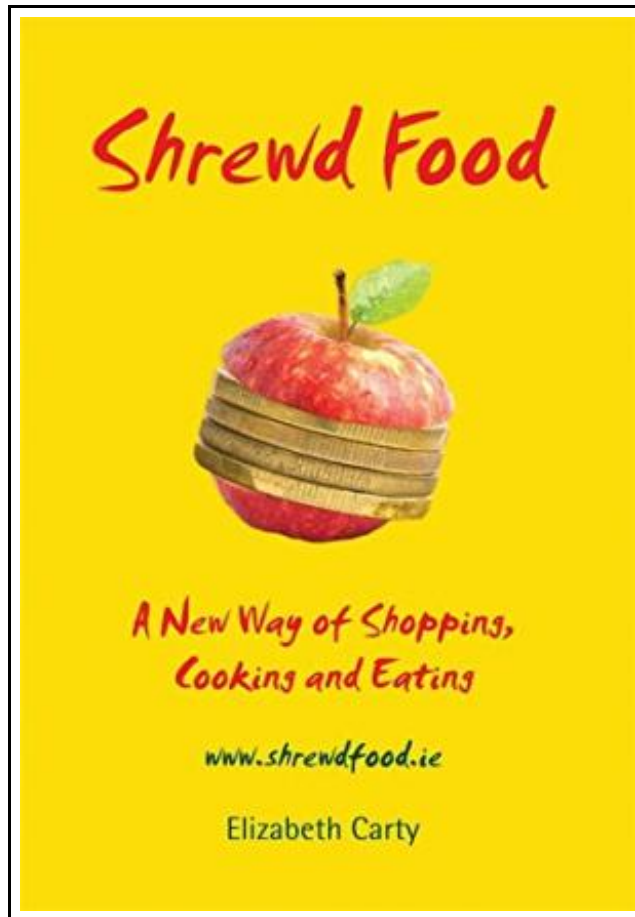


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Hachette Books Ireland, Ireland, 2010. Paperback. Book Condition: New. 234 x 155 mm. Language: English . Brand New Book. The message is simple: excellent food is available at affordable prices. You just have to know what you re looking for - and where to find it. Shrewd Food is the definitive guide. Inspired by the hugely popular website shrewdfood.ie, set up in 2009 by dedicated foodie and home-cook extraordinaire Elizabeth Carthy - who knows first-hand the challenges of feeding a family on a budget - this collection of over one hundred recipes for every occasion also includes information on: Shopping for best-value and quality Shrewd cooking tips The shrewd cupboard Seasonal cooking Occasion cooking on a budget. In easy-to-follow recipes containing fresh, affordable ingredients, Elizabeth shares with us her knowledge of traditional Irish cuisine - learned from her mother - to shrewd recipes from Europe and the East, gathered during her many years living abroad. More than just a cookbook, Shrewd Food is a way of life.

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