



## The Little Book of Lunch

*Caroline Craig, Sophie Missing*

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## **The Little Book of Lunch** Caroline Craig , Sophie Missing

*The Little Book of Lunch* is filled with delicious and simple recipes for the working person's packed lunchbox. It is for anyone who has found themselves staring at the shelves in their local sandwich chain or their work canteen with a growling stomach and sinking feeling.

*The Little Book of Lunch* has clever approaches to classics making them easy for transportation; meals that taste delicious at room temperature; quickly assembled dishes for when you barely have five minutes; recipes for when the cupboards are bare. It includes:

- Wholesome and Healthy salads like **tabouleh**
- Indulgent and Decadent Dining like **grilled halloumi, vegetable and avocado couscous**
- Sandwiches for when you are chained to your desk like **guacamole and tomato salsa on rye**
- Store-cupboard snacks like **spicy lentil and coconut soup**
- Sweet treats to bribe colleagues like **salted caramel brownies**

## **The Little Book of Lunch Details**

Date : Published January 16th 2014 by Square Peg (first published January 2nd 2014)

ISBN : 9780224095730

Author : Caroline Craig , Sophie Missing

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Genre : Food and Drink, Cooking, Cookbooks, Food, Foodie

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## From Reader Review The Little Book of Lunch for online ebook

### **Lara says**

Great idea for a little cookbook. Great ideas for simple and more creative lunches for work or school

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### **Kelsey says**

Too many sandwich recipes!

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### **Corinnagoodwin says**

way to overwhelming, and who has the time... a endearing British take on homemade boxed office lunches. only one thing I would eat.

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### **Jessica says**

I really like the concept of this book. The authors are trying to encourage people to enjoy their lunch at work more - not by going out, but by making fun and special meals that are easy to assemble at work or hold up well until lunchtime. They break the recipes down into a few categories like cooking the night before, using leftovers better, wholesome and healthy, etc. At the beginning they also talk about the best ways to package lunches and various containers that can be used as a lunchbox. Overall, a cute book that sings the praises of lunchtime at work.

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### **Deirdre says**

Full of interesting and some very different lunch ideas.

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### **Rebecca says**

Pictures of Recipes? Some  
Commentary on Recipes? Yes

Nutrition Facts? No

Recipe style? Seem easy enough, but the author assumes you're occasionally willing to get up earlier than usual to cook before work.

Any keepers? Several.

I don't think I will ever get up early enough to cook food for work in the morning, but there are lots of tasty

ideas here.

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### **Rachel says**

I think I read this the wrong time of year. In the summer, I could use these recipes. In winter, I would have to spend actual money on the ingredients!

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### **Rachel says**

#### **Nice little book**

Some good ideas here, was looking to liven up my children's packed lunches, so not quite suitable for all of the recipes but certainly fired up the imagination from cheese sandwiches!

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### **P. says**

Nothing life changing in here, but there are practical and engaging ideas that made my lunches a little more lively. It has advice on packing and menu planning, and so many of the recipes share the same basic ingredients that it's easy to incorporate a lot of these recipes into your life right away. actually, looking through the index on amazon to remember what I made makes me want to take it out from the library again.

Liked a lot:

- radish sandwiches with hardboiled egg (I added sorrel from my garden)
- pissaladiere
- herby quinoa with peas

Didn't like

- "special" chickpeas

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### **Abigail Welhouse says**

I liked this book a lot! I want to pack my lunch more, but sometimes get stuck in a rut. This book gave me some new ideas for delicious lunches that I never would have thought of. I especially liked the deconstructed pesto pasta (with chili-infused olive oil) and the cheat's banh mi. Also, the photography is gorgeous and the food is beautifully styled.

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### **Trish says**

I thought this was a super helpful book. I hate making lunches and this gave me some really yummy ideas!

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