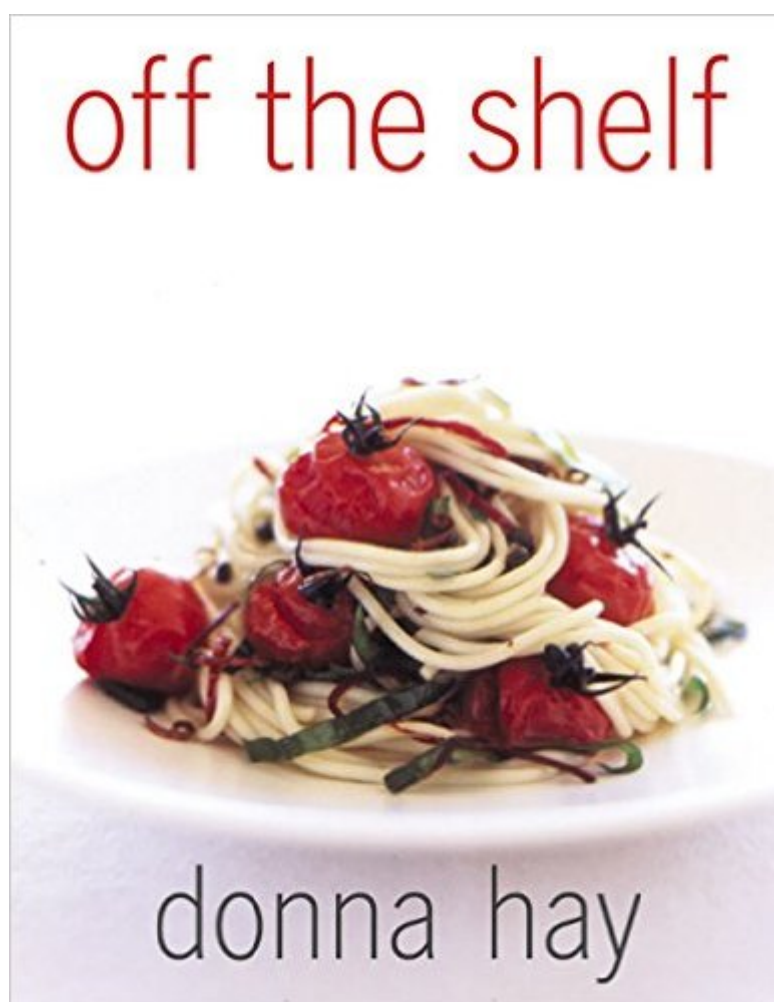


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Off The Shelf: Cooking From The Pantry



Synopsis

In *Off the Shelf*, Australia's bestselling food writer Donna Hay shows you how to fill your pantry with convenient and basic ingredients. Save time with these easy to put together recipes -- for everyday meals or special occasions, and especially when unexpected guests arrive. *Off the Shelf* is packed with the information and inspiration to create a great meal at short notice -- anything from a simple pasta dish or the slippery slurp of Asian-inspired noodles to a tempting berry tart. All you need is a well-stocked pantry and a handful of fresh ingredients. An essential handbook for everyone who loves to cook and to eat.

Book Information

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Customer Reviews

This book is worthy of its predecessors. Like Donna Hay's 4 earlier books, this is a beautiful cookbook (the photography and food styling are gorgeous) filled with inventive and reliable recipes. The speciality of this book is that it provides recipes that can be made with just a few staples in the pantry. The asian chicken noodle soup is particularly wonderful.

Most of the recipes don't have more than 5-7 ingredients, mostly items from the pantry but there are always 2-3 fresh items that really make the difference. There are pictures for every single recipe, very useful for when you want to know what the dish should really look like. The gorgeous pictures alone are worth the price of the cookbook, wonderful to browse when you are trying to figure out what to cook. The only negative is that the recipes are not inherently low fat, but it's easy to substitute high fat cheeses etc with the low fat version. The interesting food combinations and easy

easy preparations make this an awesome everyday cookbook.

If you are a basic sort of person who enjoys plain, down-to-Earth meals, and do not like to spend a lot of time in the kitchen, this book is for you. Not only does it suggest what basics to stock on your shelves, but the recipes turn out very well if fresh ingredients are used. One will not be caught off guard when unexpected guests arrive, if you follow the suggestions offered by Hay. I did, however, find the recipes were not quite as original as anticipated. Many are variations of recipes found in other similar cookbooks, particularly the Asian noodles; however, the recipes are still tasty and the book will be particularly valuable to those inexperienced in the kitchen.

I am a huge fan of Donna Hay. I have a collection of recipes from her magazines and they all taste fantastic. The skill level for some of her magazine recipes can be a bit high though. Tasty and amazing none the less. I received this book from a friend who went to Australia and brought it back for me. I was so excited. I dismissed the title 'off the shelf', as I find this isn't always true with cook books. It is very true here. Now that I have cooked with nothing but these recipes for two weeks, I know to always have some fresh lemon, parmesan and herbs in my kitchen and I am good to go. There is a good range of veggie, fish and meat dishes. All that I have easily been able to substitute ingredients for (ex. fish instead of chicken). The food has all been amazing and if I take 5 minutes to prep all my ingredients, the dinners that I have made have taken about 15-20 minutes. Highly recommend this for ANYONE who loves to cook and loves to eat good food. These are easy recipes and there is a good mix of meals from everyday to a Sunday dinner.

This book has really nice pictures, and fairly simple recipes. For the right person, this would be a great book to have in the kitchen. The meals are simple and quick. This book is most likely not for advanced cooks, but is for people who appreciate good food and would like to be able to prepare some nice dishes quickly, using mostly ingredients that you should have on hand. The book is broken down into the following sections:- Introduction- Shopping list- Pasta- Rice- Noodles- Grains and lentils- Mediterranean- Asian- Pastes (e.g., curry pastes, miso paste, mustard pastes)- Bake- Sweet- Glossary- Conversion chart- Index There appear to be pictures of every recipe in the book (and there are over 190 recipes), and the recipes would probably be very easy to adjust, given their initial simplicity.

I love this cook book. I have a huge collection of cook books and this is one of my favorites. Faster

than take out, and definitely delicious. Easy recipes, a beginner could do it. For the times you don't feel like spending a lot of time in the kitchen, but you want to eat and eat well.

I've had this cookbook for over 5 years and it's my most favorite! I like food to be delicious, interesting, beautiful, and easy to make... everything I've made from this book has been all of those things! Once you get some of the less common items "on your self" (like Chinese five spice or Thai fish sauce) it is easy to make everything in the book!

In keeping with Donna Hay's other books this has wonderful photos. It is so nice too look at one would buy it just to look at the photos or to display. However Donna does not let us down in regards to content. The recipes are simple enough to attempt yet interesting enough to taste great. It is organized in such a way that by choosing an item from your pantry you can create a meal. So those days when all you have left in the cupboard is pasta Donna can give you a new way to prepare it. I recommend this book for those of us who want to discover the soul of cooking.

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