



Calso Cooks: Real Food Made Easy

Paul Callaghan

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Paul O'Callaghan (Calso) came late to the discovery that real food can be produced with very little effort and be tastier and healthier than the convenience foods he'd survived on up until then. He is now keen to share his brand of hearty, rustic cooking and his enthusiasm for the mental and physical benefits of real food with the wider community. This book includes lots of ideas for breakfasts, lunches, dinners, desserts, and treats including: cherry tomato and herb heart-healthy omlette; zucchini carbonara; pork, beetroot, and orange salad; beef and Guinness pie; fruity oat-crusted chicken; smoked haddock lasagne; After Eight cheesecake; and guilt-free panna cotta.

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