

Beverley Jarvis

BIOGRAPHY



Beverley Jarvis has been teaching and writing about cooking since she qualified as a home economist and cookery teacher in the late 1960s. Her guiding principles have developed through many years of working as a home economist, including a stint as head of home economic for the Nestle company, and through writing about food and teaching cookery by way of both cookery demonstrations and her cookery classes.

She has presented a series on microwave cookery for the BBC and appeared on Food and Drink plus morning TV shows. She has published 23 earlier cookbooks including, starting out with Microwave Cooking for Health, published by Penguin.

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