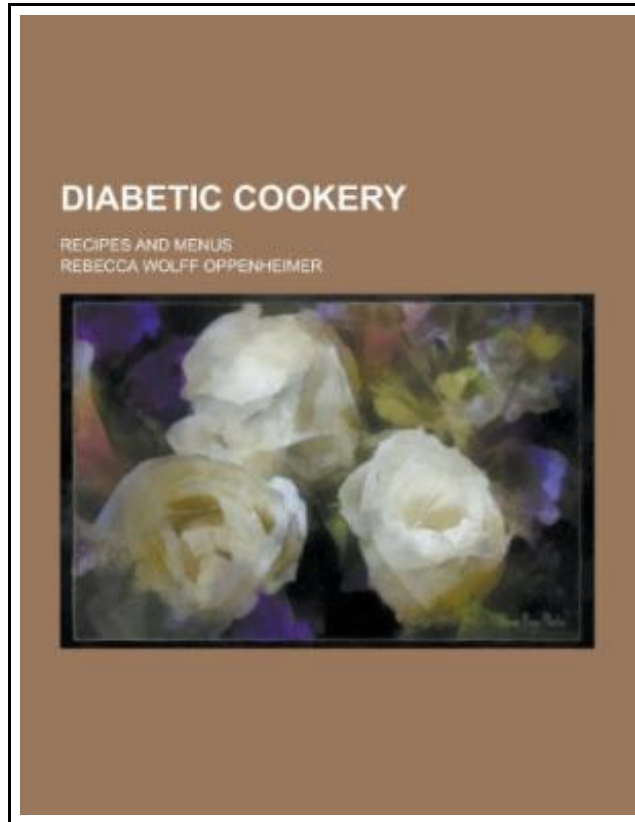


Diabetic Cookery; Recipes and Menus



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Reviews

Excellent electronic book and helpful one. It usually does not cost a lot of. I am quickly will get a pleasure of reading through a written publication.

(Bernardo Feeney Jr.)

DIABETIC COOKERY; RECIPES AND MENUS



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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. Small birds, i. e., Quail, Partridge, Plover, Reed Birds, etc., are good either broiled, pan broiled, or braised. Larger birds, such as Canvasback, or other Wild Ducks, Snipe, Grouse, and Wild Turkey, are best roasted. Venison, best roasted. How To Braise Meat, Use pan with close-fitting lid. Wipe meat, poultry, or game; remove most of the fat. Season. Heat butter or drippings boiling hot in pan; sear meat on both sides; add a little boiling hot stock and cover tightly. Draw pan to back of stove, and let the contents simmer until tender. How To Broil Meat Wipe meat, poultry,...



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