



Store-Cupboard Cookery

Clare Connery

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This is a book intended for anyone who likes healthy meals without having to go shopping. It offers advice on keeping and storing food in a dry storecupboard, fridge and freezer, and includes 80 recipes which use inexpensive ingredients. Claire Connery is a presenter on BBC Television's "Bazaar" programme and has published a previous TV tie-in, "Cook with Claire".

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