



Phast Food: Frugal Feasting (Paperback)

By Michael Celata

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.About this cookbook and its cover design: Phast isn't just an odd way to spell Fast; it is a real word that means To express satisfaction in an object. We define frugal as judiciously economical. The image on the front cover is from a World War II poster that was used to assure Americans that, despite the food rationing that was in effect, no one needed to go hungry. In support of that claim, the government published recipes that made the best use of the types of food that were readily available. This cookbook contains government-developed recipes that serve the same purpose, but with contemporary meal choices in mind. The recipes were created with balanced nutrition and economy as their guiding principles. Taken together, the Phast Food cover shows the background of the recipes, and how they will leave diners feeling. And they do all of that without sacrificing quality or flavor for the sake of saving money.



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Reviews

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This ebook will be worth buying. It usually fails to price an excessive amount of. You wont feel monotony at whenever you want of your respective time (that's what catalogs are for regarding in the event you check with me).

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