

Cookbook and Cooking Guide for Beginners Available at HelpIGottaCook.com

Help-I Gotta Cook! is a unique cookbook and cooking guide that provides beginners with the required assistance in cooking. A cookbook and cooking guide that not only provides delicious and simple recipes, but also efficient help in going about the whole process of cooking. The cookbook and cooking guide will be made available to public both on www.HelpIGottaCook.com and www.Amazon.com near the end of October and can be ordered from either of the 2 websites.

Ocala, FL (PRWeb) October 15, 2007 -- Help-I Gotta Cook! is a unique cookbook and cooking guide that provides beginners with the required assistance in cooking. A cookbook and cooking guide that not only provides delicious and simple recipes, but also efficient help in going about the whole process of cooking. The cookbook and cooking guide will be made available to public both on www.HelpIGottaCook.com and www.Amazon.com near the end of October and can be ordered from either of the 2 websites.

"Help-I Gotta Cook! is an ideal book for those who want or have to cook, but are not even familiar with the basics of cooking. The book delivers more than a regular recipe book as it also illustrates usage of equipment, techniques, meal shopping and preparing meals that are impressive and royal. Cooking shortcuts, enriching treatments for foods, and quick methods to fix a simply sumptuous meal. Above all, the [Help-I Gotta Cook! Cookbook](#) offers expert assistance in cooking healthier meals and buying food that is healthy and nutritious. It is a 325-recipe cookbook and [cooking guide](#) containing everything a beginner would need to know about the arena known as 'Cooking', even if his or her relation with food has only been confined to eating", said Mr. Ed Dugan, the author of the cookbook and cooking guide.

Help-I Gotta Cook! is available on the website helpigottacook.com. It features a Recipe of the Month. This furnishes the visitors with a fulsome and wholesome dish to make the taste buds tingle. The author has a blog with fantastic information as well. This website provides the visitor with more than a place to order the cookbook and cooking guide. You can see mouthwatering images of tasty dishes. A visitor can also submit his or her comments, share interesting recipes, and learn new food preparing techniques.

Mr. Ed Dugan, Chef and the author of the cooking guide and cooking guide has written the book to cater to the needs of those who have found cooking as a challenge and not an enjoyable activity. According to Mr. Dugan, "The book teaches people from being passive admirers of others' cooking to becoming active cooks accepting accolades for their delightfully tasty and healthy dishes. The cookbook and cooking guide also becomes a relevant gift for newly weds, singles, graduates living alone and for other new beginners in life, about to adorn sole responsibilities. The book also provides a variety of recipes for delicious meals and encourages people to adopt healthy eating and food preparation. By enabling people to cook healthier and tastier meals, the cookbook and cooking guide helps people to ward off their habit of eating out at fast-food restaurants or choosing take-outs and carry-outs. Health does not often come at a cheap price and hence, it is not advisable to go for easy and handy meals with out any nutrient minerals contained in them. Buy the cookbook and cooking guide and open the gates to a new renewed and refreshed life!". The delicious design of the website has been done by BizAtomic.

About Help-I Gotta Cook!

The complete cookbook and cooking guide is written by Mr. Ed Dugan. Mr. Dugan, a great chef who has cooked more than 30,000 individual meals, has authored the 325-recipe cookbook and cooking guide to provide assistance in cooking to those who are beginners and need basic knowledge in the field of cooking. Help-I Gotta Cook offers healthier homemade substitutes to unhealthy and fat-laden food of fast foods and take-outs. The book

is available to public on the www.Amazon.com and www.HelpIGottaCook.com. The book although available at its own website is available after conducting the buying process through www.Amazon.com . The website has some very exciting features such as the Author's Blog, Recipe of the Month that makes the visit to the website an interesting one for the visitor.

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