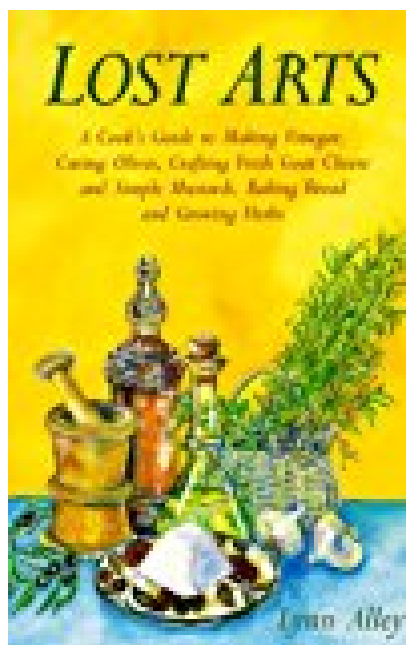


# Lost Arts

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## BOOK DETAILS

- Author : Lynn Alley
- Pages : 160 Pages
- Publisher : Ten Speed Press
- Language : English
- ISBN : 0898156742

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## BOOK SYNOPSIS

Hand-cured olives, home-baked bread, fresh goat cheese: Before Whole Foods and Trader Joes, the only way to enjoy these pure and simple flavors was to make them the old-fashioned way-by hand. This charming little guide will teach you how to blend your own mustards, crush grapes for wine, bottle vinegar at home, and more. Sure, you can buy these things at the neighborhood farmers market, but Alleys instructions are so easy, youll be inspired to add her age-old techniques to your culinary repertoire. The sumptuous recipes at the end of each chapter enable you to put the fruits of your labor to good use. From the Trade Paperback edition.

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