



Kitchen Secrets: How To Select, Store, Prepare and Cook Fresh Ingredients for One or More

Barbara Lowery, Tony Delroy

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What's the best way to store prawns? What should you look for when you're buying broccoli? Or a good piece of steak? What are the essentials you should keep in your kitchen and how long will they last? In **KITCHEN SECRETS**, Barbara Lowery shares her vast knowledge of practical secrets, all those things our mothers knew about buying, storing, preparing, flavouring and cooking food that we never actually got around to learning. **KITCHEN SECRETS** looks at all the fresh foods we buy - meat, poultry, fish and seafood, fruit and vegetables - and tells us everything we need to know to keep it and serve it. This brilliant compendium of must-know advice is perfect for everyone who is feeding for themselves. All the recipes are designed for one person - but every single one works for two or for a whole family.

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