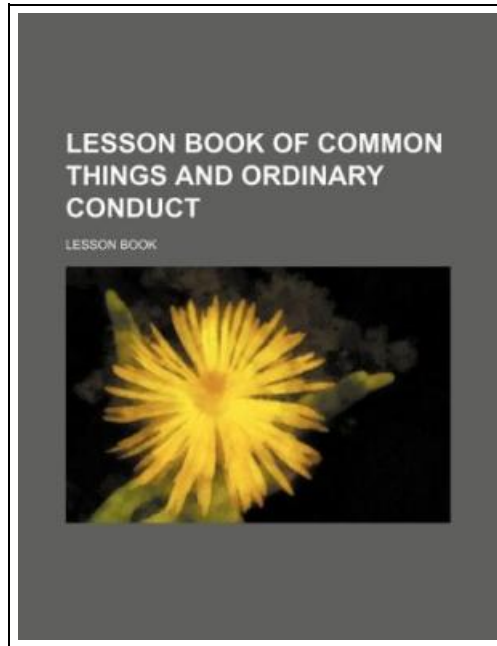


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Absolutely among the best publication I have got at any time go through. It really is written in straightforward phrases rather than hard to understand. Its been designed in an extremely straightforward way which is just soon after i finished reading this publication through which basically modified me, alter the way i believe.

(Mrs. Velda Tremblay)

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Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1854 Excerpt: .In roasting, from the greater evaporation of the water, and the melting away of the fat, meat loses more weight than by boiling--not less than a third, while by boiling, rather less than a fourth is lost. It is an error to beat or squeeze meat before cooking, for by the loss of the juices, it is rendered comparatively tasteless. The first step is to subject it to a sudden and strong heat, because thereby the fibres contract Nature s Table. 31 and keep in the juices. Hence, for boiled meat, the pot of water should be boiling before the meat is put in; unless, indeed, when beef-tea or barley-broth is wanted, the opposite object being then sought; namely, to extract the juices. Guided merely by their sensations, men have, in the course of time, come to find, what science now confirms, that it is not good to live too much on one kind of food, and that there are certain articles which it is well to put together in diet. To vary our fare, and bring certain things together for our meals, is attended with the good effect of making the abundance of fat, starch, gluten, or other substance, in one article, compensate for its want in another. Thus, the fat of butter and cheese makes up for its small proportion in common bread. The fat of bacon, in like manner, remedies its deficiency in eggs, and abates the constipating quality of the latter article....

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