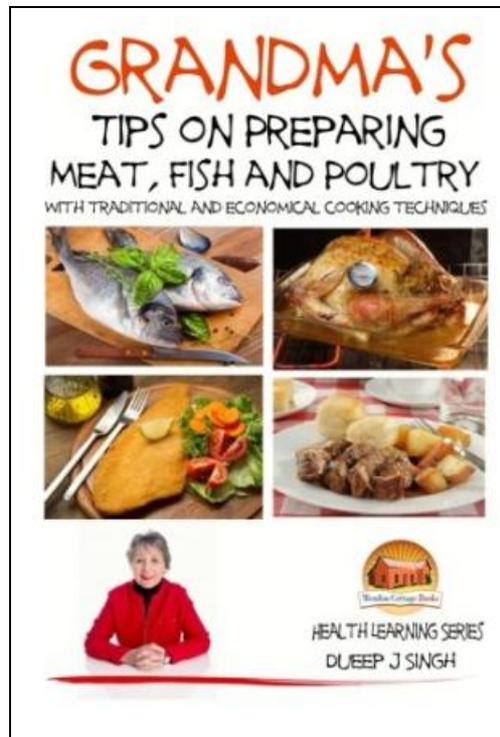


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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Table of Contents Introduction Poultry Selecting Poultry in the Market. Selection of Poultry by Weight How to Roast Poultry Poultry Stuffing How Useful Is A Meat Thermometer Approximate Roasting Times at 325 F Poultry Giblets Defrost before cooking, whenever possible Fried Chicken Braised Chicken Stewed Chicken Dumplings for Chicken Fish How to Select the Best Fish Cooking Fish the Healthy Way Broiled fish Tuna Salad with Sour Cream Dressing Baked Fish Steaks and Fillets Poached fish Baked Stuffed fish. Bread stuffing Court Bouillon Pan Fried Fish Traditional Fish and Chips Meat Choosing the Right Meat To Buy Storing Meat How to Roast Meat Rotisserie Roasting Best Cuts to Roast How to Cook a Frozen Roast Approximate Roasting Time at 325 F Making Brown Gravy Cuts for Broiling and Pan Broiling How to Broil To Broil Frozen Meats Pan Broil Approximate Broiling Time for Meats. Braising Meat To Pot Roast Braising Frozen Meat Simmering and Stewing Cuts to Stew or to Simmer Pork Chops And Sauerkraut Pan Fried Liver Conclusion Author Bio Publisher Introduction A number of us who are interested in feeding our families on a limited budget may find ourselves looking for shortcuts, especially when we are buying meat and poultry. We may want to make do with low quality meat products, because that is what we can afford. There was a time when grandma also faced this same problem, especially when grandfather did not have too much money to put into the family budget purse. That is why she needed to use all her creativity and ingenuity to choose the best meat products to feed a large family.



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