



What's Your Cooking Secret?



In this collection of 60+ favorite recipes from his YouTube channel, best-selling author Chef RV Manabat shares his own kitchen secrets—all guaranteed to make cooking a practice of love and happiness.

Since starting his channel in 2020, Chef RV has inspired over a million viewers to create delicious meals that bring joy to their families and even start their own businesses. Whether you're a seasoned cook or just getting started, you'll find plenty of inspiration and helpful tips in this compilation.

From classic comfort foods to Filipino favorites, Chef RV's recipes cover a wide range of cuisines and ingredients. And with his signature positive energy and "Kung sanay ka misaya" advice, you're sure to have fun in the kitchen and discover your own kitchen secrets.

So, let the cooking begin!

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Secrets Of Saltfree Cooking

Brendan G. Carr



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