



The Non Cookbook for the Non-Cook

Sandy Eshbaugh St. Clair

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The Non-Cookbook for the Non-Cook. A Cookbook for people who can't--and don't want to! . Do the words 'from scratch' make you break out in hives? . Do you every crave a peanut butter and jelly sandwich on a day when you're supposed to act grown up and eat quiche? . Have you ever failed miserably at making jello with fruit? . Do you hide your extensive list of carry-out phone numbers behind the cookbooks your friends gave you for Christmas? If you answered YES to any of these questions, RELAX! You are a NON-COOK and you are among friends. A non-cook is a friendly good-natured soul who for a variety of reasons does not cook. Some of us have tried and met with disaster. Some of us have friends and relatives who have intimidated us into submission. And many of us think that other things such as war, religion, politics, and children with chickenpox are more important than stuffing mushrooms or pouring liquor on bananas and setting them on fire. This NON-COOK COOKBOOK was written especially for our fellow non-cooks who fear simple culinary tasks and who spend more time in the frozen foods section of the grocery store than they do in their own kitchens. We hope you will use it in good humor. In a country with more cookbooks than people, we finally have a cookbook we can call our own!

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