



The Halogen Oven Everyday Cookbook

Sarah Flower

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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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