



Recipe Sugared Dates

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Essa,E. Sukumar**



Recipe Sugared Dates:

Dates A. Manickavasagan, M. Mohamed Essa, E. Sukumar, 2012-04-20 Of the many varieties of date palms the species *Phoenix dactylifera* Linn is cultivated extensively and traded and consumed worldwide *Dates Production Processing Food and Medicinal Values* draws from a broad spectrum of contributors to present a comprehensive survey of this particular species The book explores a range of essential facets of what many consider to be a wonder plant from its cultivation to its potential for medicinal purposes Divided into four parts the book begins by examining cultural practices and their implications for date quality The contributors discuss tissue culture studies farm water management mechanization approaches in pollination and harvesting operations and marketing aspects The second section focuses on postharvest operations such as drying and explores alternatives for methyl bromide fumigation and value added products It also reviews biofuel production from by products and discusses the issue of waste generated from industry The third part of the book highlights the physical chemical and structural characteristics of dates It reviews fermentative products that use dates as substrate discusses the fruits as a substitute for added sugar in food and explores date palm feeding to livestock The final section discusses the possibilities for nutritional and medicinal use and reviews the use of dates in indigenous medicine Exploring essential properties and agricultural implications this volume is a reliable resource for understanding the many aspects of the *Phoenix dactylifera* Linn

The Fresh Table Helana Brigman, 2013-03-11 Louisiana's identity is inextricably tied to its famous foods gumbo red beans and rice jambalaya and tuffe are among the delicious dishes that locals cherish and visitors remember But Louisiana's traditional cuisine has undergone a recent revision incorporating more local ingredients and focusing on healthier cooking styles In *The Fresh Table* locavore Helana Brigman shares over one hundred recipes that reflect these changes while taking advantage of the state's year round growing season Her book offers staples of Louisiana fare seafood sausage tomatoes peppers and plenty of spices pairing these elements with advice about stocking one's pantry useful substitutions for ingredients and online resources for out of state cooks Brigman equips every kitchen from New Orleans to New York with information about how to serve Louisiana cuisine all year round For each season *The Fresh Table* provides an irresistible selection of recipes like Petite Crab Cakes with Cajun Dipping Sauce Rosemary Pumpkin Soup served in a baked pumpkin Fig Prosciutto Salad with Goat Cheese and Spinach Grilled Sausage with Blackened Summer Squash Blueberry Balsamic Gelato and Watermelon Juice with Basil Brigman introduces each recipe with a personal story that adds the last ingredient required for any Louisiana dish a connection with and appreciation for one's community

The Science of Skinny Cookbook Dee McCaffrey, 2014-12-23 *The Science of Skinny Cookbook* offers a quick primer on the eating plan and the shares 125 easy delicious healthy recipes using the SOS principles

Sugar Detox, Detox Cleanse and Detox Recipes Made Easy: Beat Sugar Cravings and Sugar Addiction Speedy Publishing, 2019-11-22 The sweet taste of sugar makes it highly addictive This is a fact because once you get used to sugar your body will naturally crave for more But accumulated sugar in the body

is a bad thing that's why you need to detoxify Here's a set of three books that discusses sugar detox in detail Easy to follow recipes are included to beat sugar cravings **Choice Recipes (Order of Eastern Star)** Order of the Eastern Star,2008-03 The recipes in this 1920s volume were edited and compiled by the members of the Eastern Star of Sacramento for the benefit of the Building Fund Eastern Star Hall Association of Sacramento California [The New Gluten-Free Recipes, Ingredients, Tools and Techniques](#) Lisa Diamond,Areli Hermanson,2014-03 Whether you need to follow a gluten free diet or just wish to expand your food repertoire baking with gluten free flours can be as rewarding as it is delicious Part science part art and some little known secrets The New Gluten Free TM reveals a systematic yet simple approach to gluten free baking for every level of baker Written by Registered Dietitians Lisa Diamond and Areli Hermanson The New Gluten Free TM is one of a kind in the cooking resource industry because taste nutrition and quality is balanced and matches a modern approach to healthy eating The summary charts of gluten free flours starches liquids binders foams and leavening agents sweeteners and fats show the relationships between ingredients Recipe categories from bread to pastry are summarized in easy to read tables to reveal the ingredients tools and techniques needed to increase successes and decrease disasters The authors share their many secrets including unique summaries and The Recipe Equation c for gluten free products that turn out every time This book will engage you from cover to cover as you discover the secrets of gluten free baking Enjoy the sample recipes

Quick & Easy Low-Sugar Recipes Nicola Graimes,2012-01-01 Low sugar doesn't have to mean no flavor and it doesn't mean you have to resort to artificial sweeteners with their reported adverse health effects Here are 100 easy to follow recipes for breakfast and brunches lunches and dinners as well as a specially extended chapter on the sweetest treats of all desserts cookies and cakes From Banana Porridge to Roasted Mushrooms with Bacon these dishes are sure to delight the whole family And because they're carefully devised to be low in salt and saturated fats as well as in sugar and high in unrefined carbohydrates and fiber they're perfect for diabetics *The Book of 1000 Recipes* St. Paul's Episcopal Church (Norwalk, Ohio). Parish Guild,1927 *500 Paleo Recipes* Dana Carpender,2012-12 Low carb queen and bestselling author Dana Carpender shows how to stay the Paleo diet course deliciously with 500 easy to prepare recipes **The Essential Good Food Guide** Margaret M. Wittenberg,2013-07-09 The definitive guide to buying storing and enjoying whole foods in full color for the first time and revised and updated throughout Make smart choices at the store and at the stove An inspiring and indispensable one stop resource The Essential Good Food Guide is your key to understanding how to buy store and enjoy whole foods Margaret M Wittenberg shares her insider's knowledge of products available at national retailers and natural foods markets providing at a glance buying guides Her ingredient profiles include detailed preparation advice such as dried bean cooking times cooking ratios of whole grains to water culinary oil smoke points and much more She also clarifies confusing food labels misleading marketing claims and common misperceptions about everyday items allowing you to maximize the benefits of whole foods cooking With full color photography this new edition of The Essential Good Food Guide

is fully revised with the most up to date advice on organics heirloom grains and legumes gluten free cooking options and the new varieties of fruits and vegetables popping up at farmers markets across the country to help you make the most of your time in the grocery aisle and the kitchen

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