



Everyday Cookbook

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Preface:

With a good cookbook, your problem is solved. You will not waste time thinking of the next meal. As you turn over the pages, you will see varied recipes to suit the taste of the different members of the family. With the cookbook as guide, you can plan your menu for the week thus saving your time for other things that need attention.

Foods are bought from the market. Are you sure they are safe? Many people hold them there. So, we can never be sure they are free from germs. Cooking makes foods safe and clean. Cooked foods are safer and tastier than uncooked ones.

Sometimes, you cook food in the morning and serve them in the evening. That is because cooking preserves food. It makes them stay longer than they would if they were not cooked at all.

Some foods like fruits and other vegetables are better eaten raw. They are more nutritious and delicious. The food elements are not lost. But most foods are better eaten when cooked. Cooking improves their food elements. It makes food more delicious and more appetizing.

EVERYDAY COOKBOOK, contains recipes that are practical, low-costing, tasty, delicious and kitchen-tested. They are classified into: fish and seafood; rice and noodle variations; vegetables and salads; poultry and meats; desserts; cool drinks and sandwiches; cakes and pastries; sweets and ice cream, and other assortments. It contains Filipino, Chinese, Spanish, American, Native and some foreign dishes.