



Cooking for One: It's a Piece of Sauce

Lloyd T. Bradbury

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"Cooking For One It's A Piece Of Sauce" is for the novice cook, someone who has the need or desire to learn how to cook good foods. It is written in simple layman's language with a general straightforward approach and offers many benefits most cookbooks do not offer, especially for the neophyte. The recipes are simple with a story behind each one and in a large variety. Each recipe has a "difficulty grading system" and a list of kitchen utensils needed for the preparation. There is a procedure for processing the food economically, after the food is prepared. The cookbook concludes with "Helpful Hints and Ideas" including scenarios for cooking a complete meal for two within a time frame as a beginner cook.

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