



Solo: Inspirational Cooking for One

Linda Tubby

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'Cooking for yourself is a most satisfying part of self-nurture; when thought and care are given to the process, from shopping for ingredients to preparing a meal, you can take great pleasure in eating the results' writes Linda Tubby in her introduction to Solo. Linda's imaginative and inspiring recipes are divided into 5 chapters; Quick Fixes, Almost Instant, A Little Ahead, Give it Time and Those Little Extras, making it simple to find the perfect meal for any occasion. Create speedy meals to throw together such as Salad Lyonnaise and Crispy Sausage, Red Rice, Romanesco and Pomegranate, or take your time preparing yourself a delicious meal such as Marinated Herb Crusted Rack of Lamb or Pea & Lemon Risotto with Shimeji Mushrooms & Burrata. Linda also gives handy tips for spicing up otherwise lacklustre dishes, such as keeping your larder stocked with ready-to-use additions like Chilli and Garlic Oil, Toasted Pine Nuts or Crispy Shallots.

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