



Gaie Houston

Here and Now Cookery, The Therapist in the Kitchen, by Gaie Houston.

"I come on dishes I really like, and get used to making. Then the season changes or I get bored with them, or something. Suddenly I forget all about whatever it was, and once again go into that abyss of culinary despair, worse far than I-haven't-got-anything-to-wear. It is Cook's Amnesia, or What-on-earth-shall-we-give-them-to-eat ?

"This book is intended to deal not just with the diagnosis of this distressing but hitherto ignored mental condition, but to offer a complete treatment plan. This can be taken in the form of simple, least-effort-for-maximum-effect recipes used as first aid when a sharp attack is felt to be coming on. For those interested in a longer-term alleviation, there are also notes about prophylactic measures such as making low effort preserves, and growing herbs and vegetables where that is possible. Such as in the garden." (104 pp. All profits to children's charities)

Here and Now Cookery is available from booksellers or direct from Gaie Houston. You can write to her at **8 Rochester Terrace, London NW1 9JN, UK**, enclosing a cheque or money order for £7.99, if within the UK. £8.00 for mainland Europe. £9.50 further off, always in sterling, please.

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