



Frugal Feasts: The Chicken Chapter

J P Waldron

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Eating well doesn't have to be expensive. In fact, some of the tastiest dishes are crafted from the most humble of ingredients. The Frugal Feast series will explore some of the best ways to make the most out of decidedly inexpensive staple items. In this, The Chicken Chapter, the humble chicken is dissected into its separate parts, and we are taken on a culinary journey through the loving preparation of each, as we explore just how and why we should eat everything but the cluck.

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