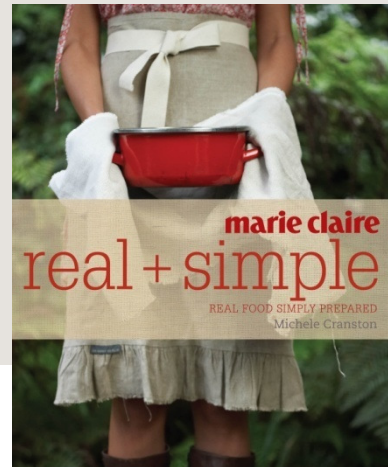


Title	marie claire Real + Simple
Author	Michele Cranston
ISBN	9781741964745
Imprint	Murdoch Books
Binding	Flexibound with flaps
Extent	256 pages
Dimensions	240 x 197mm
RRP	\$39.95
Release Date	October 2009
Subject	Cooking



Description

marie claire Real + Simple celebrates the success of *marie claire Fresh + Fast* by presenting more than 100 exciting new recipes from Michele Cranston in the same delicious format.

Each dish focuses on the organic link between fresh ingredients, wonderful food simply prepared, and good health and vitality. From energy-packed breakfasts to hearty soups, from rich roasts to enticing salads and luscious desserts, the healthy recipes in *marie claire Real + Simple* will inspire and delight.

Organised in chapters like 'simple', 'sizzle', 'flame' and 'crunch', the featured recipes range from poached tomato with salsa verde and goat's curd to grilled prawns with fresh coconut salsa, lamb cutlets with red cabbage and pear salad, to fresh berry shortcakes.

Sales Points

- *marie claire Fresh + Fast* (ISBN 9781741962338, RRP \$39.95) sold over 27,000 copies
- All recipes in *marie claire Real + Simple* are suitable for novice cooks as well as those with lots of experience in the kitchen
- The recipes featured in *marie claire Real + Simple* are perfect for everyday meals, but would also suit the most fabulous of special occasions
- More than 100 wonderfully simple yet delicious new recipes, focusing on fresh healthy ingredients

Author Profile

Michele Cranston has been cooking and styling for 20 years in a career that has spanned work as a chef, creative caterer and writer. Her work has appeared in *marie claire*, *The Weekend Australian Magazine*, *wallpaper** and *The New York Times*. Michele's unique style demonstrates a love of fresh, clean flavours, crisp textures and a strong sense of colour and design.