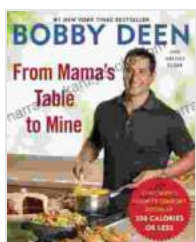


# From Mama Table to Mine: A Culinary Journey from Mother to Daughter

When I was a little girl, my mother used to cook the most amazing meals. I would sit in the kitchen and watch her, mesmerized by the way she could transform simple ingredients into something so delicious.

One of my favourite dishes was her chicken pot pie. She would make it from scratch, using only the freshest ingredients. The crust was always flaky and golden brown, and the filling was rich and creamy. I would always beg her to make it for me, and she would always oblige.



## From Mama's Table to Mine: Everybody's Favorite Comfort Foods at 350 Calories or Less: A Cookbook

by Bobby Deen

★★★★☆ 4.6 out of 5

Language	: English
File size	: 22962 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 360 pages



As I got older, I started to learn how to cook from my mother. She taught me everything she knew, from how to chop vegetables to how to make a

roux. I loved learning from her, and I soon became a pretty good cook myself.

When I went away to college, I missed my mother's cooking terribly. I would often call her and ask her for recipes. She would always be happy to help, and she would always give me the best advice.

After I graduated from college, I moved to a new city and got a job as a chef. I worked in some of the best restaurants in the city, and I learned a lot about food and cooking. But I never forgot the lessons that my mother had taught me.

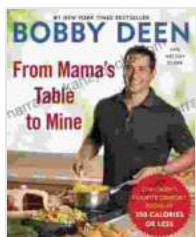
A few years ago, I decided to write a cookbook. I wanted to share my mother's recipes with the world, and I also wanted to share the story of our culinary journey together. The book is called *From Mama Table to Mine*, and it is a celebration of the bond between a mother and daughter, and the love of food.

The book is filled with recipes that are simple to make, yet full of flavour. There are recipes for everything from everyday meals to special occasion dishes. And each recipe is accompanied by a story about my mother and me, and the memories we have of cooking and eating together.

I hope you enjoy reading *From Mama Table to Mine* as much as I enjoyed writing it. It is a labour of love, and it is a testament to the power of food to bring people together.

**Free Download your copy of *From Mama Table to Mine* today!**

Available at all major bookstores and online retailers.



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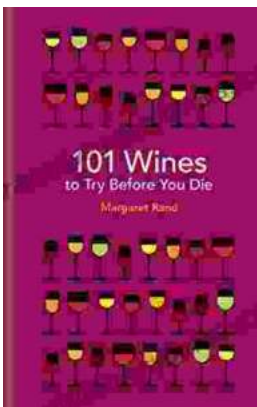
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