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Delia's Frugal Food. Bacon, Leek and Potato Omelette. Baked Aubergines. Baked Fish Souffle. Baked Fish with Potatoes. Stuffed Cabbage Leaves.

Delia's Frugal Food Recipes | Delia Online

Thirty years on, the message of Delia's Frugal Food has never seemed more relevant. With some 170 recipes, from luxury soups to paupers' puddings, this new illustrated edition shows you how to eat well without having to spend a fortune. Chapters include: The Cheap Charter. Luxury Soups. Eggs and Us. Frugal Fish. Chicken's Lib. Forequarter Front

Delia's Frugal Food: Amazon.co.uk: Smith, Delia ...

"Delia's Frugal Food" This is a great cookbook - fil;led with recipes for the normal food we eat - not just the fancy stuff for high days and holidays. It's got recipes for sausages, faggots and other foods which are not so expensive...

Delia's Frugal Food by Delia Smith | Waterstones

About the Author. Delia Smith CBE is the UK's best-selling cookery author, having published over 21 million copies since her first book, How to Cheat at Cooking, was published in 1973. Her cookery books, including Delia's Frugal Food, Delia Smith's Cookery Course and Delia's Complete How to Cook have become instant classics and are firm favourites of cooks around the world, making Delia a household name.

Frugal Food: Amazon.co.uk: Smith, Delia: 9780340112948: Books

Delia's Frugal Food. £17.99 £12.23. Britain's most trusted cook, Delia Smith, is once again cooking up a variety of tasty recipes that are cheap and easy to prepare. New.

Delia's Frugal Food - Urban Dwellers

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Frugal Food by Delia Smith. Delia's bestseller is as relevant now as it was in the recession-hit '70s. delicious. team. Written by the expert and completely food-obsessed team behind this website, our social channels and our monthly magazine. Find more.

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Cut the cabbage into quarters, remove the hard stalk and shred the rest. Wash it thoroughly, then plunge it into the fast-boiling water, put a lid on and let it boil for about 6 minutes. Now pour into a colander, put a plate (one that fits inside the colander) on top of the cabbage, place a weight on top and leave it to drain very thoroughly. When the potatoes are cooked, add some freshly milled black pepper and the butter.

Old-fashioned Bubble and Squeak | Recipes | Delia Online

At a time when money worries are front-page news, Britain's most trusted cook, Delia Smith, is once again at hand with a collection of recipes that are cost-cutting and easy to prepare. Toggle navigation. City of Westminster Libraries ... The item Delia's frugal food ...

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5.0 out of 5 stars Delia Smith's Frugal Food. 26 November 2012. Format: Hardcover Verified Purchase. Had the paperback version of this book for 25 years and used it a lot as a young housewife with limited means. Unfortunately it looked rather well used with pages falling out so decided to buy a new version. The recipes are basic, but in these ...

Amazon.co.uk:Customer reviews: Delia's Frugal Food

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Put a layer of potato slices in the base of a deepish, well-buttered baking dish and sprinkle with half the finely chopped onion. Then mix the parsley, garlic, lemon zest and finely chopped anchovy fillets together and sprinkle a little of this mixture in the dish before adding another layer of potatoes, some onion and another sprinkling of parsley mixture.

Baked Fish with Potatoes and Anchovies | Recipes | Delia ...

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'Frugal Food' by Delia Smith (Hodder & Stoughton, £17.99) is available from Telegraph Books for £15.99 plus £1.25 p&p. Call 0870-428 4112 or go to books.telegraph.co.uk.

Delia Smith's recipes from Frugal Food - Telegraph

Delia Smith's Frugal Food is a classic with good reason. This book was first published in 1976, at a time of inflation, rising prices and world food shortages. Sound familiar? Those problems persist, but add to those our current issues around austerity, benefits cuts and the uncertainty around Brexit and you realise that hard times and ...