



Halogen Cooking for Two

By Sarah Flower

Little, Brown Book Group, United Kingdom, 2011. Paperback. Book Condition: New. 208 x 148 mm. Language: English . Brand New Book. 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. For more recipes and tips for your halogen oven, join our online community at Contents: Contents; Introduction; 1. Using Your Halogen Oven; 2. Snacks; 3. Meat; 4. Fish;...

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