

Download Cookbook For One Person

Instructor: Sarah Boucher, chef and culinary instructor Class Type: Hands On Class Price: \$100 per person
Availability: Available Whether you're newly vegetarian, are cooking for someone who's newly vegetarian, or you're an old pro who needs some fresh inspiration, this meat-free bootcamp is for you! Cozy up at your get-together with friends and family with this homemade Japanese sukiyaki recipe, served with seared marbled beef and variety of vegetable cooked in a soy sauce broth. Suki-yaki (スシヤキ) is a popular Japanese hot pot dish which is often cooked and served at the table, similar Okonomiyaki (literally means 'grilled as you like it') is a savory version of Japanese pancake, made with flour, eggs, shredded cabbage, meat/ protein and topped with a variety of condiments. Be prepared for more unfussy, mouthwatering, artfully crafted recipes and well-studied, reliable, non-dogmatic thyroid- and immune-supportive nutrition information than you've ever seen in one cookbook., Cookbook For One Person.

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