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Cut Up and Cook

Merle Ellis

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Cut Up and Cook

Merle Ellis

Cut Up and Cook Merle Ellis
This is the companion book to the National Public Television cooking series by the same name. Merle and Neva share their secrets for eating well for less money by doing a little "cutting up in the kitchen" before you cook. The book includes step by step instructions for cutting up meats and poultry plus over 160 delicious recipes. The emphasis in both the book and the television series is on eating better for less. Both feature money and time saving tips on meat selection and meal preparation plus a whole lot more.

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