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The book does what it purports to do, get you started on slow cooking for one. Yes, some of the ingredients must be cooked first, e.g. Onions, but then they are put into the slow cooker. Also many of these reckless cook for only a couple of hours so planning is important.

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Soup, Minestrone, Leek and Potato Soup, Fish Pie, Kedgeree, Tuna Pasta Bake, Boeuf Bourguignon, Steak and Kidney Casserole, Pot Roast Chicken, Meatballs in Tomato Sauce, Chilli Con Carne, Lasagne, Irish Stew, Hot Pot, Chicken Supreme, Chicken Curry and loads of great vegetarian recipes using beans and lentils.

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Slow cooking makes the meat so tender and gives it a real depth of flavour 6 hrs and 20 mins . Easy . Slow cooker paella. 9 ratings 3.4 out of 5 star rating. Make our version of paella in a slow cooker with smoky chorizo, chicken and prawns. Serve with crusty bread and a glass of white wine

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by Sarah Cook. This vegetable risotto is gently cooked to perfection in the slow cooker, before being topped with Parmesan, fennel fronds and lemon zest.

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Once the meat is seared on both sides, set the slow cooker to the time and temperature specified in your recipe. If your slow cooker doesn't have a timer, set one on your phone or use a kitchen timer. While the meat is cooking, you can add extra ingredients, such as broth or chopped vegetables, if you like. For more tips, including how to cook cubed beef in a slow cooker, keep reading!

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