Halogen Cooking For Two - Sarah Flower

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Author of the bestselling Everyday Halogen Oven Cookbook. Halogen ovens are perfect when cooking for two as they are so much cheaper to use than a conventional oven. Once you have mastered the basics, this machine will change the way you work in your kitchen. When cooking for two, you no longer have to waste energy heating a conventional oven. You can create amazing dishes with the minimum of fuss, washing up and waste. Nutritionist Sarah Flower, author of best-selling The Everyday Halogen Oven Cookbook and Perfect Baking with your Halogen Oven, is passionate about the benefits of the Halogen Oven. In this book she demonstrates its practicalities and gives you recipes for delicious meals that are up to 40% quicker than with conventional ovens. As with all of Sarah's recipe books, she strives to create wholesome recipes that are simple to follow, easy to prepare and good for you. Many of my readers have contacted me to ask how they could adapt some of the core recipes featured in The Everyday Halogen Oven Cookbook so that they could cook them for two people. I have carefully selected some of the most popular recipes from that book and reworked them to serve two. I have also included a large number of new and exciting recipes which work really well for two - these form the majority of the recipes in this book. If you can t find your favourite recipe from my first book in the following pages but would like it adapted to serve two people please let me know via my website sarahflower. Author: Flower, Sarah Publisher: Spring Hill Illustration: N Language: ENG Title: Halogen Cooking for Two Pages: 00144 (Encrypted EPUB) On Sale: 2011-06-24 SKU-13/ISBN: 9781905862634 Category: Cooking: Methods -Quick & Easy

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