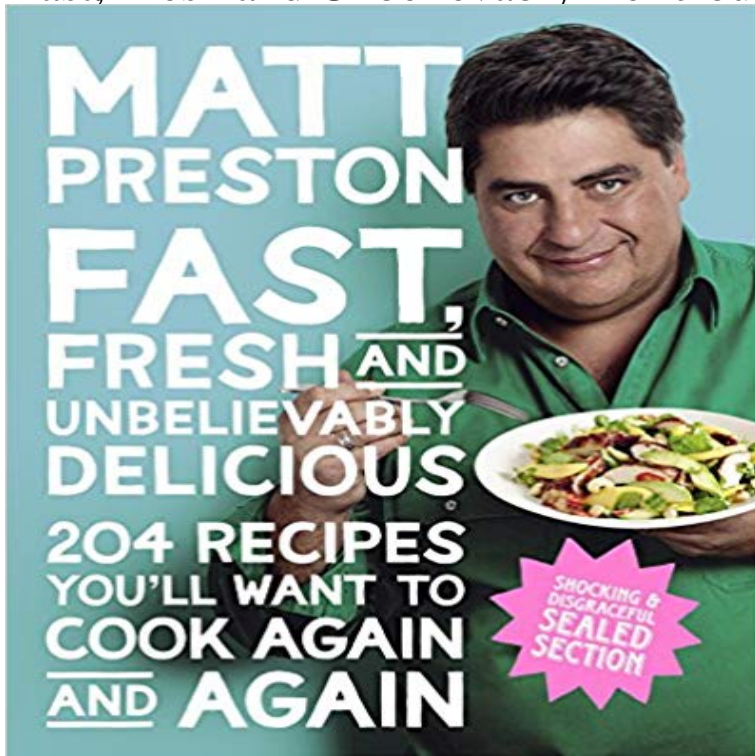


## Fast, Fresh and Unbelievably Delicious



My new cookbook is full of recipes for stuff that is quite simply delicious, and that I cook for my family and friends. Its a wee bit different from my first book in that the dishes are fresher, lighter, healthier... Well, that was the idea. I then suggested all those naughty, over-the-top dishes that I also love. These had to go into a sealed section because, like a Bangkok nightclub act, they are just a little too full-on for the delicate stomachs of some, and for the good of your health. That section is sealed for your own safety. Please resist opening it if you are a helpless slave to your passions. In short, this book is like me. It starts out with REALLY GOOD intentions for a while until it is overwhelmed by temptation and then, quite frankly, once self-control is gone it turns into a bit of an orgiastic free-for-all. Good times! Welcome to the Pleasure Dome, my friends, please grab a fork. Matt Preston This is a specially formatted fixed layout ebook that retains the look and feel of the print book.

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