



# The New Cook

*Donna Hay*

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## **The New Cook** Donna Hay

This practical cookbook starts with the basics of cooking, with ingredients such as fish, eggs and vegetables through to more complicated combinations. The book encapsulates all the styles and subtleness of contemporary international cooking in a straightforward manner. Donna Hay emphasizes how cooking flavoursome food at home does not need to be complicated and time consuming. The recipes have short lists of ingredients, and focus on cooking the meal in a few easy steps, plus the food is naturally low-calorie.

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