



## **I-Quisine; Favourite Recipes from Members of Irish Mensa**

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# I-Quisine; Favourite Recipes from Members of Irish Mensa

## I-Quisine; Favourite Recipes from Members of Irish Mensa

This recipe collection of more than 100 tried and tested family favourites from Irish Mensa contributors provides something for everyone. The mixture of traditional and new recipes ranges from stress-free Irish dishes to delicacies from places such as Turkey, Japan, Bulgaria, and Italy. Appetising easy-to-follow recipes include savouries and sweets - everything from soups to salads, main courses to desserts and snacks to confectionery. Irish home cooks are noted for their baking skills and you will find recipes for tempting cakes, tray bakes and breads as well. Cooks' tips and sensible advice incorporated into the simple, easy-to-follow recipes will save busy people time and energy and provide inspiration for all occasions.

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