

Everyday Easy Chicken



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"Everyday Easy: Chicken" is a single-ingredient resource for chicken lovers. Six "recipe choosers" at the start of the book act as an instant reference for cooks in a hurry. A useful techniques section covers all the preparation methods you may need step-by-step. Icons with each recipe indicate serving proportions, prep. time, cooking time, and - where relevant - low fat, low GI, special equipment, and freezability. Other

handy extras include: "Prepare Ahead" information and "Good With ..." tips.

作者介绍:

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