SLOW COOKERS

What is a Slow Cooker?
A slow cooker is an electrical cooking appliance that maintains a relatively low cooking temperature, allowing foods to be cooked unattended for numerous hours. This can be a major time saver for those who do not have hours to spend at home cooking over the stove.

Why Use One?
- Saves time and effort
- Saves money
  - cheaper cuts of meat can be cooked more slowly resulting in tender, delicious dishes!
- Cuts out extra fat
  - Slow cookers do not require the use of oil, thus decreasing the amount of extra fat needed to create a dish.

What Can I Cook with A Slow Cooker?
Slow cookers can be used to create all sorts of dishes: appetizers, breakfast oatmeal, soups, stews, meats, side dishes and even dessert! You can cook full one-pot meals, or cook portions of meals, such as pulled pork for a pulled pork sandwich.

In terms of preparation, most foods can be prepared the night before and stored in the fridge until morning; making meal prepping a lot more efficient.

Slow cooker recipes can be easily found in our recipe section, online and in magazines, so use them for more inspiration!

Helpful Tips
- Most recipes can be adapted to fit a slow cooker. Be aware that you must decrease the amount of liquid added by about 1/3, as slow cookers lock in moisture and liquid to prevent evaporation.
- Avoid placing the slow cooker near an open window or in a cold kitchen, as cooler temperatures may prevent the appliance from reaching appropriate cooking temperatures.
- Do not use frozen ingredients in the slow cooker, as this will alter the temperature of the cooker and produce an undercooked dish. To ensure this does not happen, make sure all frozen ingredients are completely thawed before they are added to the slow cooker.
- Liquids do not thicken in slow cookers. You can help thicken the dish by rolling meat in a small amount of flour before adding it to the slow cooker or adding a teaspoon or two of corn flour at the end of cooking to thicken sauces.
- Use the “low” setting whenever possible! This allows the flavours to develop and ensures that the food will not overcook while you are out all day.
- If a recipe takes 30 minutes to cook on a stove top, in a slow cooker it will take 2 hours on high or 4-6 hours on low. If a recipe usually takes 1-2 hours to cook on a stove top, in a slow cooker it will take 3-4 hours on high or 6-8 hours on low.
- Don’t take off the lid while cooking! There is no need to check up on it, and doing so will only result in heat loss and increased cooking time.
- Pasta, rice and fresh herbs should be added towards the end of cooking time.
What to Look for When Purchasing a Slow Cooker

There are many different types of slow cookers to choose from. Ultimately the choice is yours, but here are a couple of things that may help you decide:

- A slow cooker with a heating element that goes up the sides and along the bottom of the pot will heat more evenly than one that only has a heating element on the bottom.
- Make sure the crock portion (the part where the food goes) is removable from the base. This makes cleaning much easier.
- Glass lids are preferable, as you can see what is going on without opening the lid.
- If you are planning to use the slow cooker for whole chickens or large cuts of meat (like ribs), consider getting an oval shape slow cooker over a circular one. The oval shape will be more accommodating in size.
- Some slow cookers come with built-in timers. This is a great option if you plan to use your cooker when you are away from home all day. This way, you can program the slow cooker to start at a specific time to ensure that the food is not over or undercooked when you get home.