



Lent Lunches Without Tears

Margaret Walton

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For Christians everywhere, the Lent period of fasting can be a challenging one. This book by Margaret Walton, based on her great-grandmother's recipes from the Highlands as well as her own experience of more than a decade of cooking for such occasions, guides us through creating light but tasty, satisfying and nutritious meals. Suitable for the most novice of cooks and the smallest of budgets, it provides clear and simple recipes along with detailed and helpful guidelines on preparation techniques and good hygiene. It is particularly geared towards the challenges of catering for large numbers of people and is the ideal book for those who find themselves in a new role as chef at their local place of worship.

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