



Cooking at the Academy

Thomas A., Ph.D. Bloom, Johnathan Robinette

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Opening with a clear and thorough primer on techniques such as sauteing, roasting, grilling, poaching, and steaming, this book streamlines the preparation process by simply numbering individual steps required. A nutritional analysis of each of the 90 dishes presented is provided in a handy table. 16 color photos.

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