

# Solo

## Suppers

Simple  
Delicious  
Meals  
to Cook  
for Yourself



JOYCE GOLDSTEIN

*Author of Solo: The Art of Living Alone*

Solo Suppers



# Solo Suppers

**Johanna Nicholls**



## **Solo Suppers:**

Solo Suppers Joyce Goldstein, 2003-07 Most recipes serve four to six people leaving the solo cook in a predicament Enter acclaimed cookbook author Joyce Goldstein and her stellar repertoire of meals that are fun for one From hearty recipes like Spicy Tortilla and Lime Soup and Tuscan Style Rib Eye Steak with Rosemary and Garlic to dressed up salads and seasonal fruit gratins each dish is designed to serve one in style Essential tips and techniques offer valuable advice on smart shopping for one and stocking the pantry Numerous recipe variations take advantage of seasonal ingredients while an array of sauces can turn that salmon fillet or lamb steak into a gourmet feast When the good company is your own Solo Suppers is the way to go

Sensory Suppers: Dinners Designed to Delight Every Sense Ahmed Musa, 2025-01-08 Sensory Suppers takes dining to the next level by engaging not only your sense of taste but all five senses This book explores how sight smell touch and sound can be seamlessly integrated into a dining experience creating unforgettable meals that captivate the mind as much as the body With a blend of creative recipes and expert tips you ll learn how to engage every sense in a way that enhances the flavors and textures of your food Whether it s using scented candles to complement a meal or experimenting with textural contrasts this book shows you how to design dinners that go beyond the plate From preparing meals that delight your guests eyes with vibrant colors to creating a soundscape that enhances the atmosphere Sensory Suppers offers fresh ideas for those seeking to elevate their culinary creativity and create memorable dining moments

Secret Suppers Jenn Garbee, 2010-06-01 It s happening in attics garages living rooms parking lots and wine cellars across the nation underground restaurant chefs are taking the food scene by storm one dinner at a time They re throwing fabulous dinner parties at the drop of a hat for a hodge podge of guests in offbeat roving locations They re evading the cops enticing the food obsessed and making headlines Restaurants on the Fringe and Thriving In short they re reinventing the dining experience No wonder foodies are falling hard for the underground eating experience And in Secret Suppers LA Times journalist Jenn Garbee takes readers into this underground gourmet world as it s taking place in Seattle San Francisco Washington DC Manhattan Des Moines Austin and Sonoma County Whether it s steaks prepared in the parlor fireplace of a townhouse or bacon wrapped bacon served on the deck of a charming little house in a sunny Seattle neighborhood or a white tablecloth affair set in an open field in Santa Barbara chefs and food lovers are circumventing the restaurant altogether to cook what they want to reinvent the serving ambiance whenever the whim strikes and to attract the most adventurous diners Sort of akin to speakeasies from an earlier era some underground restaurants are the best known secrets in town

Single Lives Katherine Fama, Jorie Lagerwey, 2022-05-13 Inspired by the current public fascination with single women Single Lives traces the relationship between modern and contemporary representations of single women The original essays collected here analyze a broad range of texts that examine the ways films cookbooks archives popular literature and other British and American texts express norms ideals and challenges for single women and their relationship to dominant ideals of marriage and the family

This volume looks backwards to constellate existing scholarship constituent fields and unrecognized single voices and forward to consider new methods for interdisciplinary singles studies

**The Artful Way to Plant-Based Cooking** Chloé Crane-Leroux, Trudy Crane, 2024-09-24 A unique collection of plant based recipes from the mother and daughter duo who were inspired by the simple beauty and delicious meals throughout their travels Throughout European countries like Spain France and Italy cooking with fresh local ingredients is a way of life That s where this mother and daughter duo found inspiration during their travels to write their book in the richness of food the beauty of architecture and the wonder of luscious landscapes But authors Trudy and Chlo are plant based The Artful Way to Plant Based Cooking isn t just a healthy collection of recipes that leave you feeling hungry like so many others It s a cookbook that offers flavorful dishes for every meal and every moment of the day from appetizers like Vibrant Beet and Pistachio Hummus date night dishes such as Pappardelle Mushroom Bolognese main dishes like the Ricotta and Squash Galette perfect for entertaining and desserts like Strawberry and Cream Cake or Decadent Double Dark Chocolate Cookies These 80 recipes are not only good for you they re good for the planet too The love this mother and daughter have for each other and for sharing vegan food with others shines through in their recipes and is sure to be a joy for everyone

**Scheherazade's Facade** Michael M. Jones, 2012 For starters honey I don t believe in Hell that s just some old man s way of telling me reasons why I can t be me Like biology is destiny means I have to be a boy Lady Marmalade s Special Place in Hell by David Sklar There have always been stories of those willing to blur or transcend the traditional gender roles Some do it out of necessity others are merely embracing their true selves Sometimes it s for fun other times survival Every culture has their gender benders their cross dressers their rule breakers From Bugs Bunny to Mulan Alanna of Trebond to Klinger our folk heroes and cultural icons push boundaries and challenge expectations In Scheherazade s Fa ade twelve of today s most intriguing authors spin tales of magic mystery self discovery and adventure each with a twist In these pages you ll find shape shifting dragons triumphant drag queens tragic selkies lost princes and would be warriors You ll find star crossed lovers and mysterious travelers cross dressers and gender bending heroes of all sorts Featuring all new fantasy and urban fantasy from Tanith Lee Sarah Rees Brennan Tiffany Trent Aliette de Bodard Alma Alexander David Sklar Melissa Mead C S MacCath Paolo Chikiamco Sunny Moraine Lyn C A Gardner and Shanna Germain

**In for Dinner** Rosie Kellett, 2025-08-19 101 delicious and achievable budget friendly vegetable forward recipes made for communal eating and entertaining from food writer chef and supper club host Rosie Kellett Sharing a warehouse home in London with her six flatmates has taught supper club host and former Violet Bakery employee Rosie Kellett that making delicious food is possible on any budget Rosie and her housemates cook and eat most of their meals communally each person pays just about 30 per week to cover grocery costs and they take turns cooking each night with everyone coming together to share a meal at the end of the day Through this approach to cooking and eating Rosie has come to cherish the physical act of sitting around a table with others and she has learned how to feed a crowd with minimal effort

waste and cost With her first book *In for Dinner* Rosie shares her affordable and approachable recipes that are designed for sharing be it with friends family or yourself leftovers From a flavorful and comforting Conchigliette with Porcini Mushroom Ragu and a bake and blend Roasted Carrot Cumin and Coconut Soup to an irresistible Hot Harissa Shakshuka and a delicious and endlessly customizable Dark Chocolate Raspberry Cake Rosie is a pro at coaxing sophisticated flavors from humble ingredients The recipes often serve up to eight and mirror the way Rosie and her housemates eat mostly vegetarian with a little bit of fish now and again to maximize affordability and nourishment but the dishes are impressive enough to serve up at your next dinner party While a communal lifestyle isn't everyone's reality Rosie believes that coming together to share food is more economical and also creates joyful opportunities to connect at the end of each day *Simply Nigella* Nigella

Lawson,2015-11-03 Part of the balance of life lies in understanding that different days require different ways of eating Whatever the occasion food in the making and the eating should always be pleasurable Nigella Lawson's *Simply Nigella* taps into the rhythms of our cooking lives with recipes that are uncomplicated relaxed and yet always satisfying From quick and calm workday dinners Miso Salmon Cauliflower Chocolate Chip Cookie Dough Pots or wake up to a strength giving breakfast Toasty Olive Oil Granola Nigella's new cookbook is filled with recipes destined to become firm favorites *Simply Nigella* is the perfect antidote to our busy lives a calm and glad celebration of food to soothe and uplift **Lies Between** Christa

Peters,2025-07-21 Gretchen is a young married woman longing to start a family She is an avid list maker and looking to perfect the life list she has always pictured 1 Get married 2 Get a great job 3 Buy a lovely house 4 Have a beautiful baby After a failed attempt to become pregnant Gretchen begins to lose sight of everything except her desire to be a mother Tangled perceptions about her sense of self her recent 100 pound weight loss and her sexuality do not help Caught in the cycle of frequent fertility appointments and her near constant effort at conceiving Gretchen blurs the lines between friendship commitment and her own integrity What will Gretchen do to ease her feelings of failure and complete the perfect life she has pictured **The Girl's Guide to Absolutely Everything** Melissa Kirsch,2006-11-16 A COLOSSAL CHEAT

SHEET FOR YOUR postcollege years Finally all the needs of the modern girl from the benefits of a Roth IRA to the pleasure and pain of dating and why it's not a cliché to love yourself first from figuring out what to wear to a job interview to the delicate enterprise of defriending are addressed in one rollicking volume Here is the perfect combination of solid advice and been there secrets for every one of life's conundrums you might confront all delivered in Melissa Kirsch's fresh personal funny voice as if your best and smartest friend were giving you the best and smartest advice in the world Italian Slow and

Savory Joyce Goldstein,2004-10-14 Presents 120 recipes for slow cooked Italian dishes including soups sauces for pasta and polenta fish and shellfish poultry and rabbit meats and vegetables and provides information on traditional Italian cooking methods and ingredients **Antipasti** Joyce Esersky Goldstein,Joyce Goldstein,2006-05-04 With growing numbers of

restaurants specializing in small plates the antipasto is back in style These little dishes of savory appetizers or small first

courses perfect cocktail food whet the appetite enticing the palate for the meal to come and can even become the meal itself In Antipasti Joyce Goldstein reveals the history of antipasti and a host of very delicious recipes What could be better suited to a La Dolce Vita inspired event replete with sparkling Bellinis than sun dried tomato topped crostini little panzerotti pastries stuffed with Gruyere and ham or prosciutto wrapped shrimp For easier fare a snap to prepare there is an entire chapter on Shop and Serve antipasti molto tasty recipes that use high quality store bought foods such as roasted peppers olives soft creamy cheeses and crusty artisan breads that anyone can throw together for a last minute appetizer or elegant snack Whether it's bite sized pieces of Parmigiano Reggiano cheese drizzled with balsamic vinegar to serve before a dinner party or a more substantial first course of roasted duck breast salad Antipasti welcomes everyone to the table Fast Keto Fix T.S Avini, 2025-08-14 Fast Keto Fix is your ultimate companion for a ketogenic lifestyle tailored to the fast paced demands of modern life Dive into 30 minute meal solutions designed to keep you on track with your low carb goals without sacrificing flavor or nutrition Each chapter is filled with practical advice and quick recipes that make keto living accessible and enjoyable for everyone Explore essential kitchen tools that streamline meal prep learn how to stock your pantry with versatile keto staples and discover budget friendly dining options that don't break the bank You'll find strategies for meal planning that remove the stress from dinner time ensuring that your family including the picky eaters can enjoy heartwarming meals night after night Whether cooking for yourself your family or a crowd gain confidence in creating satisfying plates with minimal fuss Don't let the challenge of social events derail your diet master the art of navigating them with ease With Fast Keto Fix embrace the joy of quick nutritious dinners and keep your ketogenic lifestyle thriving Pick up your copy today and redefine your dinner routine with innovative keto friendly recipes that cater to every palate and schedule **The Art of Friday Night Dinner** Eleanor Steafel, 2023-03-30 Harper's Bazaar BEST cookbooks to buy now Waitrose Food Magazine The Best Books of 2023 So Far \_\_\_\_\_ You've made it to Friday now what are you going to eat Having spent years gathering friends around her kitchen table Eleanor has perfected the art of Friday night dinner It usually starts with a sip of something cold and ends with friends tipsily heading home full and happy But most importantly there's always something good to eat Here are more than a hundred recipes for the best night of the week If you're planning to spend the evening on the sofa have your closest friend over or even host the masses why not try Eleanor's fail safe crowdpleasers Frozen jalapeño margaritas Bloody Mary rigatoni Barbecued lamb rump with griddled apricots tahini sauce and garlicky labneh Smoky aubergines and mozzarella Big summer pasta with Little Gem courgettes peas and goat's cheese Brown sugar pavlova with miso caramel peaches and bourbon cream And amongst the recipes are thoughts on the glamour of mixing a martini for one the lifesaving magic of a really good spaghetti carbonara and the joy of a table laden with bits waiting for hungry hands So fill your favourite glass choose something mouth watering to cook and embrace all that Friday night has to offer \_\_\_\_\_ Ten Minutes To Park Street Mike Ryan, 2014-04-01 When his Green Line trolley breaks

down on the way to a meeting at the State House Dan Pulaski meets a beautiful stranger and feels a connection Unfortunately service resumes thirty minutes later When Dan gets off at Park Street Station he can t hear her name above the commotion During the delay attorney Joy Hawley who also is late for her meeting notices a man with a blue novelty tie She recognizes the writing on the tie as the preamble of the United States Constitution When Joy is caught staring she starts a conversation with Dan She tries to tell him her name and he tries to tell her his When the doors open at the station the ensuing noise muffles their responses Did you ever feel you had a connection with a stranger Would you dismiss it as a fluke or would you not stop trying to find that person until you had exhausted every possible avenue The Bipolar Expeditionist Keith Steadman,2008 The Bipolar Expeditionist describes what it is like to experience every level of mania right up to the fully blown stage as well as the depressing stagnating flipside Far less stigma and taboo are attached to illnesses of the mind these days but that s still not good enough so these issues are also addressed This book enables readers of any level age or race to comprehend an often tricky subject in a way that isn t too heavy and overpowering but with just enough mental glue to stick The Bipolar Expeditionist is not only a true story it is an inspirational tool that can be used by caregivers sufferers and medical professionals for many years to come Optimism oozes out of the pages telling the bipolar beholder or their loved ones that all is never lost By the time The Bipolar Expeditionist has been read you will realise exactly why you will never be left alone and that despite the agonizing slog you will always past the test and then go on to enjoy a fulfilling and creative life just as God intended **The Tower, The Zoo, and The Tortoise** Julia Stuart,2010-08-10 Brimming with charm and whimsy this national bestseller set in the Tower of London has the transportive qualities and delightful magic of the contemporary classics Chocolat and Am lie Balthazar Jones has lived in the Tower of London with his loving wife Hebe and his 120 year old pet tortoise for the past eight years That s right he is a Beefeater they really do live there It s no easy job living and working in the tourist attraction in present day London Among the eccentric characters who call the Tower s maze of ancient buildings and spiral staircases home are the Tower s Rack portly Valerie Jennings who is falling for ticket inspector Arthur Catnip the lifelong bachelor Reverend Septimus Drew who secretly pens a series of principled erotica and the philandering Ravenmaster aiming to avenge the death of one of his insufferable ravens When Balthazar is tasked with setting up an elaborate menagerie within the Tower walls to house the many exotic animals gifted to the Queen life at the Tower gets all the more interest ing Penguins escape giraffes are stolen and the Komodo dragon sends innocent people running for their lives Balthazar is in charge and things are not exactly running smoothly Then Hebe decides to leave him and his beloved tortoise runs away Filled with the humor and heart that calls to mind the delight ful novels of Alexander McCall Smith and the charm and beauty of The Guernsey Literary and Potato Peel Pie Society The Tower the Zoo and the Tortoise is a magical wholly origi nal novel whose irresistible characters will stay with you long after you turn the stunning last page Lace Balcony Johanna Nicholls,2014-08-01 Vianna Francis known in the colony as The Sydney Venus is a notorious young mistress

in keeping to a former gentleman convict who uses her to entice wealthy men to his gaming tables A woman of mystery Vianna is a magnet for scandal Was she the mistress of a Royal duke A lady s maid who learned the tricks of the world s oldest profession when in service to a Parisian courtesan Or the widow of a young man executed on the gallows Men of high rank are determined to possess this passionate mercenary beauty The L Estrange half brothers were born only months apart One brother is an idealistic dreamer the other a volatile adventurer And the rivals have two things in common a fatal attraction to get rich schemes that run afoul of the law and their obsession with Vianna **Dinner for One** Sutanya Dacres,2022-06-21 From podcast host Sutanya Dacres comes Dinner for One an unforgettable memoir of how she rebuilt her life after her American in Paris fairy tale shattered starting with cooking dinner for herself in her Montmartre kitchen When Sutanya Dacres married her French boyfriend and moved to Paris at twenty seven she felt like she was living out her very own Nora Ephron romantic comedy Jamaican born and Bronx raised she had never dreamed she herself could be one of those American women in Paris she admired from afar via their blogs until she met the man of her dreams one night in Manhattan A couple of years later she married her Frenchman and moved to Paris embarking on her own happily ever after But when her marriage abruptly ended the fairy tale came crashing down around her Reeling from her sudden divorce and the cracked facade of that picture perfect expat life Sutanya grew determined to mend her broken heart and learn to love herself again She began by cooking dinner for one in her Montmartre kitchen Along the way she builds Parisienne friendships learns how to date in French and examines what it means to be a Black American woman in Paris all while adopting the French principle of pleasure especially when it comes to good food and exploring what the concept of self care really means Brimming with charm humor and hard won wisdom Sutanya s story takes you on an adventure through love loss and finding where you truly belong even when it doesn t look quite how you expected Ten Dollar Dinners Melissa d'Arabian,Raquel Pelzel,2012-08-14 Melissa d Arabian host of Food Network s Ten Dollar Dinners and season 5 winner of The Next Food Network Star makes good on the 10 promise of dinner for four in her debut cookbook For home cooks who care about what they feed their families and want to stretch their dollars Melissa is the best guide for putting delicious meals on the table She focuses on savvy budgeting efficient shopping and full flavored cooking Ten Dollar Dinners has 140 recipes and more than 100 creative practical tips on great money savers Clear Your Pantry Week inventive takes on old standby dinners try her Moroccan Meatloaf and how to get ingredients to last longer keep your green onions in a glass of water and they will regrow several times over And with a coding system to help you create your own 10 menu Ten Dollar Dinners celebrates spending with purpose cooking with love minimizing time spent in front of the stove and savoring your homemade meal Melissa is a pro at creating satisfying meals that adults and kids alike will enjoy using everyday ingredients and transforming them into delicious dinners Her Potato Bacon Torte which at 50 cents a serving was one of her winning recipes on The Next Food Network Star shows how basic and inexpensive supermarket ingredients can be turned into an amazingly satisfying dish Her

Roasted Vegetable Tian is a great way to take advantage of deals in the produce aisle The Four Step Chicken Piccata offers a plan for getting food on the table in just minutes using almost anything in the pantry Anyone can use this book especially those who want to save money and feel great about cooking sensibly for elevated simple meals that are healthy family pleasers

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