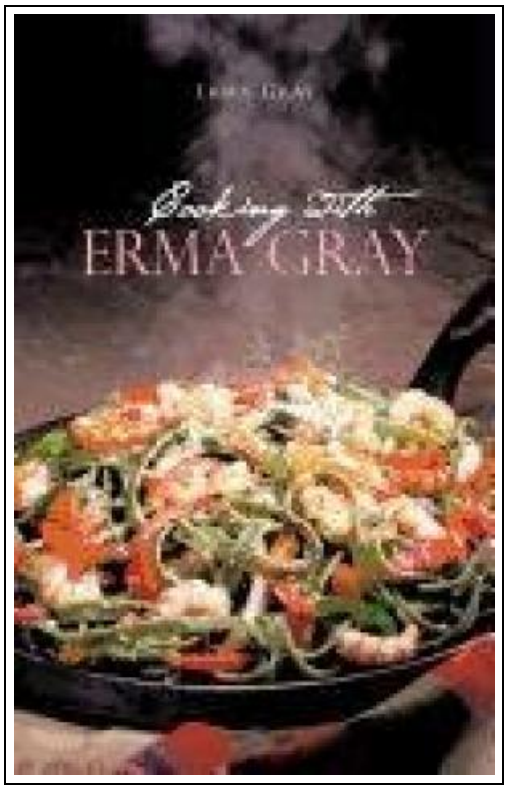
Cooking with Erma Gray



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COOKING WITH ERMA GRAY

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Trafford Publishing. Hardcover. Condition: New. 244 pages. Dimensions: 9.0in. x 6.0in. x 0.7in.Erma Gray is a pioneer and leader in the world of entrepreneurship-and has worked hard all of her life to be the best at anything she put her mind to. Her mother and grandmother were known and respected in the community as great cooks. Erma had no choice but to start out cooking with her mother at an early age. Her mother was a perfectionalist and Erma had to help her mother prepare the meals daily. Therefore, Erma learned how to prepare, cook, and serve her family with delicious, healthy, satisfying meals that were wholesome and yet simple for anyone to make. From Mississippi to Texas, Ermas southern soul food style cooking has made room for her with individuals, families, groups, and businesses. Erma is no stranger to the kitchen. Her phones never stop ringing after people sample a taste of Ermas cooking. Youll want to contact her for a special occasion or event. She knows how to take a simple meal and make it taste fabulously delicious. People in Dallas and Ft. Worth call Erma when they want the best and need to impress for a special occasion. . My mother always told me that too much of anything can hurt or harm you. Your body was not designed to overindulge itself. I think that people try so hard to make sure that their food taste good, but, overdo it by adding too much grease, salt, sugar and extra spicy preservatives. I focus on flavor, not just on adding seasoning. There are members in my family who deal with health issues. Therefore, I cook food that everyone can eat and enjoy. The trick is knowing how to put in the right amounts of seasonings so that the...

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