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The Lonely Bachelor's Cookbook: America's Most Wanted Recipe Book in Servings of One

Chef Robert Watson

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The lonely bachelors cookbook is a book on how to make meals for servings of one or two if you have a good date, so there are no leftovers. The recipes in this book are good healthy dining recipes so even a lonely bachelor or bachelorette can make food for one or two if you’re lucky. I began compiling recipes just after graduation from my Chefs apprenticeship 30 years ago. My personal training as a classical chef gave me exposure to many different styles of cooking. I have arranged the recipes in this book so anyone can prepare servings for one person. Each recipe has been tested in a restaurant setting & has been received well by the guests. In this cookbook you'll learn about cooking from omelets and appetizers to dinner entrees, including salads, paninis, vegetarian or pasta dishes. You will also learn more about spice mixes and how to make sauces and stocks, which give more flavor to the food.

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