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The Egg Cookbook: Top 50 Most Delicious Egg Recipes (Recipe Top 50's Book 82)



Synopsis

Fry them, boil them, and scramble them! From appetizers to dessert, eggs are one of the most versatile and crucial ingredient in your kitchen. These babies are often used for breakfast, but are so delectable that they can be used in any type of meal, prepared in a variety of ways. Its smooth and velvety texture is absolutely incredible. Don't Believe the Hype, Eggs are Good for You! Contrary to popular belief, egg is among the most nutrition dense foods in the planet. It is possibly the world's perfect protein source. Eating few eggs a day is perfectly healthy. Eggs contain huge amounts of dietary cholesterol, but not that bad cholesterol that many of us avoid in our everyday diet. It is even said that eggs, even eaten at large quantities, has no link to heart disease. In fact, it actually had decreased the instances of stroke. Besides protein, eggs contain lutein which is great in maintaining optimal eye health. So if you love eggs and you want to have it at any moment, you've come to the right place. We've got you covered. However you like your eggs, this book contains 50 special, easy to follow, mouthwatering egg recipes. Try them and you are never going to look at eggs the same way again. Tags: egg cookbook, egg recipes, egg recipe book, egg breakfast recipes, egg breakfast cookbook, egg deserts, egg dinner recipes, cooking with eggs, recipes for eggs, scrambled egg recipes, frittata recipes, omelet recipes, poached egg, egg casseroles, egg book, egg cooking book.

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Customer Reviews

Eggs are pretty simple things. But there really is a world out there beyond fried, scrambled and boiled. This is a book that opens the door to that world of expanding how one uses eggs in what appear to be very delicious ways. For once, the cover does not deceive the reader - the contents sound just as good as what the cover depicts. And as a bonus, the table of contents is clickable. The author is correct that recent studies have not linked cardiovascular disease or stroke to egg consumption per se. But many of these recipes also include ingredients high in saturated fat which does: Heavy cream, butter, bacon, sausage, cheese (also high in sodium), cream cheese, etc. So while eggs alone are probably fine, these recipes should be used in moderation. (As frustrating as that might be.) There are a few proofreading errors in the book which can make some recipes difficult to decipher. Extra or missing letters and words, misplaced punctuation, misstated ingredient amounts, missing ingredients (no hot for the hot & sour soup) which should be easily fixed. All in all, the book is well done with ideas that certainly never occurred to me. Reading it on an empty stomach, however, is likely to prompt a raid on the kitchen.

Never thought of using eggs in so many ways

I don't use eggs that much so I am always on the lookout for any great recipes for preparing them. Now these recipes are really delicious or at least I find some of them that way. Thank you and enjoy your day.

I raise chickens so to have so many ways to have eggs is marvelous.

Very useful !!!! Never know you can cook eggs in so many ways !!!!

Like the variety of recipes that is offered.

Great recipes

When I get the opportunity to, I enjoy making something really beautiful. It does a lot for the spirit.

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