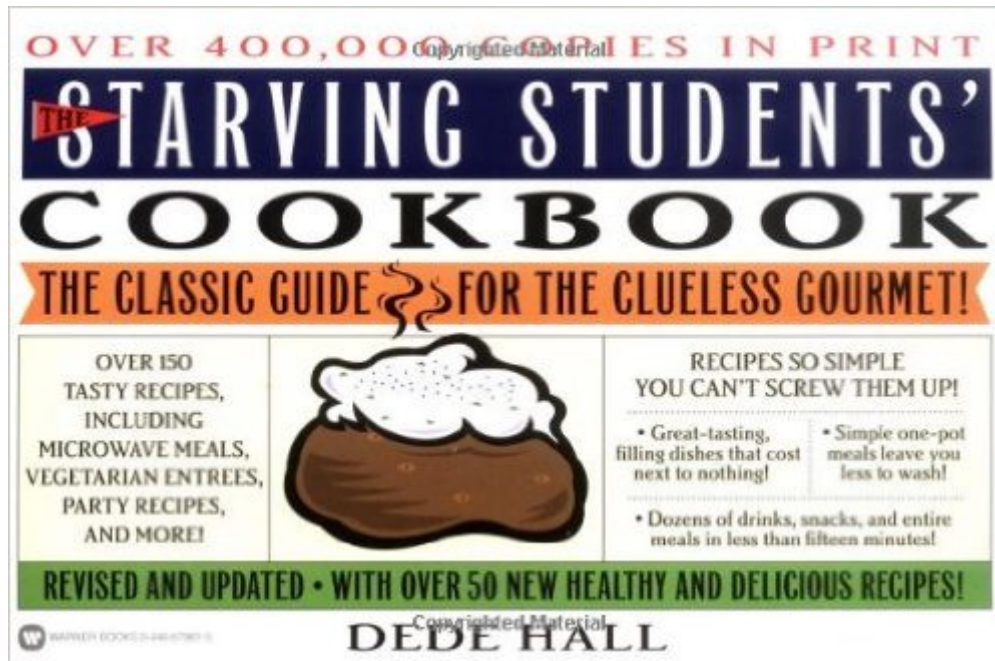


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# The Starving Students' Cookbook



## Synopsis

Completely updated for the college student or reluctant cook of the '90s, this book offers even more mouthwatering dishes and a wide variety of vegetarian offerings. The recipes are explicitly described, complete with illustrations, cooking tips, and nutritional and health information.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (75 customer reviews)

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## Customer Reviews

I first encountered "The Starving Student's Cookbook" the year it was released. Although I was a fairly accomplished cook, I was dealing with an extremely limited budget and a friend gave me the book thinking it might help me to cope. I found it immensely entertaining and, although it was geared to beginners and thus far below my skill level, it had tips that even I could use. If you are new to cooking, on a budget, or know some young (or not so young) person who needs help learning to feed themselves nutritiously and inexpensively, this book is a great place to start. It will teach you the basics with clear, gently humorous instructions.

The author does a good job of covering a lot of food choices; there's even a section for vegetarians. The handy hints - "Don't dump grease from cooked meat down the drain! Drain grease into old can and discard when solidified" - will be a great help, not only to students but to any novice cook out there. The style of the book though, could use a bit of pizzazz, especially since it's audience is 20-somethings who will need visual interest to draw them in. Other than that, this book will help a lot of kids who are feeding themselves for the first time. 50 Ways to Leave Your Mother

I love this book. I have owned it since the '80's when my mom bought it for me when I was in college. I only read one review that gave this book a low score. In it the genius says "I know how to cook" and "Anyone can fry an egg". So... why did he buy this book? If you are Emeril, then don't buy this book. This book is meant for us fools who actually don't really know how to fry eggs. Or more importantly, those of us who have lives outside the kitchen. If that is you, BUY THIS.

I've owned a copy of this book for MANY years. If you don't know how to cook - this is the book for you. The recipes are easy, simple, flavorful, and "stick to your ribs" - all while being on a budget. If you DO know how to cook - it's an excellent book to have for a quick change-of-pace meal, ideas for when you're craving some "comfort food", or as a base to add your own personal touches, to create your own nouvelle cuisine.

This is a great book for the "starter" cook, which even though I bought this a few years ago, I still am due to laziness. There's a handy list of things to buy so that you can have a decently stocked pantry, and I used that when I went off to college. I appreciate the simpleness of the cooking, and that it shows you how to make your own salad dressing, sauces, etc. This is pretty much "cooking edible things" for dummies. The only thing I didn't have great success with was cooking sauces by microwave. The strangest 'tip' was to use your sink as a punch bowl... I don't know anyone that would drink from that. In all, this isn't a book for people with 'sophisticated' taste buds, just people who want to eat something decent (good but not great) that's homemade. It's a great introduction if you've never cooked before. I did laugh out loud when I saw the directions on how to scramble, fry or boil eggs... so it really is a novice book. Best thing I made was the stir-fry, using soy sauce and ketchup! And one of the recipes for tequila fish by microwave, I would probably make again in the oven. One tip: as someone who favors 'plain' food, some of the things I cooked from this were on the bland side, so I would experiment with your seasoning as you go through the recipes. I gave it 4 stars because that's a minor detail... everyone should season as they go.

College students; Moving out of the dorms and into an apartment can be wonderful: No sharing a bathroom and shower area with 50 of your closest friends, no more nosy RAs, no midnight false Fire Alarms. Unfortunately, it also means "no more meal plans". This may or may not be a deal breaker for some, depending on how bad the dorm cafeteria's food was but nevertheless, you're going to have to learn to cook SOMETHING on your own. Pizza, burgers, and Chinese delivery gets old after

a while (trust me on this)... This book is the perfect tool for those who wish to move beyond being the King/Queen of the take-out scene, and want homemade food at times OTHER than when going home to visit your family. Not just for college students, The Starving Students' Cookbook is a wonderful how-to guide for quick, filling, budget-friendly meals for any brave, yet clueless soul cum budding chef. It contains inexpensive, easy-to-prepare dishes that are simple to customize for individual tastes, describe exactly what is needed to make each one, does not require you to buy a variety of miscellaneous ingredients that will never be used again, and best of all, are meant for only one-to-two servings. There are also recipes that give you some ideas on what to do with the leftover chicken/turkey/roast that Mom might send you back to school with, after a weekend Home visit!!, personally, have used both this book, and the original 1980s-era edition on a regular basis since I moved out of the dorms and into an apartment in 1991. I have also gifted it to numerous friends and kids-of-friends who have headed into the wonderful world that is College Apartment Living. This book's asking price of \$10.24 is a bargain, particularly in relation to the bounty of knowledge and advice that it delivers. Try it, and you just might surprise yourself at how well you can "get cooking"!

I am a Senior Citizen and don't do much elaborate cooking/baking any more. I remembered giving this little cookbook to my niece years ago when she was in college. I quite liked what I saw on those pages way back around the early '80s. A few weeks ago, I decided I very much wanted that book for myself, so I ordered it and was not at all disappointed at the recipes, tips, and variety of foods and meals that the pages contain--easy things! I'm very glad I have this little book now for myself, and it has some great but easy food preparation ideas. Just right for a senior citizen who is slowing down in the area of preparing involved or detailed dishes. I'm not disappointed; it's even smarter and more innovative than I remembered.

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