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KFC - Wikipedia

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This cooking blog celebrates a cook extraordinaire, my late Mum aka Auntie Ruby. Having grown up a Malaysian, but now a Singaporean, the recipes here are mostly of Southeast Asian influence.

Recipe Index - The Food Canon

Fried chicken (also referred to as Southern fried chicken for the variant in the United States) is a dish consisting of chicken pieces usually from broiler chickens which have been floured or battered and then pan-fried, deep fried, or pressure fried. The breading adds a crisp coating or crust to the exterior of the chicken. What separates fried chicken from other fried forms of chicken is that ...

Fried chicken - Wikipedia

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Dr Terry Wahls LLC 2/15/2014 . Supplementary Food and Nutrition Information for Recipes Published in The Wahls Protocol.

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