



How To Boil Water

By C Wade Coldiron, Shawn Coldiron

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There are many thousands of young adults leaving high school every year. Many of them have no skills or knowledge regarding cooking or what to do in the kitchen. Instead of them having to live off of boxed food or canned goods, this book was created to bridge the gap and enable anyone that does not know where or how to begin in preparing their own meals in their own kitchen, to actually become proficient at doing so!

You now hold in your hands what could very well be the worlds smallest cookbook. Within these pages you will find all the basics needed to make you more effective in the kitchen: Simple recipes that anyone can follow with ingredients that are most likely already in your kitchen, and if not, they can be found in any grocery store! How many times have you found a recipe but couldn't obtain ingredients for it?

A lot of people do not like to prepare their own meals from scratch due to the same excuses: It is too expensive, or too difficult. One of the missions of this book is to dissspell those ideas by demonstrating fast, cost effective ways to feed you and your family that do not require a lot of time to prepare.

Within these pages you will find dozens of recipes that you will likely not find anywhere else, and expert advice to help you along the way. There is no better time to start eating healthier and living better than right now!

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Editorial Review

About the Author

C. Wade Coldiron is a certified Chef de' Cuisine with over 27 years of experience in the hospitality industry. He has had the opportunity to study under many Chefs from different countries in order to broaden his skills and culinary expertise. He is a hands on teacher who enjoys volunteering his time to work with high school students to teach a variety of skills ranging from culinary skills to interviewing and public speaking. Shawn M. Coldiron has raises 5 children on a very limited budget. She learned to create eye pleasing, flavorful meals with in a restrictive budget. Shawn enjoys teaching and sharing her experiences with others. She has a unique and creative pallet which lends to her creative style of cooking.

Users Review

From reader reviews:

Ronald Smith:

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