

Grandma s Frugal Meals - Easy Tips, Techniques and Old-Time Dishes for Healthy Eating (Paperback)



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(Dorothy Daugherty)

GRANDMA S FRUGAL MEALS - EASY TIPS, TECHNIQUES AND OLD-TIME DISHES FOR HEALTHY EATING (PAPERBACK)

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Grandma s Frugal Meals - Easy tips, techniques and old-time dishes for healthy eating Table of Contents Introduction Grandma s Tips for Food Substitutions How to Make Perfect Yogurt Meat Choosing the right meat To Buy Storing Meat Baked Meat Patties Meat patty Variations How to Cure Your Own Hams Other Food Found Outdoors Rhubarb Jelly Sassafras Jelly Dandelion Greens Luncheon Corn Making Traditional Cornpone Corn Cakes Vegetables How to Store Vegetables Preparing Vegetables for Cooking Steaming Vegetables/Meat Cooking Frozen Vegetables Cooking Canned Vegetables How to Prepare Salads Tossed Salads Cole Slaw Coleslaw Dressing What Is Salad Dressing? Potato Salad Potato Salad Dressing Traditional Mayonnaise Conclusion Author Bio Publisher Introduction Knowing what to cook was as important as knowing how to cook, for grandma. She also learned how to make the best of whatever was in front of her, from her grandmother, and so on for centuries. Millenniums ago, her ancestors when gathering in the woods for herbs and vegetables while the menfolk of the family trapped and hunted for meat, game and anything else edible and delicious. It was then grandma s many times great-grandmother s job to make all these ingredients into something delicious and healthy as well as palatable and nourishing. So she used her instinct and her creativity to make delicacies with the ingredients available at hand. Although science-fiction already has stories about scientists making complete little nutritional packages in the shape of pills that are going to take the shape of food in the coming centuries, we are very fortunate that we do not have to face that sort of blandness in our meals today. We still have the good fortune of going...

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