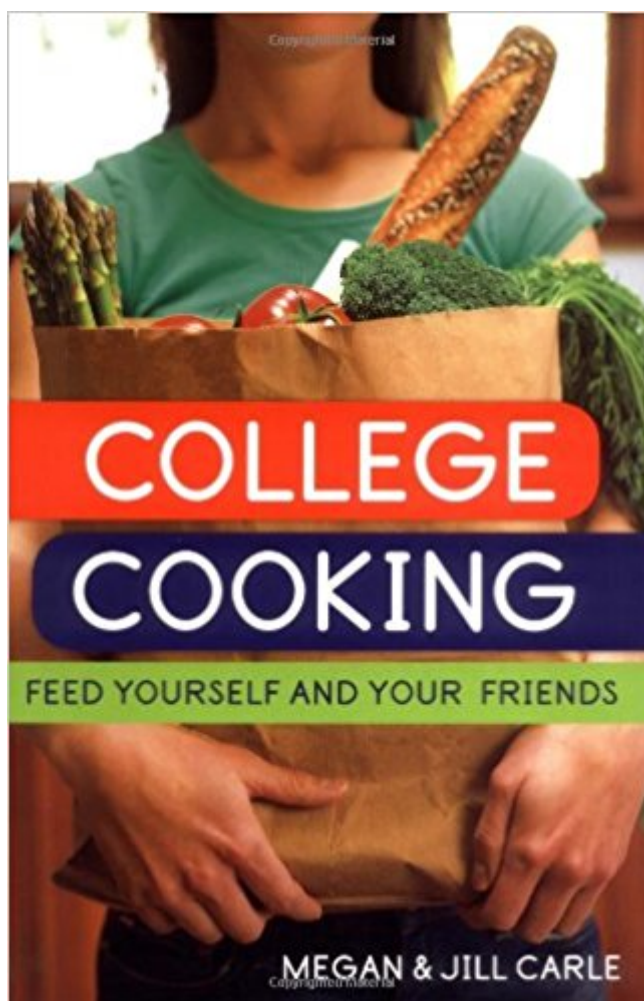


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# College Cooking: Feed Yourself And Your Friends



## Synopsis

You have a midterm tomorrow and a fierce growl in your stomach. Your roommate just nabbed your last cup o' ramen. Do you: (A) Ignore your stomach and brew another pot of coffee? (B) Break out the PB&J? (C) Order pizza again? (D) Make a quick trip to the grocery store? The answer's D, and *College Cooking* is the only study guide you'll need. Sisters Megan and Jill Carle know all about leaving a well-stocked kitchen to face an empty apartment fridge with little time to cook and very little money. They practically grew up in their parents' kitchen, but even that didn't prepare them for braving the supermarket aisles on their own. That's why they wrote *COLLEGE COOKING* to share the tips and tricks they've learned while feeding themselves between late-night studying, papers, parties, and other distractions. Starting with kitchen basics, Megan and Jill first cover ingredients, equipment, and other prereqs for cooking a decent meal. They then provide more than ninety simple yet tasteworthy recipes—heartily home-style dishes, study-break snacks, healthy salads, sweet treats, and more (along with low-cal and veggie options). You'll find easy and cheap-to-make dishes, like: Tortilla Soup & Chili with Green Chile Cornbread & Chicken Salad Pita Sandwiches & Baked Penne Pasta with Italian Sausage & What's-in-the-Fridge Frittata & Peanut Butter Cup Bars & Brownie Bites. You'll also find recipes for feeding a household of roommates, maximizing leftovers, cooking for a dinner date, and hosting parties with minimal prep and cost. Just consider *COLLEGE COOKING* your crash course in kitchen survival—and required reading for off-campus living.

Reviews

- *College Cooking* is a must-pack, along with the fry pan and the blender, for those going back to college or starting this year.
- *Arizona Republic* The recipes are quick, easy, and simple.
- *Kansas City Star* This is reasonable food reasonably fast. I was going to give the cookbook to someone in college, but no way. This is going straight into my collection.
- *Oakland Tribune*

## Book Information

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## Customer Reviews

The authors of *Teens Cook* and *Teens Cook Dessert* are off to college in their third collection of easy-to-prepare dishes for those still finding their way around the kitchen. Prospective cooks are encouraged to prepare everything from Oven-Fried Chicken to Tres Leches Cake in this compilation of over 60 quick recipes. While dishes like Barbecue Chicken Pita Pizza, in which poached chicken is placed atop pita bread with barbecue sauce, shredded cheese and cilantro, aren't going to win any culinary awards, they're user-friendly and likely to become staples for the book's target audience. In addition, the authors offer tips on stocking a pantry and outfitting a kitchen, as well as a handful of themed menus (Toga Party, Cinco de Mayo). Their common-sense approach will no doubt sit well with novices, though their advocacy of bouillon cubes ("it's cheaper and a lot lighter to carry home from the store") and reliance on canned soup for sauces could kickstart some bad habits. That said, there is enough variety in flavor and cultural influence for most beginners, and it's all preferable to the likely alternative: fast food. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

\* A full-color cookbook written by and for college students, from the authors of the best-selling TEENS COOK series. \* Includes more than 90 recipes to help students avoid the frozen-dinner-and-ramen rut, a primer in cooking basics, and kitchen- and pantry-stocking tips. \* Illustrated with 60 full-color photos. \* Theme parties include recipes and ideas for '80s parties, Oktoberfest, toga parties, tapas, and Cinco de Mayo.

This book is very well done! There is an intro where they explain what you should always have in your pantry. What is very cool for someone who is gonna have to go grocery shopping for their apartment for the first time. I tried few recipes and they were delicious! They are also very cheap. I spend around \$10 for each meal and I usually have left over for lunch the next day. It is perfect for college students! Also, there are tips on each page to stay healthy or even to save money. It is a perfect recipe book for me!

I have tried about half a dozen or so recipes from this book so far and most of them are really tasty. The book can be a little light on directions at times and some of the recipes are pretty time consuming, especially the first go-round. Overall, it's a very good book. There's a nice mix of foreign and domestic dishes, difficulty levels, and price points and the book is pretty well organized. The only major obstacle is that many of the dishes are made for 4-6 or more people and I'm only cooking for 2.

Dose not direct to oil pan or regular pan, dies not advise to vent pastry. Salmon patties states add 1/2 cup lemon juice, extremely lemony taste. I had to help my daughter a lot. Hugh school summer reading had to make something from each section

Purchased this for my daughter because she is living in an apartment this semester instead of living in a dorm with a meal plan. She has only had the book for a week and has found several recipes she is excited to make!! The book has great photos of the dishes and is written in plain language, easy to understand with recipes that are 'do-able'.

My son loved this book. The recipes were simple and tasty. He is now cooking for his roommates and they love it too.

This book seems to think that college students are not very smart. Every recipe in here could be found easily online and seriously does not take into account that students that want to cook can follow directions for better recipes and that students who are lazy are just not going to cook in the first place or read a book about cooking.

Daughter bought this as a gift for friends heading off to college. Going to buy one for her too when she leaves next year! Very nice quality and useful recipes inside. Also, the tips were good, too. She loved it and was glad she made the purchase.

This is a great cookbook for anyone who is not interested in purchasing a ton of different ingredients (college student or not). The recipes are very easy to follow and everything I have made so far has tasted great. They also provide a lot of options and vegetarian alternatives with each recipe which is helpful when you want to alter your meals, but don't know how. Great buy!

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