting coffee at home to concocting inexpensive crave-worthy casseroles to whipping up snacks on a shoestring. Chapters include "Bankable Breakfasts," "Lunch for Less," and "Dinner on a Dime," and feature irresistible recipes from Shaved Shrimp Rolls and Gourmet PBJ to an "Exponential Chicken" that stretches the bird over five different courses. With hundreds of delicious dishes and expert advice (including fun ideas for serving), The Frugal Foodie Cookbook keeps hungry readers living well and eating better.

"We have always known that delicious and nutritious meals can be prepared at home for less than a family spends off the value menu at the local fast food stop. The Frugal Foodie not only features tasty recipes that stretch the food dollar but also includes fun and useful tips for kids projects, beauty remedies and edible gifts." -- Rima Barkett and Claudia Pruett, authors of *Cooking Dinner: Simple Italian Family Recipes Everyone Can Make*. "Shirk and Starr will have you whipping up delectable meals on a shoestring. Just think of all the cute shoes you can buy with those savings you'll truly be strutting your stuff in the kitchen!" Ame Mahler Beanland, co-author of the New York Times Bestseller *Nesting: It's a Chick Thing* and *Postcards from the Bump*. "This is the perfect book for the times. Actually, it's perfect for any time! Cook up any of these delicious low-cost recipes, and you can put the extra money toward something else! If you love saving money, and you love food, you'll love the *The Frugal Foodie*, these recipes do not skimp on flavor!" Nina Lesowitz, author of *Living Life as a Thank You* and *The Party Girl Cookbook*. "Delicious fun! With kitchen goddess savvy and Betty Crocker smarts, Lynette Shirk and Lara Starr have concocted a gem of a cookbook that is both entertaining and practical, simple, yet resplendent with excellent recipes. The perfect gift for any foodie, this will be a staple in kitchens for years to come." Margie Lapanja, author of *Romancing the Stove*, *Food That Rocks*, and *Food Men Love*. "During a difficult economy, nothing could be better paired with good food than simple wisdom and humor. Lara Starr Lynette Shirk serve it all up with a generosity of spirit that will keep a smile on your face and extra change in your pocketbook." -- Jennifer Sauer, author of *The Way to Tea*