

# Matza Lazar Recipes--everything And More - , Theda Mary Lazar

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The very first cookbook formed from a centenarian's daily diet. My greatgrandfather George is the inspiration for this book. He lived to be over one hundred years old, always claiming the secret for such long life being his daily diet. His recipes have been passed down in my family for over five generations. Consisting of two chapters, special holiday menu items like cabbage rolls and perogies, a variety of different cultures and many ready quick meals. Some recipes supported by photo illustrations ensuring instructions to be foolproof. Chapter one contains George's daily tips on health and food, a wide range of special tips, from buying food to techniques in cooking, all promoting better physical fitness and mental health, followed by holiday celebration menu items Matza presented to the dinner table every Christmas, New Year's, Easter and Thanksgiving, in our Ukrainian tradition. Chapter two contains a menu variety of different cultures; such as, Ukrainian, Seetish, Italian, Chinese, Jamaican, Indian, Canadian and more. Healthy recipes for soups, casseroles & stews, fish, meat, vegetables, poultry, pasta, batters, marinates & brines, gravies, rice, desserts & pastries, and more. Included also are individual tips subsequent to recipe instructions for simplicity in making the meal and for increased health benefits. Centenarians are living proof that when you eat healthy, you live longer. I hope you enjoy these recipes as much as our families have and begin exercising healthy eating daily in your own lives. Author: Lazar, Kristina Dawn Author: Lazar, Theda Mary Publisher: Hamilton Publishing Illustration: Y Language: ENG Title: Matza Lazar Recipes--Everything and More Pages: 00000 (Encrypted EPUB) On Sale: 2011-01-10 SKU-13/ISBN: 9780986535406 Category: Cooking : History

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