

# Cooking For One

Kelly Jagers

**Cooking for One** America's Test Kitchen, 2020-09-01 Discover the joy of cooking for yourself with more than 160 perfectly portioned, easy-to-execute recipes, flexible ingredient lists to accommodate your pantry, and ideas for improvising to your taste. Taking care to prepare a meal for yourself is a different experience than cooking for others. It can be a fun, casual, and (of course) delicious affair, but there are challenges, from avoiding a fridge full of half-used ingredients to ending up with leftovers that become boring after the third reheat. Cooking for One helps you make cooking for yourself special without becoming a chore with unfussy yet utterly appealing meals that rely on ingredients you already have on hand, like Garam Masala Pork Chop with Couscous and Spinach and Weeknight Chicken Cacciatore. Don't have exactly the right ingredients? Never fear--with a Kitchen Improv box on every page, we offer ideas for altering the dish so it works for you. And for those weeks you didn't make it to the supermarket, we use a Pantry Recipe icon to clearly mark recipes that rely entirely on our checklist for a well-stocked pantry. We show you when it's worth making two servings (but never more) with our Makes Leftovers icon, and suggest how to transform those leftovers into a whole new meal. (We love our Spice-Rubbed Flank Steak with Celery Root and Lime Yogurt Sauce served over arugula as a hearty salad the next day.) Ingredients themselves often lead you to another exciting meal--when you're left with half an eggplant from Simple Ratatouille, we direct you to Broiled Eggplant with Honey-Lemon Vinaigrette as the perfect way to use it up. And if the thought of a sink full of dishes keeps you out of the kitchen, there are plenty of appealing one-pan dinners like Sheet Pan Sausages with Sweet Potatoes, Broccoli Rabe, and Mustard-Chive Butter or Couscous

with Shrimp, Cilantro, and Garlic Chips that are here to save the day.

*The Ultimate Cooking for One Cookbook* Joanie Zisk, 2019-12-03 175 single-serving recipes for every solo chef who just wants a satisfying and delicious home-cooked meal for themselves. Cooking for one is harder than it seems and it can leave anyone wanting to make a healthy, tasty meal either throwing out extra helpings or watching expensive ingredients expire. But it's possible to prepare single-serving recipes that are full of flavor, easy to make, and economical if you have the right guide. The Ultimate Cooking for One Cookbook allows you to make a fresh, delicious, home-cooked meal for one without creating a week's worth of leftovers or leaving an abundance of unused fresh ingredients that quickly go to waste. Each of the 175 single-serving recipes are quick and simple to make and save you both time and money. And while the ingredients are common, the results are anything but. In addition to flavorful meals, this cookbook includes clever ideas of how to reduce food waste and source single servings of fresh ingredients. With *The Ultimate Cooking for One Cookbook*, cooking solo never needs to be boring (or overwhelming) again whether you live alone or are just looking for a filling and enjoyable meal for yourself.

**Microwave Cooking for One** Marie T. Smith, 2002-06-30 Fast, easy, and economical, the recipes in *Microwave Cooking for One* are ideal for individuals, whether they live alone or share busy modern households. From breakfast through dinner, fresh, delicious meals can be prepared to satisfy personal tastes without wasted food, overheated kitchens, or messy clean-up. Author Marie Smith emphasizes the importance of measured portions, careful timing, and the right utensils when cooking in a microwave. A food scale assures the success of the recipes and is also helpful to those watching their food intake.

Inexperienced cooks will be able to cook like professionals with these easy-to-follow recipes. From Soft-Boiled Eggs to Fried Scallops and Shoo-Fly Cake, there's something for everyone, and with over 300 recipes, there are plenty of possibilities for exciting meals. Also, when you begin with a recipe for one, it's easy to double or even triple when you need more to go around. Uniquely practical, *Microwave Cooking for One* is a guide to a new method of wholesome and efficient cooking. Marie Smith, a former resident of Lakeland, Florida, was an experienced microwave chef who wrote a *Microwave Cooking* column for the *Plant City Post*. Her frequent attendance at microwave symposiums made her knowledgeable in many areas of microwave cookery and technology. For a sample of the wonderful recipes in this book, try Ms. Smith's recipe for Onion Hamburgers.

Onion Hamburger  
 3 oz. lean ground beef  
 1/8 tsp. salt  
 1 tsp. dry bread crumbs  
 1/4 tsp. Worcestershire sauce  
 1 tsp. minced fresh or frozen onion  
 dash of black pepper  
 1 tbsp. milk

Mix all ingredients in 1-quart mixing bowl. Shape into 5-inch patty and set aside. Heat 6 browning skillet 2 minutes at 100% power. Place patty in skillet and cover skillet with paper towel. Cook 1:30 minutes at 100% power, turning patty over halfway through cooking time. Let stand 1 minute. Place on plate and serve.

**Cooking for One** Cider Mill Press, 2018-08-28 Over 100 delicious and easy recipes—specifically created as meals for one! Step away from that microwave! Take that fast-food phone number off speed dial! *Cooking for One* will show you that eating alone can be an enjoyable, redemptive endeavor—all you need are the right recipes, and a new perspective! With dozens of perfectly-sized, easy, healthy, and delicious recipes, you just may decide you prefer dining alone!

**Cooking for One** America's Test Kitchen,2020-09-01 Discover the joy of cooking for yourself with more than 160 perfectly portioned, easy-to-execute recipes, flexible ingredient lists to accommodate your pantry, and ideas for improvising to your taste. Taking care to prepare a meal for yourself is a different experience than cooking for others. It can be a fun, casual, and (of course) delicious affair, but there are challenges, from avoiding a fridge full of half-used ingredients to ending up with leftovers that become boring after the third reheat. Cooking for One helps you make cooking for yourself special without becoming a chore with unfussy yet utterly appealing meals that rely on ingredients you already have on hand, like Garam Masala Pork Chop with Couscous and Spinach and Weeknight Chicken Cacciatore. Don't have exactly the right ingredients? Never fear--with a Kitchen Improv box on every page, we offer ideas for altering the dish so it works for you. And for those weeks you didn't make it to the supermarket, we use a Pantry Recipe icon to clearly mark recipes that rely entirely on our checklist for a well-stocked pantry. We show you when it's worth making two servings (but never more) with our Makes Leftovers icon, and suggest how to transform those leftovers into a whole new meal. (We love our Spice-Rubbed Flank Steak with Celery Root and Lime Yogurt Sauce served over arugula as a hearty salad the next day.) Ingredients themselves often lead you to another exciting meal--when you're left with half an eggplant from Simple Ratatouille, we direct you to Broiled Eggplant with Honey-Lemon Vinaigrette as the perfect way to use it up. And if the thought of a sink full of dishes keeps you out of the kitchen, there are plenty of appealing one-pan dinners like Sheet Pan Sausages with Sweet Potatoes, Broccoli Rabe, and Mustard-Chive Butter or Couscous with Shrimp, Cilantro, and Garlic Chips that are here to save the day.

*Cooking for One* Mark Erickson, Lisa Erickson, 2011 Cooking.

*Serve Yourself* Joe Yonan, 2011-03-29 From the award-winning food editor of The Washington Post comes a cookbook aimed at the food-loving single. Joe Yonan brings together more than 100 inventive, easy-to-make, and globally inspired recipes celebrating solo eating. Dishes like Mushroom and Green Garlic Frittata, Catfish Tacos with Chipotle Slaw, and Smoked Trout, Potato, and Fennel Pizza will add excitement to any repertoire and forever dispel the notion that single life means starving, settling for take-out, or facing a fridge full of monotonous leftovers. Yonan also includes shopping and storage tips for the single-chef household, along with creative ideas for making use of extra ingredients. *Serve Yourself* makes cooking for one a deeply satisfying, approachable pleasure. And with such delectable meals, your solo status could be threatened if you're forced to share with others!

**The "I Love My Instant Pot®" Cooking for One Recipe Book** Lisa Childs, 2021-07-20 Officially authorized by Instant Pot! Never waste extra food again with these perfect-portioned recipes for solo cooks all while using your favorite kitchen appliance—the Instant Pot. We all know and love the Instant Pot! With its quick cooking times and multiple functions, it is a fast and easy way to get a delicious meal on the table. And now you can enjoy all the benefits of using the Instant Pot without dealing with leftovers! Whether you live alone or need a quick meal just for yourself, this cookbook teaches you how to create perfectly portioned recipes right in your Instant Pot. With 175 recipes, photographs, and an easy-to-understand overview of how the Instant Pot works, this cookbook is a must-have for beginner and experienced Instant Pot users alike. With satisfying, single-serving dishes for every meal from breakfast to

dinner and snacks in between, The “I Love My Instant Pot” Cooking for One Recipe Book is the perfect way to eliminate wasting food while keeping yourself full and satisfied all day long.

**Cooking Solo** Klancy Miller, 2016-03-08 “[A] single person’s guide to cooking without compromise. This cookbook reframes cooking, which can seem like a chore, as a form of self-care.”—Library Journal At a time when 31 million American adults live alone, Klancy Miller is here to show that cooking for one is something to embrace. While making single servings from other cookbooks means scaling down ingredients, adjusting cooking times, or being stuck with leftovers, *Cooking Solo* gives readers just what they need to make a delicious meal—all for themselves. Among the few other “cooking for one” books, this is the first by a hip young woman, whose vibrance and enthusiasm for cooking for herself comes through in the 100 attractive recipes like Tahitian Noodle Sandwich, Smoked Duck Breast Salad, Spicy Pork Burger with Coconut, and Mackerel with Lemon and Capers. Klancy also includes a chapter on entertaining at home, because being single still means having fun with friends. “This is a smart, fun, user-friendly cookbook with great recipes for solo cooks. I love that Klancy encourages people to find their groove cooking for one and that she believes in sharing that same pleasure and delicious food with others.”—Marcus Samuelsson, award-winning chef-owner of Red Rooster Harlem and Uptown Brasserie “Taking inspiration from her travels, family, and day-to-day life, Klancy Miller has created a wonderful collection of recipes that will surely inspire you to prepare meals for yourself at home. Cooking for oneself is more rewarding than ever with this book open on your counter.”—Julia Turshen, author of *Now & Again: Go-To Recipes, Inspired Menus & Endless Ideas for Reinventing Leftovers*

The Smitten Kitchen Cookbook Deb Perelman, 2012-10-30 NEW YORK TIMES BEST SELLER •

Celebrated food blogger and best-selling cookbook author Deb Perelman knows just the thing for a Tuesday night, or your most special occasion—from salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe. “Innovative, creative, and effortlessly funny. —Cooking Light Deb Perelman loves to cook. She isn’t a chef or a restaurant owner—she’s never even waitressed. Cooking in her tiny Manhattan kitchen was, at least at first, for special occasions—and, too often, an unnecessarily daunting venture. Deb found herself overwhelmed by the number of recipes available to her. Have you ever searched for the perfect birthday cake on Google? You’ll get more than three million results. Where do you start? What if you pick a recipe that’s downright bad? With the same warmth, candor, and can-do spirit her award-winning blog, Smitten Kitchen, is known for, here Deb presents more than 100 recipes—almost entirely new, plus a few favorites from the site—that guarantee delicious results every time. Gorgeously illustrated with hundreds of her beautiful color photographs, The Smitten Kitchen Cookbook is all about approachable, uncompromised home cooking. Here you’ll find better uses for your favorite vegetables: asparagus blanketing a pizza; ratatouille dressing up a sandwich; cauliflower masquerading as pesto. These are recipes you’ll bookmark and use so often they become your own, recipes you’ll slip to a friend who wants to impress her new in-laws, and recipes with simple ingredients that yield amazing results in a minimum amount of time. Deb tells you her favorite summer cocktail; how to lose your fear of cooking for a crowd; and the essential items you need for your own kitchen. From salads and slaws that make perfect side dishes (or a full meal) to savory tarts and



galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe Cake, Deb knows just the thing for a Tuesday night, or your most special occasion. Look for Deb Perelman's latest cookbook, *Smitten Kitchen Keepers!*

*Solo* Anita Lo, 2018-10-30 *EATER'S COOKBOOK OF THE YEAR* From the Michelin-starred chef and Iron Chef America and Top Chef Masters contestant—a hilarious, self-deprecating, gorgeous new cookbook—the ultimate guide to cooking for one. With four-color illustrations by Julia Rothman throughout. The life of a chef can be a lonely one, with odd hours and late-night meals. But as a result, Anita Lo believes that cooking and dining for one can, and should, be blissful and empowering. In *Solo*, she gives us a guide to self-love through the best means possible—delicious food—in 101 accessible, contemporary, and sophisticated recipes that serve one. Drawn from her childhood, her years spent cooking around the world, and her extensive travels, these are globally inspired dishes from Lo's own repertoire that cater to the home table. Think Steamed Seabass with Shiitakes; Smoky Eggplant and Scallion Frittata; Duck Bolognese; Chicken Pho; Slow Cooker Shortrib with Caramelized Endive; Broccoli Stem Slaw; Chicken Tagine with Couscous; and Peanut Butter Chocolate Pie—even a New England clambake for one. (Pssst! Want to share? Don't worry, these recipes are easily multiplied!)

**Cooking for One Made Easy** Brenda Ricker, 2012-03-15 Tried & true recipes for old-fashioned flavor as well as nutritious and will be welcomed by the fussiest eater. *Cooking For One Made Easy* was designed for young people starting out, separated people starting over, older people who are widowed or people who choose to live alone. Most of the time it easier to make toast and tea rather than cook and have

leftovers for days to come. There are 165 recipes with pages chocked full of nutritional information, for a total of 180 pages. For single ladies or gentlemen just starting out learning to cook or have been making meals for a long time there is something for everyone without a recipe that yields enough food for 6 or more. A book you will not want to put down until you have read through and one that will continue to be read and used for years to come.

Just One Cookbook Namiko Chen,2021

*The Cooking for One Cookbook* Cindy Kerschner,2019-11-26 With these delightful recipes for one, waste and leftovers are done. If you're a solo cook, and tired of that all-too-familiar thud of a half-finished pot of mac and cheese hitting the bottom of your trash can, *The Cooking for One Cookbook* is ready to expand your solo recipe repertoire. *The Cooking for One Cookbook* presents 100 contemporary, tasty, and perfectly portioned recipes-for-one that will leave your appetite satisfied and your kitchen waste-free. Less wasted food equals less wasted money, and *The Cooking for One Cookbook's* appropriate portions and delicious, diverse meals will make you feel like a professional chef! Cook your way to a happier, healthier, tastier life. *The Cooking for One Cookbook* includes: One stop shopping—Delicious recipes including Apple Crumb French Toast and Cuban Pitas use readily available supermarket ingredients that reflect up-to-date dietary preferences fit for a range of palates. The practical gourmet—Become a skillful chef with easy-to-follow pantry and grocery tips designed to make cooking for one and shopping for one a breeze. Dietary goals—Stay on track with suggested menu planning that assists with time-saving and eliminates the “What do I cook now?!” stress. *The Cooking for One Cookbook* is a practical, relatable, and modern resource for the

at-home solo cook.

*Just One Cookbook - Essential Japanese Recipes* Namiko Chen, 2014-03-14 Since elementary school, I spent almost every evening in my mother's kitchen helping her prepare dinner. She showed me that cooking can be fun and simple recipes really can be delicious! I cherish all the tips and tricks she taught me and incorporate them into my daily cooking, using fresh, high quality ingredients. This cookbook is a collection of the most popular recipes shared on my blog, Just One Cookbook, over the past three years. It includes classic Japanese recipes like chawanmushi, gyudon and kitsune udon, as well as modern favorites like California rolls and green tea ice cream. Enjoy!

*The Ultimate Baking for One Cookbook* Kelly Jagers, 2021-11-30 Have your cake and eat it too without any leftovers or waste with these 175 essential, delicious, and decadent baking recipes perfectly crafted for one. Baking for one is harder than it may seem. It's tricky to make sure you have the right measurements and ingredients to recreate a more manageable amount of your favorite treats. The good news is that it's now possible to prepare single-serving recipes that are full of flavor, easy to make, and economical with *The Ultimate Baking for One Cookbook*. This cookbook allows you to make fresh, homemade baked goods for one without having an entire cake, dozens of cookies, or a full tray of brownies leftover. Each of the 175 single-serving recipes are quick and simple to make and will save you both time and money. And while the common ingredients can be found in everyone's pantry, the results are anything but ordinary. From mug cakes to muffin recipes, you'll be able to enjoy delicious versions of all your favorite desserts, no matter what the occasion. Whether you live alone or are just searching for the

perfect sweet treat, baking solo never needs to be challenging (or overwhelming) again!

**Everyday Cooking for One** Wendy Hobson, 2012 Living on your own doesn't mean losing out on interesting and healthy food. Nor does it have to involve the often unreliable business of quartering recipes! Here is a collection of simple, delicious meals - specially designed for one - that will ensure you enjoy your everyday eating. You'll find useful tips for shopping and stocking your food cupboard and delicious recipes for everything from snacks to main courses with fish, meat and vegetables. Quick, easy and economical, the recipes are designed to make everyday cooking exciting, and to keep your diet healthy and balanced. Some recipes just don't work in small quantities, and that could include some of your favourites. A unique feature of this book is the inclusion of really tasty recipes - such as casseroles, roasts and cakes - that show you how to create four different meals from one single cooking session. So you can try: Braised Tender Lamb, then reinvent it as Lamb with Mediterranean Couscous, Lamb with Crisp Courgettes and Parsnip-topped Lamb Or treat yourself to: Roast Lemon-infused Chicken, then enjoy Chicken Filo Parcels, Sweet and Sour Chicken and Chicken with Pancetta Or simply enjoy just-for-one treats such as: Caramelised Onion and Goats' Cheese Puffs Salmon Steak with Summer Vegetable Parcels Spinach and Avocado Salad with Pancetta Honey-drenched Tunisian Almond Cake Author Wendy Hobson has spent a career working in and around cooking. She has written several books - including Classic 1000 Cake & Bake Recipes, Classic 1000 Recipes and The Kitchen Companion - and edited many more. She loves being able to cook in small quantities to please herself as well as in larger amounts to share with family and friends Contents: KEY POINTS - Includes a healthy, balanced range of dishes; economical, quick and easy. - Good range of recipes

from snacks to desserts. - A

**Solo: the Joy of Cooking for One** Signe Johansen, 2021-03-18 Many of us cook for one on a regular basis - isn't it time we became more selfish in the kitchen? Celebrating the joy of self-reliance and self-sufficiency, Signe Johansen shares 80 fabulous recipes for happy solo cooking. Beautifully photographed and designed, the cookbook includes a range of tasty and uncomplicated no-cook fast food and one-pot dishes to transform your daily routine. Signe shows how to make big batch recipes that you can reinvent and enjoy throughout the week. There's also a chapter with more adventurous recipes for when time is on your side. Packed with advice for keeping a streamlined larder and tips for late-night fridge foraging, *Solo: The Joy of Cooking for One* will inspire you to cook delicious food, every day.--

**Cooking for One Or Two** Alfred Gørgens, Sonia Allison, 1992 The kind of cook who seriously enjoys eating good food-but doesn't seriously enjoy spending days in the kitchen to prepare it. *Gourmet Cookshelf*. Treat yourself.

**The Sprouted Kitchen** Sara Forte, 2012-08-28 Sprouted Kitchen food blogger Sara Forte showcases 100 tempting recipes that take advantage of fresh produce, whole grains, lean proteins, and natural sweeteners—with vivid flavors and seasonal simplicity at the forefront. Sara Forte is a food-loving, wellness-craving veggie enthusiast who relishes sharing a wholesome meal with friends and family. The Sprouted Kitchen features 100 of her most mouthwatering recipes. Richly illustrated by her photographer husband, Hugh Forte, this bright, vivid book celebrates the simple beauty of seasonal foods with original recipes—plus a few favorites from her popular Sprouted Kitchen food blog tossed in for good measure. The

collection features tasty snacks on the go like Granola Protein Bars, gluten-free brunch options like Cornmeal Cakes with Cherry Compote, dinner party dishes like Seared Scallops on Black Quinoa with Pomegranate Gastrique, “meaty” vegetarian meals like Beer Bean– and Cotija-Stuffed Poblanos, and sweet treats like Cocoa Hazelnut Cupcakes. From breakfast to dinner, snack time to happy hour, The Sprouted Kitchen will help you sneak a bit of delicious indulgence in among the vegetables.

Delve into the emotional tapestry woven by Emotional Journey with in Dive into the Emotion of **Cooking For One** . This ebook, available for download in a PDF format ( PDF Size: \*), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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### Cooking For One Introduction

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