



One Dish Two Ways

Jane Kennedy

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The perfect collection of recipes that can be served simply for kids, then jazzed up for the adults with just a few additional ingredients – the first cookbook guaranteed to please the whole family.

Feeding a family. Every night. Is hard. Jane Kennedy knows because she cooks for seven people, seven days a week. It's not the cooking that's hard, it's thinking of a new dinner ideas EVERY SINGLE NIGHT.

Grownups are easy. They love spices and chilli and garlic and onions and herbs and zest and can dress up a boring piece of chicken, fish or steak in a flash. Kids...well. Most kids don't like spices and chilli and herbs and zest. Green bits. Orange bits. And especially not hot bits. So Jane set herself a challenge to find a way to keep everyone happy. A way that wouldn't involve her having to eat 'plain' food just to keep the kids happy and didn't require the kids to miraculously start loving spicy food. A way where one base meal could be jazzed up, or down, to suit all taste buds. One dish; two ways.

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