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RECIPES FOR SUCCESS: Creating a healthier YOU in your kitchen. THE GREAT GRANNY Diet Vol. 1 (English Edition)

Von JOHN N. CROOK

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Diet Vol. 1 (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Very interesting and helpful.Von Katharine BrechbuehlerA very good book to get you into the cooking that John N. Crook is famous for. Whether Vegetarian, Vegan or meat eater, all basics are explained and I am already looking forward to the next editionAlso some very good tips on hygiene and food preparation. thinks a lot of people are rather lax about

KurzbeschreibungHealthy up to date recipes plus tips and info from an International Personal Chef with 40 years experience.Vegan and Vegetarian plus classic meat and fish recipes..this is a working manual once you master these simple techniques, you can cook anything.This is the first of a series of "common sense" cookery books, based on my extraordinary working experience around the globe.From private palaces on the Persian Gulf to celeb homes in Beverly Hills to cooking on a mountain top in Norway or being hounded by the Foreign Legion in Corsica.KurzbeschreibungHealthy up to date recipes plus tips and info from an International Personal Chef with 40 years experience.Vegan and Vegetarian plus classic meat and fish recipes..this is a working manual once you master these simple techniques, you can cook anything.This is the first of a series of "common sense" cookery books, based on my extraordinary working experience around the globe.From private palaces on the Persian Gulf to celeb homes in Beverly Hills to cooking on a mountain top in Norway or being hounded by the Foreign Legion in Corsica.