



To Serve Man: A Black Widow's Cookbook

Quinne Darkover

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A cookbook more like the days gone-bye-bye. Over 100 recipes that are made the old way, before people started counting calories, carbs and all the other killer things. Any Doctor will cringe at most of these recipes, but they will also tell you that, if it is a once in a while thing, that a splurge is OK. Some are bad no-no's, just plain killer, some are so-so, and some are pretty good for you. The common thing is, they are GREAT. These recipes are not heavy on the "heat" but you can easily add to the recipes. Use the blank space at the bottom of the recipes to make notes. Most of them are simple and try to keep the ingredients few. There is a chapter for cat and dog meals and treats. The chapter ' Things You Need ' has recipes that you can use for more than the base recipes in the book, bread bowls, croutons, Nacho chips and more. You will see I am biased a bit towards bacon and rice. ENJOY !

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