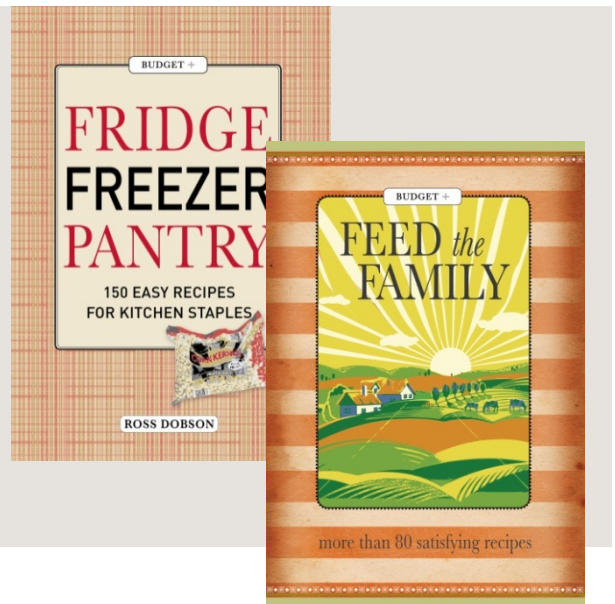


# Fridge, Freezer, Pantry *and* Feed the Family

<b>Title</b>	Fridge, Freezer, Pantry
<b>ISBN</b>	9781741966749
<b>Title</b>	Feed the Family
<b>ISBN</b>	9781741966756
<b>Imprint</b>	Murdoch Books
<b>Binding</b>	Hardcover
<b>Extent</b>	112 pages
<b>Dimensions</b>	180 x 125mm
<b>RRP</b>	\$19.95 each
<b>Release Date</b>	February 2010
<b>Category</b>	Cooking



## Description

'Be frugal' is a call to action that resonates with most people these days. Making your dollar stretch further and coping with the dilemma of being time-poor create an urgent need for simple solutions to homemaking in all its aspects. Most importantly, these solutions must be affordable, attractive and achievable.

The *Budget +* series comes to the rescue. Including cooking, gardening, craft and home maintenance titles, each book in the series is designed to help you make the most of your dollar and your time.

The first cookery titles in the series are *Fridge, Freezer, Pantry* with 150 recipes for kitchen staples and *Feed the Family* with more than 80 satisfying recipes.

The most basic of ingredients have, for centuries, been used to make flavoursome and nutritious low-cost meals. Things as simple as potatoes, minced beef and cheese, for example, appear in cuisines all around the world in an astonishing array of dishes. These two titles present a myriad of delicious and simple options for the busy cook.

## Sales Points

- These two new titles are presented in a compact format with a funky, contemporary design
- Perfect little gifts for friends and family
- These books features simple, easy recipes, with a focus on being budget-conscious and time-saving