



## Healthy Eating - Introduction to Egg and Cheese Dishes (Paperback)

By John Davidson, Dueep J Singh

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Healthy Eating - Introduction to Egg and Cheese Dishes Table of Contents Introduction Eggs How to know whether Eggs Are Fresh How to Store Eggs Tips on Cooking Eggs Poached Eggs Fried Eggs Scrambled Eggs Traditional French Scrambled Eggs Managing Egg Mixtures Beating Egg Whites Successfully Basic Egg Omelette How to Cook Eggs in the Shell Soft Cooked Eggs Hard cooked Eggs Making the Perfect Omelette French Omelettes Spanish Omelettes Making Perfect Custards Making Perfect Souffles Egg Cheese Souffle Cheese Storing Cheeses How to Cook Cheese Swiss Toast with Scrambled Eggs Conclusion Authors Bio Publisher Introduction One may wonder why I am writing a book on egg- cheese, because after all, this is such a common topic, and one knows all about nutritious egg and cheese combinations. But then, this book is going to tell you all about the tips and techniques with which you can eat healthy, with just some egg and cheese dishes added to your healthy diet. Also, a friend of mine was browsing through some of my books, and she just told me, all...



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