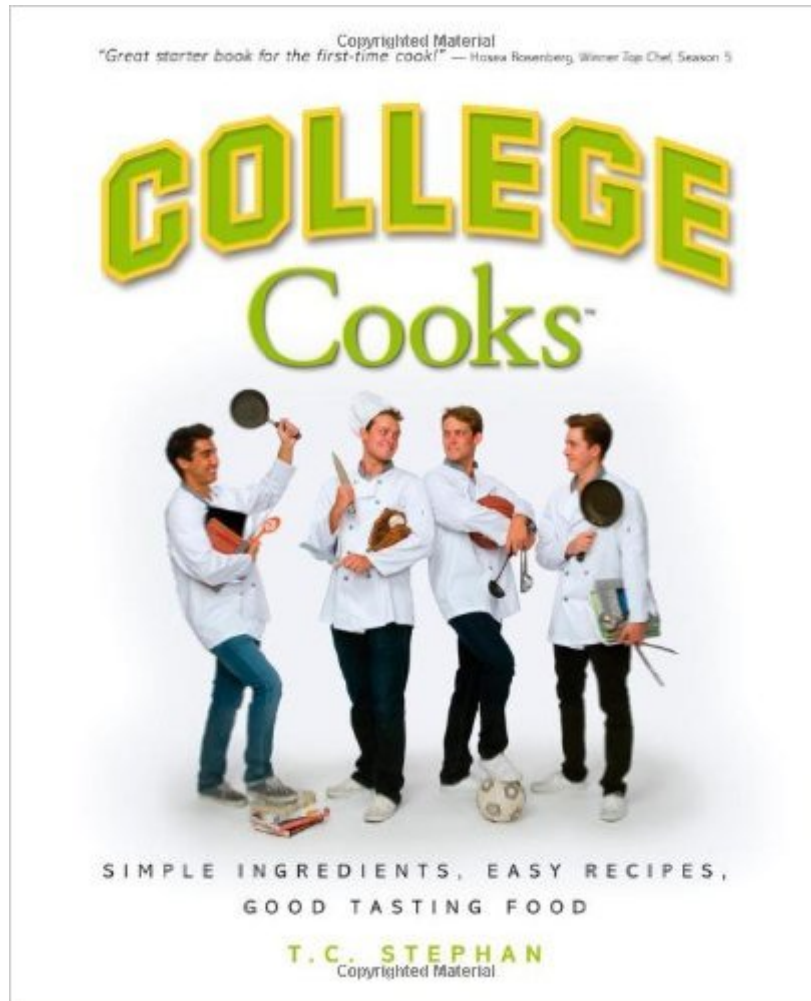


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# College Cooks: Simple Ingredients, Easy Recipes, Good Tasting Food



## Synopsis

This cookbook was beautifully produced and light-heartedly written. It explains how six college cooks/roommates have been able to shop, prep and cook for themselves while at school. The book includes over 85 recipes as well as info on food safety/storage, setting up a kitchen, what to include on your shopping list, etc. Recipes are simple and delicious, but not plain. They are easy to make, but advanced enough to make cooking and serving them fun--and eating them a treat. There's everything from breakfast ideas, to sandwiches, to side dishes and salads, to soups to main entrees(including Pastas, Roasts, and Burgers), to dessert. There are also salad dressings, sauces, dips and spreads. You'll find recipes for Breakfast Burritos, Blueberry and Banana Pancakes, Smoothies, Grilled Cheese Sandwiches, Tailgate Sausage Sandwiches, Caesar Salad, Chinese Chicken Salad, Creamy Tomato Basil Soup, Game Day Chili, Vegetarian Lasagna, Spicy Shrimp Pasta with Tomatoes and Garlic, Asian Stir-Fry Bowl, Tilapia Grill, Southwestern Steak Tacos, Ahi Sliders, Korean Pork Tenderloin, Oatmeal Chocolate Chip Cookies, Ice Cream Pie, Apple Betty, and more. Included are 10 ideas for ways to use a roasted chicken(Chicken Fajitas, Asian-Inspired Chicken Lettuce Wraps, Grilled Chicken Panini, etc.). Symbols let you know which recipes are the most simple to make, budget friendly, or healthy, which ones are vegetarian, and which are good as leftovers. The book also includes some sample menus to inspire your own creativity. Hosea Rosenberg, winner of Top Chef, Season 5, calls it a: Great starter book for the first-time cook! And even if you're out of school or know how to cook, you'll find recipes you'll like here.

## Book Information

Paperback: 184 pages

Publisher: Cool Eat Publishing; first edition edition (September 10, 2012)

Language: English

ISBN-10: 098556170X

ISBN-13: 978-0985561703

Product Dimensions: 7.5 x 0.4 x 9.2 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (49 customer reviews)

Best Sellers Rank: #68,147 in Books (See Top 100 in Books) #42 in Â Books > Cookbooks, Food & Wine > Cooking Methods > Budget #324 in Â Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

## Customer Reviews

This cookbook is geared for readers who are either going off to college for the first time, or are at least on their own for the first time. Using the back story of how these six collegiate friends started learning to prepare food for themselves, this is a lightly written collection of simple, easy to follow but nonetheless delicious recipes for those of us who are afraid of burning or slaughtering something as simple as Ramen. Even in the introductory pages, there is a lot of useful information. One of the things that I thought was a good idea was the recipe key, or the little symbols posted at the top of the recipe that easily identify it as cheap, vegetarian, and things of that nature. They also go over measurements, how long it's safe to keep certain foods, how long to cook meats, culinary terminology and even a section on microwave safety. All in all, the intro is a great 101 class for those who don't frequent cooking. And then of course, there are the recipes. They're divided into categories: Breakfast, Sandwiches, Salads, Soups, Pastas, Dinner Entrees, Roasted Chicken (10 Meals), Side Dishes/Veggies, Desserts, Salad Dressings, Dips/Spreads, Sauces, and Marinades. There's also a final section of sample menus. They vary from easier dishes, such as pancakes and BLTs, to more laborious foods like lamb chops and risotto. A picture is included of each recipe, which is a huge plus for me. I hate when I can't get a glimpse of the end result for some comparison. The recipes are easy to follow and well written. They also do a great job of discussing how and when you can use your left overs to make a new meal. The book is also peppered with (no pun intended) tips and tricks on how to elevate or ease the cooking process. As a college student myself, I have to say that this is a solid guide for those who are just realizing that they have to, in fact, learn to cook for themselves. I'll be keeping this nearby on days where I can't be bothered to go to the dining hall. I did find a few of these recipes to be too simple, but I'm biased. I'm not new to the kitchen, and I respect that a lot of people who'd pick this up are. So if you're moved out and wanting to learn how to make tasty, simple things so you don't starve or overdose on Ramen, this is the book for you. If you're a well seasoned cook, there's no need for this one. Thank you to Netgalley and Cool Eat Publishing for my copy.

This book should be required as a textbook for all college students. It is full of delicious and simple recipes that anyone can manage, even if they don't have a lot of experience in the kitchen. College is a time when you don't have a ton of time or money on your hands but "College Cooks" explains how you can make fantastic meals on a small budget of time and money. The book is separated into themed sections with little symbols that indicate how fast or how much the dish costs so you can quickly narrow down the kind of food you want to make ranging breakfast to dinner. Just to make sure that it would be easy to use, there are sections that teach you the proper way to handle

your food as you prepare it and the basics of what every kitchen should have in it. The book was written by actual college roommates who figured all of this stuff out while in school so you know it is going to be easy to relate to. If I was going to recommend one thing for every college student to purchase or for a parent to purchase for their child as they leave home, it would be this book. It has made cooking so much easier and more enjoyable for me and as a guy, that is saying something. You have got to get this book!

Not the greatest. Bought this for my college aged son. Some of the recipes require too many ingredients that a college student would not have on hand. It does have a few good recipes, but I would suggest just looking up the recipes on the internet instead of wasting money on this book.

I have 2 daughters in college and both are at that point in their life when they are calling me for cooking advice. I came across this book and decided it was a must have. There is such great variety of recipes and they are simple and make great tasting food in a short amount of time. I highly encourage all parents to buy this for their children for the holiday season.

I bought this book for my college son. The recipes are straightforward and easy to follow for healthy meals. He likes the sections on what to buy and how to stock their kitchen. I like the fact that he's making the effort to cook instead of eating most meals out which is much healthier for him.

bought this for my college friend who cant cook and he liked the easy layout, drool inticing photos make you want to cook and cool legends ie; the clock tells you how much time to make it, and the \$ sign tells you how much it will cost; He liked that part. Also gives you list of ingredients to have in your cupboard. Havent tried the recipes yet but he intends to cook a dinner for me so will add to this review later.

This book has done wonders for me. The minimum ingredients in each recipe, makes it perfectly compatible with my day to day life as a college student. The great thing about the recipes in this book that it contains recipes that work for any season, yet it has a variety of options to choose from. From guacamole to a delicious panini, the recipes deliver an easy yet sophisticated meal that makes this a 5 star book. As a college student, I would recommend this book to anyone who is sick of eating frozen unhealthy meals. It is definitely the right step to transition into a healthy and balanced college lifestyle!

College Cooks was perfect for my schedule. With not really knowing how to cook, I never have time to learn. But I loved how all of the collections of recipes were put together with a hint of humor and great explanation. With simple recipes, they also have tips that are written below the recipes to make it taste better or make it more healthier. Also, they take the time to explain different types of spices and the tools that you should have in your kitchen to cook fast without spending a lot of money.

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