



## Introduction to Fats and Oils - Cooking Fats and Oils for Good Health

By John Davidson, Dueep J Singh

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Introduction to Fats and Oils - Cooking Fats and Oils for Good Health Table of Contents Introduction Butter What Is Clarified Butter? How to make Clarified Butter Margarine Lard Cooking Fats Olive Oil Coconut Oil Cholesterol Coconut Butter How to make Coconut Butter Conclusion Author Bio Publisher Introduction Why would anybody want to write a book on fats and oils, especially when they are used in cooking, you may ask. This is because most of us have a mindset that fats and oils in our food are definitely items to be avoided by any sensible person who is bothered about the state of his health. Well, the answer is that that we have become so obsessed about weight loss and weight gain, that we have forgotten one main medical truth. Our body cannot do without fat, and that is the reason why any diet which talks about 0 fat is not going to be helpful to our bodies. That is because our bodies are genetically and naturally programmed to have a layer of subcutaneous fat, which we normally...



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