



SLOW COOK WISE



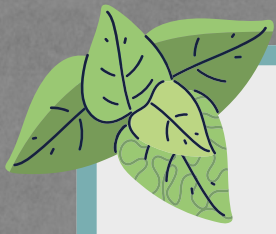
**A collection of money-saving recipes
and tips for getting the most out of
your slow cooker**



TIPS AND HINTS

- **Slow cookers are excellent for cooking cheaper cuts like beef brisket, chicken thighs, lamb or pork shoulder.**
- **As slow cooking means the meaty flavour permeates the whole dish, you can use less meat and bulk out recipes with vegetables.**
- **Because of the moisture in slow cooking, you don't need to add oil. Trim the fat off meat as it won't drain away like in other methods of cooking or you might end up with pools of oil in your dish. Removing fat will also give you a healthier dish.**
- **In a slow cooker the liquid does not reduce or thicken. You can roll any meat in flour before adding to the cooker to help the sauce thicken; or you can blend 2 tsp of cornflour with water and stir into your dish; or simply remove the lid for the last hour of cooking to let some of the moisture escape.**
- **Slow cookers are meant to be left alone during the cooking time. You don't need to keep checking the contents, in fact every time you remove the lid you will release some of the heat and this could increase the cooking time as the cooker will need to heat up again once the lid is replaced.**





TIPS AND HINTS

- You can adapt your normal recipes to cook in your slow cooker. If it normally takes:
 - 15-30 mins - it takes 1-2 hours on high or 4-6 hours on low
 - 30-60 mins - it takes 2-3 hours on high or 5-7 hours on low
 - 1-2 hours - it takes 3-4 hours on high or 6-8 hours on high
 - 2-4 hours - it takes 4-6 hours on high or 8-12 hours on high
- Although usually used for stews and casserole type dishes, you can make many things in a slow cooker once you feel confident to experiment, such as lasagne, mulled wine, cheesecake, porridge and even meringue!
- There are a few ways to use your slow cooker depending on how much preparation time you have. You can use the one step method where everything is added at once which will save time. Alternatively you can add a few basic cooking steps before adding the ingredients which will likely improve the flavour of the finished dish. Some steps can be done the night before. Prepared ingredients, such as meat can be stored in the fridge and prepared vegetables can be left in the slow cooker.



RATATOUILLE



INGREDIENTS

- 1 small aubergine, sliced
- 1 tbsp oil
- 2 onions, chopped
- 1 clove garlic, crushed
- 2 peppers (any colour), deseeded and diced
- 4 courgettes, sliced
- 400g tin of plum tomatoes, chopped or crushed
- Salt and pepper



DIRECTIONS

One step method:

- Prepare all the vegetables making sure they are cut into small and even pieces. Place all the ingredients in the slow cooker.
- Cook on low for 7-9 hours.
- Serve with couscous or crusty bread.

Alternative method:

- In a large pan fry the onions and garlic in the oil until soft.
- Add the remaining ingredients and cook for a further 2 minutes stirring all the time.
- Transfer to the slow cooker and cook on low for 7-9 hours.
- Serve with couscous or crusty bread.



VEGETABLE DHAL

INGREDIENTS



- 2 tbsp oil
- 2 onions, chopped
- 1 clove garlic, crushed
- 2 tbsp curry powder
- 225g dried red lentils
- 900ml vegetable stock
- 1 tsp lemon juice
- Salt and pepper
- 2 carrots, diced
- 1 apple, peeled, cored, and chopped
- 50g sultanas



DIRECTIONS

One step method:

- Prepare all the vegetables making sure they are cut into small, even pieces. Place all ingredients in the slow cooker.
- Cook on low for 8-10 hours.
- Serve with rice or naan bread.

Alternative method:

- Heat the oil in a pan. Gently fry the onions and the garlic for a few minutes.
- Add the spices and lentils and cook for another minute.
- Stir in the stock, lemon juice and salt and pepper. Bring to the boil and simmer for 5 minutes.
- Transfer to the slow cooker and stir in the carrots, apple and sultanas. Cook on low for 8-10 hours.
- Serve with rice or naan bread.



BOLOGNESE SAUCE



INGREDIENTS

- 1 tbsp oil
- 2 onions, chopped
- 1 clove garlic, crushed
- 500g minced beef or lamb
- 1 can plum tomatoes, chopped or crushed
- 4 tbsp tomato puree
- 300ml beef stock (or vegetable stock or 2 tsp marmite)
- 100g mushrooms, sliced
- 2 tsp dried mixed herbs or herbs de provence
- 1 bay leaf (optional)
- Salt and pepper

DIRECTIONS

One step method:

- Prepare the vegetables making sure they are cut into small even pieces. Place all the ingredients into the slow cooker.
- Cook on high for 5 hours.
- Serve with pasta and grated cheese.

Alternative method:

- Heat the oil in the pan. Gently fry the onions and the garlic for a few minutes.
- Add the beef to the pan and fry until brown.
- Stir in the remaining ingredients and bring to the boil.
- Transfer to the slow cooker and cook for 5 hours.
- Serve with pasta and grated cheese.





VEGETABLE BOLOGNESE

INGREDIENTS

- 1 tbsp oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 2 large carrots, chopped into small chunks
- 200g sliced mushrooms
- 2 tins of green lentils, drained and rinsed
- 1 tin plum tomatoes, chopped or crushed
- 150ml vegetable stock or 1 tsp marmite
- 3 tbsp tomato puree
- 2 tsp sugar
- 1 bay leaf (optional)
- 1 tsp mixed herbs
- Salt and pepper



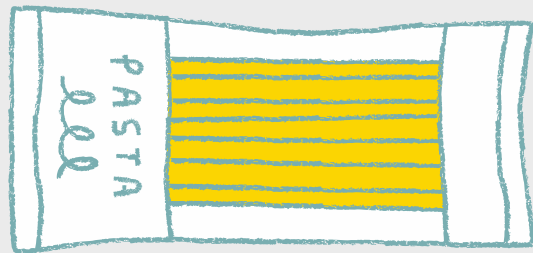
DIRECTIONS

One step method:

- Prepare all of the vegetables, drain the lentils and make the stock.
- Place all the ingredients in the slow cooker, cook on low for 6-8 hours or on high for 4-5 hours.
- Serve with pasta and grated cheese.

Alternative method:

- Heat the oil in a pan and gently fry the onion for a few minutes, then add the garlic and cook for another minute.
- Tip the onion and garlic into the slow cooker and add all the other ingredients.
- Cook on low for 6-8 hours or on high for 4-5 hours.
- Serve with pasta and cheese.



SPICY VEGGIE STEW

INGREDIENTS

- 2 parsnips, peeled and chopped into small batons
- 2 red onions, cut into thin wedges
- 4 large carrots, peeled and cut into 2cm slices
- 2 x 400g tins cannellini beans or butter beans, one drained
- 3 tbsp harissa
- 1 tbsp dried mixed herbs
- 1 tbsp honey
- 400g tin of plum tomatoes, chopped or crushed
- 400ml vegetable stock
- 2 tbsp tomato puree
- 100g spinach
- Salt and pepper



DIRECTIONS

One step method: (No alternative method for this recipe)

- Add the carrots, onions and parsnips to the slow cooker. Add the beans, one drained and one with the liquid as well. Add the harissa, herbs, honey, tomatoes, stock and tomato puree. Season and stir well.
- Cook for 5-6 hours on low or 3-4 hours on high.
- Stir in the spinach and leave to wilt for 5 minutes.
- Serve with couscous, rice or jacket potatoes.

VEGETABLE SOUP



INGREDIENTS

- 25g butter
- 1kg mixed vegetables eg potato, onion, carrot, parsnip, celery, tomato, chopped
- 25g flour
- 900ml vegetable stock
- salt and pepper
- 1 tsp mixed herbs



DIRECTIONS

One step method:

- Place all the vegetables in the slow cooker, blend the flour and the butter together, pour the boiling stock over the vegetables and stir in the butter and flour mixture.
- Cook on high for up to 4 hours until the vegetables are tender. Soups benefit from lengthy cooking so there is no need to worry if they are left for a few hours longer than intended. Flavours develop and mingle slowly and gently.

Alternative method:

- Melt the butter in a pan and gently fry the vegetables for 2-3 minutes.
- Stir in the flour and add the stock. Bring to the boil, season and then transfer to the slow cooker.
- Cook on high for up to 4 hours until the vegetables are tender.

MEXICAN TACOS

INGREDIENTS

- 100g tomato ketchup
- 4 tbsp runny honey
- 3 tbsp Worcestershire sauce
- 75ml orange juice
- 1 tsp smoked paprika
- 2 garlic cloves, finely chopped
- salt and pepper
- 6-8 boneless, skinless chicken thighs or 1 turkey breast joint or 1kg pork shoulder or 4 pork shoulder steaks



DIRECTIONS

One step method: (No alternative method)

1. Add all the ingredients except the meat to the slow cooker and mix well.
2. Add the chosen meat and turn to coat in the sauce.
3. Cover and cook on low for 5-7 hours or until the meat is very tender.
4. Remove the meat from the slow cooker and shred the meat with two forks. Set aside and switch the slow cooker to high and continue to cook so the sauce reduces and thickens.
5. Add the meat back to the sauce and serve with warm flour tortillas or taco shells, sour cream, and guacamole.



MINESTRONE SOUP



INGREDIENTS

- 25g butter
- 1 clove of garlic, crushed
- 1 large leek, sliced
- 1 large carrot, chopped small
- 1 large potato, chopped
- 1 large onion, chopped
- 2 large celery sticks, thinly sliced
- 175g cabbage, finely shredded
- 1 400g tin tomatoes, including juice
- salt and pepper
- 1.1 litre chicken stock
- 2 tsp mixed herbs
- 50g small pasta eg macaroni, or spaghetti broken into small pieces



DIRECTIONS

One step method:

- Prepare all the vegetables and place in the slow cooker with the tomatoes, the butter and the seasoning. Pour over the boiling stock and cook on high for 7 hours or until the vegetables are tender.
- 45 minutes before you're ready to serve the soup add the pasta.
- Serve with bread and grated parmesan.

Alternative method:

- Heat the butter in a large pan. Add the garlic, leek, carrot, potato, onion and celery. Cook gently for a few minutes.
- Add all remaining ingredients except for the macaroni. Bring to the boil and then transfer to the slow cooker.
- Cook on high for 7 hours or until the vegetables are tender.
- 45 minutes before you're ready to serve the soup add the pasta.
- Serve with bread and grated parmesan.

JACKET POTATOES



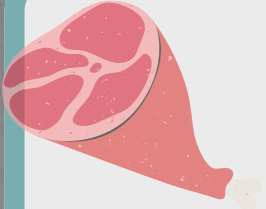
INGREDIENTS

- 4 jacket potatoes
- 4 tsp oil
- Salt and pepper
- Topping of your choice



DIRECTIONS

- Wash and dry the potatoes.
- Rub each potato with oil, salt and pepper.
- Wrap tightly with foil and place in the slow cooker for 4½ - 5 hours on high or 7 hours on low.
- If not needed all at once, half each potato, wrap or place in a freezer proof bag and freeze until needed. Defrost and then reheat in the microwave.



JOINTS OF MEAT

INGREDIENTS AND DIRECTIONS



Chicken (1 large)

1. Add a splash of water to the slow cooker and scrunch up some foil to sit underneath the chicken.
2. Place the chicken on the foil and cook on low for about 5 hours or until the leg or wing feels loose when wiggled.

Ham (Up to approx 1kg)

1. Rinse the ham or gammon joint twice with water.
2. Add four small balls of foil to the bottom of the slow cooker.
3. Place the ham on top of the foil balls and cook on low for about 5 hours.

Beef (1 - 1.5kg)

One step method:

1. Add four small balls of foil to the bottom of the slow cooker.
2. Place the beef joint on top of the foil balls and cook on high for 5-7 hours.

Alternative method:

1. Season the meat, in a heated frying pan brown the meat on all sides in a little oil.
2. Follow steps 1 and 2 from the one step method.

Turkey Leg Joint

1. Add four small balls of foil to the bottom of the slow cooker.
2. Place the leg joint on top of the foil balls and cook on low for about 5 hours.

If preferred, vegetables can be added under any of the meat joints instead of foil. For example 2 onions cut into thick slices and 2 carrots cut into thick slices.



CHRISTMAS DINNER

INGREDIENTS



- 1 large onion, peeled and cut into thick slices
- 2 carrots, halved lengthways and chopped
- 4 parsnips
- 4 large potatoes, cut into quarters
- 1 medium chicken
- 4 sausages wrapped in bacon
- 150ml stock

DIRECTIONS

- Put the onion, parsnips, potato and carrot in the base of the slow cooker to form a protective layer to sit the chicken on. Sit the chicken on top of the vegetables.
- Cook on low for about 5 hrs, then check that the chicken is cooked by wiggling the wing – it should feel very loose. If the chicken isn't cooked through after the initial time, cook for another half an hour.
- Add the sausages an hour before the end of the cooking, place them at the edges of the slow cooker so they have a chance to brown.
- If you would like the vegetables more crispy then remove them to a baking tray and roast in an oven for about 30 mins.
- Use the juices from the slow cooker to make gravy by mixing with instant gravy granules.



RICE PUDDING



INGREDIENTS

- 100g long-grain white or pudding rice
- 900ml milk
- 60g sugar
- 1 cinnamon stick or 1tsp dried cinnamon
- 1 tsp vanilla extract
- 40g unsalted butter



DIRECTIONS

1. Rinse the rice well under cold water.
2. In the slow cooker, add all the ingredients. Mix well until the sugar is dissolved.
3. Cook on high for 3 hours or until the rice is cooked and the liquid is creamy.
4. Serve on its own or with a spoonful of jam.

You can substitute the milk for one of your choice, however the best results will be using oat milk.

HELPFUL WEBSITES

One You Plymouth:
www.oneyouplymouth.co.uk

Citizens Advice Bureau:
citizensadviceplymouth.org.uk

Money Advice Plymouth:
moneyadviceplymouth.org.uk

Food is Fun CIC: foodisfun.org.uk or
facebook.com/foodisfun/

Cost of Living Support Plymouth:
www.plymouthonlinedirectory.com/news/costoflivingsupport

Money Saving Expert:
moneysavingexpert.com/shopping/

Food Buddies South West :
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