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Autore	Raichlen Steven
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Nota di contenuto	Intro -- TITLE PAGE -- COPYRIGHT -- TABLE OF CONTENTS -- DEDICATION -- ACKNOWLEDGMENTS -- INTRODUCTION -- Appetizers -- Soups -- Salads -- Breads and Pizzas -- Egg Dishes, Crêpes, Tortillas, and Tamales -- Pasta and Noodle Dishes -- Fish -- Poultry -- Meat -- Vegetables -- Rice, Grain, and Bean Dishes -- Sauces and Condiments -- Desserts -- Beverages -- Basic Recipes -- METRIC GUIDELINES -- NEWSLETTERS.