

Now Serving:
**Slow Cooker
Meals!**



Photo by Alice Henneman





**Adapted from a presentation created and shared by Julie Garden-Robinson, PhD, RD, LRD
Food and Nutrition Specialist
North Dakota State University Extension Service**

**Do you feel this is often true
about eating “healthy”?**



**“You can live to
be a hundred if
you give up all
the things that
make you want
to live to be a
hundred.”**

~ Woody Allen

Would you prefer healthy eating to be more like this?

“Your body is not a temple, it’s an amusement park. Enjoy the ride.”

~Anthony Bourdain, Kitchen Confidential: Adventures in the Culinary Underbelly



**Imagine this:
you have just
walked in the
door ...**



**... and are
greeted
by the aroma
of a luscious
soup
simmering in
your slow
cooker.**



**You
slice a loaf
of whole-
wheat
bread**



**... and toss
a simple
salad.**



Dinner is served!



“While the joys of roast ribs of beef, filet mignons and T-bone steaks are undeniable, the soul-warming appeal of a beef stew is eternal.”

~Julia Child



Benefits of Using a Slow Cooker



A slow cooker uses less electricity than an oven



Slow cookers can be used throughout the year



**They provide a welcoming aroma
of hot food during the winter!**



In the summer, slow cookers don't heat up the house like an oven does



Adapted from "Slowly Simmering" by Jody Richards available at <http://flic.kr/p/7qmXLS>
under a Creative Commons Attribution 3.0 (CC BY-NC-SA 3.0). Full terms at <http://creativecommons.org/licenses/by-nc-sa/3.0>

Slow cookers help tenderize less-expensive cuts of meat

NESS AND JUIC
PERCENT OF A PATENTED SOLU

**PORK SHOULDER
BONELESS HALF BLADE ROAST**
Product Of: U.S.A.

\$6.25

SAFE HANDLING INSTRUCTIONS

THIS PRODUCT WAS PREPARED FROM INSPECTED AND PASSED MEAT AND/OR POULTRY. SOME FOOD PRODUCT MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR COOKED IMPROPERLY. FOR YOUR PROTECTION, FOLLOW THESE SAFE HANDLING INSTRUCTIONS

- KEEP RAW MEAT AND POULTRY SEPARATE FROM OTHER FOODS.
- WASH WORKING SURFACES (INCLUDING CUTTING BOARDS), UTENSILS, AND HANDS AFTER TOUCHING RAW MEAT OR POULTRY.

- KEEP REFRIGERATED OR FROZEN THAW IN REFRIGERATOR OR MICROWAVE.

- COOK THOROUGHLY.

KEEP HOT FOODS HOT. REFRIGERATE LEFTOVERS IMMEDIATELY OR DISCARD.



1

Total Price
\$6.25

Slow cookers usually allow one-step preparation and cleanup

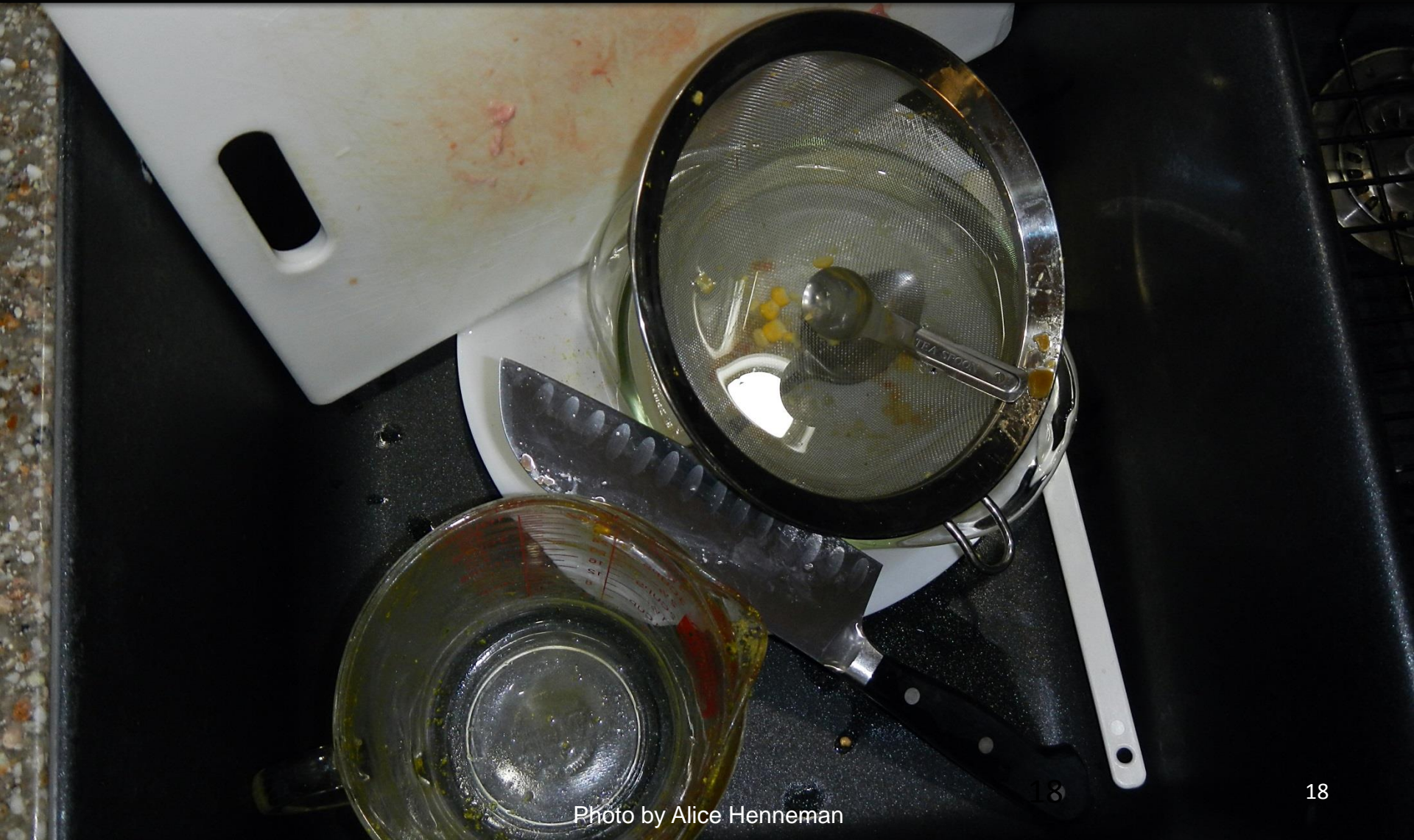


Photo by Alice Henneman

A variety of foods can be
cooked in a slow cooker

Meats

**Soups &
Stews**

Poultry

**Side
Dishes**

**Main
Dishes**

Desserts

“Learn how to
cook — try
new recipes,
learn from
your mistakes,
be fearless,
and above all
have fun!”

~ *Julia Child*



Photo by Alice Henneman

Know Your Slow Cooker





**Read
your
slow cooker
instruction
manual and follow
manufacturers' directions!**

Most slow cookers have 2 or 3 settings



Cooking on different settings

Low

High

Off

Warm

LOW SETTING

**Food will cook
in 6 to 10 hours**

HIGH SETTING

**Food cooks in
4 to 6 hours**

If possible, set slow cooker on high for the first hour, then turn the heat setting to low to finish cooking



The first time you use a slow cooker (new or used), stay at home to become familiar with it and assure it's working properly



Slow Cooker Safety



Wash hands before, during and after food preparation



Start with a clean slow cooker, utensils and work surface



Adapted from "Clean Kitchen and a Crockpot" by Katherine Shilcutt available at <http://flic.kr/p/6ff4ij>
under a Creative Commons Attribution 3.0 (CC BY-NC 3.0). Full terms at <http://creativecommons.org/licenses/by-nc/3.0>

Thaw meat / poultry in refrigerator before cooking in a slow cooker



Do not try to cook frozen meat or poultry in a slow cooker. A slow cooker may take several hours to reach a high enough temperature to destroy bacteria. Foods may stay in the “danger zone,” between 40°F and 140°F too long. Bacteria multiply rapidly at these temperatures.

**Cut meat into uniform pieces
to ensure thorough cooking**



Check **YOUR** instruction booklet for directions on whether you can prepare large cuts of meat and poultry safely in **YOUR** cooker and **HOW** to do it



Meat cuts too large for a specific cooker do not cook quickly enough to avoid bacterial growth



Slow cookers are available in different sizes, so the instructions will vary. If you cannot find the instructions, you can cut the meat into smaller chunks to ensure thorough, safe cooking. Add the liquid, such as broth, water or barbecue sauce suggested in the recipe and keep the lid in place during cooking.

If you cut up meats and vegetables ahead of time, store these perishable foods separately in the refrigerator

**Chopped
Vegetables**

**Chopped
Meat**

Because vegetables cook slower than meat and poultry, place vegetables in the slow cooker first. Place meat on top of vegetables; top with liquid such as broth, water or a sauce.



Photo by Alice Henneman

For easy cleanup and care of your slow cooker, spray inside of cooker with nonstick cooking spray before using it



Slow cooker liners also ease cleanup



Photo by Alice Henneman

Recommended temperatures



- **145°F** – Fresh beef, veal, lamb, pork (steaks, roasts, chops)
Allow 3 minute rest time after removing from heat
- **145°F** – Fin fish (or cook until flesh is opaque)
- **160°F** – Eggs; ground meat and meat mixtures (beef, pork, veal, lamb, turkey, chicken)
- **165°F** – Casseroles; poultry (chicken, turkey, duck, goose)

**Fill slow cooker no less than
1/2 full and no more than 2/3 full**



Why level of fullness is important

MORE THAN 2/3 FULL

Food may cook too slowly to be safe

LESS THAN 1/2 FULL

Food may cook too fast and you risk burning it

Slow cookers keep food safe through:

- Direct heat from the pot
- Lengthy cooking
- Steam created within the tightly-covered container



Keep lid tightly closed during cooking process to prevent heat loss and to keep food safe



- If you're **not at home** during entire slow-cooking process and the power goes out, throw food away even if it looks done.
- If you're **at home**:
 - ✓ Finish cooking immediately by some other means OR ...
 - ✓ If it was completely cooked before outage, it should remain safe up to 2 hours in cooker.



REVIEW:

Which ingredient should you place **FIRST in a slow cooker?**

- 1. Meat**
- 2. Vegetables**
- 3. Liquid**

REVIEW:

Which ingredient should you place **FIRST in a slow cooker?**

1. Meat

2. Vegetables

3. Liquid

REVIEW:

Which statement is TRUE?

- 1. Always thaw meat or poultry before putting it into a slow cooker.**
- 2. Fill a slow cooker between 1/4 and 3/4 full.**
- 3. If the power goes out, the food in a slow cooker will be safe several hours if you leave the lid on.**

REVIEW:

Which statement is TRUE?

1. Always thaw meat or poultry before putting it into a slow cooker.
2. Fill a slow cooker between 1/4 and 3/4 full.
3. If the power goes out, the food in a slow cooker will be safe several hours if you leave the lid on.

Handle Leftovers Safely



**Transfer leftovers to shallow containers
(with the food about 2" deep)**



Refrigerate leftovers within 2 hours or less from the time they're removed from the heat of a slow cooker



**Do NOT reheat leftovers
in your slow cooker as they may
not heat fast enough to be safe**



Reheating leftovers in slow cookers is **NOT recommended because foods may stay in the “danger zone,” between 40°F and 140°F too long. Bacteria multiply rapidly at these temperatures.**

Reheat leftovers on the stove or in the microwave or oven until the internal temperature reaches 165°F



Reheated leftovers can be placed
in a slow cooker on “low” or “warm”
to keep them hot during serving



Low

High

Off

Warm



REVIEW:

Which statement is TRUE?

- 1. Slow cookers work well for reheating leftovers.**
- 2. Store leftovers in the slow cooker insert in the refrigerator.**
- 3. Reheat leftovers in a microwave or on a stove to 165°F; then transfer to a slow cooker on “LOW” setting.**

REVIEW:

Which statement is TRUE?

1. Slow cookers work well for reheating leftovers.
2. Store leftovers in the slow cooker insert in the refrigerator.
3. Reheat leftovers in a microwave or on a stove to 165°F; then transfer to a slow cooker on “LOW” setting.

Converting Recipes for Your Slow Cooker



Use a recipe with ingredients/amounts similar to an existing slow cooker recipe



Liquids often can be reduced by 1/3 to 1/2 as they don't boil away in a slow cooker



**When converting soup recipes,
reducing liquids doesn't matter**



Photo by Alice Henneman

**Add pasta at end of cooking process
or cook separately and add just before
serving so it doesn't get mushy**



**Avoid curdling by adding milk, cheese
and cream 1 hour before serving**



Time chart for adapting recipes

Recipe Says	Cook on Low	Cook on High
15 to 30 minutes	4 to 6 hours	1-1/2 to 2 hours
35 to 45 minutes	6 to 10 hours	3 to 4 hours
50 minutes to 3 hours	8 to 16 hours	4 to 6 hours

Serving up a few final thoughts on home cooking ...



“Cooking is not about being the best or most perfect cook, but rather it is about sharing the table with family and friends.”

~ Sky Gyngell





“The kitchen really is the castle itself. This is where we spend our happiest moments and where we find the joy of being a family.”

~ Mario Batali, Chef

“Some of the most important conversations I’ve ever had occurred at my family’s dinner table.” ~ Bob Ehrlich



The End

Please give us your feedback: [click here!](#)