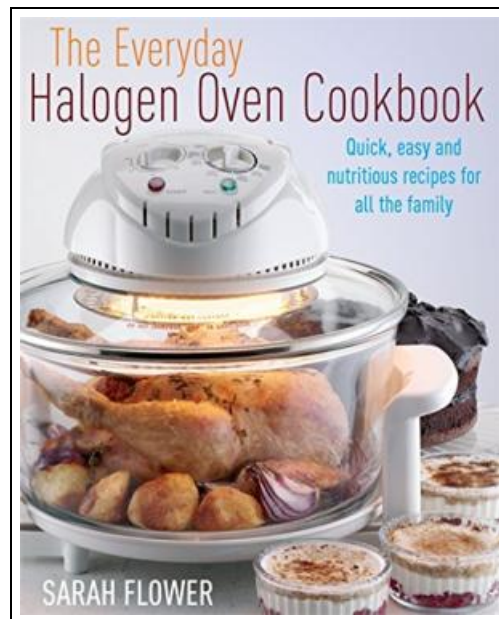


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Little, Brown Book Group, United Kingdom, 2010. Paperback. Condition: New. Language: English . Brand New Book. This book, by nutritionist Sarah Flower, is packed with delicious, healthy and simple meals as well as general advice on how to use and maintain 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. For more recipes and tips for your halogen oven, join our online community at Introduction; 1. Using Your Halogen Oven; 2. Snacks; 3. Potatoes; 4. Meat; 5. Fish; 6. Vegetarian; 7. Desserts; 8. Cakes and Treats; 9. Meal Planner; Index.

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