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By Shaun Hill

Octopus Publishing Group, United Kingdom, 2008. Paperback. Condition: New. Language: English . Brand New Book. Shaun Hill explains how your choice of ingredients and cooking processes affects the flavour and texture of your meal exploring which cuts of meat suit grilling, roasting, stewing or frying and explains that if you marinade meat it will become more tender; caramelise it and you'll seal in the flavours; cook it slowly and you'll tenderise it while imbuing it with the flavours of the other ingredients. The book is divided into three sections: Essentials (taste combinations, equipment and balance in a meal), Ingredients (buying, storing, preparing and serving) and Cooking Techniques (the different ways in which ingredients can be cooked). Recipes are used to demonstrate the points, making this an inspirational cookbook as well as an invaluable kitchen handbook.

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