

The Halogen Oven Everyday Cookbook

By Sarah Flower

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The Halogen Oven Everyday Cookbook By Sarah Flower

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 oven. Halogen ovens 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, broil, defrost, roast, steam and brown, and slow cook; it can even make toast and hard-boiled eggs. In short it’s a great machine for families, as well as single people or couples, students . . . even vacation homes. • How to get the most from your halogen cooker • Weekly menu plans • Soups and casseroles • Main meals • Quick snacks • Cakes and desserts

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Editorial Review

About the Author
Sarah Flower is a nutritionist, journalist and author of Live More, Spend Less; Eat Well, Spend Less; Slow Cook, Fast Food and Perfect Baking with your Halogen Oven. She has been a big fan of halogen ovens since their launch. As a mother of two, she uses her oven every day. Sarah says “This is an exciting book for me as it’s the first I’ve written specifically for my American readers. While my recipes have always been popular in the USA I wrote them using metric measurements. I’ve now re-worked all my original recipes for US measurements and ingredients. So the recipes are just as delicious and nutritious as always, but they’re now quicker and easier to make than ever.”

Users Review

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