Simply Nigella Feel Good Food

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Simply Nigella Feel Good Food

Simply Nigella likely could be summarized as "comfort food," in the sense of "dishes that help you slow down, unwind, restore-oneself, and appreciate life a little more." Her own life, for the past couple of years, certainly has demonstrated a need for this... and among the many things I admire about the woman is her ability to impart that Finding-Comfort to others.

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Simply Nigella taps into the rhythms of our cooking lives, with recipes that are uncomplicated, relaxed, and yet always satisfying. From quick and calm workday dinners (Miso S. "Part of the balance of life lies in understanding that different days require different ways of eating . . . " Whatever the occasion, food-in the making and the eating-should always be pleasurable.

Simply Nigella: Feel Good Food by Nigella Lawson

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Simply Nigella: Feel Good Food. "Part of the equalization of life lies in understanding that various days require various methods of eating . . ." Whatever the event, food-really taking shape and the eating-ought to consistently be pleasurable. Basically Nigella takes advantage of the rhythms of our cooking lives with plans that are straightforward and loose yet continually fulfilling.

Simply Nigella: Feel Good Food

From quick and calm work-day suppers (Miso Salmon, Cauliflower & Cashew Nut Curry) to stress-free ideas when catering for a crowd (Chicken Traybake with Bitter Orange & Fennel), or the instant joy of bowlfood for cosy nights on the sofa (Thai Noodles with Cinnamon and Prawns), here is food guaranteed to make everyone feel good.

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Simply Nigella is the perfect antidote to our busy lives: a calm and glad celebration of food to soothe and uplift. From quick and calm suppers (Miso Salmon, Cauliflower & Cashew Nut Curry) to stress-free ideas when catering for a crowd (Chicken Traybake with Bitter Orange & Fennel), or the instant joy of bowlfood for cosy nights on the sofa (Thai Noodles with Cinnamon and Prawns), here is food guaranteed to make everyone feel good.

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