

Sheet1

RNLNAME,C,40	KING,C,30
1 CANTELOUPE PICKLES	cantaloupe/vinegar/syrup
2 OMELETTY WEST'S GINGERBREAD PANCAKES	flour/eggs/buttermilk/spices
3 POPPYSEED DRESSING	vinegar/sugar/poppyseeds
4 PHILADELPHIA STEAK SANDWICH	beef/onions/roll/cheese
5 CHIPPED BEEF	meat/flour/butter/milk
6 LEMON CHICKEN	chicken/lemons/stock/mint
7 CREOLE OKRA	okra/tomatoes/onion
8 RED BEANS AND RICE	beans/rice/sausage/spices
9 TROUT MENUIRE	trout/butter/lemon/spices
10 TROUT AMANDINE	trout/almonds/butter/lemon
11 SMOTHERED CABBAGE	cabbage/ham/onion
12 JAMBALAYA	sausage/tomatoes/rice
13 HONEYCOMB TRIPE	tripe/mustard/sugar/flour
14 CREOLE TOMATO SEEDS (SOURCE ADDRESS)	none
15 ORLEANS COFFEE EXCHANGE (INFORMATION)	none
16 GOTO (A FILIPINO RICE SOUP)	tripe/rice/onion/water
17 US-CHINA FRIENDSHIP ASSOCIATION	none
18 PIZZA ENGLISH MUFFINS	english muffins/sauce/meat
19 DAFFODIL CAKE	flour/sugar/eggs
20 ALMOND SQUARES	flour/egg/sugar/almonds
21 ALMOND MACAROONS	almond paste/sugar/egg
22 LEMON-MUSTARD VINAIGRETTE	lemon/mustard/oil/pepper
23 RADICCHIO & AVOCADO SALAD W/CHEESE	cheese/raddichio/avocadoes
24 TRESSA'S WATERMELON RIND PICKLE	watermelon/vinegar/spices
25 LA GOLD PEPPER SAUCE (ADDRESS)	none
26 BARQ'S ROOTBEER (ADDRESS)	none
27 REAL CHOCOLATE BREAD	cocoa/flour/sugar/yeast
28 WHOLE WHEAT MUFFINS	flour/sugar/egg/milk/oil
29 BEST EVER MUFFINS	flour/sugar/egg/milk/oil
30 BETTER THAN SEX CAKE	cake mix/sour cream/chocolate
31 BROCOLLI CHEESE SOUP	broccoli/cheese/cream/stock
32 QUICK & EASY SUPPER CREPES	lunch meat/cheese
33 COLE SLAW	cabbage/sugar/cream/vinegar
34 ALMOND COOKIES	sugar/eggs/almonds/lard
35 BETTER THAN SEX CAKE	cake mix/pudding/chocolate
36 BETTER THAN BETTER THAN SEX CAKE	cake mix/pineapple/pudding
37 GINGER BEER	ginger/yeast/sugar/toast
38 ALMOND COOKIES	almonds/flour/lard/egg
39 BASIC TRIPE PREPARATION	tripe
40 TRIPE IN COURT BOULLION	tripe/spices/onion
41 BROILED TRIPE	tripe/flour/butter/crumbs
42 FRIED TRIPE	tripe/crumbs/oil
43 CURRIED TRIPE STEW	tripe/tomato/stock/carrots
44 TRIPE GRATINEE	tripe/bacon/mushrooms/cheese
45 JAMAICAN JERK CHICKEN	chicken/spices/soy/vinegar
46 HAPPY PANCAKES	rice flour/pork/mushrooms
47 MEE KROB	rice vermicelli/pork/chicken
48 NUOC CHAM (CHILI SAUCE)	chilies/garlic/sugar/vinegar

Sheet1

49 TAENG KWA BRIO WAN
50 THAI FRIED CORN CAKES

cucumber/onion/vinegar/chili
corn/flour/soy/egg/oil

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