



Cooking For One Cookbook For Beginners & Slow Cooking Guide For Beginners (Cook Books Box Set) (Volume 1)

Claire Daniels

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Cooking Books Box Set #1: Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! & Slow Cooking Guide for Beginners: The Top Essential Slow Cooking Tips & Recipes for Beginners! COOK BOOK GUIDE FOR SLOW COOKING AND COOKING FOR ONE! RECIPES! TECHNIQUES! GREAT FOR BEGINNERS. COOKING FOR ONE

You got this book for a reason: you are tired of microwave TV dinners, canned food and unhealthy takeouts. You want to enjoy fast, delicious, cheap and healthy meals that will make eating alone a worthwhile experience. Well, good news, for this book will guide you through the journey of healthier eating!

From now on, your kitchen will be your best friend. If there is something about your kitchen that you don't like (such as the paint on the walls) then go ahead and change it. You will be spending a bit more time in this part of your home so why not make it a fun experience every time.

One big advantage of cooking for one is that dish washing won't be such a chore. All you will ever need is one pair of cutlery, one bowl, one plate, one cup and one glass. And just because you're cooking for one does not make it a rush all of the time. Dedicate a table and a chair to be your dining area, spread an attractive tablecloth over it and place a vase with some fresh cut flowers in it. Create a playlist to serve as your background music while you are eating to set the right ambiance. Hang a lantern over a light bulb to set the mood for eating at home.

Here Is A Preview Of What You'll Learn...

- Important "Cooking for One" Tips
- Fast and Easy Breakfast Recipes
- Lunchbox-Ready Lunch Recipes
- Classic and Delectable Dinner Recipes
- Scrumptious and Healthy Snack and Dessert Recipes
- Much, much more!

SLOW COOKING:

Slow cooking is a cooking method that utilizes low heat for an extended period of time. The food prepared using this method will become oh-so-tender and more flavorful. In the past, slow cooking involves putting a pot in the stove over a low fire for several hours.

Unfortunately, this leaves room for the homemaker to do anything else since the flame needs constant supervision. If not, the pot may over boil, dry out, and cause a fire if left on for too long even on low. Fortunately, this won't be an issue anymore since the slow cooker has already been invented.

The slow cooker, also known as a crock pot, is a special electric pot with a glass lid and inset ceramic bowl. It typically has two temperature settings such as low (180°F to 200°F) and high (280°F to 300°F). It uses indirect heat to cook food in a steady and moderated temperature that doesn't result in food, or worse, house burning even when left on for most of the day.

You can turn it on it on the morning before you leave for work and come home to a warm and perfectly cooked dish.

Here Is A Preview Of What You'll Learn...

- Slow Cooking and Slow Cookers
- Dips and Sauces Recipes
- Meat Dish Recipes
- Seafood & Vegetable Dish Recipes
- Poultry Dish Recipes
- Dessert & Snack Recipes
- Much, much more!

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Sidney Robertson:

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