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Cereals And Their Preparation.

Cereal is the name given to those seeds used as food (wheat, rye, oats, barley, corn, rice, etc.), which are produced by plants belonging to the vast order known as the grass family. They are used for food both in the ungrounded state and in various forms of mill products.

The grains are pre-eminently nutritious, and when well prepared, easily digested foods. In composition they are all similar, but variations in their constituent elements and the relative amounts of these various elements, give them different degrees of alimentary value. They each contain one or more of the nitrogenous elements, gluten, albumen, casein, and fibrin, together with starch, dextrin, sugar, and fatty matter, and also mineral elements and woody matter, or cellulose. The combined nutritive value of the grain foods is nearly three times that of beef, mutton, or poultry. As regards the proportion of the food elements necessary to meet the various requirements of the system, grains approach more nearly the proper standard than most other foods; indeed, wheat contains exactly the correct proportion of the food elements.

Being thus in themselves so nearly perfect foods, and when properly prepared, exceedingly palatable and easy of digestion, it is a matter of surprise that they are not more generally used; yet scarcely one family in fifty makes any use of the grains, save in the form of flour, or an occasional dish of rice or oatmeal. This use of grains is far too meager to adequately represent their value as an article of diet. Variety in the use of grains is as necessary as in the use of other food material, and the numerous grain preparations now to be found in market render it quite possible to make this class of foods a staple article of diet, if so desired, without their becoming at all monotonous.

In olden times the grains were largely depended upon as a staple food, and it is a fact well authenticated by history that the highest condition of man has always been associated with wheat-consuming nations. The ancient Spartans, whose powers of endurance are proverbial, were fed on a grain diet, and the Roman soldiers who under Caesar conquered the world, carried each a bag of parched grain in his pocket as his daily ration.

Other nationalities at the present time make extensive use of the various grains. Rice used in connection with some of the leguminous seeds, forms the staple article of diet for a large proportion of the human race. Rice, unlike the other grain foods, is deficient in the nitrogenous elements, and for this reason its use needs to be supplemented by other articles containing an excess of the nitrogenous material. It is for this reason, doubtless, that the Chinese eat peas and beans in connection with rice.

We frequently meet people who say they cannot use the grains that they do not agree with them. With all deference to the opinion of such people, it may be stated that the difficulty often lies in the fact that the grain was not properly cooked, not properly eaten, or not properly accompanied. A grain, simply because it is a grain, is by no means warranted to faithfully fulfill its mission unless properly treated. Like many another good thing excellent in itself, if found in bad company, it is prone to create mischief, and in many cases the root of the whole difficulty may be found in the excessive amount of sugar used with the grain.

Sugar is not needed with grains to increase their alimentary value. The starch which constitutes a large proportion of their food elements must itself be converted into sugar by the digestive processes before assimilation, hence the addition of cane sugar only increases the burden of the digestive organs, for the pleasure of the palate. The Asiatics, who subsist largely upon rice, use no sugar upon it, and why should it be considered requisite for the enjoyment of wheat, rye, oatmeal, barley, and other grains, any more than it is for our enjoyment of

bread or other articles made from these same grains? Undoubtedly the use of grains would become more universal if they were served with less or no sugar. The continued use of sugar upon grains has a tendency to cloy the appetite, just as the constant use of cake or sweetened bread in the place of ordinary bread would do. Plenty of nice, sweet cream or fruit juice, is a sufficient dressing, and there are few persons who after a short trial would not come to enjoy the grains without sugar, and would then as soon think of dispensing with a meal altogether as to dispense with the grains.

Even when served without sugar, the grains may not prove altogether healthful unless they are properly eaten. Because they are made soft by the process of cooking and on this account do not require masticating to break them up, the first process of digestion or insalivations is usually overlooked. But it must be remembered that grains are largely composed of starch, and that starch must be mixed with the saliva, or it will remain undigested in the stomach, since the gastric juice only digests the nitrogenous elements. For this reason it is desirable to eat the grains in connection with some hard food. Whole-wheat wafers, nicely toasted to make them crisp and tender, toasted rolls, and unfermented zwieback, are excellent for this purpose. Break two or three wafers into rather small pieces over each individual dish before pouring on the cream. In this way, a morsel of the hard food may be taken with each spoonful of the grains. The combination of foods thus secured, is most pleasing. This is an especially advantageous method of serving grains for children, who are so liable to swallow their food without proper mastication.

Cooking Of Grains.

All grains, with the exception of rice, and the various grain meals, require prolonged cooking with gentle and continuous heat, in order to so disintegrate their tissues and change their starch into dextrin as to render them easy of digestion. Even the so-called "steam-cooked" grains, advertised to be ready for use in five or ten minutes, require a much longer cooking to properly fit them for

digestion. These so-called quickly prepared grains are simply steamed before grinding, which has the effect to destroy any low organisms contained in the grain. They are then crushed and shredded. Bicarbonate of soda and lime is added to help dissolve the albuminoids, and sometimes diastase to aid the conversion of the starch into sugar; but there is nothing in this preparatory process that so alters the chemical nature of the grain as to make it possible to cook it ready for easy digestion in five or ten minutes. An insufficiently cooked grain, although it may be palatable, is not in a condition to be readily acted upon by the digestive fluids, and is in consequence left undigested to act as a mechanical irritant.

Water is the liquid usually employed for cooking grains, but many of them are richer and finer flavored when milk is mixed with the water, one part to two of water. Especially is this true of rice, hominy, and farina. When water is used, soft water is preferable to hard. No salt is necessary, but if used at all, it is generally added to the water before stirring in the grain or meal.

The quantity of liquid required varies with the different grains, the manner in which they are milled, the method by which they are cooked, and the consistency desired for the cooked grain, more liquid being required for a porridge than for a mush.

All grains should be carefully looked over before being put to cook.

In the cooking of grains, the following points should be observed:

1. Measure both liquid and grain accurately with the same utensil, or with two of equal size.

2. Have the water boiling when the grain is introduced, but do not allow it to boil for a long time previous, until it is considerably evaporated, as that will change the proportion of water and grain sufficiently to alter the consistency of the mush

when cooked. Introduce the grain slowly, so as not to stop the sinking to the bottom, and the whole becomes thickened.

3. Stir the grain continuously until it has set, but not at all afterward. Grains are much more appetizing if, while properly softened, they can still be made to retain their original form. Stirring renders the preparation pasty, and destroys its appearance.

In the preparation of all mushes with meal or flour, it is a good plan to make the material into a batter with a portion of the liquid retained from the quantity given, before introducing it into the boiling water. This prevents the tendency to cook in lumps, so frequent when dry meal is scattered into boiling liquid. Care must be taken, however, to add the moistened portion very slowly, stirring vigorously meantime, so that the boiling will not be checked. Use warm water for moistening. The other directions given for the whole or broken grains are applicable to the ground products.

Place the grain, when sufficiently cooked, in the refrigerator or in some place where it will cool quickly (as slow cooling might cause fermentation), to remain overnight.

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Different Ways To Cook Rice.

Rice needs to be thoroughly washed. A good way to do this is to put it into a colander, in a deep pan of water. Rub the rice well with the hands, lifting the colander in and out the water, and changing the water until it is clear; then drain. In this way the grit is deposited in the water, and the rice left thoroughly clean.

The best method of cooking rice is by steaming it. If boiled in much water, it loses a portion of its already small percentage of nitrogenous elements. It requires much less time for cooking than any of the other grains. Like all the dried grains and seeds, rice swells in cooking to several times its original bulk. When cooked, each grain of rice should be separate and distinct, yet perfectly tender.

Steamed rice.

Soak a cup of rice in one and a fourth cups of water for an hour, then add a cup of milk, turn into a dish suitable for serving it from at table, and place in a steam-cooker or a covered steamer over a kettle of boiling water, and steam for an hour. It should be stirred with a fork occasionally, for the first ten or fifteen minutes.

Boiled rice (Japanese method).

Thoroughly cleanse the rice by washing in several waters, and soak it overnight. In the morning, drain it, and put to cook in an equal quantity of boiling water, that is, a pint of water for a pint of rice. For cooking, a stew pan with tightly fitting cover should be used. Heat the water to boiling, then add the rice, and after

stirring, put on the cover, which is not again to be removed during the boiling. At first, as the water boils, steam will puff out freely from under the cover, but when the water has nearly evaporated, which will be in eight to ten minutes, according to the age and quality of the rice, only a faint suggestion of steam will be observed, and the stew pan must then be removed from over the fire to some place on the range, where it will not burn, to swell and dry for fifteen or twenty minutes.

Rice to be boiled in the ordinary manner requires two quarts of boiling water to one cupful of rice. It should be boiled rapidly until tender, then drained at once, and set in a moderate oven to become dry. Picking and lifting lightly occasionally with a fork will make it more flaky and dry. Care must be taken, however, not to mash the rice grains.

Rice with fig sauce.

Steam a cupful of best rice as directed above, and when done, serve with a fig sauce. Dish a spoonful of the fig sauce with each saucer of rice, and serve with plenty of cream. Rice served in this way requires no sugar for dressing, and is a most wholesome breakfast dish.

Orange rice.

Wash and steam the rice. Prepare some oranges by separating into sections and cutting each section in halves, removing the seeds and the entire white portion. Sprinkle the oranges lightly with sugar, and let them stand while the rice is cooking. Serve a portion of the orange on each saucer of rice.

Rice with raisins.

Carefully wash a cupful of rice, soak it, and cook as directed for Steamed Rice. After the rice has began to swell, but before it has softened, stir into it lightly, using a fork for the purpose, a cupful of raisins. Serve with cream.

Rice with peaches.

Steam the rice and when done, serve with cream and a nicely ripened peach pared and sliced on each individual dish.

Browned rice.

Spread a cupful of rice on a shallow baking tin, and put into a moderately hot oven to brown. It will need to be stirred frequently to prevent burning and to secure a uniformity of color. Each rice kernel, when sufficiently browned, should be of a yellowish brown, about the color of ripened wheat. Steam the same as directed for ordinary rice, using only two cups of water for each cup of browned rice, and omitting the preliminary soaking. When properly cooked, each kernel will be separated, dry, and mealy. Rice prepared in this manner is undoubtedly more digestible than when cooked without browning.

Five Fish Soups.

Fish stock.

Ingredients:- 2 lbs. of beef or veal (these can be omitted), any kind of white fish trimmings, of fish which are to be dressed for table, 2 onions, the rind of 1/2 a lemon, a bunch of sweet herbs, 2 carrots, 2 quarts of water.

Mode:- Cut up the fish, and put it, with the other ingredients, into the water. Simmer for 2 hours; skim the liquor carefully, and strain it. When a richer stock is wanted, fry the vegetables and fish before adding the water.

Time. 2 hours.

Note. Do not make fish stock long before it is wanted, as it soon turns sour.

Crayfish soup.

Ingredients:- 50 crayfish, 1/4 lb. of butter, 6 anchovies, the crumb of 1 French roll, a little lobster-spawn, seasoning to taste, 2 quarts of medium stock or fish stock.

Mode:- Shell the crayfish, and put the fish between two plates until they are wanted; pound the shells in a mortar, with the butter and anchovies; when well beaten, add a pint of stock, and simmer for 3/4 of an hour. Strain it through a hair sieve, put the remainder of the stock to it, with the crumb of the rolls; give it one boil, and rub it through a tammy, with the lobster-spawn. Put in the fish, but do not let the soup boil, after it has been rubbed through the tammy. If necessary, add seasoning.

Time. 1-1/2 hour.

Eel soup.

Ingredients:- 3 lbs. of eels, 1 onion, 2 oz. of butter, 3 blades of mace, 1 bunch of sweet herbs, 1/4 oz. of peppercorns, salt to taste, 2 tablespoonfuls of flour, 1/4 pint of cream, 2 quarts of water.

Mode:- Wash the eels, cut them into thin slices, and put them in the stew pan with the butter; let them simmer for a few minutes, then pour the water to them, and add the onion, cut in thin slices, the herbs, mace, and seasoning. Simmer till the eels are tender, but do not break the fish. Take them out carefully, mix the flour smoothly to a batter with the cream, bring it to a boil, pour over the eels, and serve.

Time. 1 hour, or rather more.

Note. This soup may be flavored differently by omitting the cream, and adding a little ketchup.

Lobster soup.

Ingredients. 3 large lobsters, or 6 small ones; the crumb of a French roll, 2 anchovies, 1 onion, 1 small bunch of sweet herbs, 1 strip of lemon-peel, 2 oz. of butter, a little nutmeg, 1 teaspoonful of flour, 1 pint of cream, 1 pint of milk; forcemeat balls, mace, salt and pepper to taste, bread crumbs, 1 egg, 2 quarts of water.

Mode:- Pick the meat from the lobsters, and beat the fins, chine, and small claws in a mortar, previously taking away the brown fin and the bag in the head. Put it in a stew pan, with the crumb of the roll, anchovies, onions, herbs, lemon-peel, and the water; simmer gently till all the goodness is extracted, and strain it off. Pound the spawn in a mortar, with the butter, nutmeg, and flour, and mix with it the cream and milk. Give one boil up, at the same time adding the tails cut in pieces. Make the forcemeat balls with the remainder of the lobster, seasoned with mace, pepper, and salt, adding a little flour, and a few bread crumbs; moisten them with the egg, heat them in the soup, and serve.

Time. 2 hours, or rather more.

Oyster soup -1.

Ingredients:- 6 dozen of oysters, 2 quarts of white stock, 1/2 pint of cream, 2 oz. of butter, 1-1/2 oz. of flour; salt, cayenne, and mace to taste.

Mode:- Scald the oysters in their own liquor; take them out, beard them, and put them in a tureen. Take a pint of the stock, put in the beards and the liquor, which must be carefully strained, and simmer for 1/2 an hour. Take it off the fire, strain it again, and add the remainder of the stock with the seasoning and mace. Bring it to a boil, add the thickening of butter and flour, simmer for 5 minutes, stir in the boiling cream, pour it over the oysters, and serve.

Time. 1 hour.

Note. This soup can be made less rich by using milk instead of cream, and thickening with arrowroot instead of butter and flour.

Oyster soup -2

Ingredients:- 2 quarts of good mutton broth, 6 dozen oysters, 2 oz. butter, 1 oz. of flour.

Mode:- Beard the oysters, and scald them in their own liquor; then add it, well strained, to the broth; thicken with the butter and flour, and simmer for 1/4 of an hour. Put in the oysters, stir well, but do not let it boil, and serve very hot.

Time. 3/4 hour.

Prawn soup.

Ingredients:- 2 quarts of fish stock or water, 2 pints of prawns, the crumbs of a French roll, anchovy sauce or mushroom ketchup to taste, 1 blade of mace, 1 pint of vinegar, a little lemon-juice.

Mode:- Pick out the tails of the prawns, put the bodies in a stew pan with 1 blade of mace, 1/2 pint of vinegar, and the same quantity of water; stew them for 1/4 hour, and strain off the liquor. Put the fish stock or water into a stew pan; add the strained liquor, pound the prawns with the crumb of a roll moistened with a little of the soup, rub them through a tammy, and mix them by degrees with the soup; add ketchup or anchovy sauce to taste, with a little lemon-juice. When it is well cooked, put in a few picked prawns; let them get thoroughly hot, and serve. If not thick enough, put in a little butter and flour.

Time. 1 hour.

The Principles Of Scientific Cookery.

It is not enough that good and proper food material be provided; it must have such preparation as will increase and not diminish its alimentary value. The unwholesomeness of food is quite as often due to bad cookery as to improper selection of material. Proper cookery renders good food material more digestible. When scientifically done, cooking changes each of the food elements, with the exception of fats, in much the same manner as do the digestive juices, and at the same time it breaks up the food by dissolving the soluble portions, so that its elements are more readily acted upon by the digestive fluids. Cookery, however, often fails to attain the desired end; and the best material is rendered useless and unwholesome by a improper preparation.

It is rare to find a table, some portion of the food upon which is not rendered unwholesome either by improper preparatory treatment, or by the addition of some deleterious substance. This is doubtless due to the fact that the preparation of food being such a commonplace matter, its important relations to health, mind, and body have been overlooked, and it has been regarded as a menial service

which might be undertaken with little or no preparation, and without attention to matters other than those which relate to the pleasure of the eye and the palate. With taste only as a criterion, it is so easy to disguise the results of careless and improper cookery of food by the use of flavors and condiments, as well as to palm off upon the digestive organs all sorts of inferior material, that poor cookery has come to be the rule rather than the exception.

Methods of cooking.

Cookery is the art of preparing food for the table by dressing, or by the application of heat in some manner. A proper source of heat having been secured, the next step is to apply it to the food in some manner. The principal methods commonly employed are roasting, broiling, baking, boiling, stewing, simmering, steaming, and frying.

Roasting is cooking food in its own juices before an open fire. Broiling, or grilling, is cooking by radiant heat. This method is only adapted to thin pieces of food with a considerable amount of surface. Larger and more compact foods should be roasted or baked. Roasting and broiling are allied in principle. In both, the work is chiefly done by the radiation of heat directly upon the surface of the food, although some heat is communicated by the hot air surrounding the food. The intense heat applied to the food soon sears its outer surfaces, and thus prevents the escape of its juices. If care be taken frequently to turn the food so that its entire surface will be thus acted upon, the interior of the mass is cooked by its own juices.

Baking is the cooking of food by dry heat in a closed oven. Only foods containing a considerable degree of moisture are adapted for cooking by this method. The hot, dry air which fills the oven is always thirsting for moisture, and will take from every moist substance to which it has access a quantity of water proportionate to its degree of heat. Foods containing but a small amount of moisture, unless protected in some manner from the action of the heated air, or in some way supplied with moisture during the cooking process, come from the oven dry, hard, and unpalatable.

Boiling is the cooking of food in a boiling liquid. Water is the usual medium employed for this purpose. When water is heated, as its temperature is increased, minute bubbles of air which have been dissolved by it are given off. As the temperature rises, bubbles of steam will begin to form at the bottom of the vessel. At first these will be condensed as they rise into the cooler water above, causing a simmering sound; but as the heat increases, the bubbles will rise higher and higher before collapsing, and in a short time will pass entirely through the water, escaping from its surface, causing more or less agitation, according to the rapidity with which they are formed. Water boils when the bubbles thus rise to the surface, and steam is thrown off. The mechanical action of the water is increased by rapid bubbling, but not the heat; and to boil anything violently does not expedite the cooking process, save that by the mechanical action of the water the food is broken into smaller pieces, which are for this reason more readily softened. But violent boiling occasions an enormous waste of fuel, and by driving away in the steam the volatile and savory elements of the food, renders it much less palatable, if not altogether tasteless. The solvent properties of water are so increased by heat that it permeates the food, rendering its hard and tough constituents soft and easy of digestion.

The liquids mostly employed in the cooking of foods are water and milk. Water is best suited for the cooking of most foods, but for such farinaceous foods as rice, macaroni, and farina, milk, or at least part milk, is preferable, as it adds to their nutritive value. In using milk for cooking purposes, it should be remembered that being denser than water, when heated, less steam escapes, and consequently it boils sooner than does water. Then, too, milk being denser, when it is used alone for cooking, a little larger quantity of fluid will be required than when water is used.

Steaming, as its name implies, is the cooking of food by the use of steam. There are several ways of steaming, the most common of which is by placing the food in a perforated dish over a vessel of boiling water. For foods not needing the solvent powers of water, or which already contain a large amount of moisture, this method is preferable to boiling. Another form of cooking, which is usually termed steaming, is that of placing the food, with or without water, as needed, in a closed vessel which is placed inside another vessel containing boiling water. Such an apparatus is termed a double boiler. Food cooked in its own juices in a covered dish in a hot oven, is sometimes spoken of as being steamed or smothered.

Stewing is the prolonged cooking of food in a small quantity of liquid, the temperature of which is just below the boiling point. Stewing should not be confounded with simmering, which is slow, steady boiling. The proper temperature for stewing is most easily secured by the use of the double boiler. The water in the outer vessel boils, while that in the inner vessel does not, being kept a little below the temperature of the water from which its heat is obtained, by the constant evaporation at a temperature a little below the boiling point.

Frying, which is the cooking of food in hot fat, is a method not to be recommended Unlike all the other food elements, fat is rendered less digestible by cooking. Doubtless it is for this reason that nature has provided those foods which require the most prolonged cooking to fit them for use with only a small proportion of fat, and it would seem to indicate that any food to be subjected to a high degree of heat should not be mixed and compounded largely of fats.

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What Makes An Ideal Kitchen.

It is a mistake to suppose that any room, however small and unpleasantly situated, is "good enough" for a kitchen. This is the room where housekeepers pass a great portion of their time, and it should be one of the brightest and most convenient rooms in the house; for upon the results of no other department depend so greatly the health and comfort of the family as upon those involved in this 'household workshop'.

Every kitchen should have windows on two sides of the room, and the sun should have free entrance through them; the windows should open from the top to allow a complete change of air, for light and fresh air are among the chief essentials to success in all departments of the household. Good drainage should also be provided, and the ventilation of the kitchen ought to be even more carefully attended to than that of a sleeping room. The ventilation of the kitchen should be so ample as to thoroughly remove all gases and odors, which, together with steam from boiling and other cooking processes, generally invade and render to some degree unhealthful every other portion of the house.

There should be ample space for tables, chairs, range, sink, and cupboards, yet the room should not be so large as to necessitate too many steps. Undoubtedly much of the distaste for, and neglect of, "housework," so often deplored, arises from unpleasant surroundings. If the kitchen be light, airy, and tidy, and the utensils bright and clean, the work of compounding those articles of food which grace the table and satisfy the appetite will be a pleasant task.

It is desirable, from a sanitary standpoint that the kitchen floor be made impervious to moisture; hence, concrete or tile floors are better than wooden floors. Cleanliness is the great desideratum, and this can be best attained by having all woodwork in and about the kitchen coated with polish; substances which cause stain and grease spots, do not penetrate the wood when polished, and can be easily removed with a damp cloth.

The elements of beauty should not be lacking in the kitchen. Pictures and fancy articles are inappropriate; but a few pots of easily cultivated flowers on the window ledge or arranged upon brackets about the window in winter, and a window box arranged as a jardinière, with vines and blooming plants in summer, will greatly brighten the room, and thus serve to lighten the task of those whose daily labor confines them to the precincts of the kitchen.

The kitchen furniture.

The furniture for a kitchen should not be cumbersome, and should be so made and dressed as to be easily cleaned. There should be plenty of cupboards, and each for the sake of order, should be devoted to a special purpose. Cupboards with sliding doors are much superior to closets. They should be placed upon casters so as to be easily moved, as they, are thus not only more convenient, but admit of more thorough cleanliness.

Cupboards used for the storage of food should be well ventilated; otherwise, they furnish choice conditions for the development of mold and germs. Movable cupboards may be ventilated by means of openings in the top, and doors

covered with very fine wire gauze which will admit the air but keep out flies and dust.

For ordinary kitchen uses, small tables of suitable height on easy-rolling casters, and with zinc tops, are the most convenient and most easily kept clean. It is quite as well that they be made without drawers, which are too apt to become receptacles for a heterogeneous mass of rubbish. If desirable to have some handy place for keeping articles which are frequently required for use, an arrangement similar to that represented in the accompanying cut may be made at very small expense. It may be also an advantage to arrange small shelves about and above the range, on which may be kept various articles necessary for cooking purposes.

One of the most indispensable articles of furnishing for a well-appointed kitchen, is a sink; however, a sink must be properly constructed and well cared for, or it is likely to become a source of great danger to the health of the inmates of the household. The sink should if possible stand out from the wall, so as to allow free access to all sides of it for the sake of cleanliness. The pipes and fixtures should be selected and placed by a competent plumber.

Great pains should be taken to keep the pipes clean and well disinfected. Refuse of all kinds should be kept out. Thoughtless housekeepers and careless domestics often allow greasy water and bits of table waste to find their way into the pipes. Drain pipes usually have a bend, or trap, through which water containing no sediment flows freely; but the melted grease which often passes into the pipes mixed with hot water, becomes cooled and solid as it descends, adhering to the pipes, and gradually accumulating until the drain is blocked, or the water passes through very slowly. A grease-lined pipe is a hotbed for disease germs.

Recommended Resources

1) ***Start Your Own Food Company.***
A downloadable eBook to get you started producing your recipe for sale to the public.

2) ***1 Top-Secret Bbq Sauce Recipe.***
Recipe for the Worlds #1 Bbq Sauce Recipe.

3) ***Pizza Recipe: Pizzeria Secrets.***
Learn how to make better pizza at home than you can buy at the pizzeria.

4) ***Ultimate Campfire Kitchen Camping Guide.***
At Last - Easy Family Camping Recipes Guaranteed To Have You Devouring Delicious Gourmet Camp Meals in Minutes.

5) ***Recipe Builder.***
Recipe Software Program with 10,000 Recipes. Add New Recipes, Move, Revise, Delete, Compare, Search and Print Recipes.

6) ***Kitchen Design E-Book.***
How to research, design, and build the kitchen of your dreams.

7) ***Jerry Thomas' BarTenders Guide.***
Secret Recipe Guide of Americas first Celebrity Bartender.

8) ***101 Tasty Chicken Recipes.***
The 101 most popular and tastiest types of chicken recipe in the world!

9) ***Celebrity Style Dining.***
Gourmet recipe book for dining like a celebrity. Features daily menu plans.

10) ***Skin Care Magic.***
How to get rid of pimples with ingredients in your kitchen cabinets!