

Sheet1

RNLNAME,C,40	KING,C,30
1 TABOULI	bulghur/tomatoes/cucumber
2 LO-CAL SALAD DRESSING	orange juice/spices/vinegar
3 DANDELION WINE	dandelion flowers/sugar/yeast
4 CHICKEN MARINADE	chicken/italian dressing
5 PROSCUITTO W/ COLD LEEKS IN DILL SAUCE	leeks/butter/proscuitto/spices
6 COOKING ARTICHOKEs	artichokes
7 ALLIUM STELLATUM (INFORMATION)	none
8 VERY HOT CAJUN SAUCE FOR BEEF	onion/jalipenos/stock/spices
9 STUFFED ARTICHOKEs	artichokes/cheese/breadcrumbs
10 ALCHOHOL IN COOKING (PART 1)	none
11 ALCHOHOL IN COOKING (PART 2)	none
12 ALCHOHOL IN COOKING (PART 3)	none
13 CROCKPOT PORK CHOPS	porkchops/onion/potatoes
14 ADDRESS FOR TIFFANY HALL-GRAHAM	none
15 ORANGE COCOA CAKE	cocoa/orange peel/flour/milk
16 ORANGE BUTTERCREAM FROSTING	sugar/orange peel/margarine
17 CHEESECAKE	graham/cream cheese/sour cre
18 CRANBERRY PORK CHOPS	pork/cranberries/flour
19 CHICKEN PARISIENNE	chicken/wine/mushroom soup
20 BUTTERMILK FRIED CHICKEN	chicken/buttermilk/spices
21 FRIED CHICKEN	chicken/flour/cooking oil
22 CORNISH HEN GRILLED DIABLE	cornish hens/pepper/butter
23 CHICKEN AND SAUSAGE GUMBO	chicken/pork sausage/stock
24 CAT-TAIL FLIPS	cat-tails/flour/eggs/sugar
25 YELLOW RICE	rice/sausage/stock/mushrooms
26 FRIED CHICKEN	chicken/flour/oil
27 RED DEVIL'S FOOD CAKE	flour/chocolate/sugar/eggs
28 CREAMY VANILLA FROSTING	sugar/butter/vanilla/milk
29 KIT'S CHOCOLATE MOUSSE	chocolate/sugar/eggs/cream
30 BROWNIE COOKIES	chocolate/flour/sugar/eggs
31 MEAT MARINADE	olive oil/soy sauce/spices
32 BANANAS FLAMBE	banans/cherries/butter
33 BANANAS AU RHUM	bananas/orange juice/butter
34 CRAB SALAD	crab/avocado/carrot/bread
35 APRICOT GLAZED CHICKEN	chicken/apricot preserves
36 CROCKPOT BEANS AND HAM HOCKS	beans/ham hocks/onion/celery
37 MARINADE FOR FLANK/SKIRT STEAKS	beer/soy sauce/oil/spices
38 LEMON BASIL MARINADE FOR FISH OR CHICKEN	wine/basil/lemon/olive oil
39 CHINESE STYLE PAELLA	chicken/mushrooms/shrimp/rice
40 FRESH PEACH SHERBET	milk/peaches/orange juice
41 HOW TO USE GINGER ROOT	none
42 MIKE AVERY'S BARBEQUE SAUCE	tomato sauce/vinegar/spices
43 SOUR MILK (SUBSTITUTION)	milk/vinegar/lemon juice
44 MEXICAN STUFFED CHICKEN	chicken/bread crumbs/cheese
45 CREAMY COLESLAW	cabbage/vinegar/sour cream
46 COLESLAW BON APPETIT	cabbage/vinegar/cream/spices
47 MARINATED COLE SLAW	cabbage/red cabbage/carrots
48 SMOKED NUTS	nuts/smoker

Sheet1

49 JIFFY SMOKED FISH PATTIES
50 SMOKED BEANS

fish/eggs/crumbs/onion
pork/beans

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