



The Real Book on How to Cook: Secrets Mother Never Told You

Faith Knight

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****Recently named 'Best Cook Book' of 2013 by the African American Literary Awards**** Know anyone who can't cook but would love to learn? The Real Book on How to Cook is specifically created for new cooks to teach them the basics rarely found in traditional cookbooks, such as how to compare recipes, how to choose vegetables or meat, and what seasonings to use with what dishes. It even has FAQs to answer the new cook's most common questions. Faith Knight uses her own method called P.O.T.S to take you from A to Z so the new cook can build confidence and create great meals.

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