

6 INTRODUCTION
23 NOTES

CHAPTER 1

26 Breads, Flatbreads
& Savoury Pastries

CHAPTER 2

50 Soups, Stews & Pulses

CHAPTER 3

74 Salads & Vegetables

CHAPTER 4

112 Eggs

CHAPTER 5

128 Rice, Pasta & Grains

CHAPTER 6

158 Fish

CHAPTER 7

190 Seafood

CHAPTER 8

220 Pork, Lamb & Beef

CHAPTER 9

254 Poultry, Rabbit, Game
& Snails

CHAPTER 10

276 Sweets & Treats

CHAPTER 11

324 Drinks

CHAPTER 12

336 Basics

345 INDEX