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Diabetic Cookery; Recipes and Menus

By Rebecca Wolff Oppenheimer

Theclassics.Us, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1919 edition. Excerpt: .Edible Portion. E. P. means Edible Portions. NOTE It is unnecessary to go into details about the preparation of meats. Boiled meats are not nutritious and therefore not very desirable; they may be served occasionally with sauces. (See Meat Sauces.) Fried meats should be entirely cut out of the Bill of Fare. Steaks and Lamb Chops should be broiled, or pan broiled. Beef, either roasted, or cooked in a casserole. Veal, either roasted, or cooked in a casserole. Veal Cutlets and Veal Chops (use very rarely) breaded, and fried in butter. Lamb roasted, braised, or cooked in a casserole. Pork roasted. Fowl, boiled and served with sauces. (See Meat Sauces.) Spring Chickens, broiled or braised. Chickens, roasted and stuffed, or cooked in a casserole. Turkey, Geese, Ducks, and Capons, roasted and stuffed. Squabs and Pigeons, broiled, braised, and stuffed or cooked in a casserole....



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