

# Ru/recipes All

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## **Pure Beef: An Essential Guide to Artisan Meat with Recipes for Every Cut**

Lynne Curry  
2021-08-01 With less total fat, more heart-healthy omega-3 fatty acids and more antioxidant vitamins than its grain-fed counterpart, it's no wonder grass-fed beef is leaping in sales. In Pure Beef, author Lynne Curry answers every home cook's most important

questions about this leaner variety of meat, including how to choose, where to buy and how to prepare it. Featuring a cooking tutorial and an informative beef cut chart, this essential guide explains the difference between grass-fed and grain-fed meat and offers instructions for how to grill, roast, stew, simmer and sauté every cut of artisan beef to perfection. Chapters are

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organized by cooking methods and corresponding beef cuts, and feature 140 mouthwatering recipes for everyday favorites—from shepherd's pie to pot roast—as well as global cuisine, including Korean barbecue and Turkish kabobs. This cookbook also includes a full-color photo recipe insert and landscape images throughout. Curry is a former vegetarian who learned to love locally raised beef after moving to Oregon's remote Wallowa Valley in 2001. Her groundbreaking guide to artisan beef is a must-have for every meat eater who wants a sustainable ranch-to-table dining experience. Eat this, My Friend Jade O'Donahoo 2017-04-04 A collection of hand-lettered and hand-illustrated recipes for everyday accessible vegetarian eating. Eat

This, My Friend is a collection of recipes for the foodie-to-be. As the market become saturated with artfully shot star-chef recipes books, O'Donahoo's mission is to offer what she calls a moment of authenticity and calm. Eat This, My Friend is a compendium of hand-lettered and hand-illustrated recipes, all created by O'Donahoo. The 60 recipes are presented across five chapters (breakfast and brunch, lunch, sides, dinner, and sweets). All are meat free and represent the way O'Donahoo likes to cook and eat; prioritizing vegetables, using wholefoods, and avoiding refined sugar, without the need for searching high and low for obscure ingredients. It is simple food that nourishes you and tastes great.

**Let's Get Tropical**

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Dorling Kindersley  
Publishing Staff  
2019-05-02 Are you  
planning the ultimate  
summer cocktail party?  
Do you long to unwind on  
a hot tropical beach  
with a cool drink? Bring  
a taste of the tropics  
to your home with Let's  
Get Tropical. Celebrate  
summer with over 60  
fabulously fruity  
tropical drinks from  
Tiki Mai Tais to Cuban  
Mojitos. Discover the  
origins of these classic  
cocktail recipes and get  
the low down on rum,  
tequila and other  
popular exotic spirits.  
If you need a break from  
the booze, many recipes  
feature a "lose the  
booze" option with all  
the fruity flavour but  
none of the hangover.  
Non alcoholic cocktails  
can be just as fun!  
Learn how to mix your  
drinks like a pro, make  
delicious, homemade  
syrops and infusions and  
create your own flavour

combinations. Featuring  
fun presentation ideas  
and twists on the  
classics, get creative  
and serve your guests a  
cocktail they will  
remember - if they  
haven't had too many  
Pina Coladas!

[History of Soybeans and Soyfoods in China and Taiwan, and in Chinese Cookbooks, Restaurants, and Chinese Work with Soyfoods Outside China \(1024 BCE to 2014\)](#)

William Shurtleff  
2014-06-22 The world's  
most comprehensive, well  
documented, and well  
illustrated book on this  
subject. With extensive  
index. 372 photographs  
and illustrations. Free  
of charge in digital  
format on Google Books.

**History of Koji - Grains and/or Soybeans Enrobed in a Mold Culture (300 BCE to 2021)** William

Shurtleff; Akiko Aoyagi  
2021-10-27 The world's  
most comprehensive, well  
documented, and well

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illustrated book on this subject. With extensive subject and geographic index. 152 photographs and illustrations - mostly color. Free of charge in digital PDF format.

### New Kitchen Basics

Claire Thompson

2019-03-19 Most of us buy the same ingredients week in, week out, and cook the same old recipes. Cookery writer Claire Thomson wants to encourage people to ditch the boring chicken stir-fry and the all-too-predictable spaghetti, and enliven their cooking and eating. Claire takes our 10 favorite ingredients and reinvents them as modern classics. With sections on chicken, tomatoes, eggs, ground meat, pasta, potatoes, salad, lemon and chocolate, each chapter covers the basics about that ingredient, then offers 12 recipes using

each in ways that will brighten up mealtimes. Claire's cooking is simple yet imaginative, and her kitchen expertise and knowledge of flavor combinations means that these dishes will become your new standby meals. This is the new essential cookbook, a modern-day solution to the eternal question: "What should I cook tonight?"

### **Forecast 1920**

#### **200 Barbecue Recipes**

Louise Pickford 2009

Barbecuing is one of the most easy, enjoyable and healthy ways to cook food, but most amateur chefs simply stick to grilling sausages and flipping burgers. Hamlyn All Colour Cookbook: 200 BBQ Recipes is packed with hundreds of inspirational recipes and variations that will guarantee you never have a boring barbie again. The book includes

delicious ideas for main

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courses, accompaniments and desserts as well as vegetarian options and healthy salad choices, home-made marinades and appetizers that are great served at dinner parties. With stunning colour photography for each recipe and presented in a handy format, 200 BBQ Recipes is fantastic value for money.

### Posh Sandwiches

Quadrille 2018-10-16 Sandwiches are beloved the world over and nearly every country has its own variety. Posh Sandwiches showcases the ultimate "grab and go" meal, with more than 70 recipes celebrating this versatile, tasty staple of menus everywhere. From Vietnamese banh mi to Lobster po' boy, Cubans to bocadillo, New York Reuben to Mumbai Vada Pav, the sandwich takes in all kind of wrapping (sourdough, wraps, tortillas, or

just humble white sliced bread) and a multitude of delicious fillings. With a photo for every single dish, and recipes that anyone can tackle, if you want to spice up your sandwich life then this is the ultimate guide.

**The Book of Tofu** William Shurtleff 1975 This is the book that started the Tofu Revolution worldwide, beginning in the 1970s. An integrated approach to the subject of one food - history, nutrition, culture. recipes, how to make tofu on a home scale and commercially, recipes, bibliography.

*Early Chinese Medical Literature* Donald Harper 2013-10-28 First published in 1998. Routledge is an imprint of Taylor & Francis, an informa company.  
*Food Science and Technology Abstracts* 1978

INDOOR GRILLEN Armin

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Auer 2020-09-02

**Fresh Start** Christelle Le Ru 2008-08 Fresh Start is a collection of healthy and nutritious recipes specifically designed to appeal to preschoolers' budding tastes. The nutritional information and recipes have all been reviewed by nutritionist Victoria Landells who said "The pages of this book are filled with recipes and ideas that will not only inspire you to cook, but your children to eat(...). This is the first recipe book, in my vast collection, that has inspired me to successfully integrate a variety of fresh herbs and previously untried ingredients into my own children's meals".

*Lunch at 10 Pomegranate Street* Felicita Sala 2019-09 In each apartment, someone is preparing a special dish to share with their neighbours. Mr Singh is

making coconut dahl with his daughter while Maria mashes some avocados for her guacamole. Will everything be ready on time? Written and magnificently illustrated by Felicita Sala, this glorious celebration of community is filled with recipes from all over the world and simple instructions perfect for young chefs. *Lunch at 10 Pomegranate Street* is a visual feast to share and delight in. **Mediterranean Every Day** Sheela Prakash 2020 Mediterranean Every Day is an inspirational celebration of the unpretentious, flexible nature of true Mediterranean-style cooking.

**Twochubbycubs Fast and Filling** James and Paul Anderson 2020-12-31 *Pantologia* 1813 *Restaurant Startup & Growth* 2010

**So Vegan in 5** Roxy Pope 2018-12 You don't have

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to be a vegan to love vegan food! Don't let anyone tell you that vegan food is bland, boring or complicated. Roxy and Ben, creators of 'So Vegan' - one of the world's leading vegan recipe channels - will show you how to create fun and super tasty vegan recipes using just five ingredients, proving once and for all that vegan food is for everyone. So whether you're a full-time vegan, a curious carnivore or simply somewhere in between, 'So Vegan in 5' is your go-to guide for eating more delicious plants, packed with budget-friendly and time-saving recipes for the everyday cook.

**International Purple-White Plate**

Ju Men  
2020-01-14 In the early period of the Republic of China, the monks Rufeng and faming, who

were in charge of protecting the state temple in Beijing, were chivalrous and righteous. I have a lot of experience in the Jianghu. Rufeng and faming led the monks to fight for life and death with the Japanese secret agents of the Black Dragon Society and the Japanese Kanto army who were rampant all over China at that time.

Surviving Everyday Life  
von Boemcken, Marc  
2020-07-23 Moving beyond state-centric and elitist perspectives, this volume examines everyday security in the Central Asian country of Kyrgyzstan. Based on ethnographic fieldwork and written by scholars from Central Asia and beyond, it shows how insecurity is experienced, what people consider existential threats, and how they go about securing themselves. It

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concentrates on individuals who feel threatened because of their ethnic belonging, gender or sexual orientation. It develops the concept of 'securityscapes', which draws attention to the more subtle means that people take to secure themselves – practices bent on invisibility and avoidance, on disguise and trickery, and on continually adapting to shifting circumstances. By broadening the concept of security practice, this book is an important contribution to debates in Critical Security Studies as well as to Central Asian and Area Studies.

**Power Pulses** Tami Hardeman 2017-02-28  
Supercharge your plate with superfood beans and pulses. Pulses offer healthy eating made easy, quick, varied and flexible. Power Pulses

Cookbook is the perfect way to revolutionise your diet using lentils, dry peas, beans, and chickpeas to deliver powerful protein- and heart-healthy benefits. Create tasty spicy carrot hummous, quick and simple soups, and hearty bean salads. Try dinner dishes such as lentil bolognaise and delicious desserts such as black bean brownies. The recipes are all vegetarian but can be "flexed" to work for carnivores or vegans too, with clever substitutions or additions, so you can keep everyone in the family happy. "Pulse exchanges" give you suggestions for alternatives if you want to ring the changes or work with what's in your storecupboard. A cookbook that works for healthy eating, with easy vegetarian and vegan recipes, everyday

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superfoods, and lots of flavour.

The Ultimate Instant Pot Cookbook Coco Morante

2019-10-10 A collection of 200 easy, delicious recipes for the incredibly popular Instant Pot, packaged in a gorgeous hardcover format with more than 80 stunning photographs throughout. The well-tested, fully authorized recipes in The Ultimate Instant Pot Cookbook cover a range of flavors and occasions, making this the ultimate collection of recipes for the home cook who values the convenience of an electric pressure cooker. This is the only book you'll need when looking for tried-and-true classics like creamy tomato soup, ground beef stroganoff, chicken mushroom casserole, or peach cobbler; international favorites like carnitas, chicken tikka masala, or

refried beans; and crave-worthy treats like French toast casserole and triple chocolate cheesecake. There are even easy entertaining recipes, like artichoke-spinach dip, and special occasion recipes such as the classic Thanksgiving favorites of mashed potatoes, creamed corn, and more. With special sections of vegetarian recipes and jams, jellies, and pickles, this collection goes deeper than other Instant Pot books and has something for everyone. And recipes for every meal of the day, from breakfast to dessert, make this book your one-stop source for mouthwatering meals all day long. Printed on high-quality paper and bound in a hardcover format filled with beautiful photographs, this is truly the ultimate book for gifting or self-

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purchase, and destined to become the beloved Instant Pot cookbook. The Batch Cook Book Sam Gates 2020-10-15 Modern families are busier than ever. We all want to eat better, stress less and reduce waste - all without spending more than we have to. We want new and exciting recipes that are delicious, healthy and make a change from casseroles and spaghetti bolognese. And we want them to be straightforward, reliable and satisfy even the fussiest of eaters. That's where The Batch Cook Book comes in. This gorgeous cookbook will fit right into your busy lifestyle with mouth-watering new recipes and hints and tips for the best batch and meal prep techniques. Each inspiring chapter is packed with fresh ideas, from preparing key ingredients to whipping

up perfectly portioned meals for simple suppers or bold, big-hearted feasts for friends and family. It's a book for every cook. Whether you need to find creative uses for a summer tomato glut, rouse bleary-eyed family members with morning wafts of cinnamon buns or fill your freezer with crunchy drizzle cakes, good-to-go cheese toasties, luscious lasagnes and hearty stews for busy weekends, The Batch Cook Book has you covered.

My Recipes: Blank Recipe Book to Write In Rahaoui Ru L. Content 2021-04-19 Collect the recipes you love in your own custom cookbook! Do you want a personal cookbook with the recipes you love the most? Do you want to preserve and organize all your family recipes? the perfect way to organize all your favorite recipes in one

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place. with our  
cookbook! Features: In  
this recipe book: Record  
100 of your favourite  
recipes. Easily mark the  
recipes : Name of  
recipe, Prep Time,  
Ingredients, Cooking  
instructions, servings,  
Rating, Difficulty,  
Cooking time... All  
pages are numbered to  
facilitate access to any  
recipe you want. Extra  
space for additional  
notes. Handy kitchen  
references to help you  
with measurement  
equivalents, temperature  
conversion. Measurement  
equivalents (from Cup to  
Gram & Ounce): Honey,  
Molasses & Syrup Packed  
brown sugar, white  
sugar, Dry goods, Bread  
flour and Butter Get  
this blank recipe book  
now and start cooking  
your favourite recipes &  
meals!

**Melt, Stretch, & Sizzle:**  
**The Art of Cooking**  
**Cheese** Tia Keenan  
2018-10-02 Dozens of

deliciously indulgent  
hot cheese dishes, tips  
on selecting the best  
cheeses for cooking,  
tasting notes, wine and  
beer pairings, producer  
recommendations, and  
more expert knowledge  
make Melt, Stretch, &  
Sizzle a must-have for  
cheese lovers. These  
easy yet decadent  
recipes will change the  
way you eat and cook  
with cheese. A workhorse  
of the kitchen, cheese  
adds depth, flavor, and  
texture to sauces,  
soups, sandwiches, dips  
and snacks, fondues, and  
every dish you truly  
love. Melt, Stretch, &  
Sizzle demystifies  
recipes for delicate  
baked ricotta with  
herbs, a perfectly  
puffed dutch baby with  
bacon, pecorino popovers  
fit for any holiday  
party, and Brazil's  
crave-inducing pao de  
queijo. Alongside  
cheese, the humble  
potato becomes an

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elegant gratin, is doused in cheese curds and gravy for poutine, and melts into the ultimate aligot. The author also refreshes old favorites, such as studding traditional baked pasta with a whole burrata, and describes a host of creative grilled cheese combinations. The finishing epic raclette spread with multiple menus will inspire your next legendary dinner party. Keenan imparts useful expertise on the ways the different types of cheese age and melt, educating readers on the right ones to source for each application.

Whether looking for all-new avenues of cheesy bliss or modern twists on well-loved dishes, cheese lovers will dive in headlong and never look back.

### **200 More Slow Cooker**

**Recipes** Sara Lewis

2011-01-01 Having

limited time to spend in

the kitchen need not mean beans on toast every night. With a slow cooker and minimal preparation time you can rustle up delicious stews, sauces and soups, as well as indulgent sweet treats. Simply leave your ingredients to cook throughout the day or overnight, and there will always be a hot meal waiting for you at the end of a busy day. In our second volume of slow cooker recipes in the Hamlyn All Colour series, we show you how versatile a slow cooker really is. Why not treat yourself to a Red pepper, sage and chorizo frittata, a fish terrine or a Salmon and asparagus risotto? And if you thought desserts were not for slow cooking, think again! Here we show you how to create a mouthwatering collection of treats, including; Hot banana and chocolate

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mousses, Date and ginger syrup pudding and Blueberry and lemon curd upside down puddings.

### **Great British Vegan**

Aimee Ryan 2021-01-05

All your favourite British classics, from Sunday roasts to decadent desserts, without the meat or dairy.

### **The Meat Trades' Journal and Cattle Salesman's Gazette 1930**

*Carneval* Harry Eastwood 2016-09-08 'A collection of vibrant recipes' Daily Telegraph Packed full of delicious, satisfying recipes and loads of meat wisdom, *Carneval* promises to give you a better understanding of how to source, cook and appreciate the meat that you eat. Full of delicious meat recipes from around the world, popular family favourites, such as Swedish Meatballs and Ragu Bolognese, rub

shoulders with more unusual dishes, like Middle Eastern Kibbeh and Chinese Kung Pao Chicken. Whether you want to master the art of a perfectly cooked steak, or transform cheaper, tougher cuts into silky, melt-in-the-mouth delights, Harry Eastwood encourages you to honour the whole animal and eat meat with joy and moderation. The very best way to do that is to make sure that every meat meal is a *Carneval*.

**Simpel** Yotam Ottolenghi 2021-05-27 DÉ CULINAIRE BESTSELLER Eenvoud? Het lijkt onwaarschijnlijk bij een kookboek van Yotam Ottolenghi, maar zijn nieuwe kookboek SIMPEL staat vol met eenvoudig te bereiden gerechten, zonder af te doen aan de typische Ottolenghi-smaak of verrassing. Van avocadoboter op toast met tomatensalsa,

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heerlijke saffraan-mosterdscones met cheddar en piccalilly tot burrata met gegrilde druiven en basilicum of een bevroren munt-en-pistache-chocoladecake. SIMPEL bevat gerechten die een lust voor het oog zijn en verleidelijk smaken. Met handige iconen zie je in een oogopslag welke kenmerken betrekking hebben op het betreffende recept

[Return to Tuscany](#)  
Giancarlo Caldesi 2006  
Giancarlo and Katie Caldesi, the husband-and-wife team behind two Italian restaurants and a cookery school in London, are passionate about food and about Italy. Their eagerness to share this with others inspired them to relocate to Tuscany for a few months, to rediscover Giancarlo's culinary roots and run a series of courses in traditional Tuscan

cooking. Return to Tuscany is the result of their successful sojourn in Tuscany. Each chapter starts with a lesson, reflecting the different stages of their cookery course, guiding you through the basic techniques of pasta-making, choosing the best ingredients for an antipasti platter, cooking meat on an open fire, and many other aspects of Tuscan cooking. In 80 delicious regional recipes, Giancarlo and Katie pass on methods used by generations of the Caldesi family, with tips supplied by their Italian friends and neighbours. They describe how to make well-known Tuscan dishes, such as Tomato Bruschetta, the classic Ribollita soup and the traditional Plum Crostata, as well as personal favourites that were popular with their

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students, including Mussel and Clam Spaghetti with Fresh Tomato Salsa and Chicken with Cinnamon and Lemon. Illustrated with a wealth of stunning location shots and food photography, Return to Tuscany is both an easy-to-follow cookery book and an inspirational introduction to the culture and traditions of this beautiful part of Italy.

### **Digesting Recipes**

Susannah Worth

2015-06-26 Digesting Recipes: The Art of Culinary Notation scrutinises the form of the recipe, using it as a means to explore a multitude of subjects in post-war Western art and culture, including industrial mass-production, consumerism, hidden labour, and art engaged with the everyday. Each chapter is presented as a dish in a nine-course meal,

drawing on examples from published cookbooks and the work of artists such as Alison Knowles, Yoko Ono, Annette Messager, Martha Rosler, Barbara T. Smith, Bobby Baker and Mika Rottenberg. A recipe is an instruction, the imperative tone of the expert, but this constraint can offer its own kind of potential. A recipe need not be a domestic trap but might instead offer escape – something to fantasise about or aspire to. It can hold a promise of transformation both actual and metaphorical. It can be a proposal for action, or envision a possible future.

### Step-by-step Breads

Caroline Bretherton 2012 Bread-making made easy Step-by-Step Breads is the perfect book to have to hand when you're mastering the art of bread-making. Over 130 recipes are made easy

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with simple instructions and photography helping you every step of the way. Classic breads, artisan breads, batters and sweet breads; 35 essential bread recipes are featured including rolls, pizzas, muffins and buns plus exciting variations for when you're feeling more adventurous. Excellent value, Step-by-Step Breads will help you bake all the world's favourite bread recipes with confidence every time. All content previously published in Step-by-Step Baking.

**Posh Kebabs** Rosie Reynolds 2017-08-01 Posh Kebabs is all about one of the hottest food trends of the year. From the Turkish original to decadent Japanese skewers to Indonesian satay, the simplicity of sticking food on a stick and then cooking it seems to make a meal so much more enticing! With

over 70 simple recipes for everything from brochette to souvlaki, Posh Kebabs takes inspiration from all over the globe. Roasted Cauliflower Shawarma, Chicken Thigh Yakitori, Moroccan lamb with yoghurt and mint, Portuguese espetado and South African Sosatie, and even sweet skewers in the form of Chargrilled Pineapple. All these sensational skewers help reinvent the humble lamb pitta for a new generation!

*Ben Cao Gang Mu, Volume III* Li Shizhen 2022-03 Volume III in the Ben cao gang mu series offers a complete translation of chapters 12 through 14, devoted to mountain herbs and fragrant herbs. The Ben cao gang mu is a sixteenth-century Chinese encyclopedia of medical matter and natural history by Li Shizhen (1518-1593). The

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culmination of a sixteen-hundred-year history of Chinese medical and pharmaceutical literature, it is considered the most important and comprehensive book ever written in the history of Chinese medicine and remains an invaluable resource for researchers and practitioners. This nine-volume series reveals an almost two-millennia-long panorama of wide-ranging observations and sophisticated interpretations, ingenious manipulations, and practical applications of natural substances for the benefit of human health. Paul U. Unschuld's annotated translation of the Ben cao gang mu, presented here with the original Chinese text, opens a rare window into viewing the people and culture of China's past.

## **Dictionary of the Ben cao gang mu, Volume 1**

Zhibin Zhang 2014-12-12  
The Ben cao gang mu, compiled in the second half of the sixteenth century by a team led by the physician Li Shizhen (1518–1593) on the basis of previously published books and contemporary knowledge, is the largest encyclopedia of natural history in a long tradition of Chinese materia medica works. Its description of almost 1,900 pharmaceutically used natural and man-made substances marks the apex of the development of premodern Chinese pharmaceutical knowledge. The Ben cao gang mu dictionary offers access to this impressive work of 1,600,000 characters. This first book in a three-volume series analyzes the meaning of 4,500 historical illness terms.

Federal Trade Commission  
Decisions United States.  
Federal Trade Commission  
1963

**The Slime Book** Dorling  
Kindersley Publishing  
Staff 2017-11-02 Over 30  
gloopy, gooey, colourful  
slime recipes will  
mesmerise and  
"slimerise" youngsters  
by showing them how to  
make slime. Play, poke,  
push, pull, and pop  
awesome easy-to-follow  
slime recipes, all of  
which use inexpensive,  
accessible, and safe  
everyday products.  
Create Monster Slime  
with googly eyes,  
prepare for an eruption

with Volcanic Slime and  
tuck in to some yummy  
edible chocolate slime!  
All projects in The  
Slime Book are shown with  
clear step-by-step  
images and a vibrant  
final image of the slimy  
stuff. Learn the science  
behind these slime  
creations with amazing  
fact boxes and carry on  
the fun with recipe  
variations. The latest  
addictive kids'  
activity, making your  
own slime is the  
ultimate sticky and  
squidgy fun - are you  
ready to create slime?  
Then get goo-ing! All  
slime recipes are borax-  
free.