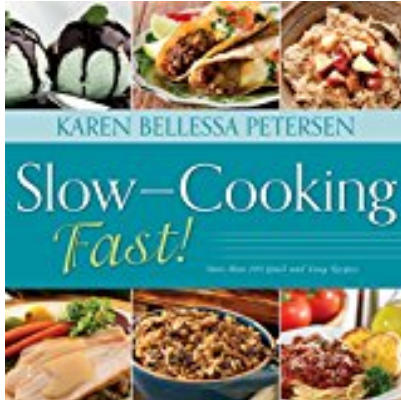


Slow-Cooking Fast!



BOOK DETAILS

- Author : Karen Bellessa Petersen
- Pages : 278 Pages
- Publisher : Covenant Communications Inc.
- Language : English
- ISBN : 162108812X

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BOOK SYNOPSIS

Nutritionist Sarah Flower offers advice for the busy family to literally take things slowly. Slow cooking is the easiest way to cook, plus it has the added advantage of being good for your health. And you don't have to slave over a hot stove when you've finished work for the day to create your supper. Literally fill your slow cooker with your chosen ingredients and walk away for the day. Nothing could be simpler. Slow Cook Fast Food also shows you how to save on washing up by creating one pot meals and desserts for all the family without breaking a sweat. - Use your slow cooker to make nutritious meals with very little effort - Prepare one pot dishes with ease - and less washing up! - Prepare mouth watering soups, main meals and desserts - Make the most of your ingredients with helpful store cupboard tips - Discover great tips and advice for saving time and money Contents: Introduction; 1. One Pot and Slow Cook Cooking, Equipment and Advice; 2. Weights, Temperature and Measures; 3. One Pot Soups; 4. One Pot Chicken; 5. One Pot Beef; 6. One Pot Pork; 7. One Pot Lamb 8. One Pot Fish; 9. One Pot Veggie Dishes; 10. One Pot Essentials; 11. One Pot Cakes and Desserts; 12. One Pot Conserves and Chutneys; 13. Contacts and Further Information; Index.

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