

GEORGE FOREMAN[®]



**LEAN
MEAN
SLOW
COOKING
MACHINE**

**SLOW
COOKER**
Recipes

healthPower

The Adventure continues...



Recipes

The recommended cooking times are given after the title of each recipe. See opposite: Minestrone high 4-5/low 6-10. This means you can cook it on high for anything from 4 to 5 hours, or on low for 6 to 10 hours.

This recipe booklet has been developed for a range of slow cookers. If your cooker has AUTO mode, if selected your recipe will be ready at approximately the shorter time of a "low" setting.

Remember, the cooking liquid must be boiling hot before it's added to the preheated slow cooker.

Tablespoons (tbsp) are 15ml, teaspoons (tsp) are 5ml, spoons are level. The recipes yield 2-3 servings. Use them to familiarise yourself with your slow cooker, then use them as a guide — vary the ingredients, vary the quantities, and taste the results.

Keep notes, write down what changes you make, and you'll build up a range of recipes which suit your taste. Keep notes of the not so successful ones as well, so that you know what not to do next time.

To adapt your own recipes for the slow cooker, we suggest you find a recipe in this booklet which uses similar ingredients and use that as a guide for timing and liquid quantity, along with the food preparation guidelines given earlier.

Be careful with quantities. After all the initial ingredients are put into the slow cooker, it shouldn't be more than threequarters full, to allow for expansion. If you overfill, it may spit hot water.

Soup

If home-made soup appeals to you, then try some in your slow cooker. Tasty, home-made soup can be left simmering all day or overnight. Soup benefits from long cooking, so there's no need to worry if it's left for a few hours longer than intended. Flavours develop and mingle slowly and gently .

1. Trim and cut up the meat and/or vegetables.
2. Fry them lightly In a large pan, with a little cooking oil/butter/margarine.
3. If thickening is required, stir in flour or cornflour, then gradually add stock.
4. Bring to the boil, season to taste, and transfer to the slow cooker.
5. Cook for the time shown, then adjust the seasoning.
6. Don't add milk till the final half hour of cooking. Cream or egg yolk may be added just before serving.



Soup

French Onion Soup

high 3-4/low 5-7

Butter or margarine	25g	Bay leaf	1
Onions, sliced	450g	French bread	4 slices
Chicken stock	550ml	Grated cheese	100g
Salt and pepper	to taste		

Melt the butter/margarine in a large pan and fry the onions till golden brown. Add stock, bay leaf and season to taste. Bring to the boil, transfer to the slow cooker, and cook for the time shown. Remove the bay leaf. To serve: sprinkle slices of French bread with grated cheese and float on top of the soup. Remove the slow cooker and brown under a hot grill till the cheese bubbles. Alternatively, toast the cheese on the bread and then float on top of the soup.

Minestrone

high 4-5/low 6-10

Butter	25g	Cabbage, finely shredded	175g
Garlic, crushed	1 clove	Canned tomatoes including juice	400g
Leek, sliced	1 large	Salt and pepper	to taste
Carrot, finely chopped	1 large	Chicken stock	1.1 litre
Potato, chopped	1 large	Bay leaves	2
Onion, chopped	1 large	Bouquet garni	1
Celery sticks, thinly sliced	2	Thin cut macaroni	50g

Heat the butter in a large pan. Add the garlic, leek, carrot, potato, onion and celery. Sauté till the butter is absorbed. Add the other ingredients, except the macaroni. Bring to the boil, transfer to the slow cooker and cook for the time shown. 45 minutes before serving, remove the bay leaves and bouquet garni and add the macaroni. Adjust seasoning and serve with grated Parmesan.

Scotch Broth

high 7-9/low 10-15

Scrag end lamb, cut into pieces	350g	Turnip, cut into small dice	175g
Water	1 litre	Leeks, thinly sliced	2
Pearl barley	50g	Salt and pepper	to taste
Onions, sliced	2	Chopped parsley	
Carrots, cut into small dice	175g		

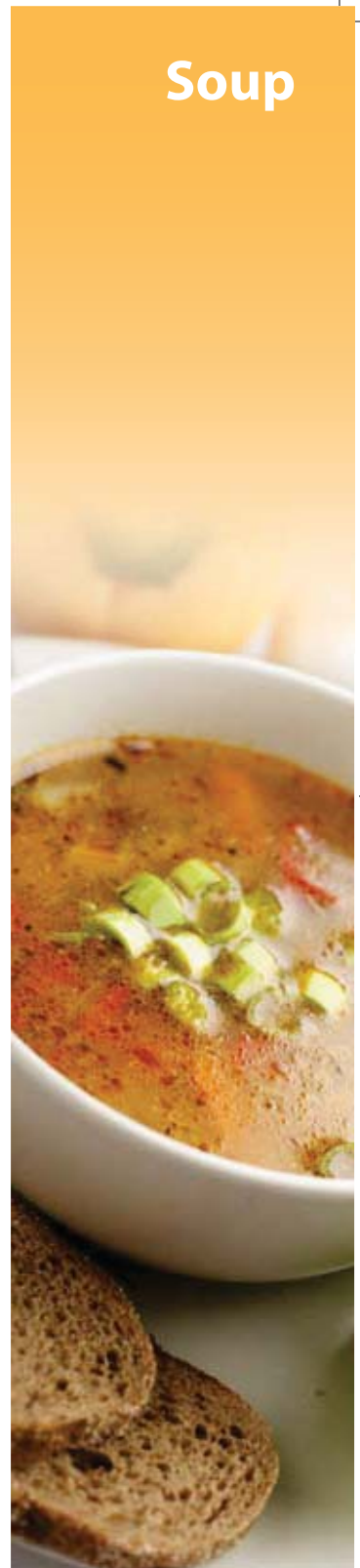
Put the lamb in a pan, cover with cold water and bring to the boil. Remove scum. Add the other ingredients, except the parsley. Bring to the boil, transfer to the slow cooker, and cook for the time shown. Remove the bones, trim off any meat and return it to the broth. Adjust seasoning and sprinkle with parsley.

Old Fashioned Vegetable Soup

high 4-6/low 7-10

Mixed vegetables, chopped e.g. potato, onion, carrot, parsnip, celery, tomato	1kg	Flour	25g
Butter	25g	Stock	900ml
		Salt and pepper	to taste
		Mixed herbs	5ml

Melt the butter in a large pan and fry the vegetables gently for 2-3 minutes. Stir in the flour, add the stock, and season. Bring to the boil, transfer to the slow cooker, and cook for the time shown.



Pâté

Pâté

The slow cooker is ideal for cooking pâté. Prepare the pâté as in the recipe and simply use the slow cooker as a water bath to provide the gentle even temperature necessary for cooking this dish.

Chicken Liver Pâté

high 3-5/low 6-8

Streaky bacon rashers	4	Flour	50g
Chicken livers	450g	Milk	150ml
Onion, sliced	1 medium	Garlic, crushed	1 clove
Cloves	2	Cream	30ml
Bay leaf	2	Egg	1
Bouquet garni	1	Black pepper	to taste
Salt	5ml	Salt	to taste
Butter	50g		

Use a 16cm (6") round cake tin or small loaf tin. Butter the inside and line the bottom with bacon rashers. Put the liver, onion, cloves, bay leaf, bouquet garni and salt in a pan, and add water to cover. Bring to the boil and cook for a few minutes till the liver stiffens. Cool. Remove the cloves, bay leaf and bouquet garni. Blend the liver, onion and about 30ml (2tbsp) of the cooking water for about a minute, or till smooth. Alternatively, chop finely with a sharp knife. Melt the butter in a pan and stir in the flour. Gradually add the milk and cook till thick. Add liver, garlic, cream and egg. Season to taste with black pepper and salt. Turn into the cake tin and cover with foil. Put the cake tin into the slow cooker and pour boiling water round it. Cook for the time shown. The pâté should be firm to touch. Let it cool in the tin. Chill before serving.



Vegetables

Slow cooking is ideal for vegetables. There's little evaporation, so all the juices and flavours are retained. Oddly enough, root vegetables like potato, carrot, turnip, and swede, need more slow cooking than meat. Cut them into 5mm (1/4") slices, sticks or dice, and immerse in the cooking liquid. Cooking times vary with the type and age of the vegetables. Experience will soon show the best times for your own taste. Quickly cooked vegetables, like frozen peas and sweetcorn, must be thawed, then added half an hour before the end of cooking. Don't slow cook baked potatoes in their jackets.

Pulses (Beans, Peas and Lentils)

Warning: Boil dried beans (e.g. red kidney beans) for at least 10 minutes before adding to the slow cooker. They're poisonous if undercooked. Soaking isn't needed for lentils, but soak dried peas or beans overnight. Drain and rinse, then boil them in the cooking liquid for 10 minutes before adding to the slow cooker. Season at the end of cooking. For canned beans or peas, simply drain and add them 30 minutes before the end of the cooking time.

Ratatouille

high 4-5/low 6-8

Aubergine, sliced	1 small	Red pepper, deseeded and diced	1
Butter	50g	Canned chopped tomatoes	400g
Onions, chopped	2	Courgettes, sliced	4
Garlic, crushed	1 clove	Salt and pepper	to taste
Green pepper, deseeded and diced	1		

Slice the aubergine and sprinkle with salt. Leave for half an hour, rinse and pat dry. In a large pan melt the butter and fry the onion and garlic till transparent. Add the remaining ingredients, mix well and cook for a further 2 minutes, stirring, then add to the slow cooker. Cook for the time shown.

If using the 'One Step' method (all ingredients added to slow cooker - no pre-preparing used) put the butter, garlic and tomatoes in a pan and bring to the boil before adding to the pot.

Stuffed Tomatoes

high 1½-3/low 2½-3

Tomatoes, firm	4 large	Cheese, grated	50g
Fresh breadcrumbs	50g	Salt and pepper	to taste
Boiled ham, finely chopped	50g	Chopped parsley	5ml (1tsp)

Cut a lid off the top of each tomato and scoop out the pulp. Mix the ham, cheese, breadcrumbs, seasoning, parsley, and a little of the tomato pulp to bind the mixture. Spoon into the tomatoes. Stand the tomatoes in the slow cooker, add any extra filling and 15 ml (1tbsp) of water.

Vegetarian Curry

high 3-4/low 5-7

Cooking oil	60ml (4tbsp)	Lentils	225g
Onions, chopped	2	White stock	900ml
Garlic, crushed	1 clove	Lemon juice	5ml (1tsp)
Turmeric	2.5ml (1/2tsp)	Salt and pepper	to taste
Chilli	2.5ml (1/2tsp)	Carrots, diced	2
Coriander	2.5ml (1/2tsp)	Apple, peeled, cored and chopped	1
Cumin	2.5ml (1/2tsp)	Sultanas	50g

Heat the oil in a pan. Lightly sauté the onion and garlic. Add the turmeric, chilli, coriander, cumin and lentils. Cook gently for a minute. Stir in the stock, lemon juice, salt and pepper. Bring to the boil and boil for 5 minutes. Transfer to the slow cooker and stir in the carrots, apple and sultanas.

Vegetables



Fish

Cooking fish in the slow cooker develops delicate flavours slowly, retains the flavour and nutritive value, and holds the fish together.

To retain flavour and texture, fish shouldn't be cooked for long periods.

1. Grease the base of the slow cooker with butter or margarine.
2. Clean, trim and wash the fish (rolled fillets and steaks are most suitable).
Thaw frozen fish before slow cooking. Dry and place in the slow cooker.
3. Season, sprinkle with lemon juice, then add hot stock, water or wine.
4. Dot butter over the fish, and cook on low for 2-3 hours.

Poached Salmon Cutlets

low 2

Salmon cutlets	4 x 175g-225g	Bay leaf	1
Water	300ml	Peppercorns	2
White wine	150ml	Onion	1 thin slice of onion
Salt	5ml	Parsley	1 sprig

Put each cutlet on a piece of baking parchment and put into the slow cooker. Put the other ingredients into a pan, bring to the boil, then pour over the salmon. Replace the lid and cook for the time shown. Lift from the slow cooker, then remove the parchment, bone and skin. Serve hot with melted butter or hollandaise sauce. To serve cold, transfer the salmon to a dish and pour over the cooking liquid. When cold, drain and serve with salad or coat with aspic made from the liquid.

Stuffed Mackerel

low 2-3

Mackerel	4 medium size	Cooking apple, peeled, cored and chopped	1 medium
Tomatoes, skinned and chopped	2	Slices of bread, crumbed	2
Lemon juice	20ml (4tsp)		
Chopped Parsley	to taste		

Gut and clean the mackerel. Remove the head, bones and fins but leave the tails. Lay the mackerel out, skin side down, season and sprinkle with lemon juice. Mix the other ingredients to make stuffing. Divide the stuffing among the mackerel, roll up from head to tail, and secure with a cocktail stick or thread. Butter baking parchment and the bottom of the slow cooker, put the parchment in the slow cooker and the fish on the parchment. Cook for the time shown.

Portuguese Haddock

low 3

Butter	25g	Salt and pepper	to taste
Onion, very thinly sliced	1 medium	Condensed cream of tomato soup	300g
Haddock or cod steaks or fillets	4	Bay leaf	1

Butter the bottom of the slow cooker. Lay the onion on the butter, then the fish and bay leaf. Season. Boil the tomato soup in a pan, stirring well, and pour over the fish. Cook for the time shown. Remove the bay leaf before serving.

Meat

Slow cooking tenderises the cheaper cuts of meat. It also means less shrinkage. When roasting, the juices don't spit or evaporate, so flavour and nutritive value are retained. The size and shape of the joint, its quality, and the proportion of lean, fat and bone, all affect cooking times. Experience will soon help you judge these. When testing a dish to see if it's cooked, don't forget it's the root vegetables which usually take longer to cook. Thaw frozen meat completely before cooking. Recipe times are given only as a guide. Where a different cut of meat is used cooking times may need to be adjusted. Avoid meat which has a high proportion of fat, or trim the excess fat.

Joints up to 1.6kg (see below) can be cooked, depending on shape and fit. The meat mustn't force the lid up.

1. Season the meat, then brown on all sides in a frying pan.
2. Transfer to the slow cooker and cook on high for the time shown.
3. Pork joints with rind may be grilled for 10 minutes to crisp.
4. If possible, turn joints once during cooking, to ensure even tenderness.

Joint	Weight	Setting	Time
Beef, lamb, pork	1-1.6kg	High	5-7 hours

Beef and Vegetable Casserole with Dumplings high 4-6/low 7-12

Stewing beef (shin/shoulder/chuck)	700g	Dumplings	
Flour	25g	Self-raising flour	100g
Salt and pepper	to taste	Salt	2.5ml (1 tsp)
Cooking oil	30ml (2tbsp)	Shredded suet	50g
Onions, sliced	2 large	Chopped parsley	30ml (2tbsp)
Beef stock	550ml	Cold water	90ml (6tbsp)
Carrots, thinly sliced	3 medium		

Cut the meat into even-sized cubes and toss in seasoned flour. Heat the oil in a large pan and fry the meat till browned. Transfer to the slow cooker. Add the onions to the pan and fry lightly. Stir in the remaining flour, gradually add the stock and carrots. Bring to the boil and transfer to the slow cooker. Stir to immerse the vegetables in the cooking liquid.

Dumplings high 45mins

Make the dumplings by mixing flour, salt, suet and parsley. Add water and mix to a soft dough. Shape into 8 balls. Add to the casserole and cook on high for 45 minutes with the lid on.

Irish Stew high 6-8/low 10-14

Carrots, thinly sliced	3	Chicken stock	550ml
Onions, thinly sliced	2	Salt and pepper	to taste
Potatoes, thinly sliced	450g	Bay leaves	2
Neck of lamb chops	8		

Put all the vegetables into the slow cooker. Trim the chops of excess fat and lay on top. Add the seasoning, bay leaf and boiling stock. Cook for the time shown.



Braised Liver and Onions**high 2-4/low 5-7**

Cooking oil	60ml	Onions, thinly sliced	2 large
Lambs liver, thinly sliced	450g	Beef stock	400ml
Plain flour	50g		

Heat the oil in a frying pan. Coat the liver in flour and fry till sealed. Transfer to the slow cooker. Add the onions to the pan and fry till golden. Stir in the remaining flour and stock. Continue to stir and bring to the boil. Pour over the liver and cook for the time shown. Serve with grilled bacon.

Bolognese Sauce**high 3-4/low 5-8**

Cooking oil	15ml	Beef stock	300ml
Onions, finely chopped	2	Button mushrooms, sliced	100g
Garlic, crushed	1 clove	Dried basil	10ml
Minced beef	700g	Bay leaf	1
Can chopped tomatoes, with juice	400g	Bouquet garni	1
Tomato purée	140g	Dried mixed peppers	30ml

Heat the oil in a pan. Add the onion and garlic and fry lightly. Add the beef, and fry till golden brown, then stir in the other ingredients. Bring to the boil, transfer to the slow cooker, and cook for the time shown. Remove the bay leaf and bouquet garni. Serve with spaghetti or noodles and top with Parmesan.

Lasagne (Serves 6)**low 4-6**

Lasagne	225g	Tomato purée or paste	60ml
Butter	25g	Cheese sauce	
Large onion, chopped finely	1	Butter	25g
Large clove garlic, crushed	1	Flour	25g
Mince	550g	Milk	300ml
Oregano	5ml	Salt and pepper	to taste
Salt	to taste	Grated cheese	100g
Freshly ground black pepper	to taste	Parmesan	

Grease the inside of the slow cooker. Boil the lasagne sheets in lightly salted water for 4-5 minutes to soften, then dry with kitchen paper. Heat the butter in a large pan and sauté the onion and garlic till transparent. Add the mince and oregano and cook for a further 3-4 minutes, stirring well. Season with salt and pepper and add the tomato purée. To make the cheese sauce, heat the butter in a pan and stir in the flour. Add the milk gradually, stirring well. Bring slowly to the boil, still stirring. Season with salt and pepper and add the cheese. Layer the mince, pasta, and cheese sauce in the slow cooker, finishing with a layer of cheese sauce. Sprinkle Parmesan on top and cook on low for 4-6 hours.

Beef Bourguignon**high 4-6/low 7-10**

Cooking oil	15ml	Stock	150ml
Stewing steak, cubed	1kg	Thyme	good pinch
Streaky bacon, chopped	100g	Bay leaf	1
Flour	30ml	Garlic, crushed	1 clove
Red wine	300ml	Shallots or tiny onions, whole	10-12
Brandy	30ml	Salt and pepper	to taste

Heat the oil in a large pan and lightly brown the beef and bacon. Add the flour, and stir in the wine and brandy. Add the other ingredients and season. Bring to the boil, transfer to the slow cooker, and cook for the time shown. Remove bay leaf before serving.

Corned Beef

high 7-9/low 8-10

1 Silverside roast	1-1.5kg	Worcestershire sauce	3 tsp
Oil	1 tbspn	Bay Leaves	2
Onion, chopped	1	Tyme	sprig
Carrots, chopped	2	Cloves (to taste)	4
Beef Stock	200ml	Salt and Pepper (to taste)	
Tomato Juice	3/4 cup		

Prepare vegetables. Trim the meat of excess fat. Heat oil and butter in a large pan and brown meat on all sides. Transfer to slow cooker. Add vegetables to the pan and saute for a few minutes, add the stock and tomato juice and bring to the boil. Stir in the worcesteshire sauce. Add the vegetable stock mix to the slow cooker and add cloves, herbs and salt/pepper.

Cook as recommended. To make a sauce for serving, strain liquid into a bowl and add to a pan with a tablespoon of flour dissolved in a little cold water. Bring to the boil and whisk to avoid lumps. Slice meat thickly and serve with vegetables and sauce.

Pork and Pineapple Curry

high 3-4/low 5-8

Lean pork, cut into cubes	1kg	Chicken stock	300ml
Flour	40g	Dried red chillies	2
Salt	5ml (1tsp)	Mango chutney	15ml (1tbsp)
Cooking oil	30ml (2tbsp)	Worcestershire sauce	5ml (1tsp)
Onion, chopped	1 large	Pineapple cubes, including syrup	1 can
Curry powder	15ml (1tbsp)	Bay leaves	2
Paprika	15ml (1tbsp)		

Toss the pork in the flour and salt. Heat the oil in a large pan and brown the pork. Lift out with a draining spoon and put on a plate. In the same pan, fry the onions till soft, then stir in the curry powder and paprika. Fry for 2 minutes then return the pork to the pan. Stir well and cook for a few minutes. Add the remaining ingredients, bring to the boil and transfer to the slow cooker. Cook for the time shown. Remove the bay leaves before serving.

Savoury Pork Casserole

high 3-4/low 5-8

Cooking oil	30ml (2tbsp)	Tomato purée	60ml (4tbsp)
Lean pork, cut into cubes	700g	Green pepper, deseeded and diced	1
Onions, sliced	2 large	Button mushrooms	225g
Flour	30ml (2tbsp)	Salt and pepper	to taste
White wine	300ml	Dried sage	5ml (1tsp)
Chicken stock	150ml	Tomatoes, skinned and sliced	4 large

Heat the oil in a large pan and lightly brown the pork. Add the onions. Stir in the flour and add the wine, stock and tomato purée. Add the green peppers and mushrooms. Bring to the boil, season and add sage and tomatoes. Transfer to the slow cooker and cook for the time shown.

Braised Brisket of Beef

high 6-8

Brisket	1.5kg	Carrot, finely chopped	1 large
Salt and pepper	to taste	Beef stock	300ml
Butter	25g	Bay leaf	1
Onion, chopped	1 large	Flour or cornflour to thicken	

Season the meat. Heat the butter in a large pan. Brown the meat. Transfer to the slow cooker. Fry the onions and carrot in the remaining butter, till the onion is transparent, add the stock and bay leaf and bring to the boil. Pour round the meat. Cook for the time shown. Put the meat in a serving dish, and keep hot. Strain the stock. Blend a little flour and cold water in a pan. Add the stock, and bring to the boil, stirring. Adjust the seasoning. Serve with the meat.



Boiled Bacon in Apple Juice

high 4-5

Collar of bacon	1.1kg	Black pepper, freshly ground	to taste
Apple juice	550ml	Cornflour	30ml (2tbsp)
Onion, sliced	1 small		

Put the bacon in a large pan, cover with cold water, and bring to the boil. Put the bacon in the slow cooker, and discard the water. Put the apple juice and onion in the pan, bring to the boil, and pour over the bacon. Add pepper. Cook for the time shown. Remove the bacon to a serving dish, and keep hot. Put the cornflour in a small pan and blend with a little cold water. Gradually stir in the apple juice. Bring to the boil and simmer for 2 minutes. Serve with the bacon.

Poultry

If using the One-Step method, remove the skin first.

Use poultry up to 1.5 kg. The lid mustn't be raised by the meat.

Thaw frozen poultry before cooking. Cook whole poultry unstuffed, on high.

1. Wash and dry the poultry and season inside and out.
2. Brown the skin in its own fat or a little cooking oil, in a large frying pan.
3. Transfer to the slow cooker and cook on high for the time shown.

Poultry	Weight	Setting	Time
Chicken	1.5 kg	high	3 1/2-4 hours
Pheasant	Large	high	3-4 hours

Chicken with Barbecue Sauce

high 4 1/2-5

Butter	40g	Mango chutney, chopped	30ml (2tbsp)
Chicken	Whole 1-1.5kg	French mustard	3ml (1tsp)
Salt and pepper	to taste	Caster sugar	5ml (1tsp)
Onion, finely chopped	1 medium	Worcestershire sauce	15ml (1tbsp)
Tomato ketchup	60ml (4tbsp)		
Vinegar	30ml (2tbsp)		

Rub inside the slow cooker with a little of the butter. Wipe the chicken and season inside and out. Heat the remaining butter in a large pan and brown the chicken all over. Transfer to the slow cooker. Put the onion in the pan and fry for 2-3 minutes, without colouring. Add the other ingredients and bring to the boil. Pour over the chicken and cook for the time shown, basting occasionally.

Coq au vin

high 3 1/2-5/low 6-9

Cooking oil	15ml (1tbsp)	Chicken stock	300ml
Chicken joints, skinned	4	Red wine	300ml
Flour	50g	Button mushrooms, sliced	100g
Salt and pepper	to taste	Bay leaf	1
Streaky bacon, chopped	100g	Cloves	2
Onion, chopped	1 large	Bouquet garni	1

Heat the oil in a pan. Coat the chicken in seasoned flour and fry on all sides. Transfer to the slow cooker. Put the bacon and onion in the pan and soften but don't brown. Stir in the remaining flour and add the other ingredients. Bring to the boil, stirring continuously, and pour over the chicken. Cook for the time shown. Remove the bay leaf, cloves and bouquet garni before serving.

Chicken

Country Chicken Casserole **high 5-7/low 8-12**

Chicken joints skinned	4	Bay leaf	1
Can tomatoes, including juice	400g	Mixed herbs	5ml (1tsp)
Can sweet corn, drained	200g	Fresh ground black pepper	to taste
Sticks celery, finely chopped	2	Salt	to taste
Onion, finely chopped	1 medium	Chicken stock	300ml
White cabbage, finely shredded	50g		

Boil the stock in a pan. Put the other ingredients into the slow cooker, and pour over the stock. Make sure the fresh vegetables are covered by the stock. Cook for the time shown.

Duck and Orange **high 5-5½ + 1**

Garlic, crushed	1 clove	Button mushrooms, thinly sliced	100g
Duck portions	4	Flour	25g
Butter	15g	Orange juice	400ml
Onions	2		

Heat a large pan and fry the duck portions their own fat till well browned all over. Transfer to the slow cooker. Without adding fat, cook for the time shown. Drain the fat and discard. Heat the butter in a pan, and fry the onions and mushrooms till soft. Add the flour and slowly stir in the orange juice. Pour over the duck in the slow cooker and cook for a further hour on high.

Chinese chicken & mushroom **high 3½-5/low 6-9**

Cooking oil	15ml (1tbsp)	Button mushrooms, halved	350g
Chicken joints	4	Soy sauce	30ml (2tbsp)
Onions, roughly chopped	2	Lemon, juice of	1
Cornflour	30ml (2tbsp)	Sugar	5ml (1tsp)
Chicken stock	150ml	Salt and pepper	to taste

Heat the oil in a large pan and fry the chicken till golden brown. Transfer to the slow cooker. In the remaining oil, fry the onions till transparent, stir in the cornflour, then gradually stir in the stock. Add the other ingredients, bring to the boil, and pour over the chicken. Cook for the time shown.



Pudding

Puddings

Fruit cooked in the slow cooker should stay whole. Slow cooking lets the flavours blend gently. To poach fruit, follow the methods given for Pears in red wine or Rhubarb with orange. If you want a meringue or pastry topping on poached fruit, transfer it to an ovenproof bowl. Don't put the slow cooker in an oven.

Egg custards cook gently, with little risk of overcooking or curdling.

Steamed puddings won't fill the kitchen with steam, or need constant topping up. Use a heatproof pudding basin, which fits the slow cooker without touching the sides.

Make a lifting strap to lower the pudding basin into the slow cooker. Fold a 45cm long piece of aluminium cooking foil till it's about 5cm wide. Stand the basin on the strap and lower into the slow cooker. Leave in place during cooking and use it to remove the hot basin. Fill the slow cooker with enough water to come half-way up the basin. When cooking steamed puddings or those containing a raising agent, pre-heat the pot for 20 minutes and cook on high for the time shown.

Baked Stuffed Apples

high 2-3/low 4-6

Butter	15g	Cooking apples	4 medium
Soft brown sugar	100g	Boiling water	150ml
Sultanas	50g		

Grease the slow cooker with the butter. Core the apples. Use a sharp knife to score the skin round the equator on each apple. Mix the sugar and sultanas and pack tightly inside the apples. Stand each apple on a square of foil shaped to form a saucer. Arrange the apples and foil in the slow cooker and pour in the boiling water. Cook for the time shown. The cooking time for this recipe may vary with different types of apples.

Zesty Orange Pudding

high 5-7/low 8-12

Orange, peeled and sliced	1 small	Self-raising flour	75g
Soft margarine	50g	Salt	pinch
Caster sugar	50g	Orange, grated zest and juice	1
Egg, beaten	1	Sultanas	25g

Butter a 550ml basin and line the base with a buttered circle of foil. Put one orange slice on the base and arrange the others around the sides. Cream the margarine and sugar till light and fluffy. Beat in the egg a little at a time. Fold in the sieved flour and salt. Add the orange zest and sufficient juice to form a soft dropping consistency. Fold in the sultanas and turn into the prepared basin. Cover loosely with foil. Use a lifting strap to lower the basin into the slow cooker. Pour enough boiling water into the slow cooker to come half way up the basin. Cook for the time shown.

Pears in Red Wine

high 3-5/low 6-8

Sugar	100g	Cloves	2
Red wine	400ml	Ripe pears	4 large or 6 medium
Lemon, rind and juice	1		

Put the sugar, wine, lemon rind, juice and cloves in a pan. Heat gently, stir till the sugar dissolves, then take off the heat and add the cochineal. Peel the pears leaving them whole, complete with stalks. Stand them in the slow cooker, stalks upwards, and pour over the syrup. Cook for the time shown, turning the pears occasionally, so they're evenly coated with the syrup and colour evenly. Remove the cloves, and serve hot or chilled with cream.

pudding

Christmas Pudding

cook - high 13/reheat - high 5

Self-raising flour	50g	Seedless raisins	100g
Cinnamon	5ml	Currants	100g
Nutmeg	5ml	Sultanas	100g
Mixed spice	5ml	Mixed peel	50g
Shredded suet	100g	Prunes, stoned and chopped	50g
Fresh white breadcrumbs	100g	Black treacle	15ml (1tbsp)
Lemon, rind and juice	1	Rum	45ml (3tbsp)
Soft brown sugar	50g	Stout or ale	150ml
Blanched almonds, chopped	50g	Eggs	2 medium

Sieve together the flour and spices. Add the suet, breadcrumbs, lemon rind, sugar, nuts and dried fruit. Warm the treacle in a pan till it becomes runny. Add the rum, stout and lemon juice. Pour over the eggs and mix together. Add to the dry ingredients. Mix thoroughly, cover and stand overnight. Add a little milk if the mixture has stiffened. Pre-heat the slow cooker for 20 minutes. Turn the mixture into a buttered 1 litre pudding basin. Select a basin which comfortably fits in the slow cooker without raising the lid. Cover with foil. Stand in the slow cooker and add enough boiling water to come up the sides of the basin. Cook for the time shown. Allow to become cold. Remove foil and cover with greaseproof paper and fresh foil. Christmas pudding is the only dish which can be reheated safely in the slow cooker. It's at its best if left to mature for a while between cooking to make, and cooking to eat. To reheat, cook on high for about 5 hours.

Creamy Rice Pudding

high 4-4½/low 5-8

Butter	15g	Pudding rice	50g
Milk	400ml	Sugar	25g
Evaporated milk	150ml		

Butter the inside of the slow cooker. Add all the ingredients and stir. Cook for the time shown.

Rhubarb and Orange

high 2-2½/low 3-4

Rhubarb	1kg	Orange, grated rind and juice	1 large
Sugar	150g	Water	400ml

Wash the rhubarb and cut into 2.5cm pieces. Put the ingredients into the slow cooker and cook for the time shown.

Poached Dried Fruit Salad

high 3-4/low 5-6

Mixed dried fruit (prunes, apricots, pears, apples, etc.)	450g	Lemon or orange, juice of	1
Sugar	100g according to taste	Water	700ml

Put the fruit and water in the slow cooker and soak overnight. If the apple slices float to the surface, weigh them down with prunes. Next day, add the other ingredients and cook for the time shown. Serve hot or chilled.



Miscellaneous**Apple Chutney****high 8-9/low 10-12**

Apples, peeled and finely chopped	1.4kg	Salt	5ml (1tsp)
Onions, finely chopped	450g	Cayenne pepper	good pinch
Brown sugar	700g	Cloves of garlic, crushed	2
Sultanas	225g	Pickling spice	10ml (2tsp)
Vinegar	300ml	Root ginger	1 piece

Put the apples, onions, sugar, sultanas, vinegar, salt, cayenne pepper and garlic into the slow cooker. Tie the spices and root ginger in a muslin bag and add to the slow cooker. Stir till the sugar dissolves. Cook for the time shown. Remove the bag of spices. Stir well. Pour into heated jars and cover as you would for jam. Allow to cool before storing away.

Brandy and Orange Punch**high 1-2/low 3-4**

Sugar	275g	Oranges, (juice of)	2
Boiling water	550ml	Orange, sliced	1
Cloves	6	Orange squash	60ml (4tbsp)
Cinnamon	10ml (2tsp)	White wine	1 bottle
Lemons (zest and juice of)	2	Brandy	150ml

Put the sugar and boiling water into the slow cooker. Stir in the other ingredients except the brandy. Heat for the time shown. Stir in the brandy just before serving .

Lemon Curd**high 2½-3/low 4-6**

Butter	100g	Caster sugar	450g
Lemons, grated rind and juice	4	Eggs, medium	4

Melt the butter in a pan. Add the lemon juice, rind and sugar, and stir till dissolved. Allow to cool. Beat the eggs lightly and stir into the mixture. Pour into a 1 litre basin. Cover with foil. Stand the basin in the slow cooker. Pour enough boiling water into the slow cooker to come half way up the basin. Cook for the time shown or till thickened. Stir thoroughly, pour into warmed pots and allow to cool. Store in a cold place for no longer than 2 weeks.

Cheese Fondue**low 1-2**

Garlic, cut in half	1 clove	Cornflour	20ml (4tsp)
Dry white wine	100ml	Pepper	to taste
Gruyere cheese, grated	225g	Nutmeg, grated	to taste
Emmenthal cheese, grated	225g		

Rub the inside of the slow cooker with garlic. Add the wine and cook for 30 minutes on low. Mix the cheese with the cornflour and seasonings. Stir this mixture into the wine. Cook for 1½ hours, stirring after 30 minutes. The fondue may now be left in the slow cooker. To serve, spear cubes of crusty bread with forks and dip in the fondue.

Notes

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