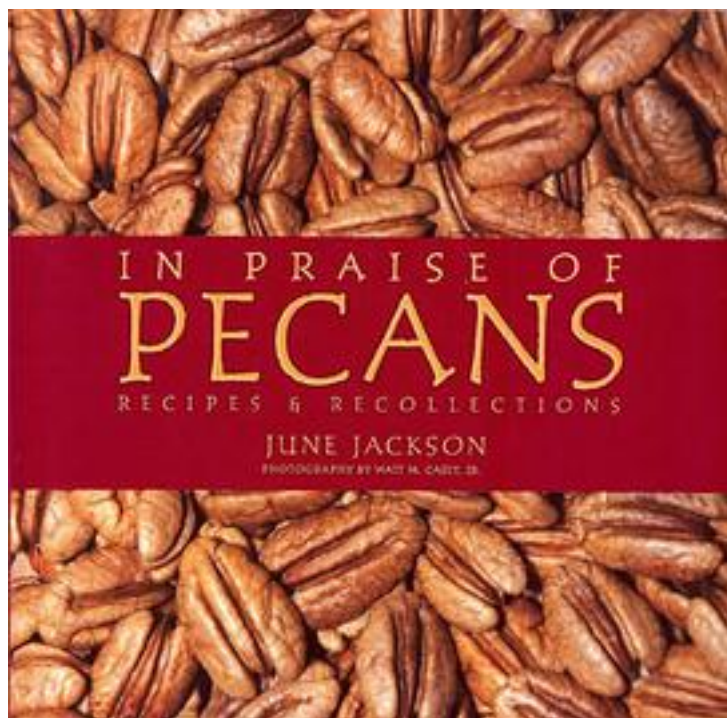


In Praise of Pecans



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著者:Jackson, June/ Casey, Watt M., Jr. (PHT)

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Long before pecan pie and pralines, the Native American population both feasted and subsisted on pecan nutmeats. Then, as now, the majestic trees - native only to the United States and parts of Mexico - dotted the landscape, providing nourishment and beauty, giving a double meaning to 'Native American Nut'. History tells us there's much more to the pecan than pie. The recipes in this book - over 100 of them - lead us to use pecans in salads, entrees, breads, sides and snacks, enhancing our daily fare with round-the-clock delectability. Seldom do flavour, nutrition and a "good read" go so well together!

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