



500 Slow Recipes: A collection of delicious slow-cooked and one-pot recipes, including casseroles, stews, soups, pot roasts, puddings and desserts, shown in 500 photographs

Catherine Atkinson

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Slow cooking techniques have been used for hundreds of years, and with the renewed demand for natural food with flavor, slow cooking and one-pot meals are coming back into fashion. This fantastic collection of 500 slow-cooked recipes caters for all tastes and occasions, each recipe illustrated with a stunning photograph and stage by stage instructions, as well as nutritional notes for every recipe to help dietary planning.

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