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issued in 2008. As Delia says in the Introduction of the book, it is presented with minimal tweaking to retain its nostalgia, so that is one of the reasons the recipes on Delia Online don't all have photographs - but we think they are still helpful to anyone eating on a budget.

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Front

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Delia Smith CBE is the UK's best-selling cookery author, having published over 21 million copies since her first book, How to Cheat at Cooking, was published

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in 1973. Her cookery books, including Delia's Frugal Food, Delia Smith's Cookery Course and Delia's Complete How to Cook have become instant classics and are firm favourites of cooks around the world, making Delia a household name.

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If anyone ever doubted the awesomeness that is Saint Delia (as I call her), think again. Delia Smith's Frugal Food is a classic with good reason. This book was first published in 1976, at a time of inflation, rising prices and world food shortages.

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Method. In a saucepan containing 1½ pints (850 ml) of water add one teaspoon each of ginger, cumin, turmeric and salt, then bring it all to the

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boil. Stir in the lentils, let it come back to a gentle simmer and cook for 5 minutes.

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