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Cultured Foods, Wendy Zeffertt, Jan 1, 1999, Cooking, 117 pages. The enzymes and lactic-acid bacteria in cultured or fermented foods maximise the flavour and nutritional value. Includes sections on how to make your own: yoghurt and kisiel.

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Everyday Tofu From Pancakes to Pizza, Gary Landgrebe, 2000, Cooking, 110 pages. Did you know that you can use tofu to make chilli, tamales, lasagne, spaghetti, pizzas, waffles, cookies, muffins, even cheesecake? This cookbook offers simple yet great.

Steam Cooking, Sallie Morris, Kim Chung Lee, Deh-Ta-Hsuing, 2003, Cooking, 64 pages. China, Japan, and South-east Asia produce some of the world's most exciting cuisines, and they all share a love of steamed food. Steaming food produces an enticing mix of.

The new guide to vegetables a comprehensive cook's guide to identifying, choosing and using the vegetables of the world, Christine Ingram, Oct 1, 1997, Cooking, 128 pages. The choice of fresh vegetables is huge and many cooks need guidance on what to look for when buying ordinary and exotic types. Christine Ingram has travelled widely and in this.

Cooking for special diets, Bee Nilson, 1971, Cooking, 458 pages. .

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Your Good Health How to Stay Well, and what to Do when You're Not, William Bennett, Stephen E. Goldfinger, G. Timothy Johnson, 1987, Health & Fitness, 510 pages. Presents self-care advice for treating and preventing minor and common ailments, suggestions for healthier lifestyles, and, information on the diagnosis and treatment of diseases.

Beetroot The Vitality Plant & Its Medicinal Benefits, Margaret Briggs, 2007, Beets, 159 pages. .

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The Complete Book of Vegetarian Cooking, Christine McFadden, Oct 1, 1996, Cooking, 256 pages. Summary: Vegetarian meals for all occasions including quick and easy meals, barbeques, and more formal entertaining. Introduction provides advice on nutritional basics..

Wild Sourdough The Natural Way to Bake, Yoke Mardewi, 2009, Cooking, 223 pages. Containing over 50 mouthwatering recipes, this book also explains natural grain fermentation method..

Social Theory and Philosophy for Information Systems , John Mingers, Leslie P. Willcocks, Apr 8, 2005, Business & Economics, 472 pages. As Information Systems matures as a discipline, there is a gradual move away from pure statistics towards consideration of alternative approaches and philosophies. This has notMendelssohn, Time and Memory The Romantic Conception of Cyclic Form, Benedict Taylor, Oct 27, 2011, Music, . Felix Mendelssohn has long been viewed as one of the most historically minded composers in western music. This book explores the conceptions of time, memory and history found

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