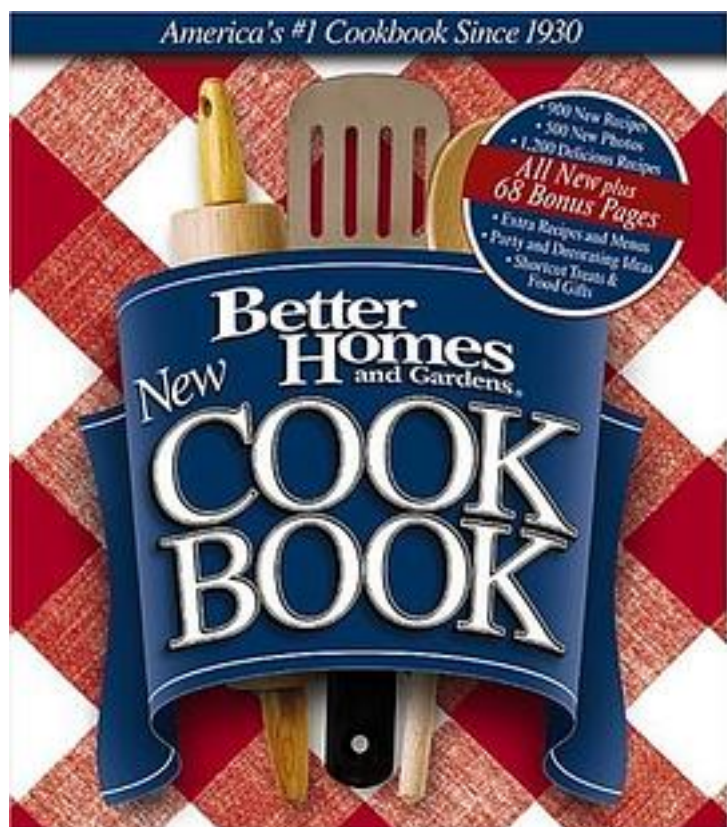


Better Homes and Gardens New Cook Book



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著者: BH&G Editors

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Featuring over 1200 recipes--600 of them brand new--the Better Homes and Gardens New Cook Book has been newly revised and updated, making American's favorite cookbook even more indispensable than ever. This Eleventh Edition is written specifically for the today's health-conscious cooks who are leading hectic and busy lives. With menu planning, cooking tips on low-fat and no-fat meals, and a guide to cooking terms, techniques and helpful hints from the Better Homes and Gardens Test

Kitchen, this is a sourcebook for all who find themselves in the kitchen. The New Cook Book covers everything from cooking basics to canning and freezing, breads and cakes to fish and shellfish, and meat and poultry to soups and stews. There are recipes for sauces and relishes, and sumptuous cookies and desserts. In addition there is a new chapters on Beans, Rice and Grains and a special chapter on Grilling.

Many of the recipes are designed for cooks on the go and preparation and cooking times are included for each recipe. Moreover, nutritional information is given for each recipes, and those low fat and no fat recipes are highlighted.

For generations, novices and experienced cooks alike have relied on the Better Homes and Gardens New Cook Book for recipes that combine excellent flavor, ease of preparation, and balanced nutrition. Now completely revised and updated, America's bestselling cookbook promises to continue that tradition,

作者介绍:

目录:

[Better Homes and Gardens New Cook Book_下载链接1](#)

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