



What The 4-Hour Chef Didn't Tell You!

Marty Richardson

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Do You Want To Learn To Cook? Are You Experiencing A Crisis Of Confidence In The Kitchen?

Here are 6 Reasons To Read This Book, Especially If You Have Quit Trying To Learn How To Cook

#1) You will learn how and where to buy the best quality ingredients, treat them simply, and let their flavors win you praise. The more you know about your ingredients, the easier it is to shop and the better your finished dishes. Shopping is almost as important as cooking!

#2) It is easier to learn to cook BEFORE you start using recipes! Knowing how to cook quality ingredients (meat, fish, chicken, vegetables, etc...) using different methods of preparation, and when they are properly cooked, is the foundation to ensure your success.

#3) If you are just getting started, DO NOT go out and buy an expensive set of pots and pans. Begin with what you have. You will discover how to determine what equipment to buy and suggestions about where to buy it for the best value.

#4) Understanding methods of preparation or cooking techniques may be the most challenging aspect of cooking. What method are you going to use to heat your food? Begin by learning which foods are best cooked using which method. They are relatively easy to describe, but take practice to master.

#5) Are you frustrated because different dishes are never done at the same time? There is a simple secret to show you how to use your oven or microwave timer to get all the food on the table at the same time.

#6) Clean. Separate. Cook. Chill. The FDA outlines these four areas for you to control food borne illnesses in your home, whether you cook or not. When you realize how bacteria is transferred, it is easy to prevent cross contamination.

Discover this information, and much, much more... If you follow the simple steps, you will be hearing compliments on your food in no time. In fact, you can get started with just a few hours a week!

Check out the "STEAK TIPS" found in boxes throughout the book. This is the information you need to know before you crack open a cookbook. Whether you want to learn to cook or you already know your way around the kitchen, this book will help you be a better cook.

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