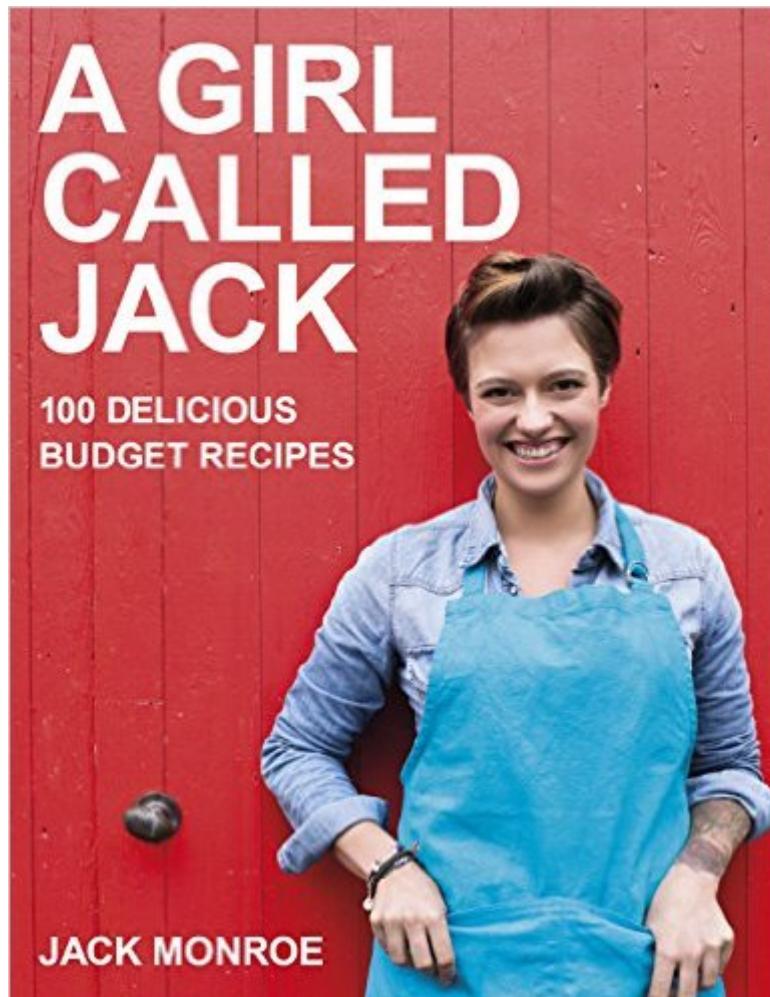


The book was found

A Girl Called Jack



Synopsis

100 easy and delicious meals on a tight budget with Jack Monroe's *A Girl Called Jack*. Jack is a cash-strapped single mum living in Southend. When she found herself with a shopping budget of just £10 a week to feed herself and her young son, she addressed the situation with immense resourcefulness, creativity and by embracing her local supermarket's 'basics' range. She created recipe after recipe of delicious, simple and upbeat meals that were outrageously cheap. Learn with Jack Monroe's *A Girl Called Jack* how to save money on your weekly shop whilst being less wasteful and creating inexpensive, tasty food. Recipes include Vegetable Masala Curry for 30p a portion, Pasta alla Genovese for 19p a portion, Fig, Rosemary and Lemon Bread for 26p and a Jam Sponge reminiscent of school days for 23p a portion. 'Sassy, political, and cooking amazing food on £10 a week. We need more like her' - Xanthe Clay, *The Telegraph* Jack Monroe is a 24-year-old single mother and local newspaper reporter. Finding herself with a food budget of just £10 a week, she began to create nutritious recipes to feed herself and her son. Giving the recipes out to a local food bank, to help others in her situation, she then began to publish them online on her blog, *A Girl Called Jack*, which now has thousands of followers. Jack was awarded the 2013 Fortnum and Mason Judges' Choice Award for the impact that her blog has had. She lives in Essex with her son.

Book Information

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Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (14 customer reviews)

Best Sellers Rank: #527,920 in Books (See Top 100 in Books) #65 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Garnishes #235 in Books > Cookbooks, Food & Wine > Cooking Methods > Budget

Customer Reviews

Regular readers of Jack Monroe's blog will be familiar with her excellent recipes that conjour up quick tasty and above all, cheap meals from store-cupboard staples such as tinned chickpeas, lentils and cut-price bacon. Those who have tried the recipes will know that they mostly work, and

work extremely well. This book is a collection of the blog recipes along with new ones but it is also so much more. There are beautiful but realistic photos by Susan Bell of each dish opposite the ingredients and method. For some recipes such as 'Use -Me-For-Anything Tomato Sauce' there are helpful stage by stage photos arranged to make the procedures easy to follow; ideal for nervous novice cooks. Each recipe has plenty of suggestions for variations - vegetarians and vegans will find that many of these recipes can be adapted to suit them. For those not too familiar with her work, Jack introduces herself with some moving extracts from her blog - including the now-famous 'Hunger Hurts' piece - and at the end of the book, 'Hunger Hurts - One Year Later', showing just how far Jack has come in that time. There is some incredibly sensible advice on the basics needed to equip a kitchen. The only expensive item required in many recipes is a blender, and Jack's cost under £10 sterling. Sound advice is given on how to shop with a very limited budget and build up a store-cupboard at the same time - proteins first, vegetables second, then one store-cupboard carb per week - rice, bags of pasta, tins of potatoes (tins work out much cheaper than fresh and are surprisingly versatile). Then back to the fruit or tinned fruit with any spare cash. It's this grounded sensible no-nonsense approach that infuses the book and makes it such a valuable read.

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