

## **New eBook: 'Survival of the Recession Food'**

*Our current economy hits hard for people, who are not used to preparing food at home, or for families with a lot of mouths to feed. Chef Yvonne Stephens wrote this e-book with more than 165 recipes to make ends.*

May 7, 2009 (FPRC) -- The bad economy hits hard for people, who are not used to preparing food at home, or for families with a lot of mouths to feed. New and experienced mothers face challenges in feeding their families. Chef Yvonne Stephens and her husband decided in November '08 to move to Mexico to make their income go further. Being inspired by the Mexican cuisine and the usage of inexpensive meat cuts, Yvonne started making recipes that fit right in every 'Recession Budget'.

'Surviving the Recession' is the newest E-book by chef Yvonne Stephens, CC to help people - who suffer from this economy and who have a hard time making ends meet - put good food on the table. This E-book is designed to help them make delicious food that is healthy, easy and as low as \$ 0.68 per person for a meal.

By combining her skills and knowledge of good, honest food, she created an E-book also including recipes from her Dutch friends and family, and from her travels to more than 27 countries all over the world. The Dutch are famous for being 'cheap'. Going Dutch - sharing the cost of meal, or Dutch auction - where everything is backwards. All these come from the time of the 17th century when the Dutch were hated by commercial rivals.

Yvonne doesn't agree with the reputation of being 'cheap'. The Dutch are just thrifty, and in these economic bad times, we need to be more frugal. These recipes show that good food doesn't have to cost much, and there are more than 165 recipes to choose from: a wide range of recipes, that will leave some left-overs, which one can freeze and eat when money is really tight.

For as little as \$ 55 to \$ 65 a month p.p. you can have home made meals every day. A complete main course like the Dutch Endive Mash with Pork Belly Bits \$ 1.13 per person, is an example of a thrifty Dutch meal.

Other examples of inexpensive food are: a great side dish as low as \$ 0.37 per person - a delicious soup as low as \$ 0.50 per person - an awesome main course - like the Hawaiian burger- as low as \$ 1.01 p.p. - Curried Chicken with Rice & Veggies \$ 1.19 per person - Stuffed Beef Brisket \$ 1.44 per person - Beef Stuffed Zucchini \$ 1.13 p.p.

Her E-book 'Survival of Recession Food' (US Design Publ., April 2009, 978-0-9765762-2-8, \$ 3.95), is available on [www.recessioncooking.net](http://www.recessioncooking.net)

Chef Yvonne Stephens, CC is an alumni of the Art Institute of Philadelphia with a degree in Culinary Science. She started US Design publishing in 2000 to publish her cookbooks. Part of the proceeds will be donated to the people in need and local food banks.

### **Contact Information**

For more information contact Yvonne Stephens of US Design (<http://www.recessioncooking.net>)  
856-489-4313

**Keywords**

[inexpensive food](#)

[cheap recipes](#)

[survival](#)

You can read this press release online [here](#)