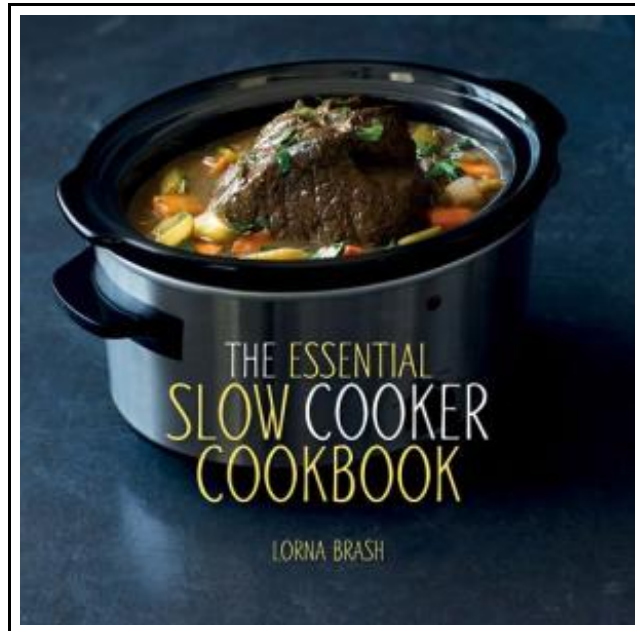


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THE ESSENTIAL SLOW COOKER COOKBOOK

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Pavilion Books. Hardback. Book Condition: new. BRAND NEW, The Essential Slow Cooker Cookbook, Lorna Brash, If you want to prepare healthy, homely meals but feel you don't have the time, think again. In as little as 20 minutes, you can make a delicious meal at the start of the day, and then put it in the slow cooker and leave it to cook all day. Come home to a hearty bowl of soup, a warming stew, a fragrant curry or a succulent roast - whatever you want to eat, this book is packed with simple recipes. Slow cooking is ideal for people with all kinds of lifestyles - from mums with a young family who want to put the supper on after the school run, to people who want to cook in the morning before they go to work, to students who are busy in lectures all day and want to come home to a great meal. Delicious dishes for everyday family meals, such as Bistro-style Bolognese Sauce and Fish Pie, sit alongside fabulous food for friends such as Whole Chicken with Creamy Tarragon and Vermouth Sauce and Beef and Sweet Date Tagine. There are also tempting treats, including puddings, cakes and preserves. These simple recipes will help you cut down your shopping bill too. Cheaper cuts of meat are ideal for the slow cooker, as are inexpensive pulses such as lentils. With so many quick to prepare and easy to follow recipes, this book will prove an invaluable addition to every cook's kitchen.

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