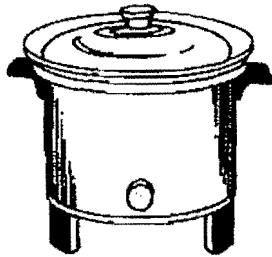


Introduction to Slow Cooking



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Introduction to Slow Cooking

S-L-O-W electric cooking in stoneware combines brand-new/old-time principles to produce exceptional flavor, nutrition and economy. Low-watt heat surrounds the food to bring it gently to the peak of perfection.

In addition to enjoying better flavor, more healthful meals, and saving money on meats and electricity, you will have more leisure time. No turning, no stirring, no adjusting heat, no timing to the minute. Just start the slow cooker and go off for the day! Leave your slow cooker alone all day, or all night; it's perfectly safe with its low wattage. Use it only to cook, or use it also as a server at your proudest table setting. Whatever you use it for will be in good taste.

There has been some question whether the slow cookers cook at temperatures high enough to prevent bacteria growth. According to the U.S. Department of Agriculture, bacteria in foods is killed at a temperature of 165° degrees F maintained for 2 hours or more. Microbiologists have tested slow cookers and found that foods cook at 185° to 200°F, well above the safety limit. (Unlike regular ovens, slow cookers cook safely at these low temperatures, because of the moisture. Water is a better conductor of heat than air.) For further food safety, remember the following:

- It is important, especially at high altitudes where food generally takes longer to cook, to check the cooking temperature of your slow cooker with a thermometer to make sure that it reaches safe cooking temperatures within recommended periods of time (140°F in 3 hours and 180°F in 8 hours).
- Follow recommended cooking times.
- High altitude generally extends the cooking time *one hour on low for every 4,000 feet* (1,219.2 meters).



- Starting with warm, boiling or browned foods, and/or cooking on "high" for the first hour also helps compensate for the slower cooking that occurs at higher altitudes.
- The amount of liquid added usually can be reduced by one-half because evaporation is minimal. Whole spices increase in flavor and ground spices decrease in flavor during long cooking periods.
- Browning meat and poultry first is not essential, but it does help in the development of a richer flavor in the food, removes some of the fat in the product and shortens the length of time the product will take to reach safe cooking temperatures.

Foods in the Cooker

- Ingredients can be taken directly from the refrigerator and placed in the slow cooker. This may extend cooking times.
- Do not use completely frozen vegetables. If using frozen beef, add about 1 cup of warm liquid to the cooker prior to adding the beef to help prevent sudden temperature changes.
- Purchase beef roasts or other large cuts in a size and shape that fit easily into the cooker; otherwise trim them to fit.
- Vegetables tend to cook slower than meat. Place vegetables on the bottom and around the side of the cooker; place meats on top.

- Trim visible fat from meat and poultry prior to placing it in the cooker to reduce fat in the finished dish. Also, fat retains heat, and large amounts could raise the temperature of the cooking liquid, causing the meat to overcook.
- Usually only small amounts of liquid are added to the slow cooker because liquid accumulates from foods during cooking.
- Meats will pick up desirable flavors from vegetables with which they are cooked. This might give you more flavor than you are used to. You can reduce quantities of vegetables such as onions and carrots, if desired, to fit personal taste.
- Removing the lid during cooking can result in steam and heat loss, causing the need for cooking time to be extended because slow cookers can't quickly recover heat loss. Lift the lid only when it's time to check for doneness or if stirring is recommended. Add 15 to 20 minutes to total cooking time for each time you lift the lid.
- It's never necessary to stir while cooking on Low heat. You don't HAVE to stir while cooking on High, but some recipes suggest it once in a while. While using High for short periods, occasional stirring improves the distribution of flavors throughout the entire recipe.
- Do not reheat foods in the slow cooker.

Slow Cooker Food Safety

Begin with a clean cooker, clean utensils and a clean work area. Wash hands before and during food preparation.

Keep perishable foods refrigerated until preparation time. If you cut up meat and vegetables in advance, store them separately in the refrigerator. The slow cooker may take several hours to reach a safe, bacteria-killing temperature. Constant refrigeration assures that bacteria, which multiply rapidly at room temperature, won't get a "head start" during the first few hours of cooking.

POWER OUT: If you are not at home during the entire slow-cooking process and the power goes out, throw away the food even if it looks done. If you are at home, finish cooking the ingredients immediately by some other means: on a gas stove, on the outdoor grill or at a house where the power is on. When you are at home, and if the food was completely cooked before the power went out, the food should remain safe up to two hours in the cooker with the power off.

HANDLING LEFTOVERS: Store leftovers in shallow covered containers and refrigerate within two hours after cooking is finished. Reheating leftovers in a slow cooker is not recommended. However, cooked food can be brought to steaming on the stove top or in a microwave oven and then put into a preheated slow cooker to keep hot for serving.

Do not use the slow cooker for storage of foods either in or out of the refrigerator.

Slow Cooker Tips

The slow cooker is one of the easiest kitchen appliances to master. Below are some tips from the experts. Follow these simple guidelines, and you're guaranteed a successful relationship with your slow cooker for years to come.

- Cut down on preparation time by using prepackaged ingredients such as scalloped potato mixes, canned tomatoes and soups, seasoning mixes, and frozen vegetables that have been thawed.

- To speed up the cooking time of most recipes, including soups and stews, follow the rule that 1 hour on High is equal to 2 hours on Low. However, this is not recommended for cooking desserts.
- Because steam accumulates on the slow cooker's lid, the contents of the crockery tend to get watered down. You may need to experiment with herbs and spices to achieve the flavor your family likes. Complimentary herbs and spices are best added near the end of cooking. In addition, thickeners such as flour, cornstarch and tomato paste are used to give texture to the dish. Adding color to the finished product is also important. You could use garnishes such as fresh parsley, chives, tomatoes, red peppers, shredded cheese and lemon wedges or sour cream.
- When adapting your favorite recipes to the slow cooker, it is important to keep the watered-down effect in mind. Start with less liquid. If the recipe calls for 6 to 8 cups of water, start with perhaps 5 cups.
- Never place a hot crock (the removable stoneware piece) on a cool surface. Likewise, a crock that has been refrigerated overnight should never be placed in a hot base unit. Stoneware is sensitive to dramatic changes in temperature, and breakage or cracking may result.

MEAT RECIPES

*From Crock-Pot Cookbook

** From Internet

Pot Roast of Beef*

3-4 lb. brisket, rump roast or pot roast
2-3 potatoes, pared and sliced
2-3 carrots, pared and sliced
1-2 onions, peeled and sliced
½ c. water or beef consommé
Salt & pepper to taste

Put vegetables in bottom of slow cooker. Salt and pepper meat, then put in pot. Add liquid. Cover and cook on Low for 10-12 hours (High: 4-5 hours). Remove meat and vegetables with spatula.

Working Person's Roast**

2-3 lb. rib or rump roast
1 tbsp. Worcestershire sauce
1 pkg. dry onion soup mix
1 can cream of mushroom soup
Salt & pepper to taste

Place roast in slow cooker. Put remaining ingredients on top. Cook on low heat for 10-12 hours. The roast falls apart and the gravy is wonderful to use on potatoes.

Hearty Beef Stew*

2 lbs. stew beef, cut into 1-inch cubes
5 carrots, cut into 1-inch pieces
1 large onion, cut in chunks
3 stalks celery, sliced
1 (1 lb. 12 oz.) can tomatoes
½ c. quick-cooking tapioca
1 whole clove (or ½ tsp. ground clove)
2 bay leaves
Salt & pepper to taste

Trim all fat from meat. Put all ingredients in slow cooker. Mix thoroughly. Cover and cook on low 12 hours (High: 5-6 hours).

Sweet & Sour Beef Brisket**

½ c. orange juice
2 tbsp. lemon juice
2 tbsp. light brown sugar
1 small can tomato paste
2 medium onions, thinly sliced
2 medium carrots, cut into ½ inch rounds
½ c. dark raisins
1 3-lb. first-cut beef brisket*
*(Thinner, leanest portion – first portion butcher prepares when he divides up the whole brisket)
¼ tsp. salt
¼ tsp. freshly ground black pepper
1 tbsp. cornstarch dissolved into 2 tbsp. cold water

In a 3 ½-quart slow cooker mix the orange and lemon juices, brown sugar and tomato paste. Stir in the onions, carrots and raisins. Cut brisket crosswise into 2 or 3 large pieces to fit into the slow cooker and season with salt and pepper. Stack the brisket pieces on top of the vegetables. Cover and cook until the meat is tender, 8-9 hours on Low (200°F). Using slotted spoon, transfer the brisket, onions, carrots and raisins to a platter and cover with foil to keep warm. Skim the fat from the surface of the cooking liquid. In a medium saucepan, bring the cooking fluid to a simmer over medium heat. Stir in the cornstarch mixture and cook just until thickened. Pour the sauce over the brisket and serve immediately. Makes 4-6 servings.

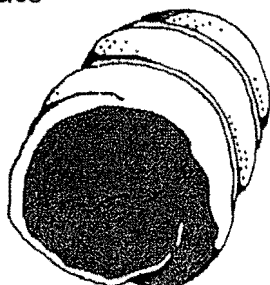
Slow-cooked Meat Loaf

1 egg, beaten
1/3 c. taco sauce
2 tbsp. taco seasoning
½ tsp. salt
1 c. coarsely crushed corn chips
1/3 c. shredded Mexican-blend or cheddar cheese
2 lb. lean ground beef

In a large bowl, combine first six ingredients. Crumble beef over mixture and mix well. Shape into a round loaf; place in a slow cooker. Cover and cook on Low for 6-8 hours or until a meat thermometer reads 160°. Serve with taco sauce or salsa. Yield: 8 servings.

Tangy Pork Chops "Taste of Home"

4 pork chops, ½ inch thick
 ½ tsp. salt
 1/8 tsp. pepper
 2 onions, chopped
 2 celery ribs, chopped
 1 large green pepper, sliced
 1 can (14.4 oz.) stewed tomatoes
 ½ c. catsup
 2 tbsp. cider vinegar
 2 tbsp. brown sugar
 2 tbsp. Worcestershire sauce
 1 tbsp. lemon juice
 1 beef bouillon cube
 2 tbsp. cornstarch
 2 tbsp. water



Place chops in slow cooker and sprinkle with salt and pepper. Add onion, green pepper and tomatoes. Combine next six ingredients and pour over vegetables. Cover and cook on Low for 4-6 hours.

Mix cornstarch and water until smooth. Add to cooker and cook on High for 30 minutes or until thickened. Serve over rice.

San Francisco Chops

4 bone-in pork loin chops (1 inch thick)
 1 to 2 tbsp. vegetable oil
 1 garlic clove, minced
 ¼ c. soy sauce
 ¼ c. red wine or chicken broth
 2 tbsp. brown sugar

¼ tsp. crushed red pepper flakes
 1 tbsp. cornstarch with 1 tbsp. cold water
 Hot cooked rice

In a skillet, brown pork chops on both sides in oil; transfer to a slow cooker. Add garlic to drippings; cook and stir for about 1 minute or until golden. Stir in soy sauce, wine or broth, brown sugar and red pepper flakes. Cook and stir until sugar is dissolved. Pour over chops. Cover and cook on Low for 7-8 hours or until meat is tender.

Remove chops. Combine cornstarch and cold water until smooth; gradually stir into slow cooker. Return chops to slow cooker. Cover and cook for at least 30 minutes or until slightly thickened. Serve over rice. Yield: 4 servings.

Creamy Ham & Potatoes

10 lbs. medium potatoes, peeled and cut into ¼ inch slices
 2 medium onions, finely chopped
 1 ½ c. cubed fully cooked ham
 ¼ c. margarine, melted
 ¼ c. flour
 1 tsp. ground mustard
 ½ tsp. each salt & pepper
 2 cans condensed cream of celery soup, undiluted
 2 2/3 c. water
 1 c. shredded cheddar cheese, optional

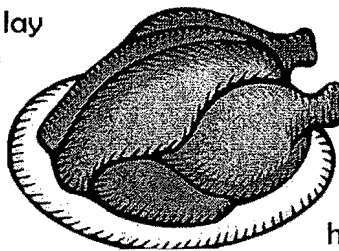
In a 6-quart slow cooker, layer potatoes, onion and ham. In a bowl, combine melted margarine and flour. Stir until smooth. Add mustard, salt and pepper. Add soup and water. Stir until smooth. Pour over ham and potatoes. Cover and cook on Low for 6-8 hours or until potatoes are tender. Sprinkle with cheese before serving.

Poultry Recipes

Continental Chicken*

6-8 chicken breasts, boned
6-8 slices of bacon (preferably lean and smoked)
1 pkg. dried beef
1 (10 oz.) can cream of mushroom soup
¼ c. sour cream mixed with ¼ c. flour

Arrange dried beef on bottom of greased slow cooker. Wrap each piece of boned chicken with a strip of bacon and lay on top of the dried beef. Mix soup and sour cream together; pour over chicken. Cover and cook on Low 8-10 hours (High: 3-5 hours). Serve over hot buttered noodles. Serves 6-8.



Creamy Chicken Italiano

4 boneless, skinless chicken breast halves
½ c. fat-free Italian dressing
8 oz. pkg. cream cheese, softened
10 ¾ oz. can cream of chicken soup
4 oz. can mushroom stems and pieces, drained

Spray a 4-quart crock pot with non-stick spray and set aside. Place chicken in slow cooker. Pour salad dressing over chicken. Cover. Cook on Low 3 hours. Combining cream cheese and soup until blended. Stir in mushrooms. Pour over chicken. Cover. Cook on Low 1 hour, or until chicken juices run clean. Serve over noodles or rice.

Barbecued Turkey Sloppy Joes**

2 lbs. ground turkey
2 medium onions
2 (15 oz.) cans tomato sauce
1 (6 oz.) can tomato paste
½ c. packed brown sugar
1/3 c. red wine vinegar
2 tbsp. Worcestershire sauce
2 tbsp. liquid smoke hickory flavoring
½ tsp. seasoned salt
¼ tsp. freshly ground pepper
8 sourdough rolls, split and toasted, or toasted bread slices or small individual bread loaves, tops cut off and hollowed out (pull out some of bread inside).

In a large skillet, cook turkey and onions over medium-high heat, stirring often until turkey is lightly browned and crumbly. Drain off excess liquid. Transfer turkey mixture into slow cooker. Stir in other ingredients, except for 1 tsp. liquid smoke. Cover and cook on Low 6-7 hours. Stir in remaining 1 tsp. liquid smoke. Serve on rolls or bread.

Slow Cooked Oriental Chicken "Taste of Home"

1 3-4 lb. chicken, cut up
2 tbsp. vegetable oil
1/3 c. soy sauce
2 tbsp. brown sugar
2 tbsp. water
1 garlic clove, minced
1 tsp. ground ginger
¼ c. slivered almond

In a large skillet over medium heat brown chicken in oil on both sides. Transfer to slow cooker. Combine soy sauce, sugar, water, garlic and ginger, pour over chicken. Cover and cook on High for 1 hour. Reduce heat to Low; cook 4-5 hours longer until meat is done. Remove chicken to serving platter. Sprinkle with almonds. Spoon juice over chicken, or thicken sauce if desired and serve over rice.

Vegetables

Creamy Scalloped Potatoes**

2 lb. potatoes (about 6 medium)
¼ tsp. pepper
3 tbsp. butter
1 small onion, thinly sliced
1 can cream of mushroom soup
¼ c. flour
1 tsp. salt
4 slices American cheese

Peel and thinly slice potatoes. Toss slices in 1 cup water and ½ tsp. cream of tartar. Drain. Put half of sliced potatoes in greased slow cooker. Top with half of onion slices, flour, salt and pepper. Add remaining sliced potatoes and onions. Sprinkle with remaining flour. Add butter and undiluted soup. Cover and cook on Low for 7-9 hours, or 3-4 hours on High. Add cheese slices 30 minutes before serving. (Recipe may be doubled for 5-quart cooker).

Cheesy Cauliflower & Broccoli**

1 (10 oz.) pkg. frozen cauliflower, thawed
1 (10 oz.) pkg. frozen broccoli, thawed
1 can cheddar cheese soup
4 slices bacon
Salt & pepper to taste
¼ c. shredded cheddar cheese, if desired

Fry bacon until crisp; drain well on paper towels then crumble. Place broccoli and cauliflower in crockery pot. Top with soup, sprinkle with bacon. Season with salt and pepper. Cover and cook on Low for 4-5 hours. About 20 minutes before done, top with cheddar cheese.

Spaghetti Squash**

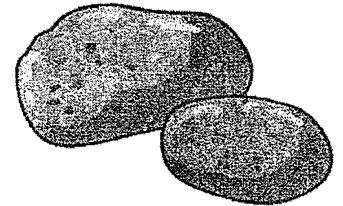
2 c. water
1 spaghetti squash, size which fits in slow cooker
With a skewer or large fork, puncture several holes in the squash. Pour water in the slow cooker, add the whole squash. Cover and cook on Low for 8-9 hours. Split and remove seeds,

then transfer the "spaghetti" strands to a bowl. Serve tossed with butter and salt and pepper, parmesan cheese or your favorite sauce.

Favorite Vegetable Crockpot**

8 potatoes
1 onion, chopped
4 carrots, peeled and sliced
2 stalks celery, sliced
4 chicken bouillon cubes
1 tbsp. parsley flakes
5 c. water
1/3 c. butter or margarine
Ham, cubed, to taste
13 oz. can evaporated milk

Peel and cut potatoes into bite-sized pieces. Put all ingredients except evaporated milk in slow cooker. Cover and cook 10-12 hours. Stir in evaporated milk during last hour. Add flour to thicken, if desired.



Zucchini Casserole**

1 red onion, sliced
1 green pepper, cut in thin strips
4 medium zucchini, sliced, unpeeled
1 (16 oz.) can diced tomatoes, undrained
1 tsp. salt
½ tsp. pepper
½ tsp. basil
1 tbsp. margarine
¼ c. grated parmesan cheese

Combine all ingredients, except margarine and cheese, in a slow cooker. Set temperature on Low and heat for 3 hours. Dot casserole with margarine and sprinkle with cheese. Cook 1 ½ hours more on Low setting. Makes 6 servings.

Bean & Soup Recipes

Cooking times for dry beans will vary according to their age and type, growing locale, and water hardness. For baked beans and chili with beans, it will be necessary to simmer the dry beans in three times their volume of unsalted water for 30 minutes in a saucepan. Allow to stand, covered, for an hour and a half or until softened; drain and add remaining ingredients. For all other types of recipes, cook pre-soaked beans in the slow cooker on High for 3 hours, then turn to Low. Never add soda or salt before beans are softened.

New England Baked Beans*

1 ½ lbs. dry navy beans (3 cups)
1 medium onion, chopped
1 c. catsup
1 c. brown sugar
1 additional cup water
2 tsp. dry mustard
2 tbsp. dark molasses
1 tbsp. salt
¼ lb. salt pork, ground or diced

Cook dry beans in water until softened. (See top of page) Drain and put into slow cooker. Add all remaining ingredients; mix well. Cover and cook on Low 10-12 hours. (High 4-6 hours, stirring occasionally). Bean should be soft before mixing with sugar or molasses.

Old Fashioned Bean Soup*

1 lb. dry navy beans (soak overnight)
2 quarts water, or more
1 lb. meaty ham bones or pieces
Salt to taste
5 whole peppercorns OR ½ tsp. pepper
½ c. chopped celery leaves
1 medium onion, chopped
1 bay leaf (optional)

Put all ingredients in slow cooker. Cover and cook on Low for 10-12 hours (High 5-6 hours). Makes 2 ½ quarts.

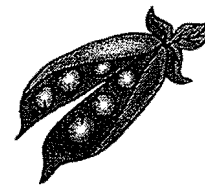
Favorite Chili*

½ lb. dry pinto or kidney beans (See top of page)
1 (1 lb.) can tomatoes
2 lbs. coarsely ground chuck, browned
2 medium onions, coarsely chopped
1 green pepper, coarsely chopped
2 cloves garlic, crushed
2-3 tbsp. chili powder
1 tsp. pepper
1 tsp. cumin
Salt to taste

Parboil dry beans until soft; drain well. Put all ingredients in slow cooker in order listed. Stir once. Cover and cook on Low for 10-12 hours (High 5-6 hours). NOTE: When using canned beans (two 1-lb. cans), drain liquid.

Vegetable-Beef Soup*

1-2 lbs. beef shanks, oxtails, short ribs or veal bones
1 lb. can tomatoes
2 carrots, sliced
3 stalks celery with tops, sliced
2 medium onions, diced
2 medium potatoes, diced
3 c. water
1 tsp. salt
4 peppercorns
3 beef bouillon cubes
1 pkg. (10 oz.) frozen mixed vegetables, peas or lima beans, thawed*



Put all ingredients in slow cooker. Stir well. Cover and cook on Low for 12-24 hours (High 4-6 hours).

*May be added during last 2 hours of cooking.

Desserts

Easy Cherry Cobbler**

- 1 (16 oz.) can cherry pie filling
- 1 pkg. cake mix for 1-layer cake OR sweet muffin mix
- 1 egg
- 3 tbsp. evaporated milk
- ½ tsp. cinnamon
- ½ c. chopped nuts, optional



Put pie filling in lightly buttered 3 ½ - quart slow cooker and cook on High for 30 minutes. Mix together the remaining ingredients and spoon onto the hot pie filling. Cover and cook for 2-3 hours on Low. You may also use a lightly greased soufflé dish in a larger slow cooker. 6 servings.

Rice Pudding**

- 2 ½ c. cooked rice
- 1 ½ c. scalded milk (or evaporated milk)
- 2/3 c. white or brown sugar
- 3 eggs, beaten
- 1 tsp. salt
- 2 tsp. vanilla
- ½ to 1 tsp. cinnamon
- ½ to 1 tsp. nutmeg
- ½ c. raisins
- 3 tbsp. soft butter

Combine all ingredients. Pour into lightly greased slow cooker. Cook on high 1-2 hours. Stir during first 30 minutes. Recipe can be doubled.

Hot Fruit Compote*

- 1 lb. dried prunes
- 1 1/3 c. dried apricots
- 1 (13.5 oz) pineapple chunks, undrained
- 1 (1 lb.) can dark sweet cherries, undrained
- ¼ c. dry white wine (or orange juice)
- 2 c. water

Put all ingredients in slow cooker. Cover and cook on Low for 7-8 hours, High 3-4 hours. Serve warm.

Baked Apples**

- 6-8 medium unpeeled baking apples
- 2 tbsp. raisins
- ½ tsp. cinnamon (to taste)
- ¼ c. sugar
- 2 tbsp. butter

Remove core from apples and place in slow cooker. Mix raisins and sugar; fill center of apples. Sprinkle with cinnamon and dot with butter. Add ½ c. water. Cover and cook Low overnight or 8 hours.

Chocolate Brownie Pudding Cake**

- ½ c. brown sugar
- ¾ c. water
- 2 tbsp. cocoa
- 2 ½ c. brownie mix (half of a 21.5 oz. pkg.)
- 1 egg
- ¼ c. peanut butter
- 1 tbsp. soft margarine
- ¼ c. water
- ¼ to ½ c. milk chocolate chips, if desired

Combine ¾ c. water, brown sugar and cocoa in a saucepan. Bring to a boil. In the meantime combine the remaining ingredients in a small bowl. Whisk together or mix well with spoon. Spread the batter evenly in the bottom of a lightly buttered slow cooker.

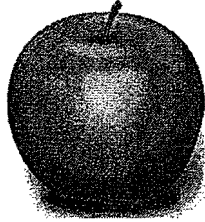
Pour boiling mixture over the batter. Cover and cook on High about 2 hours; turn off heat and let stand for about 30 minutes.

Spoon into dessert dishes while warm; serve with whipped cream or ice cream. Serves 6-8.

Nutty Apple Streusel

"Taste of Home"

6 c. sliced peeled tart apples
1 ¼ tsp. ground cinnamon
¼ tsp. ground allspice
¼ tsp. nutmeg
¾ c. milk
1 tbsp. butter or margarine
softened
¾ c. sugar
2 eggs
1 tsp. vanilla extract
½ c. biscuit baking mix



In a large bowl toss apples with spices. Place in greased slow cooker.

In mixing bowl, combine milk, butter, sugar, eggs, vanilla and ½ cup baking mix. Mix well. Spoon over apples.

TOPPING:

1 c. biscuit baking mix
1/3 c. brown sugar
3 tbsp. cold butter or margarine
½ c. sliced almonds
Ice cream or whipped cream

Combining biscuit baking mix and brown sugar in bowl. Cut in butter till crumbly. Add almonds, sprinkle over apples. Cover and cook 6-7 hours on Low, until apples are cooked.

Serve warm with ice cream or whipped cream.

Miscellaneous Recipes

Foolproof Rice**

1 c. raw CONVERTED rice
1 c. water
2 tsp. salt
1 tbsp. butter

Combine all ingredients in the slow cooker. Cover and cook on Low for 6-8 hours.

Macaroni and Cheese**

1 (16 oz.) pkg. macaroni, cooked and drained
1 tbsp. salad oil
1 (13 oz.) can evaporated milk
1 ½ c. milk
1 tsp. salt
3 c. shredded sharp cheddar cheese
½ c. melted butter

Lightly grease slow cooker. Toss macaroni and oil. Add all remaining ingredients. Stir, cover and cook on Low for 3-4 hours, stirring occasionally.

Hot Cereal**

Cereal suggestions:

- Oatmeal
- Cracked Wheat and Grits
- Cornmeal Mush

Rub crock wall with 1 tbsp. butter or margarine. Follow package directions for quantity of water and salt per cup of cereal. Cover and cook on Low 8-9 hours. Do not use quick cooking varieties. (Most varieties of cereal work best using a 2-1 ratio: 4 cups water to 2 cups cereal).

Now, here's where your creativity comes in. You can add chopped apples, cinnamon, nuts, raisins, etc. – according to your family's tastes. Some other combos: Cream of Wheat and cocoa or peanut butter chips or chocolate chips; corn meal mush with cheddar cheese and bacon bits (real, not fake!); grits with garlic and cheese, etc. Add in the morning after it's cooked.