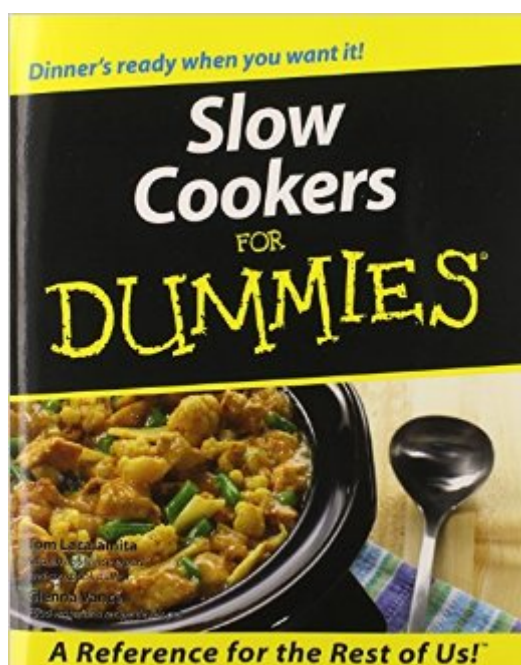


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# Slow Cookers For Dummies



## Synopsis

The secret is out: That slow cooker that's been collecting dust in your kitchen cabinet is a wonderful and easy tool for making delicious entrees at the touch of a button. With new U.S. sales estimated at 6 million a year, more people are finding slow cookers indispensable in getting a home-cooked meal on the table. Besides tasting good, slow cooked meals are convenient and nutritious because you use fresh, wholesome ingredients. *Slow Cookers For Dummies* is for working families, couples, single people, students, and anyone who is tired of takeout. Perhaps you love cooking but have little time to do it or want to decrease your reliance on prepared mixes or boxed convenience foods. Slow cooking may be right for you if you want to Save money on food and utility bills Control your sodium and fat intake Free up your oven and cooktop for more holiday cooking Take a hot dish to a potluck supper If you already know how to use a slow cooker, the delicious recipes in this book can help you expand your repertoire beyond soups and stews. If you're thinking of getting a slow cooker, *Slow Cookers For Dummies* takes you from the basics of how these cookers work to preparing special occasion meals, to troubleshooting slow cooker problems. Here's a closer look at what *Slow Cookers For Dummies* includes: Guidelines on how to choose the right slow cooker for you Techniques to help you slow-cook the right way Easy recipes for snacks, beverages, chili, stews, and casseroles Scrumptious recipes for roasting beef, pork, lamb, and poultry How-to's on cooking and freezing in batches Ways to adapt favorite traditionally cooked dishes for the slow cooker In *Slow Cookers for Dummies*, food and appliance cooking experts Tom Lacalamita and Glenna Vance show that this classic cooking appliance is really a wonderful tool for making creative, delicious meals. With 75 recipes for making the most out of your slow cooker, you'll never put that slow cooker in your cabinet again.

## Book Information

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## Customer Reviews

This is not so much a recipe book as a manual that teaches you how best to use a crock pot. It teaches you how to convert your favorite recipes to a slow cooker, which is my favorite part of the book. It gives you some "master" recipes (meat sauce, chicken broth) that you can put in the freezer and use as a base for fast, delicious meals. That part of the book is also brilliant. There aren't many recipes, but the great thing about the recipes they do have is that they are NOT the "add a can of condensed mushroom soup" variety. There are some hearty chicken and potato recipes that my family just adores - using real food such as herbes de provence and fresh mushrooms. But at the same time, the recipes are not complicated and the ingredients are easy to find in a regular grocery store.

If you work all day and are responsible for feeding the troops at home at the end of the day, you'd certainly be someone who'd get a lot of use from a slow cooker. Maybe you are like me and the one thing you DON'T want to face when you come home from the office is a pile of raw ingredients that somehow has to get converted into an edible state in less than 40 minutes. Not fun. Better to start your dinner in the slow cooker before you go to work and come home to the appetizing aroma of a nicely cooked meal. Slow cookers aren't expensive (I got mine for less than \$10 and they turn up at yard sales.) The electricity consumption is very low, something like a 60 watt light bulb. So what's not to like? Well, slow cooking isn't the same technique as cooking a stew or roast on the stove. If you don't know how to adjust a recipe, you will often get a raw or a watery mess. And you DO need hints on how to use the cooker (such as, don't keep lifting the lid, you'll dissipate the heat and your cooking times will be off.) This book is full of the important basics of slow cooking you need to know, plus full of recipes. I like it a lot better than Mabel Hoffmann's very widely published book on slow cooking because it has a larger format -- I don't like small format paperback cookbooks because they don't stay open on the kitchen counter. This is a great addition to any kitchen library and the recipes are adaptable enough that you can adjust them and create your own.

This book could be useful to someone who has never used a slow cooker (Crock Pot or other brand) but for those of us who are looking for a collection of recipes to update our slow cooking

repertoire, it is a disappointment. Although the authors give an excellent tip to brown all meats and some vegetables before placing them in the slow cooker, the majority of the recipes are not FOR the slow cooker, they are for using with components MADE in a slow cooker (stock, sauce, roasts). The section on the history of slow cooking and cookers, the section on food safety and the sections on recipes for meals from slow-cooked-stock or sauce could be replaced with more slow cooker recipes.

I also was somewhat disappointed in this book. I was looking for a collection of easy-to-cook recipes, along with some helpful tips and suggestions for Crockpot cooking. However, there is really quite a bit of instruction and examples on food preparation, which is helpful, but there is not as much on what I think crockpot cooking is all about - a reasonably short prep time and worry-free cooking. Many of the recipes are based off of a "main meat" or "main broth" type of recipe - which means that you will first have to find the base recipe and then flip back to the recipe you are trying to prepare. Not as handy as I would have liked - especially for a "... for Dummies" book. There are probably some better choices out there.

You don't have to be a dummy to want to use this excellent guide to slow cookers. There simply isn't a better manual on the subject in publication - at least none that I would prefer over this one. I haven't been exposed to more valuable information concerning my 'crock pot', and I discovered more here than I had ever hoped to learn. The tips, hints, suggestions, pointers (whatever the term is that you label them or commonly call them in your household) are priceless. Even if you consider yourself an expert on the slow cooker you'll discover something during a perusal of this book you haven't before. As always the writing in this book in the seemingly inexhaustible "For Dummies" series is never condescending, at times quite humorous, and organized to perfection. It never assumes anything and talks the reader through each process step by step. You'll be tempted to discard the instruction manual that comes with your slow cooker; you'll learn more basic techniques here than are covered in any manual that comes with a slow cooker appliance. But you get much more than that within the pages of this guide. The book is broken down into five parts, and each part contains a number of separate chapters. Included are an introduction to and background information on the slow cooker appliance; safety tips; a multitude of recipes (try and pick a favorite - go on...try!) and the final section offers some handy kitchen troubleshooting techniques - in case you may experience a problem during preparation of a meal in the slow cooker. One of the best instructive sections written here helps you to adapt your family's favorite recipe into a meal cooked

in your slow cooker - just in case you haven't been able too already that is! Of further interest here is a list of ten websites on the subject of slow cookers and recipes for them. The front of the book has it's own provided recipes broken down in appropriate food groups; the book also has an index for easy referencing. Additionally there is a metric conversion chart for measurements and, probably most helpful of all, a list of each of the manufacturers of the appliances and how to contact them. Granted, 'Slow Cookers For Dummies' may contain information that is "old hat" for the pro's out there but don't neglect at least a glance here even if you lump yourself in with this group. And definitely don't pass up this book if you're a seasoned amateur or especially if you're only a beginner. Hint: I received mine as a Christmas gift several years ago...so if you're looking for a gift for someone's birthday or shopping for Christmas gifts be sure to give this strong consideration. I know I really appreciate my copy!

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