

Atora was the original shredded suet and for generations has been the number one choice. First introduced in 1893, Atora continues to be made to the highest standards using only the finest ingredients to assure you of delicious results every time.

NUTRITION INFORMATION

Per 100g as sold

Energy	3415 kJ 819 kcal
Fat	87.3 g
of which saturates	42.0 g
Carbohydrate	9.3 g
of which sugars	<0.5 g
Fibre	<0.5 g
Protein	1.4 g
Salt	<0.01g

CASTOR - CARD widely recycled



Atora Dumpling Recipe

Pauline Cheung

Atora Dumpling Recipe:

Housecraft ,1967 [Home Economics and Domestic Subjects Review](#) ,1967 [Lost in the Supermarket](#) Kay Bozich

Owens,Lynn Owens,2008-10-01 A creative compendium of recipes that reclaims the kitchen for the hip crowd Historically a love of cooking has been left to those considered far from cool suburbanite Betty Crokers toiling over a hot stove But the new youth culture sensibility has taken over merging the axiom You are what you eat with its updated mantra You are who you listen to Lost in the Supermarket yes named for the 1979 hit by The Clash is a creative compendium of recipes that reclaims the kitchen for the hip crowd At once a meditation on the connection between food and music and a great culinary resource this cookbook is full of the favorite recipes of some of indie rock s elite In chapters on both daily dishes and special event grub contributions from such indie notables as Animal Collective Black Dice Sunset Rubdown and Country Teasers are included giving readers plenty to groove on whether they re in it for the tunes or the tastes or both Whether looking for good eats or good bands Lost in the Supermarket puts readers in the mood to nosh n roll [Fusion](#) Pauline Cheung,2020 This cookery book is full of recipes with many historical influences from all around the commonwealth Western cuisines dating back to ancient bygone eras I have used special Oriental influences and ingredients to enhance the taste with light hints of herbs and spices [Seasons at Highclere](#) The Countess of Carnarvon,2021-09-16 Join Lady Carnarvon as she opens the gates to Highclere Castle the real Downton Abbey and discover how the iconic British landmark celebrates and changes each season This book reveals the treasures within Highclere Castle s land and estates Georgian architecture follies secret gardens the monks garden wildflower meadows and the woods of enchantment Alongside history and anecdotes this book also details sumptuous recipes for dishes inspired by local seasonal produce such as Heritage Tomato Tart Highclere Baked Figs with Goats Cheese and Honeyed Winter Vegetable Salad Beautifully illustrated with full colour photography Seasons at Highclere is full of gastronomical delights the stories of the treasures within Highclere Castle s grounds untold secrets from the castle s archives and much more This is the perfect gift or keepsake and a book to be cherished for years to come

Dum Recipes Arti Arora,1999-01

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