

<<一锅做出多样菜>>

图书基本信息

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### 内容概要

If you love cooking but are short of time, then The Big Book of One Pot will be indispensable. As the name suggests, all the dishes can be cooked in a single pot, leaving you with very little to wash up but plenty of time to get on with other things. These days most of us lead action-packed lives so time-consuming meal preparation, let alone clearing up afterwards, just doesn't fit in very easily. However we want to eat nutritious home-cooked food. This book contains a wealth of recipes to suit all tastes and there is beautiful photography of every dish. You'll find chapters on main meal soups, and meat and poultry - both of which develop marvellous flavours and succulent textures when cooked in a single pot. There are plenty of tempting desserts too - the one pot treatment works equally well for crumbles, cobblers and brownies, and even ice cream. It's the ideal food for solitary suppers or for feeding a crowd. Just put the pot on the table and tuck in!

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