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Chicken is a favorite for just about everybody and its low in fat! So grab your copy today of 300 Chicken Recipes and you can be making mouthwatering meals for your family or friends tonight! Chicken is one of Americas favorite foods and many different dishes can be created with Chicken! With this collection of

Chicken Recipes your sure to find something everyone in your family will like! Youll find recipes in here for Casseroles, Enchiladas, Appetizers, Pot Pies, and more! Ive put together a small sample of just some of the recipes youll find in this ebook.

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Of Flounder * Fish Salad With Vinaigrette * Fish Chowder * Salt Fish Souffle * Sardine Salad * Salmon
Mold * Salmon En Maigre * Salmon Steaks * Trouts En Maigre * Turbot A La Creme * Scalloped Oysters
* Steamed Clams * Lobster Soup * Lobster A La Newburg * Bisque Of Crab * Shrimp A La Salle *
Drawn-butter Sauce * And many, many more! Share these great seafood recipes with your family and
friends today. Grab your copy of The Fish & Shell-Fish Recipes Cookbook and impress your family,
friends or loved ones tonight!

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===== E-BOOK : 4 *New!*EGG Recipes with - resell rights - PDF file with 45 pages. -

Over 100 recipes. COOKING OF EGGS Any single food containing all the elements necessary to supply
the requirements of the body is called a complete or typical food. Milk and eggs are frequently so called,
because they sustain the young animals of their kind during a period of rapid growth. Nevertheless,
neither of these foods forms a perfect diet for the human adult. Both are highly nutritious, but incomplete.
Served with bread or rice, they form an admirable meal and one that is nutritious and easily digested. The
white of eggs, almost pure albumin, is nutritious, and, when cooked in water at 170 degrees Fahrenheit,
requires less time for perfect digestion than a raw egg. The white of a hard-boiled egg is tough and quite
insoluble. The yolk, however, if the boiling has been done carefully for twenty minutes, is mealy and
easily digested. Fried eggs, no matter what fat is used, are hard, tough and insoluble. The yolk of an egg
cooks at a lower temperature than the white, and for this reason an egg should not be boiled unless the
yolk alone is to be used. Ten eggs are supposed to weigh a pound, and, unless they are unusually large
or small, this is quite correct. Eggs contain from 72 to 84 per cent. of water, about 12 to 14 per cent. of
albuminoids. The yolk is quite rich in fat; the white deficient. They also contain mineral matter and
extractives. To ascertain the freshness of an egg without breaking it, hold your hand around the egg
toward a bright light or the sun and look through it. If the yolk appears quite round and the white clear, it is
fresh. Or, if you put it in a bucket of water and it falls on its side, it is fresh. If it sort of topples in the water,
standing on its end, it is fairly fresh, but, if it floats, beware of it. The shell of a fresh egg looks dull and
porous. As it begins to age, the shell takes on a shiny appearance. If an egg is kept any length of time, a
portion of its water evaporates, which leaves a space in the shell, and the egg will rattle. An egg that
rattles may be perfectly good, and still not absolutely fresh.

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