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Product Description. Slow cooking is one of the healthiest and most cost effective methods of cooking a meal for the whole family. The sear and Stew slow cooker, features a hob proof cooking pot so you can sear and slow cook from start to finish in one cooking pot making the slow cooking process even more efficient. This is a comprehensive list of cooking techniques, and includes techniques that are unique to various countries, provinces, states, regions and cultures. Chocolate Chocolate is a "New World" food. Food historians confirm ancient Aztec and Mayan peoples consumed chocolate in religious rituals. They did not eat this precious substance or use it as an ingredient in recipes. Latest breaking news, including politics, crime and celebrity. Find stories, updates and expert opinion., More Cooker Recipes Hamlyn Color.

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