



Cut Up and Cook

Merle Ellis

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This is the companion book to the National Public Television cooking series by the same name. Merle and Neva share their secrets for eating well for less money by doing a little "cutting up in the kitchen" before you cook. The book includes step by step instructions for cutting up meats and poultry plus over 160 delicious recipes. The emphasis in both the book and the television series is on eating better for less. Both feature money and time saving tips on meat selection and meal preparation plus a whole lot more.

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From reader reviews:

Doris Rice:

Spent a free time and energy to be fun activity to perform! A lot of people spent their sparetime with their family, or their own friends. Usually they accomplishing activity like watching television, planning to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Could possibly be reading a book could be option to fill your free time/ holiday. The first thing that you ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the e-book untitled Cut Up and Cook can be very good book to read. May be it is usually best activity to you.

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