



# SINGULARY DELICIOUS TOP TIPS FOR ONE-HANDED COOKING

'Singularly Delicious' is no ordinary cookbook: it is a culinary guide for anyone living with a single hand. But it is also for carers and nurses working with them. Whoever uses this unique cookbook will find it full of inspiring ideas.

This book shows how to get to work in the kitchen with a single hand. Each recipe includes a list of useful tools for cooking and other jobs, so that people who like to cook or prepare meals can regain a large degree of independence. This is a boost to confidence, self-respect and social interactions - and also a treat for the senses. Leading young chef Broes Tavernier of restaurant 't Vijfde Seizoen in Aalter, Belgium helped develop these recipes using healthy seasonal ingredients.

Singularly Delicious is a joint project by the University Hospital of Ghent neurology department and the Thuiszorgwinkel (home help shop) and was developed in connection with European Stroke Awareness Day. Proceeds from this book will be donated to a patient federation for people who have suffered a stroke.

Interested in this cookbook? Send us an e-mail: [hospitalisatie.neurologie@uzgent.be](mailto:hospitalisatie.neurologie@uzgent.be)