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Batch Cooking

Save Time, Save Money!

Cinzia Trenchi

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Binding	Hardback
Territory	World excluding Australasia, USA, & Canada. Italy and India non-exclusive
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Price	£12.99

- Part of the *Recipes by Cinzia Trenchi* book series
- 56 easy and healthy recipes to save time, money and eat healthy

Batch cooking is a method of organising the work that allows you to cook all the meals of the week in advance, in just one moment. You can cook all at once: the prepared food is kept in the fridge or freezer so you have it ready immediately when needed in the following days. Plan ahead and cook in advance on Sunday in less than three hours! One of the trendiest in matter of cookery books: a handy manual to become a quick chef in your own kitchen to save time, money and eat healthy. Fifty-six easy and healthy recipes all perfectly organised to meet the needs in terms of quality and variety within the week.

Cinzia Trenchi is a naturopath, journalist and freelance photographer who specialises in food and wine. As well as collaborating on numerous recipes books she has also worked for several Italian magazines focusing on nutritious, regional, cuisines. She strives to create delicious recipes with interesting flavour combinations, whilst keeping in mind the importance of a balanced diet to general health and wellbeing. She lives in Monferrato in Piedmont where she uses the herbs and vegetables from her garden to inspire her booking. For White Star publishers she has published *Gluten-Free Gourmet Recipes, Fat Free Gourmet Recipes, Chill Pepper- Moments of Spicy Passion, My Favourite Recipes* and *Smoothies & Juices Health and Energy in a Glass.*

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