



Let's Get Grilling with the Cooking Ladies

Phyllis Hinz, Lamont Mackay

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Two university friends who embarked on a lifelong journey of food and exploration, Phyllis Hinz and Lamont Mackay have for years travelled the highways and low roads of Canada and America, covering more than 300,000 kilometers in their 40-foot motor home while sampling, learning, and sharing the best of North American cuisine and culture. Together they have been restaurant owners, food columnists, caterers, TV personalities, event speakers, and recipe consultants, but to the world at large they are best described simply as "The Cooking Ladies!"

Let's Get Grilling is the newest adventure by Phyllis and Lamont, a collection of grilling recipes and travel anecdotes spanning Halifax to San Diego. Having surveyed a wide world of grilling ideas, the Cooking Ladies encourage readers to traverse new horizons with recipes for Peachy Country-Style Pork Ribs, Chicken Breasts with North Alabama White BBQ Sauce and West Coast Cedar Plank Salmon. Presented alongside fascinating food histories and an inspiring narrative of life on the road, *Let's Get Grilling* is a go-to guide for getting the best from your grill. So catch a ride with the Cooking Ladies and *Let's Get Grilling*!



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