



## Casseroles & Stews: An Irresistible Collection of Rich and Satisfying One-Pot Recipes

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By Valerie Ferguson

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Casseroles & Stews: An Irresistible Collection of Rich and Satisfying One-Pot Recipes, Valerie Ferguson, Casseroles and stews involve cooking meat, poultry, game or fish slowly in liquid along with vegetables, herbs and spices. Because the food is cooked in liquid, a sauce is produced that is bursting with taste and which locks in the nutrients of the main ingredients. The recipes here will suit a variety of occasions. Irish Stew or Harvest Vegetable and Lentil Casserole would make an ideal family supper. For a dinner party, Pheasant with Juniper and Port, or Creole Fish Stew, would win compliments from your guests. The beauty is that all of them can be prepared in advance and reheated, making these one-pot recipes the ultimate flexible dish.



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