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# Simply Nigella: Feel Good Food



## Synopsis

"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 taps into the rhythms of our cooking lives with recipes that are uncomplicated and relaxed yet always satisfying. From quick and calm workday dinners (Miso Salmon; Cauliflower & Cashew Nut Curry) to stress-free ideas when feeding a crowd (Chicken Traybake with Bitter Orange & Fennel) to the instant joy of bowlfood for cozy nights on the sofa (Thai Noodles with Cinnamon and Shrimp), here is food guaranteed to make everyone feel good. Whether you need to create some breathing space at the end of a long week (Asian-Flavored Short Ribs), indulge in a sweet treat (Lemon Pavlova; Chocolate Chip Cookie Dough Pots), or wake up to a strength-giving breakfast (Toasty Olive Oil Granola), Nigella's new cookbook is filled with recipes destined to become firm favorites. Simply Nigella is the perfect antidote to our busy lives: a calm and glad celebration of food to soothe and uplift.

## Book Information

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## Customer Reviews

With some authors, you don't need to look past the front cover. Any new book from that person goes right into the pre-order queue. Nigella's cookbooks have been in that category for me for... eek, a decade already?! because they're reliably tasty, non-obvious recipes that are simple enough for midweek cooking -- and her writing is a pleasure to read. Her latest, Simply Nigella, gives me no reason to revise my opinion. Some of Nigella's cookbooks have themes, such as holiday cooking or Italian-inspired. 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. (So hey, thanks lady.) But you could ignore all that and just get down to the recipes. I've made a few things so far, and have little stickies marking quite a few more dishes. I began with a solo supper of "feta and avocado salad with red onions, pomegranate, and [I left these out because they hid on my spice shelf:] nigella seeds," which was tasty -- not OMG YOU MUST EAT THIS but only a few minutes to throw together. I also made her super-easy "chicken traybake with bitter orange and fennel." You throw the chicken into an easy marinade, then dump it in a pan in the oven while you work on something more important (say, Facebook status updates). It was yummy and gave me a few days of leftovers (though next time I'll chunk the fennel into smaller pieces). The OH WOW dinner so far, however, was her Indian-spiced Shepherd's pie.

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