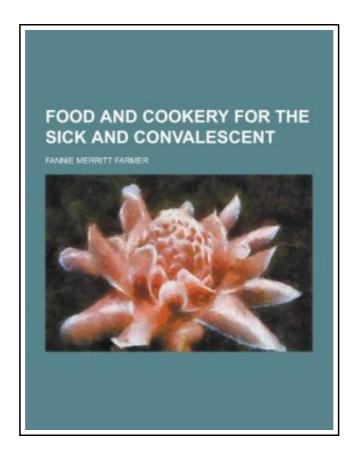
# Food and Cookery for the Sick and Convalescent



Filesize: 4.69 MB

## Reviews

I just started off reading this article pdf. Yes, it can be engage in, nonetheless an interesting and amazing literature. I am effortlessly can get a satisfaction of reading a written publication. (Peyton Renner IV)

### FOOD AND COOKERY FOR THE SICK AND CONVALESCENT



TheClassics.us. Paperback. Book Condition: New. This item is printed on demand. Paperback. 78 pages. Dimensions: 9.7in. x 7.4in. x 0.2in.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1904 edition. Excerpt: . . . Beef before and after Cooking. Raw 70. 88 56. 82 55. 3922. 51 34. 13 34. 234. 52 7. 50 8. 21. 86 1. 23. 40 1. 15. 72 1. 45 Same Sameafter afterboiling. broilingKoNIG. Cold water draws out the soluble albumen, the extractives, and some of the salts of meat. By gradually raising the temperature and keeping it at 185 F. for several hours, gelatin is obtained from connective tissue and BEEF CUT IN STRIPS FOR SCRAPING. TO BE USED FOR BEEF BALLS AND SANDWICHES bone. In soup making this is the object to be accomplished. When meat is to be served with the broth, as in the case of a stew, it should be put on in cold water, brought quickly to the boiling point (212 F.), then allowed to simmer (185 F.) until the meat is tender. The cheaper cuts should always be used for soups and stews. In broiling, baking, or roasting the object is to avoid, as far as possible, the loss of nutritive value from the meat. This is accomplished by subjecting the meat to a high temperature, thus searing the surface as quickly as possible, which causes the albumen to coagulate. Digestibility. Meat is easily digested and well absorbed. Experiments have shown that raw meat is more readily digested than cooked meat, but lacking in taste and flavor, would soon become unbearable if introduced into the daily dietary. The digestibility of meat depends upon the...



Read Food and Cookery for the Sick and Convalescent Online



Download PDF Food and Cookery for the Sick and Convalescent

### Other PDFs



# The Whale Tells His Side of the Story Hey God, Ive Got Some Guy Named Jonah in My Stomach and I Think Im Gonna Throw Up

B&H Kids. Hardcover. Book Condition: New. Cory Jones (illustrator). Hardcover. 32 pages. Dimensions: 9.1in. x 7.2in. x 0.3in.Oh sure, well all heard the story of Jonah and the Whale a hundred times. But have we...

Save Book »



### **Animalogy: Animal Analogies**

Sylvan Dell Publishing. Paperback. Book Condition: New. Cathy Morrison (illustrator). Paperback. 32 pages. Dimensions: 9.8in. x 8.4in. x 0.4in.Compare and contrast different animals through predictable, rhyming analogies. Find the similarities between even the most incompatible...

Save Book »



Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications. (Paperback)

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This historic book may have numerous typos and missing text. Purchasers can usually...

Save Book »



### Molly on the Shore, BFMS 1 Study score

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 26 pages. Dimensions: 9.7in. x 6.9in. x 0.3in.Percy Grainger, like his contemporary Bela Bartok, was intensely interested in folk music and became a member of the English...

Save Book »



### Froebel s Occupations (Paperback)

Theclassics.Us, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This historic book may have numerous typos and missing text. Purchasers can usually...

Save Book »