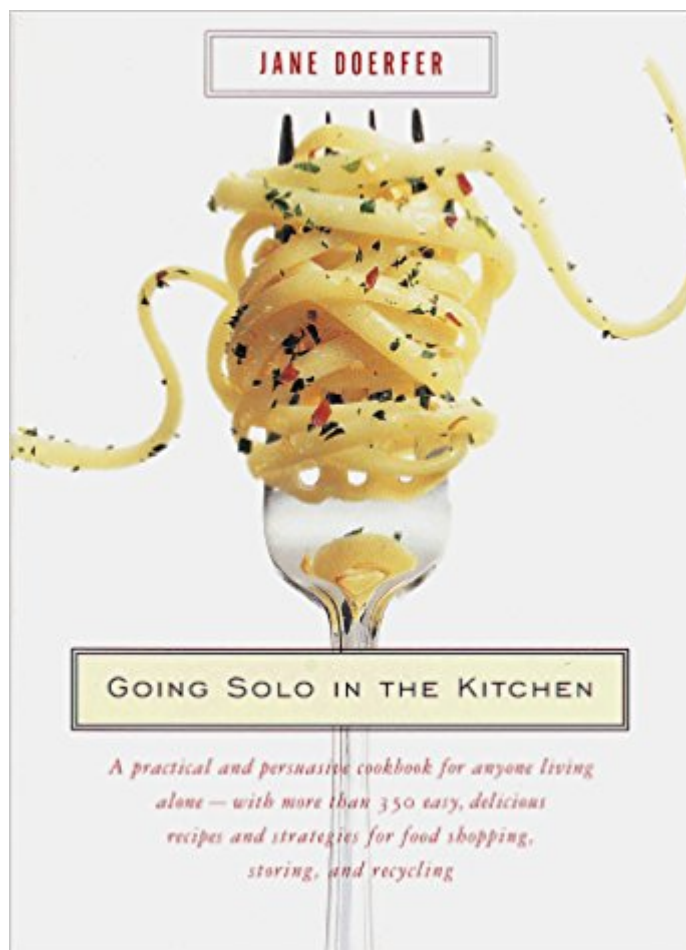


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# Going Solo In The Kitchen: A Practical And Persuasive Cookbook For Anyone Living Alone—with More Than 350 Easy, Delicious Recipes And Strategies For Food Shopping, Storing, And Recycling





## Synopsis

At last, a supremely practical cookbook designed expressly for single people! With more than 350 superb yet simple recipes for all occasions—and loaded with time-and-money-saving strategies for buying, storing, and recycling food in quantities that won't get wasted! *Going Solo in the Kitchen* is for solo cooks who don't want to spend a lot of time in the kitchen but who are tired of take-out, and who want to eat food that's delicious, nutritious, and inexpensive. Whether it's a quick one-dish meal of Sautéed Beef with Mushrooms, a satisfying soup supper such as Vegetable Bean Soup with crusty bread, a summer night's dinner of Avocado, Papaya, and Shrimp Salad, or a Sunday splurge of Chicken Breast Baked with Garlic (with enough leftovers for a sandwich at work the next day and a cold chicken salad later in the week), here is food that will lure beginners and seasoned cooks alike into the kitchen, putting a variety of flavors and a wealth of taste into every meal.

## Book Information

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## Customer Reviews

Just because you are your household, don't assume eating solo limits you to having pizza, pancakes, or meat loaf in restaurants; buying them already prepared; or having to file extra portions in the freezer or the dustbin. As Jane Doerfer proves in *Going Solo in the Kitchen*, with no more effort than when cooking for two or more, one person can eat well and dine beautifully. Doerfer's main strategies are to use fresh ingredients and to make friends with supermarket staff who can accommodate her needs in the land of large families. She gives detailed advice on storing

foods--cooked chicken, for example, tastes better and has better texture when stored in liquid (like a sauce or broth), while potato salads and other prepared dishes keep better longer when left unsalted until just before serving. Solo cooks do have advantages: you can eat what you want, as often as you want it, and the cost of a steak or lobster dinner is only for one. Doerfer offers variations for recycling in case of leftovers. Her description of how to cut up a whole chicken is graphically clear (see "Chicken Management") and will save you money. The recipes and techniques Doerfer offers will brighten the lives of solitary diners who love variety, good food, and home cooking. She provides recipes for everything you might want, from Chicken Noodle Soup to elegant Halibut with Asparagus, Cream Scones, perfectly cooked rice, and fresh, hot berry pie, made in just the right way for one. --Dana Jacobi

Doerfer, who publishes a travel newsletter called Going Solo, also runs Going Solo in the Kitchen, a cooking school for cooks on their own. She provides more than 300 single-serving recipes along with the tricks and strategies she has devised to make cooking for oneself appealing, efficient, and economical. Many of the recipes include two or more variations, and there are ideas for leftovers as well. Just about all are quick and simple to prepare, and they are also tempting enough to lure "solos" used to depending on takeout or microwave dinners into the kitchen for some real food. Recommended. Copyright 1995 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Works for me

just what I needed

not enough "normal" meals

I haven't finished going through the whole book yet as I have a tendency to be a "cookbook reader" rather than a real "trier" of recipes but it looks very good. I like the variations for the recipes and the suggestions for using leftovers where it isn't practical for doing a pork roast for one for example. There are no pictures if you are looking for a pretty book and there are no nutritional breakdowns.. This is a more down to earth practical cookbook with old favorites (such as macaroni and cheese) reduced down for one. I think I am going to begin to be a "trier" rather than just a looker especially in the vegetable chapter now that I have just myself to please.

I originally bought this cookbook last December because the only non-generic recipes to satisfy me out of the original cooking for one book by Molly Perham my mom bought for me were the rice recipes. There were too strange ingredients in most of the others. I was at a point where I was considering eating TV dinners twice a week and eating more at my parents' due to the sheer lack of choices I had. This book was able to successfully ameliorate my recipe shortage problem. Most of the recipes I use have either widely available ingredients or ones that can be left out and substituted easily. As Doerfer says in the intro, the vast majority of recipes are designed to be made in under 30 minutes, so you don't feel you're spending so much time in the kitchen. This book's also very good at suggesting ways to make minor variations in one's meals. I'm not very creative, but even I saw how varying the herbs in my salads and lunch sandwiches could greatly enhance my options. Another plus to this cookbook is how Doerfer encourages people to incorporate more vegetables into one's diet. Speaking as one who's got a (very) limited budget, I'm probably still not consuming as much as I should be, but I've come a long way into throwing some carrots in my salads among other things every now and then. Still, there are a couple of problems with book. First, I find it odd that Doerfer admits lots of people wouldn't buy a whole chicken, yet goes on to list several recipes that use individual chicken parts which aren't sold individually at many stores. I had to substitute where I thought it was possible. It would have been helpful if the breast equivalent of 1 leg and 1 thigh for the Basque-style chicken recipes for instance had been listed. Another thing that's probably a personal problem is I'm not such a fan of having leftovers of meats anymore than maybe once a month, yet there are a number of recipes that list amounts of say pork, far larger than anything I would eat (over 1 1/2 lbs). Also, my refrigerator's very small, so something listing some ideas on vegetables to prioritize buying beyond lettuce and tomato could have enhanced this cookbook's usefulness even more. Overall though, I found this to be a satisfying cookbook that's showed me how to vary my cooking skills. I still haven't got a chance to oven-steam fish or try some of the vegetable meals but I'm sure I'll get around to those!

I bought this book about a month ago so I could have a general reference cookbook for single-sized portions. I have found it exactly that; I just made the roasted cornish game hen tonight, and was very impressed. The other recipes in the book sound excellent, and solve a lot of the portion issues I get with other books. That being said, a few caveats. I bought the book a reasonably experienced cook; this is an excellent reference, but not the best one to learn how to cook from. Also, the recipes are on the simple side; I use another cookbook, Solo Suppers, for more 'fancy' type dishes that

better utilize the ingredients available in my neighborhood. But if you wanted that pot roast or roast chicken or spaghetti and found dividing the recipe by four didn't quite work, this is the perfect book.

good for me

This is a perfect cookbook for a beginning chef. I enjoyed the recipes, the tips, and the suggestions. It has made me a more confident cook.

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