



Rocco's Five Minute Flavor: Fabulous Meals with 5 Ingredients in 5 Minutes

Rocco DiSpirito

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In this indispensable cookbook for every hardworking gourmand, Chef Rocco DiSpirito creates 175 flavor-packed recipes that each require only 5 ingredients and are ready in just minutes. All ingredients are readily available in every supermarket in America (where, by the way, the reader/cook will be spending much less time shopping as they only need 5 ingredients to make a fabulous dish). Rocco also includes a shopping guide with his favorite, most reasonably priced supermarket items as well as tips on how to stock the pantry for fast, easy flavor.

Rocco, who calls himself the “King of the Toaster Oven,” strips his recipes of all unnecessary complexity, revealing how you can cover all aspects of a scrumptious meal—from finger foods and appetizers to entrees and desserts—without industrial cooking gadgets and multi-stage processes.

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