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## Whole Food Slow Cooked: 100 Recipes for the Slow-Cooker or Stovetop

By Olivia Andrews

Murdoch Books. Paperback. Book Condition: new. BRAND NEW, Whole Food Slow Cooked: 100 Recipes for the Slow-Cooker or Stovetop, Olivia Andrews, For time-strapped cooks and busy households wanting to eat unprocessed, whole food; slow-cooking is the ultimate convenience. Whole Food Slow Cooked offers 100 recipes that are big on flavour and low on fuss, for slow cooker, stovetop or oven. On weekdays, just fire up the slow cooker in the morning, then come home to a hearty and nutritious pea and ham soup or the ultimate bolognese. With plenty of meat-free options, such as tamarind and pumpkin sambar or butter miso mushroom risotto, and an array of curries including Southern Indian chicken and sweet Javanese beef, you'll never be short of ideas to keep everyone happy and well-fed. At weekends, when you have more time, start the day with quinoa and chia porridge with raspberries, then slow-braise some Persian lamb shanks in the oven to fill the house with delicious aromas. End on a sweet note with dark chocolate, fig and hazelnut puddings. Healthy and convenient don't usually go together - but now you really can have the best of both worlds!



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