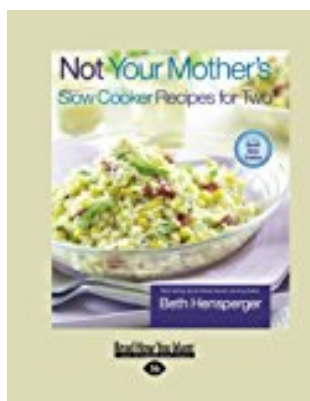


[PDF] Not Your Mother's Slow Cooker Recipes For Two

Beth Hensperger - pdf download free book



Books Details:

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Description:

From With the introduction of a smaller model that cooks in quantities for one or two people, the slow cooker's popularity has grown even more. This downsized appliance for the single person or the childless couple allows the cook to prepare a meal in the morning, head off to a job, and still have a hot meal virtually ready when the workday has ended. Hensperger demonstrates this diminutive cooker's versatility with a collection of recipes that fit in with today's changing tastes in food. Chilis and soups show off the slow cooker's obvious virtues. In addition to beef- and pork-based stews and

braises, plenty of turkey and chicken recipes appeal to devotees of lower-fat cooking. Polenta and risotto enhance the usual pasta dishes. Hensperger further offers some recipes for accompaniments designed for stovetop or oven preparation such as cornbread, pilafs, and dumplings. *Mark Knoblauch*

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About the Author Beth Hensperger's career as a prolific food writer and educator began when she was chosen as the guest cooking instructor for the March 1985 issue of *Bon Apptit*. She has gone on to author more than twenty cookbooks, including the best-selling "Not Your Mother's" series. She is also the author of *The Bread Bible*, winner of a James Beard Book Award, and has been nominated twice for an IACP Cookbook Award. Hensperger writes a food column, "Baking with the Seasons," for the *San Jose Mercury News* (which was nominated for a James Beard Award in newspaper journalism). She is a contributor to dozens of national and online cooking and lifestyle magazines, such as *Food and Wine*, *Every Day with Rachael Ray*, *Prevention*, *Veggie Life*, *Working Woman*, *Family Circle*, and *Cooking.com*, as well as being a sought-after radio interviewee speaking on cooking, baking, and entertaining. An East Coast transplant who now considers herself a true Californian, Hensperger lives in the San Francisco Bay area.

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