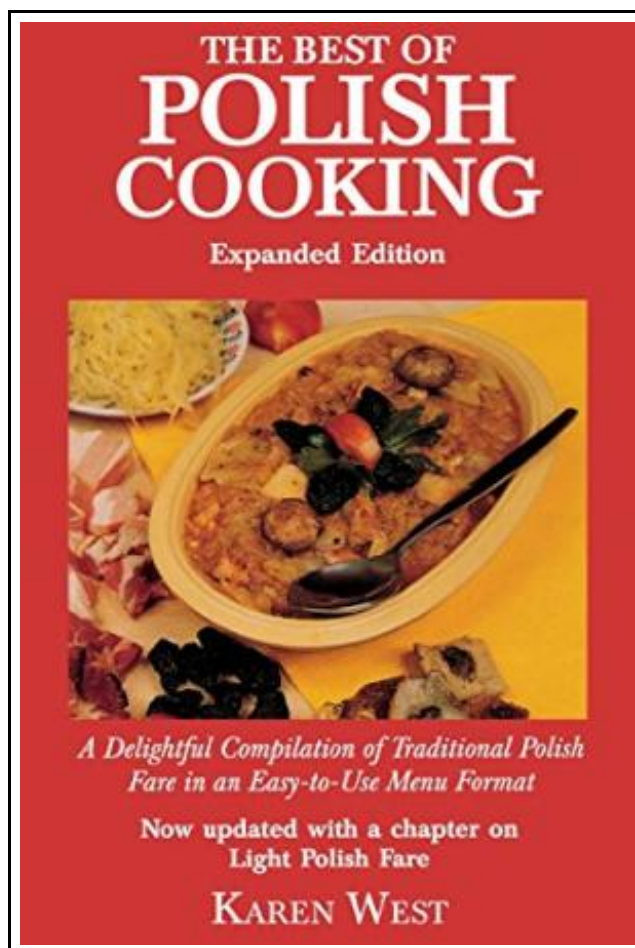


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Hippocrene Books Inc.,U.S. Paperback. Book Condition: new. BRAND NEW, Best of Polish Cooking: A Delightful Compilation of Traditional Polish Fare in an Easy-to-Use Menu Format (Expanded ed), Karen West, First published in 1983, this classic resource for Polish cuisine has been a favourite with home chefs for many years. The new edition includes a chapter of Light Polish Fare with Ingenious tips for reducing fat, calories and cholesterol, without compromising the flavour of fine Polish cuisine. Fragrant herbal rubs and vinegars add panache without calories. Alternatives and conversion table for butter, sour cream and milk will help readers lighten other recipes as well. In an easy-to-use menu format, the author arranges complementary and harmonious foods together -- all organised in seasonal cycles. Inside are recipes for Braised Spring Lamb with Cabbage, Frosty Artichoke Salad, Apple Raisin Cake, and Hunter's Stew. The new Light Polish Fare chapter includes low fat recipes for treats like Roasted Garlic and Mushroom Soup and Twelve-Fruit Brandied Compote.



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