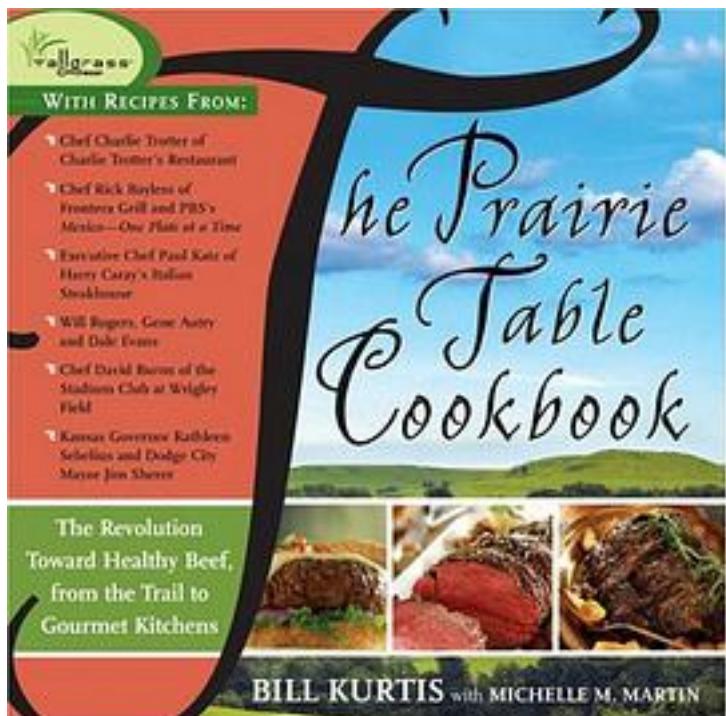


# The Prairie Table Cookbook



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著者:Kurtis

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The Prairie Table Cookbook provides both a fascinating history book and functional cookbook of great tasting recipes. Tallgrass Beef represents a return to ?classic? ranching- grass-fed, grass-finished cattle that produce meat that consistently tastes better and is better for you than grain-fed modern methods realize. Statistics show that demand for organic and natural food is increasing 20 percent per year, and Tallgrass itself is growing 20 percent each month. The Prairie Table Cookbook will immerse readers in the cowboy's world, with anecdotes, letters and photographs from the heyday of the Kansas cattle trade. Historical recipes ?from the trail? sit next to their modern equivalents, using Tallgrass Beef. Celebrity chefs, such as Rick Bayless of

Frontera Grill, supply their favorite recipes and insights about the grass-fed beef movement.

作者介绍:

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