

Sensational skillet - sautés and stir-fries

Bristol Pub. Enterprises - Sensational Skillet: Sautés and Stir Fries, Revised by David DiResta, Joanne Foran, Paperback

Description: -



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Leiden (Netherlands) -- Church history -- 17th century -- Juvenile literature.
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Eichendorff, Joseph, Freiherr von, 1788-1857
Sautéing
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Notes: Includes index.
This edition was published in 2001



Filesize: 70.21 MB

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THE SENSATIONAL SKILLET: Sautés and Stir

It's one of the fundamental ways of cooking food the world over, and The Sensational Skillet combines essential recipes, modern alternatives, and just plain good advice about this must-know cooking method. Overview of Sensational Skillet: Sautés and Stir Fries, Revised Sautéing-or stir-frying-simply means tossing food at high temperatures, with a very small amount of fat, in a good skillet or wok.

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It also means fast food that's delicious, quick to prepare and good for you. In fact, soy not only benefits the heart but also: Reduces the risk of stroke and breast, colon, and prostate cancer Decreases the symptoms of menopause and osteoporosis Slows the progression of arteriosclerosis Protects your kidneys Is a complete protein, offering all eight of the amino acids essential to human health In Sensational Soy, Miriam Jacobs offers taste-tantalizing recipes using soy in all its myriad forms, including tofu, tempeh, miso, soy milk, and soy beans. Hundreds of useful tips ranging from serving suggestions to general cooking information and shortcuts.

Sensational Skillet: Sautés and Stir Fries, Revised Book, Sensati

Tapas, small flavorful dishes in the Spanish tradition, are easy to prepare and can readily be made at home. If you find yourself dreading any more candles on your birthday cake, take some tips from Shirley Mitchell. It also means fast food that's delicious, quick to prepare and good for you.

Sensational Skillet Sautés and Stir

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