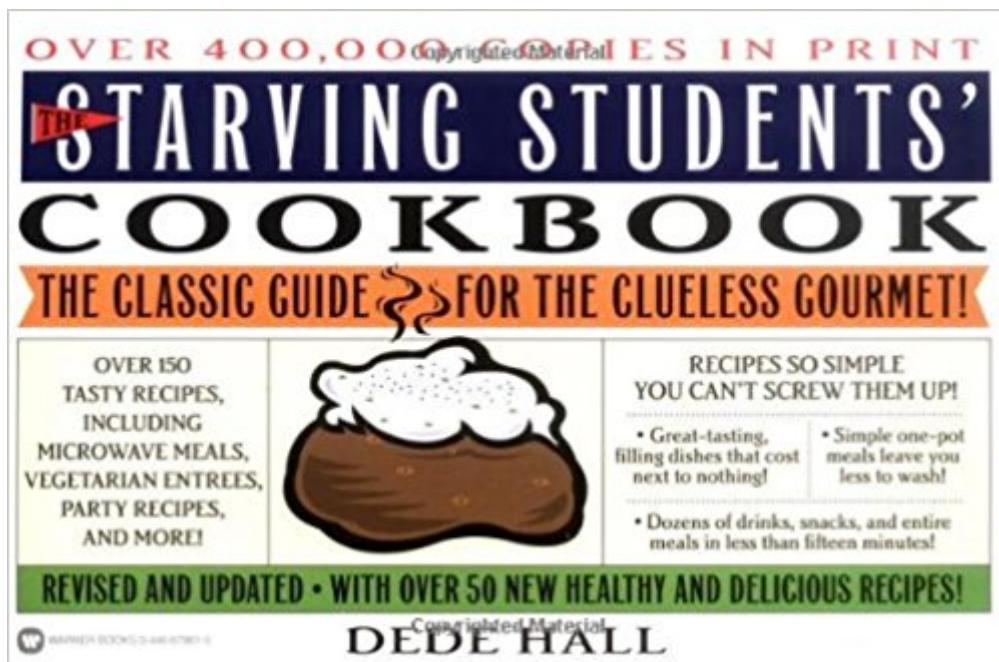


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# The Starving Students' Cookbook



## **Synopsis**

Completely updated for the college student or reluctant cook of the '90s, this book offers even more mouthwatering dishes and a wide variety of vegetarian offerings. The recipes are explicitly described, complete with illustrations, cooking tips, and nutritional and health information.

## **Book Information**

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## **Customer Reviews**

I am a Senior Citizen and don't do much elaborate cooking/baking any more. I remembered giving this little cookbook to my niece years ago when she was in college. I quite liked what I saw on those pages way back around the early '80s. A few weeks ago, I decided I very much wanted that book for myself, so I ordered it and was not at all disappointed at the recipes, tips, and variety of foods and meals that the pages contain--easy things! I'm very glad I have this little book now for myself, and it has some great but easy food preparation ideas. Just right for a senior citizen who is slowing down in the area of preparing involved or detailed dishes. I'm not disappointed; it's even smarter and more innovative than I remembered.

Needed more explanation and fewer ingredient recipes for a male student who has done very little cooking at home. I added many notes to the recipes, e.g. substitutes, things to omit without changing taste or quality, etc. I even included some simple family recipes, since he is not interested in becoming a "good" cook.

I bought 'The Starving Student' Cookbook for my brother's birthday. He cannot cook to save his life without a recipe, and he is on a tight budget. This book has wonderful explanations (even in the ingredients) that make your shopping list better and you time is saved. For instance, under Curried Chicken, they explain that the curry for this recipe can be found on the spice aisle (which is obvious to those of us who cook, but my brother would walk around the store forever looking for it). This book teaches you how to use the microwave for more than just reheating leftovers, teaches how to cook veggies, casseroles, and anything else you can imagine for that hungry someone who is on a budget. You can even make your own sauces and dressings. The front of the book has the food pyramid for those who would like a quick glance at the outline of an "ideal" diet, basic utensils you should have in your kitchen, what basic foods/condiments you should have stocked up, and what is technically "1 serving" in each category. It has handy tips about cooking eggs, how to tell if they are boiled, or spoiled, and my favorite piece is the "at a glance" for the recipe which tells you where you will be cooking it and for how long for someone who may not have an oven or stovetop at the time. I am so happy with my purchase of this, and I cannot wait to taste some of his creations! Note: I divide cooks into 3 categories: naturally gifted, needs the list and directions, and hopeless. This book is great for "needs the list and directions". It is too basic for the "naturally gifted", but I guess you can always find new tips and recipes for your collection

I got this when it first came out, after my previous edition was getting a bit dog-eared. These recipes are pretty much how I fed myself through grad school. Almost 15 years after getting the previous edition, I still keep them in my kitchen, despite all my other cookbooks on a three foot shelf in my pantry. Few of these will impress your foodie friends, but all are tasty and only require basic skills. No ingredients are hard to find and all are straightforward to prepare. Even after I graduated and had a big kitchen of my own, I taught my boyfriend (now husband) how to cook several of these in his studio apartment at law school. He still asks for some of them when they've been out of rotation a while, especially the quick cobbler. This will not help a great cook, but it will give ideas and solutions to a busy person with little time or energy to devote to coming up with what to make.

College students; Moving out of the dorms and into an apartment can be wonderful: No sharing a bathroom and shower area with 50 of your closest friends, no more nosy RAs, no midnight false Fire Alarms. Unfortunately, it also means "no more meal plans". This may or may not be a deal breaker for some, depending on how bad the dorm cafeteria's food was but nevertheless, you're going to have to learn to cook SOMETHING on your own. Pizza, burgers, and Chinese delivery gets old after

a while (trust me on this)... This book is the perfect tool for those who wish to move beyond being the King/Queen of the take-out scene, and want homemade food at times OTHER than when going home to visit your family. Not just for college students, The Starving Students' Cookbook is a wonderful how-to guide for quick, filling, budget-friendly meals for any brave, yet clueless soul cum budding chef. It contains inexpensive, easy-to-prepare dishes that are simple to customize for individual tastes, describe exactly what is needed to make each one, does not require you to buy a variety of miscellaneous ingredients that will never be used again, and best of all, are meant for only one-to-two servings. There are also recipes that give you some ideas on what to do with the leftover chicken/turkey/roast that Mom might send you back to school with, after a weekend Home visit!! I personally, have used both this book, and the original 1980s-era edition on a regular basis since I moved out of the dorms and into an apartment in 1991. I have also gifted it to numerous friends and kids-of-friends who have headed into the wonderful world that is College Apartment Living. This book's asking price of \$10.24 is a bargain, particularly in relation to the bounty of knowledge and advice that it delivers. Try it, and you just might surprise yourself at how well you can "get cooking"!

A lot of these "recipes" are things that really people should already know. I'd like my college student to move away from just doing sandwiches and ramen to something more creative but that's lacking in this book.

Great little cookbook! Doesn't call for items a non chef wont have in a kitchen. Easy to make recipes from basic ingredients. My son loves it! Seller is awesome!

I've purchased many of these as high school graduation gifts.

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