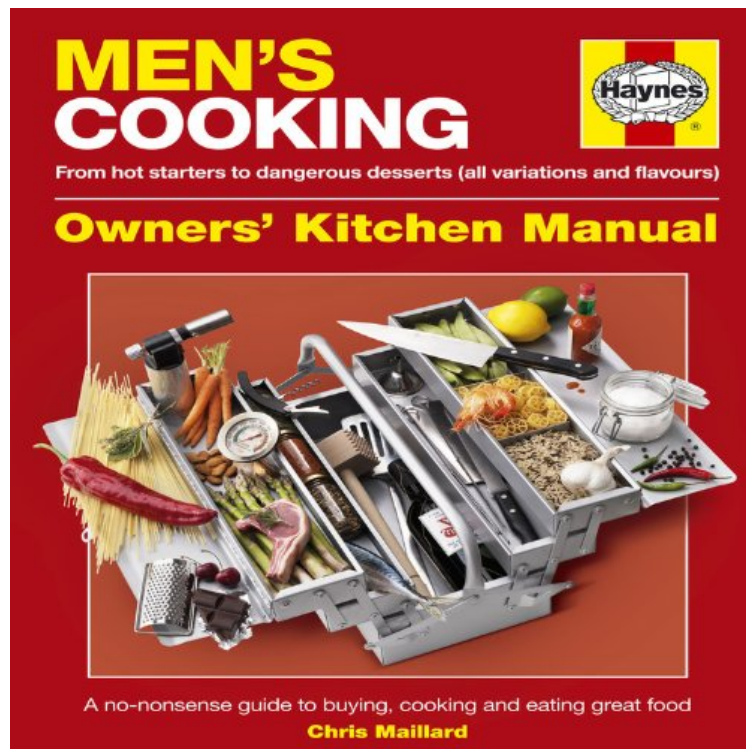


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## Men's Cooking: A No-Nonsense Guide to Buying, Cooking and Eating Great Food (Owner's Kitchen Manual)

Chris Maillard

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Full of sensible advice and focused on techniques rather than just recipes, this book is about teaching people how to cook absolutely anything, rather than just a set of predetermined dishes. It shows the short-cuts and straight-forward skills that will make cooking a simple, enjoyable activity instead of a terrifying mystery.

About the Author Chris Maillard is a long-time musician, a professional writer and journalist, and not as young as he was. He's edited and written for umpteen music publications and played in many bands, ranging from fairly competent to totally unlistenable. He lives in London with far too many guitars.