



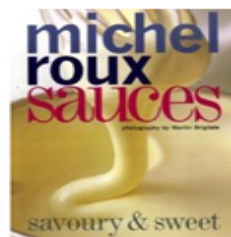
October

[Buy Delia's Happy Christmas for half price!](#)
[NEW! Editor's blog](#)
[Delia's autumnal menu for October](#)
[Go on - add a post to our forums!](#)

[home](#) > [news & features](#) > book reviews

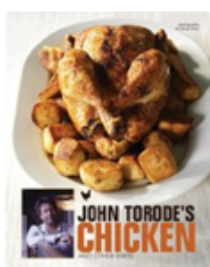

The Carer's Cookbook: A month of balanced meals and recipes

This ring-bound book could be a real life saver: profits will help sponsor free training days (Relatives Lifeline) for those who lack basic caring skills yet are having to look after their relatives. The book was devised by Angela Hamlin, a trained nurse who runs a nursing agency and Scott Marsden, a dietician and will be a boon to men who have never had to cook but are suddenly faced with nursing an ill partner or anyone who wants to ensure that balanced meals packed with good nutrition are on the menu. The monthly planner includes a light meal (lunch) and main meal (dinner with pud) for 2 or 4, focusing on simple recipes that appeal when you don't have much appetite, such as Baked Chicken and Orange, Spinach Pie and Beef Stroganoff. (£15.99 plus p&p) from draycottnursing.co.uk



Sauces – savoury & sweet by Michel Roux, Quadrille, £14.99

You'd expect the man who was the first to win three Michelin stars in Britain (and has kept them for 24 years) to know his bagnarotte from his bois boudran – and sure enough, Michel Roux covers every sauce, coulis, vinaigrette, jus, dressing and sweet custard known to man, plus stocks and marinades. So this book is invaluable when cooking just about anything. I love the section at the end which lists [foods](#) then tells you which sauces would complement them – as well as the obvious ones there are plenty of new and exciting ideas.

[Buy your copy here!](#)


Chicken and other birds by John Torode, Quadrille, £20

Chicken is the mainstay of so many of our meals, yet coming up with new ideas can be a challenge. This book is packed with great recipes for midweek suppers, roasts, curries, barbecue [food](#) and more, using every bit of the bird (and guinea fowl, quail, turkey etc). Like many Australian cooks, John has lots of Thai influence so you'll find wonderful recipes like

Spiced Duck Salad, Thai Herbs and Roasted Rice and Chicken Larp (a searing chilli-hot Thai salad made from minced chicken) alongside Chicken Kiev and Good Old Chicken Vol au Vents. I particularly loved the 'eight ways with...' idea for chicken thighs, grilled chicken, duck breasts etc – quick and easy meal solutions with a short ingredients list.

[Buy your copy here!](#)

<http://www.deliaonline.com/news-and-features/book-reviews-october-2009.html>