

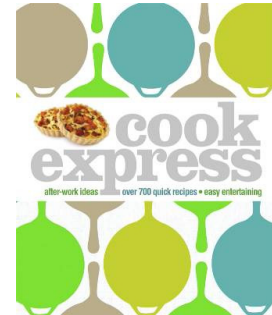
PRESS RELEASE

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Cook Express

Editor-in-chief Heather Whinney



Quick, healthy home cooking has never been so easy!

In today's time-pressed society, less time is spent in the kitchen and more money is spent on convenience food and take-away meals. If you want to reap the benefits of healthy, home cooking without spending hours slaving away in the kitchen, **Cook Express** is the book for you.

Containing over 700 recipes and 250 variations, **Cook Express** is the ultimate kitchen bible for those leading a hectic lifestyle. Organised into two main sections, *Everyday* and *Food for Friends*, there are inspirational ideas for every occasion, from a simple family meal to an extravagant dinner party. At the front of the book, recipe chooser spreads provide an instant visual reference to a selection of super-fast ideas for meat, fish, vegetarian and desserts, all taking less than 15 or 30 minutes. From seared duck with five-spice noodles to steak and oyster mushroom salad, every recipe is accompanied by a mouth-watering image of the finished dish - you'll probably spend longer deciding what to cook than you will actually cooking it!

Much more than just a recipe book, **Cook Express** is packed with a variety of time-saving tips and techniques such as how to get the most out of your Sunday Roast, freeze-ahead desserts and utilising storecupboard ingredients. Ideas for no-cook and one-pot recipes will even save you valuable time washing up. Themed menu ideas, each with a 'countdown' plan of action ensure you'll never be short of anything to cook - or time to cook it, plus there's also a wealth of practical information such as measurements, making dressings and selecting the best quick-cook cuts of meat.

From planning through to cooking and serving, here's how to make great food – fast.

Cook Express is published on 1st October, priced £25

Need an idea for what to cook for dinner tonight? Get Cook Express recipes on your desktop with our downloadable desktop widget – visit www.dk.com/cookexpress for details...

For further information and review copies please contact Gemma Dudley on 020 7010 3598 or email Gemma.Dudley@uk.dk.com

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About the Editor-in-Chief

Heather Whinney is a working mother and cookery writer who grew up in Derbyshire with simple home cooking. She trained as a home economist before becoming manager at the Cordon Vert Cookery School whilst working freelance for several magazines including *Good Housekeeping* and *Woman and Home*. She was a freelance food editor at *BBC Good Food* before becoming food editor at *Family Circle* and *Prima*, where she stayed for 5 years. Her style and food philosophy has remained constant throughout – keep it simple, and write easy recipes for the everyday cook.



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