Fur Mauvaise Créte.

First method: Make May Day.

An easy method of stuffing meats with spices. This method is used by cooks in all parts of the world. It is very effective and easy to do.

The meat is cut open and the spices are inserted into the cavity. The meat is then closed and tied with a string. This method is also used in India, where it is called "the Indian style." It is also used in China, where it is called "the Chinese style."