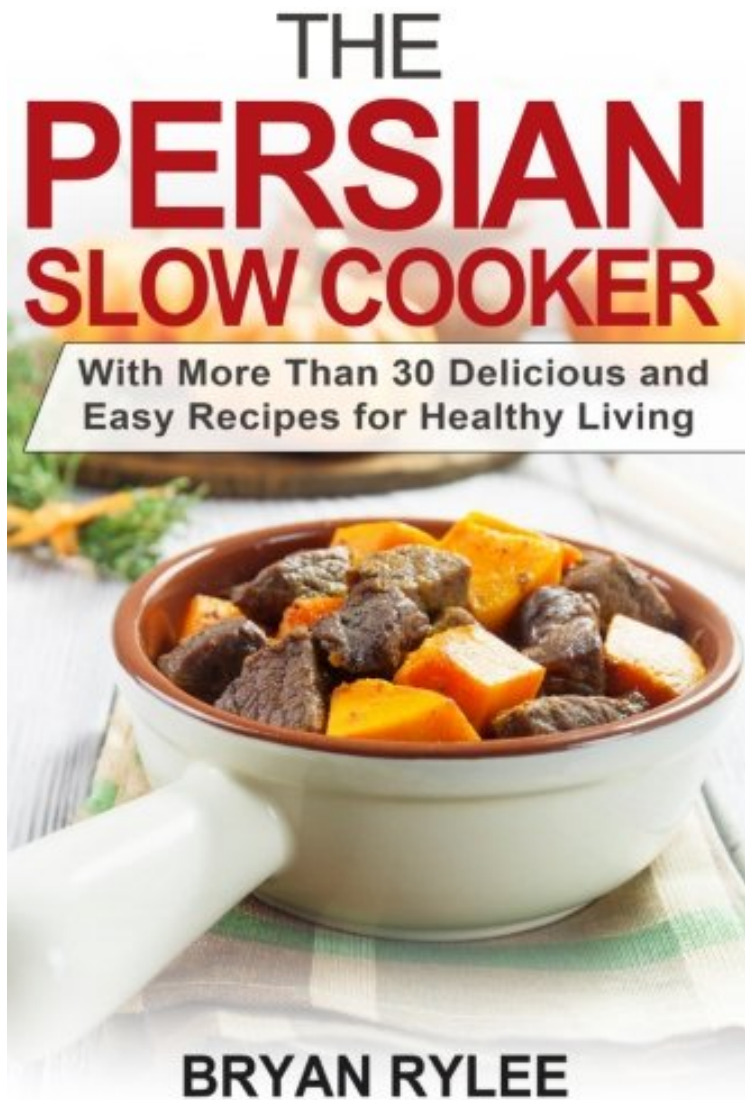


(Read free ebook) The Persian Slow Cooker

The Persian Slow Cooker

Bryan Rylee

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Bryan Rylee : The Persian Slow Cooker before purchasing it in order to gage whether or not it would be worth my time, and all praised The Persian Slow Cooker:

0 of 0 people found the following review helpful. Great recipe of persian cookbook recipe its easy to cook and a lot of healthy recipeBy VixennKimhye022588I salute the book for introducing a healthy, vegan version of Persian cuisine to the world out there and i am very interested in this culture and I immediately set to recreate the recipes in my kitchen and going by my first results, I would cook the ingredients for less time, and add lower quantities of oil salt - they will still taste Persian but also be healthier and more nutritious and persians seem to flavour the sour or tart flavour to the

foods (interesting) and his instructions are easy to read and follow and along the way he adds some great color photographs of some of the delights and speaking of those delights, this book includes the following categories along with the recipes contained in each category - Appetizers: Walnut and Cucumber Creamy Salad, Artichoke Heart Dip, Baba Ganoush, Green Avocado Dip on Tasted Bread, and more and Salads: Orzo and Green Olive Salad, Fattoush Salad, Persian Carrot Salad, Persian Chickpea Salad and more. Soups and Stews: Persian Herb Soup, Persian Mushroom Stew, Pomegranate Soup, Persian Eggplant Stew and more. Main Dishes: Veggie Stuffed Bell Peppers, Persian Potato Gratin, Potato and Prune Casserole, Kateh (Persian Rice), Walnut and Rice Balls, Persian Pilaf, Vegetable Curry, Fried Eggplant Casserole, Falafel Loaf and more. Desserts: Spiced Rice Pudding, Persian Melon Popsicles, Persian Halva, Cinnamon Date Cake and more and i like how he has simplified some of the recipes and substituted tofu for the meat or omitted the meat completely.0 of 0 people found the following review helpful. Great Cook Book!By Maribel SharonnaGood recipes to try in your slow cooker. Also included are tips at the end of each such as substitutions or what not to do. I also liked the introduction with an explanation of the difference between a slow cooker and a crock pot. Also mentioned are suggestions on what to look for when purchasing slow cookers and tips of that nature. There's a good variety in foods suggested if one is interested in expanding recipe selections for your slow cooker.0 of 0 people found the following review helpful. step by step healthy and delicious slow cooker recipes.By AustinThis book has been so helpful. Everything from sauces to deserts, and almost about all the recipes inside the book ar healthy. Seasoner luckily, the author has place on a very easy to use reference that provides pine tree state many concepts for change of state healthy, tasty meals, terribly straightforward to use reference which supplies American state plenty of concepts for change of state healthy tasty meals.

The Persian Slow cooker is written for people who want an easy and healthy life.It's a unique and simple guide to preparing authentic Persian dishes in a slow cooker for people with different meal preferences.Busy people will find them both easy, time saving and enjoyable.No hard efforts, no long hours spent in the kitchen, no damage to the stomach and lots of fun and positive emotions from meals.In this book you will discover:The health benefits and advantages of slow cooking.Step by step healthy and delicious slow cooker recipes for meat lovers.Original and mouthwatering recipes for vegetarians.Colorful pictures of the most dishes