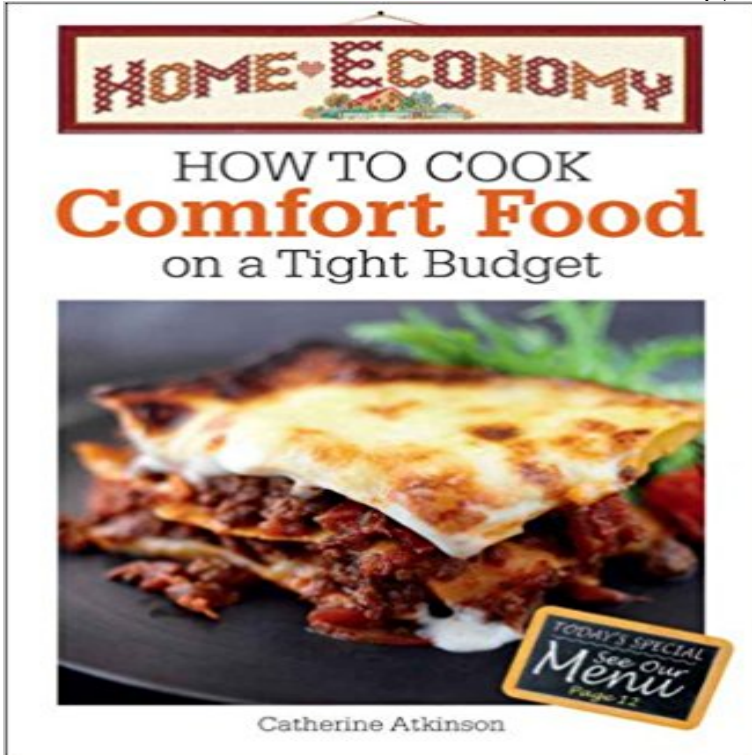


How to Cook Comfort Food on a Tight Budget



Old-fashioned cookery introduces you to slower cooking. This means that even the cheapest ingredients deliver tender textures, fully formed flavours, mouthwatering aromas and wonderful eating. This is the healthy, wholesome food that your Granny and Mum used to cook. These comfort food recipes were chosen to be cooked even by new cooks. And they start with weekly menus and their Saturday supermarket shopping lists. Toad in the Hole Cottage Pie Lancashire Hot Pot Oven-baked Lamb Biryani Gammon with Pineapple Relish Creamy Chicken Korma Seafood Paella Potato Wedges and Cheese dips Golden Double Syrup Pudding Chocolate Chip Cookies

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