



Sleepyhead Shares a

Secret

Sleep deprivation
is torture
but loneliness
is much worse

MAUREEN REIL

Sleepyhead Shares A Secret English Edition

ML Morrison



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web sprinkle a few drops of the hot sauce into each hole in a small bowl combine the pimentón salt essence and cayenne

sprinkle the seasoning blend evenly over all sides of the roast and rub into the meat place the roast in the crock of a 6 quart slow cooker fat side up and pour the stock around the roast

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web ingredients deselect all 1 whole pig 30 to 50 pounds salt and cracked black pepper granulated garlic for seasoning plus 1 2 cup 2 cups melted butter 1 cup white wine 3 4 cup louisiana hot