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*family meal recipe! Cook*  
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How to cook a whole Chicken  
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everyone including Winter  
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Leek and Potato Soup, Fish  
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in Tomato Sauce, Chilli Con  
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Hot Pot, Chicken Supreme,  
Chicken Curry and loads of  
great Vegetarian recipes  
using beans and lentils.

Slow Cooking for Yourself:

*Page 16/76*



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The book does what it purports to do, get you started on slow cooking for one. Yes, some of the ingredients must be cooked first, e.g. Onions, but then

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they are put into the slow  
cooker. Also many of these  
reckless cook for only a  
couple of hours so planning  
is important.

Slow Cooking for Yourself by  
Catherine Atkinson

*Page 18/76*

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Imagine yourself getting  
back from work to the smell  
of well-cooked goodness as  
you walk through the door.  
You're returning to a home,

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not a space. That's how the  
slow cooker changes lives  
and once we have a slow-  
cooker convert, yet more  
recipes become important to  
track down, so more books  
will be sold.

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Bean. To simplify: use  
leftover meat that's already  
cooked or a pre-cooked

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chicken sausage and use  
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Fitness. To simplify: Leave  
the pepperonis whole and use  
frozen, pre-cut peppers.

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Recipes For A Single Guy  
Turkey slow cooker  
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cacciatore in the slow  
cooker; Fragrant lemon  
chicken; German lentil soup;  
Molly's chicken; Chouriço



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with red wine and peppers;  
Pulled pork sandwiches; Slow  
cooker chilli con carne;  
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chicken thighs

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so tender and gives it a  
real depth of flavour 6 hrs  
and 20 mins . Easy . Slow  
cooker paella. 9 ratings 3.4  
out of 5 star rating. Make  
our version of paella in a  
slow cooker with smoky

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chorizo, chicken and prawns.  
Serve with crusty bread and  
a glass of white wine

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Good Food

by Sarah Cook. This  
vegetable risotto is gently

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cooked to perfection in the  
slow cooker, before being  
topped with Parmesan, fennel  
fronds and lemon zest.

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Slow cooker recipes - BBC  
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Once the meat is seared on

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both sides, set the slow  
cooker to the time and  
temperature specified in  
your recipe. If your slow  
cooker doesn't have a timer,  
set one on your phone or use  
a kitchen timer. While the  
meat is cooking, you can add

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extra ingredients, such as  
broth or chopped vegetables,  
if you like. For more tips,  
including how to cook cubed  
beef in a slow cooker, keep  
reading!

[How to Cook Beef in a Slow](#)

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Slow cooker recipes and tips. The best slow cookers and how to use them. Top 10 slow cooker recipes: 1. Schooldays treacle sponge 2. Spiced poached pears in

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chocolate sauce 3. Self-  
saucing Jaffa pudding 4.  
Tangy onion chutney 5. Rich  
paprika seafood bowl 6.  
Turkish lamb pilau 7. Door  
Sweetcorn & smoked haddock  
chowder 8. Better-than-baked  
beans 9.



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Yourself: Atkinson,  
Catherine . . .

While most slow-cooker recipes take 6-8 hours, the preparation time is short (you can just roughly chop your ingredients and pop it

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in). Give yourself an extra  
15 minutes in the morning to  
prep, switch on just before  
you leave the house, then  
serve up as soon as you're  
home. Get the kids involved

Slow cooking for the soul |

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There are little tips at the  
end of each recipe. I love

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slow cooking as the aromas  
drift through the kitchen  
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and the results are tasty  
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and wholesome. The machines  
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are so cheap to buy and run.  
No-one who lives alone needs  
eat rubbish in future. The  
problem is the size of

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cooker: 1.5 l is very small;  
2.4 l is ideal but they do  
not seem to have on ...

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9780572031503 - Slow Cooking

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Slow-cooking meat is a popular and convenient way of cooking cheaper cuts. It guarantees melt-in-the-mouth meat and dishes with superb depth of flavour every time.

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Here are our tips for slow-  
cooking beef including  
advice on the best cuts to  
use.

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The best beef cuts for slow  
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usually the last thing you  
want to do when you get  
home. So a quick take-away  
or ready-made meal becomes

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dish to warm yourself up  
this weekend, why not try

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this beef stew recipe. When  
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food, one dish that always  
gets a resounding “Yum!” in  
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The ultimate in slow-cooker books—with 500 recipes, each adapted for three sizes of appliance. From breakfast to soups, mains to grains, vegetables to desserts, this guide is the only book you'll ever need to master

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crockpot. Millions of people  
are turning to slow cookers  
for their weeknight meals  
yet often can't find recipes  
that match their exact  
machine. Adapting recipes  
meant for a different-size



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cooker doesn't work—getting  
the right level of spice in  
your Vietnamese soup or  
keeping pulled pork tender  
requires having ingredients  
in the right proportion. But  
now, Bruce Weinstein and  
Mark Scarbrough have decoded

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slow cookers, and each of  
their recipes includes  
ingredient proportions for  
2-3 quart, 4-5 quart, and  
6-8 quart machines,  
guaranteeing a perfect fit  
no matter what machine you  
own. Each recipe is labeled

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for its level of difficulty  
and nutritional value, and  
they cover every kind of  
dish imaginable: delicious  
breakfast oatmeals, slow-  
braised meats, succulent  
vegetables, sweet jams and  
savory sauces, decadent

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soups and roasts to cobblers  
and puddings.

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Cooking for Two. If you're  
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for Two will give you all

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to enjoy delicious and  
hassle-free meals.

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ingredients or less? Could  
you create an incredibly  
delicious, easy, no prep  
meal for your whole family?  
Chrissy Taylor will show you  
how. This special and unique  
collection of 100 slow

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traditionally-based recipes with a twist, taken up a notch thanks to surprising flavor additions and using different spices. Chrissy's recipes require no browning, no prep and no special

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Cooker Jerk Chicken,  
Enchilada Quinoa and  
Homemade Bread. Also  
included are Vegetarian,  
Fish & Seafood, Breakfast  
and Sauce options. Give your

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watering photos.

Make It Fast, Cook It Slow

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is the first cookbook from Stephanie O'Dea, the extremely popular slow cooking blogger: affordable, delicious, nutritious, and gluten-free recipes to delight the entire family. In December 2007, Stephanie

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for an entire year, and  
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write about it on her very  
popular blog. The result:  
more than three million  
visitors, and more than 300



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at the stove.

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recipes that can be prepared  
in the slow cooker, with  
options for appetizers,  
soups, main entrees, and  
desserts.

Life is stressful enough

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without spending hours in  
the kitchen. Give yourself a  
well-deserved break and put  
your slow cooker to work! I  
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Lemon & Thyme Chicken, Cajun  
Dirty Rice, or an indulgent  
Almond Crème Caramel, just

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prepare the ingredients and  
let this heaven-sent machine  
do the cooking!

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crowd or serving up a simple  
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focused on healthy, easy-to-  
find ingredients, such as  
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pulses, and reasonably  
priced cuts of meat and



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poultry. Many of the dishes can simmer away all day and are ready the minute the family comes through the door in the evening. Packed with tips and informative sidebars, including how to adapt your favourite recipes

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book offers plenty for new  
and experienced cooks alike.  
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