



Kitchen Hero: Great Food for Less

Donal Skehan

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Champion of the home cook, Donal Skehan, is back with a collection of tasty, easy-to-make dishes that cost less.

We all want to cook and eat great food, but without making a hefty dent in our wallets. In this, Donal's third cookbook, he takes on the challenge of showing how easy and straightforward it is to enjoy delicious home-cooked food and spend less. Whether you a hungry student, are feeding a growing family or simple wish to save some money for a treat, Donal's recipes will encourage everyone to enjoy satisfying yet affordable dishes.

Donal's personality shines through on every page and he also draws on the knowledge and experience of others. Past generations were often adept at using cheaper cuts of meat, turning leftovers into tasty meals and planning ahead to avoid expensive last-minute shops. So Donal turns to his own family and grandparents, plus a range of experts such as butchers, fishmongers and grocers, to offer straightforward advice and inspired recipes.

Divided into 7 chapters, Donal covers everything from everyday suppers, soups, stews and pots, baking and desserts, roasts, healthy dishes and more.

Recipes include;

Coq Au Vin Blanc

Ham Hock, Spinach and Cheese Crepes

Cauliflower and Broccoli Mac N' Cheese

Baked Tomatoey Crumbed Mackerel

Cheesy Potato Tart

Chilli Tuna Spaghetti

Zesty Orange Pudding

Dad's Braised Oxtail

Crispy Mustard Chicken Tray Bake

Squash and Spinach and Lentil Curry

5 Minute Dark Chocolate Espresso Cups

Boiled Ham Hock and Five Fab uses for Leftovers

Zingy Store Cupboard Tinned Pulse Super Salad

Vegetable and Pearl Barley Stew

Crowd Pleasing Family Trifle

10 Minute Homemade Brown Bread

Swedish Gingerbread

Moist Maple Apple Tea Cake

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