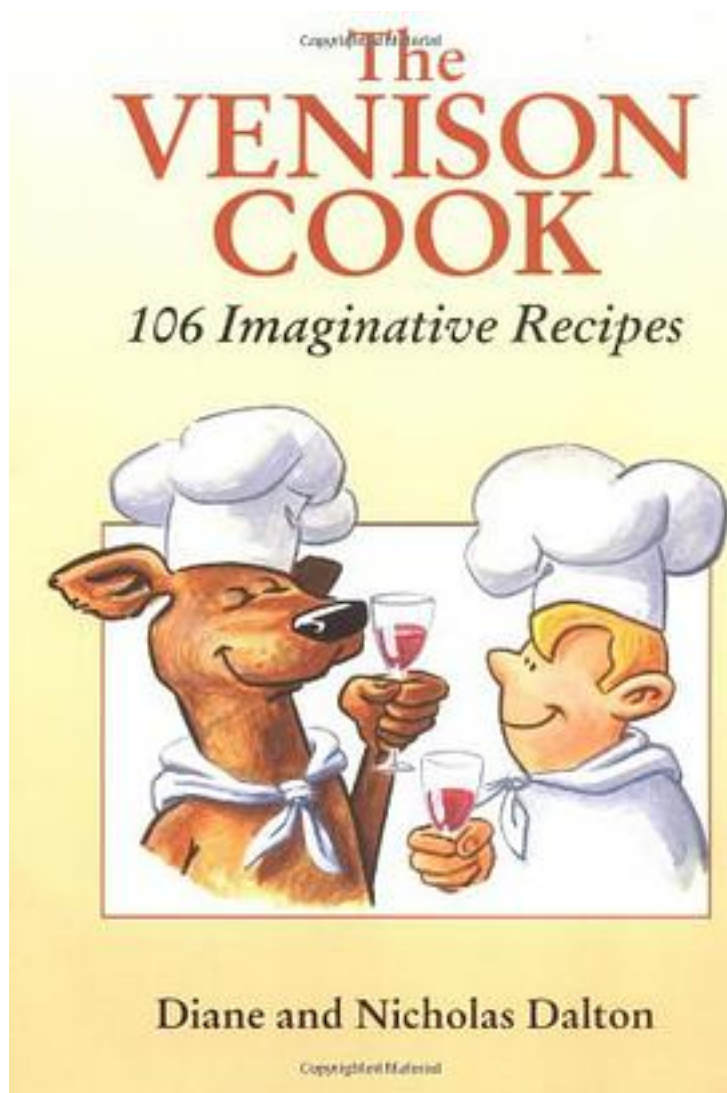


# The Venison Cook



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Venison is one of the original freerange, additive-free meats, low in fat and cholesterol and gaining popularity by leaps and bounds in this health-conscious age. Here are 106 recipes ranging from soups and cold buffets through to the more challenging and exotic dish for that special occasion, all making the most of this delicious meat. The authors give practical advice on species, culling and seasons, preparation of meat and marinading, as well as a wealth of suggestions and new ideas for combinations of ingredients. The authors' easy style is complemented by an entertaining series of Matthew Lawrence cartoons throughout.

作者介绍:

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