



Secrets of Lactose-free Cooking

Arlene Burlant

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For the 75 percent of adults who have some form of lactose intolerance, Arlene Burlant presents 150 dairy-free recipes--including Veal Ribs in Cream and Sage Sauce, Yogurt Cheesecake, and Veal Parmesan.

Presenting many unknown facts about lactose use, Burlant also shows how to judiciously use products that have lactose and lists the lactose-free foods now available in most stores.

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