



What The 4 Hour Chef Didn't Tell You!: Discover How to Prepare Mouth Watering Meals Without a Single Recipe

Chef Marty Richardson

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6 Reasons To Continue Reading This Book, Especially If You Have Quit Trying To Learn How To Cook

#1) I will show you how to buy the best ingredients, treat them simply, and let their flavors win you praise. The more you know about your ingredients, the easier it is to shop and the better your finished dishes. Shopping is as important as cooking!

#2) It is easier to learn to cook BEFORE you start using recipes! Knowing how to cook meat, fish, chicken and vegetables properly, using different methods of preparation is the foundation to ensure your success.

#3) If you are just getting started, DO NOT go out and buy an expensive set of pots and pans. Start with what you have. I will show you how to determine what equipment to buy and where to buy it.

#4) Cooking techniques or methods of preparation may be the most challenging aspect of cooking. What method are you going to use to heat your food? They are relatively easy to describe, but take practice to master.

#5) Are you frustrated because different dishes are never done at the same time? I will show you how to use your oven or microwave timer to get all the food on the table at the same time.

#6) Clean. Separate. Cook. Chill. I will share four simple ways for you to control food borne illnesses in your home, whether you cook or not.

Discover this information, and much, much more... If you follow the simple steps, you will be hearing compliments on your food in no time. In fact, you can get started with just a few hours a week! Check out my "STEAK TIPS" found in boxes throughout the book.

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Melvin Dove:

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Clifford McDaniel:

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Jennifer David:

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