



# For Goodness Sake: Secrets from the Chef... at Willey Inn

*Amy Brennan*

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# For Goodness Sake: Secrets from the Chef... at Wildey Inn

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## **For Goodness Sake: Secrets from the Chef... at Wildey Inn** Amy Brennan

A Mid-Atlantic regional cookbook with a bed and breakfast flair, "For Goodness Sake!" features timeless recipes from the Eastern Shore of Maryland, a collection of the author's own wildlife recipes as well as other recipes she has developed over 30 years. It also contains cherished recipes gathered from her varied living experiences around the United States including Alaska. Finally, a chapter especially devoted to gluten free cooking rounds out this book with a lighthearted theme based on the sharing of a "hot" secret. The recipes primarily use or can be converted totally to unprocessed foods with a focus on freshness, ease of preparation and the convenience of readily available ingredients.

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