

# The Everyday Halogen Oven Cookbook - Sarah Flower

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This book, by nutritionist Sarah Flower, is packed with delicious, healthy and simple meals as well as general advice on how to use and maintain your Halogen Cooker. Halogen Cookers are ideal for those who live alone; or for cooking quick, easy and nutritious family meals without the expense of heating up a conventional oven. With your halogen oven you can cook up to 40% faster than with your conventional oven. It can be used to bake, grill, defrost, roast, steam and brown, and is the perfect one pot cooker. Unlike a microwave, it can cook brown and crispy pastry dishes and jacket potatoes. - How to get the most from your halogen cooker - Weekly menu plans - Soups and Casseroles - Main Meals - Quick snacks - Cakes and desserts - Stockists & further information Author: Flower, Sarah Publisher: Spring Hill Illustration: N Language: ENG Title: The Everyday Halogen Oven Cookbook Pages: 00272 (Encrypted EPUB) On Sale: 2011-07-01 SKU-13/ISBN: 9781905862474 Category: Cooking : Health & Healing - General Category: Cooking : Methods - Special Appliances Category: Cooking : Specific Ingredients - Natural Foods

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