New ideas and old favorites... plus pages and pictures that show you exactly what to do to prepare the meat you buy for successful meals.
250 Ways to Prepare MEAT

How to Buy Meats Economically
Preparation of Frozen Meats
Charts of Retail Meat Cuts
Time and Temperature Tables
Beef - Lamb - Pork
Veal - Sausage - Game
Liver - Brains - Sweetbreads
Heart - Tongue - Tripe - Kidneys
Stuffings and Sauces

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