

## [FRUGAL GOURMET RECIPES](#)



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garlic cloves, honey, duck, orange peel, hoisin sauce, salt, dark soy sauce and 7 more

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Boiled Chicken, Chinese style (adapted from the Frugal Gourmet) I did this with boneless chicken breast, and some chicken boullion (made with OXO, for my UK friends) with diced scallions, and used the stock to make brown rice.

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### **Jeff Smith chef Wikipedia**

Jeffrey L. Smith (January 22, 1939 July 7, 2004) was the author of several best-selling cookbooks and the host of The Frugal Gourmet, a popular American cooking show which began in Tacoma, Washington, in 1973 and later moved to WTTW-TV in Chicago, where it aired nationally on PBS from 1983 to 1997.

<http://ebookslibrary.club/Jeff-Smith--chef--Wikipedia.pdf>

### **Frugal Gourmet Chicken Recipe Genius Kitchen**

Chef's Note I think this came from the Frugal gourmet's tv show - was it back in the 80's? Anyway, this technique of "sealing in the juices" is wonderful and it ends the controversy (at least with me) whether the chicken on the grill is "really done".

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### **10 Best Frugal Gourmet Recipes yummlly co uk**

lentils, garlic cloves, fresh lemon juice, salt, bay leaf, grated parmesan cheese and 4 more

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### **Recipes From the Frugal Gourmet Pinterest**

Oct 7, 2018- This Pin was discovered by Henri Guillian Reinard. Discover (and save!) your own Pins on Pinterest.

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### **5 Frugal Gourmet Recipes HowStuffWorks**

Worried that a tight food budget will forever condemn you to a life of bland, boring cuisine? Think again! You can eat gourmet, regardless how much money you have to spend at the grocery store.

<http://ebookslibrary.club/5-Frugal-Gourmet-Recipes-HowStuffWorks.pdf>

### **Jeff smith frugal gourmet CookEatShare**

Trusted Results with Jeff smith frugal gourmet. Cooks.com - Recipes - Frugal. by Jeff Smith. All the ingredients that make THE FRUGAL GOURMET one of the most popular cooking shows on television are in this bestselling cookbook, including:

<http://ebookslibrary.club/Jeff-smith-frugal-gourmet-CookEatShare.pdf>

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**Frugal Gourmet recipes General Discussion Chowhound**

A post below made me think of this. I have the Jeff Smith's book On Our Immigrant Ancestors, which I enjoy pulling off the shelf and reading (well, not his sappy intros, but the recipes) from time-to-time.

<http://ebookslibrary.club/Frugal-Gourmet-recipes--General-Discussion-Chowhound.pdf>

**Open Library Frugal Gourmet Jeff Smith Books Online**

All the ingredients that make THE FRUGAL GOURMET one of the most popular cooking shows on television are in this bestselling cookbook, including: a complete range of cooking techniques, advice on kitchen equipment, special hints and tips, exciting ideas for vegetarian meals, PLUS more than 100 illustrations of recipes and techniques.

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**Frugal Gourmet Soups**

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