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## **Orleatha smith (author of cooking against the**

Orleatha Smith is the author of Cooking Against the Grain (3.50 avg rating, 4 ratings, 2 reviews, published 2012), Paleo Post-Bypass Orleatha Smith s Followers.

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and you can bet your bottom dollar that my meatballs are going to be against the grain of what is to simmer and finish cooking. Smith says: January 19

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