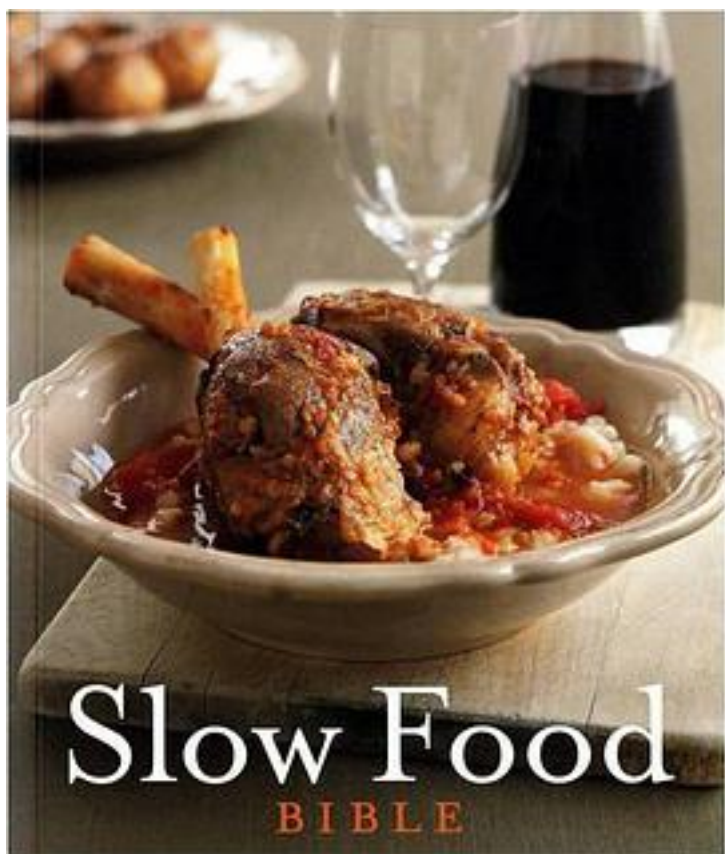


Slow Food Bible



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Slow food doesn't mean taking forever to cook a meal. It's about taking the time to enjoy good food - choosing and using seasonal ingredients and sharing the results with family and friends. Most of the recipes in "Slow Food Bible" are simple to prepare, and much of the time involved is allowing the ingredients to simmer away while you get on with other things, or simply kick back and relax. There's a feast of recipes for all

seasons, from hearty braises to lighter vegetables and sides and, of course, irresistible year-round desserts. There are tips on using slow-cookers, and for shortcuts that won't compromise flavour and goodness.

作者介绍:

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