

# CROCKERY COOKERY

## Is a Crockpot Safe?

The crockpot cooks foods at a low temperature -- generally between 170° and 280° F. The low heat helps less expensive, leaner cuts of meat become tender and shrink less. The direct heat from the pot, lengthy cooking time and steam created within the tightly-covered container, combine to destroy bacteria. Therefore, a **crockpot is a safe process for cooking foods.**

## Safe Beginnings

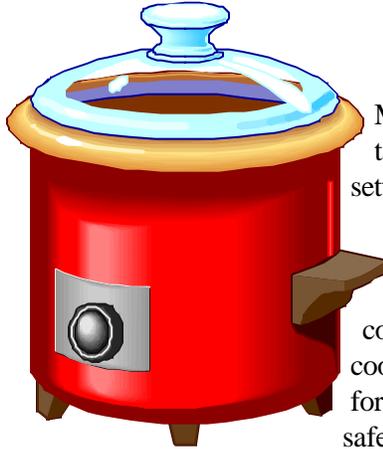
Begin with a clean cooker, clean utensils and a clean work area. Wash hands before and during food preparation. Keep perishable foods refrigerated until preparation time. If you cut up meat and vegetables in advance, store them separately in the refrigerator. The crockpot may take several hours to reach 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.

## Thaw and Cut Up Ingredients

**Always defrost** meat or poultry before putting it into a crockpot. Choose to make foods with a high moisture content such as chili, soup, stew or spaghetti sauce. **Cut food into chunks or small pieces** to ensure thorough cooking. **Do not cook large pieces** like a roast or whole chicken in a crockpot on a Low setting (may use High setting) because the food will cook so slowly it could remain in the bacterial "danger zone" too long.

## 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.



## Settings

Most cookers have two or more settings. Foods take different times to cook depending upon the setting used. Certainly, foods will cook faster on high than on low. However, for all-day cooking or for less-tender cuts, you may want to use the low setting. If possible, turn the cooker on the highest setting for the first hour of cooking time and then to low or the setting called for in your recipe. If you're leaving for work, it is safe to cook most foods on a Low setting the entire time. Just remember that your preparation time is limited.

## Handling Leftovers

Take food out of the Crockpot and place in small shallow covered containers. Refrigerate within two hours after cooking is finished. **Reheating leftovers in a crockpot 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 crockpot to keep hot for serving.

## WHY COOK IN A CROCK?

It is easy to clean and keeps the kitchen cool. The extended cooking times allow better mingling of flavors in many recipes. The lower temperatures lessen the chance of scorching of foods which tend to stick to the bottom of a pan and burn easily in an oven. Less expensive or tough meats are tenderized through the long cooking process. The crockpot frees your oven and stove top for other uses and saves fuel. It is convenient! A crockpot can be left unattended all day for many recipes. Put recipe ingredients in it before going to work and come home to a meal.

*Source: USDA, 1994*

## PURCHASING:

Features to look for in a crockpot include wrap-around heating elements, a removable stoneware interior, a removable cord, a glass top for observing (help avoids lost heat), an insulated metal exterior, two handles that are easy to grasp, and a click-type High and Low dial. The 3 ½ -quart models are fine for most dishes and needs. The 5-quart models allow you to insert other dishes, such as souffle, spring form pans, or pudding molds. Manufacturers usually recommend filling the pot half to three-quarters full, so if you're cooking for two, this might be an important consideration.

## CARE:

Never set the crock in water. But if the bottom does get wet, shake out all the water and set the crock aside to dry *thoroughly* before using again. Do not expose stoneware to extreme changes in temperature or the crock might develop a crack.

## DO I HAVE TO BROWN MEATS?

Browning meats help reduce the fat content and enhance the flavor and texture of dishes, but it is not necessary. Because of the condensation in a crockpot, reduce the liquid if you are making a sauce or gravy from it.

## DO VEGETABLES COOK DIFFERENTLY?

Yes, they cook slower than meat and poultry. Always put vegetables in first, at the bottom and around sides of the cooker and then add meat. Cover the food with liquid such as broth, water or barbecue sauce. Keep the lid in place, removing only to stir the food or check for doneness.

## WHAT FOODS ARE NOT RECOMMENDED?

Natural cheeses tend to break down, replace with processed cheese, or add late in cooking. Milk will curdle over long cooking times, but you can substitute evaporated milk or stir in heavy cream or sour cream near the end of cooking. Fish and seafood are not usually good candidates for the crockpot, and should be added late in any recipe for soup or chowder.

## COOKING TIPS:

| *Seasoning* is the critical success-or-failure element in crock cooking. Add salt and pepper at the beginning, not at the end. Preferred seasonings include: Lemon juice, browned onions, garlic, ground pepper, chopped parsley, etc. Fresh and ground herbs tend to lose flavor in the crock so it is best to use dried whole leaf herbs.

| *Liquid* required for crock cooking should be one-half less than in conventional recipes. Unless a recipe calls for rice or pasta, one cup of liquid is enough. Since the crock will not reduce liquids, conventional sauces will thin out in the crock and need the support of cottage cheese or creamed soups.

| *Keeping foods hot* is **not** a function of the crock. Although many foods will hold on Low for 1-2 hours without losing quality, those with thickened sauces or gravies will begin to thin out after an hour or so.

| *Reheating* in the crock to a temperature of 185-190 degrees requires about 2 1/2 hours on Low or 1 hour on High. When putting chilled food in the crock, add about 15 minutes to Low or 8-10 minutes on High.

| *Altitude cooking* requires increasing the cooking time 1 hour on Low or 1/2 hour on High for every 1,000 feet above 4,000 feet.

TIMING GUIDE:	
If recipe says...	Cook in Crockpot...
15 to 30 minutes	1 ½ to 3 ½ hrs on HIGH* <i>or</i> 4 to 8 hrs on LOW*
35 to 45 minutes	3 to 4 hrs on HIGH <i>or</i> 6 to 10 hrs on LOW
50 min to 3 hrs	4 to 6 hrs on HIGH or 8 to 18 hrs on LOW
<b>*HIGH = 300 degrees F.</b> <b>*LOW = 190 degrees F.</b>	

## FRUITED PORK CHOPS

4 lean pork chops  
½ teaspoon salt  
Dash of pepper  
1 tablespoon prepared mustard  
1 tablespoon vinegar  
½ teaspoon dried dill weed  
17 oz. can fruit cocktail  
2 tablespoons cornstarch  
2 tablespoons cold water



Sprinkle chops with salt and pepper. Place in crockpot. Combine mustard, vinegar and dill. Pour over chops in pot. Cover and cook on low for 4-6 hours or until meat is tender. Remove chops and turn control to high. Dissolve cornstarch in water; stir in pot. Add drained fruit cocktail, cover and cook on high for 10-15 minutes. Spoon sauce over chops. Serves four.

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## CONTINENTAL CHICKEN

6 chicken breasts  
6 bacon strips  
6 oz. package thin sliced pastrami  
10 oz. can cream of chicken soup  
10 oz. can cream of mushroom soup  
¼ cup sour cream  
¼ cup flour  
½ cup water

Skin chicken breasts and wrap with a strip of bacon. Mix sour cream with the flour then add soups and water. Put one-fourth of the sauce in the crockpot. Place individual pastrami slices in sauce, top with chicken pieces and rest of the sauce. Cook on low 8-10 hours (High 3-4 hours). Serve over noodles or rice.

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## CROCK POT LEMON CHICKEN

1 chicken, cut in pieces      6 oz can lemonade, thawed  
¼ cup flour                      3 tablespoons brown sugar  
1 ½ teaspoons salt              1 tablespoon vinegar  
2 tablespoons oil                ¼ cup catsup

Combine flour and salt and coat chicken. Brown on all sides in hot oil. Put in crock pot. Stir lemonade concentrate, brown sugar, vinegar and catsup. Mix well. Pour over chicken. Cover and cook on high 3 to 4 hours or low for 6 to 8 hours.

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## BROCCOLI RICE & CHICKEN

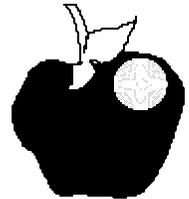
2 pounds boneless chicken breasts, cut in strips  
1 ¼ cups uncooked converted rice  
1 package Cream of Broccoli Soup Mix  
1 ½ cups chicken broth  
Pepper, to taste  
1 tablespoon parsley or 2 tablespoons fresh

Place rice in a lightly greased crockpot. Sprinkle with parsley and pepper. Top with chicken pieces. Mix together the soup mix and broth. Pour over chicken and rice. Cover and cook on low for 6 to 8 hours.

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## CHICKEN & APPLE-PECAN STUFFING

4 to 6 boneless, skinless chicken breasts  
3 tablespoons butter  
½ cup chopped onion  
½ cup chopped celery  
1 cup chopped apple (about 1 apple)  
½ cup applesauce  
¼ cup chopped pecans  
1 box stuffing mix (6 oz)  
½ cup water  
1 can cream of chicken soup (low fat)



Wash chicken breasts and pat dry; place in crock pot. Melt the butter in a skillet over medium low heat and sauté the chopped onion, celery, and apple. Add pecans, water, applesauce, cream of chicken soup, and stuffing mix. Mix together; spoon over chicken in the crock pot. Cover and cook on low for 6 to 8 hours. Serves 4.

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## CHICKEN PARMESAN

1 package onion soup mix  
2 cans cream of mushroom soup (low fat)  
1 ½ cups skim milk  
1 cup white wine  
1 cup white rice  
6 chicken breast halves without skin, boneless  
1 teaspoon butter  
2 tablespoons Parmesan cheese

Mix onion soup, mushroom soup, milk, wine and rice. Spray crockpot with non-stick spray. Lay chicken breasts in crockpot, top with melted butter, pour on soup mixture, sprinkle with Parmesan cheese. Cook on low 8-10 hours or on high for 4-6 hours

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## CROCK POT CHICKEN TORTILLAS

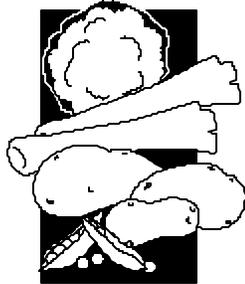
1 whole chicken (cooked) or canned chicken  
1 can cream of chicken soup  
½ cup green chili salsa  
2 tablespoons quick cooking tapioca  
1 medium onion, chopped  
1 ½ cups grated cheese  
1 dozen corn tortillas

Tear chicken into bite size pieces, mix with soup, chili, salsa and tapioca. Line bottom of crock pot with 3 corn tortillas, torn into bite size pieces. Add 1/3 of the chicken mixture. Sprinkle with 1/3 of the onion and 1/3 of the grated cheese. Repeat layers of tortillas topped with chicken mixture, onions and cheese. Cover and cook on low 6 to 8 hours or high for 3 hours. Garnish with sliced black olives.

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## HAMBURGER CASSEROLE

2 large potatoes, sliced  
20 oz. can peas, well drained  
3 medium onions, sliced  
3 medium carrots, sliced  
2 stalks celery, sliced  
1 ½ lbs lean ground beef, browned  
10 oz. can tomato soup  
1 ¼ cups water  
Salt & pepper to taste



Place layers of the vegetables in the order given in crockpot. Season each layer with salt and pepper. Drain ground beef and place on top of celery. Mix soup with water and pour over ground beef. Cover and cook on low for 6-8 hours (High 2-4 hours), stirring occasionally. Serves 6-8.

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## BAKED BEANS

1 pound hamburger  
½ pound sausage  
1 large onion, diced  
1 green pepper, diced  
56 oz pork & beans  
3 ½ cups whole tomatoes (canned)

1 can mushroom soup  
4 tablespoons brown sugar  
1 teaspoon chili powder  
½ teaspoon garlic salt  
Salt and pepper to taste

Brown hamburger and sausage; drain. Add onion and pepper; brown. Add all ingredients to crockpot. Cook covered on Low for three hours or until heated through.

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## HAWAIIAN SAUSAGE COMBO

20 oz. can pineapple chunks  
17 oz. can sweet potatoes, sliced 1" thick  
12 oz. package fully cooked sausage links  
3 tablespoons brown sugar  
2 tablespoons cornstarch  
¼ teaspoon salt  
1 tablespoon butter or margarine



Drain pineapple, reserving the juice. Add water to juice to make 1 cup; set aside. In crockpot, place drained pineapple, potatoes and sausage. In saucepan stir together the brown sugar, cornstarch and salt. Gradually blend in reserved juice. Cook and stir until thickened and bubbly; cook 1 minute more. Remove from heat; stir in butter. Pour over mixture in crockpot. Cover and cook on High for 3 hours. Serves 4-6.

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## CORNED BEEF HASH CASSEROLE

1 package frozen shredded hash browns, partially thawed (1 lb 10oz)  
2 cups cooked corned beef, or canned  
1 medium onion finely chopped  
2 teaspoons celery seed  
Salt and pepper, to taste  
1 ½ cups shredded American or combination American/Cheddar cheese  
1 can cream of celery soup  
½ cup evaporated milk

Lightly grease a 3 ½ or 4-quart crockpot. Sprinkle about one fourth of the potatoes in, followed by one third of the onion and one third of the corned beef. Sprinkle with one-fourth celery seed, salt and pepper. Repeat two more times, ending with the remaining potato, ½ cup cheese, and another sprinkling of salt, pepper, and celery seed. Mix together the cream of celery soup and evaporated milk; pour over the potato mixture. Cover and cook on low for 7 to 9 hours.

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## HEALTHY CHICKEN CHOWDER

½ cup shredded carrot  
1 cup skim milk  
½ cup chicken broth  
¼ teaspoon black pepper  
¼ teaspoon onion powder  
1 potato, peeled -- cut in 1/2" chunks  
4 chopped green onions  
½ pound boneless skinless chicken breasts, cubed  
2 cans (15 oz) cream-style corn  
½ cup shredded cheddar cheese  
¼ cup mashed potato flakes



Mix first 9 ingredients in crockpot. Cover and cook on low heat for 5-6 hours or until potatoes are tender and chicken is no longer pink. Stir in potato flakes and cook on high, uncovered for 5 minutes until chowder has thickened and flakes have dissolved. Top with cheese before serving.

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## HUNGARIAN GOULASH

2 lbs beef stew meat, cubed	6 oz. can tomato paste
1 cup onion, thinly sliced	¼ cup water
2 teaspoons salt	¼ teaspoon pepper
Dash thyme & marjoram	2 T. paprika
8 oz. can tomatoes	1 bay leaf

Place all ingredients into crockpot. Simmer on Low for 10-12 hours or until meat is fork tender. To thicken liquid, mix 2 tablespoons cornstarch and 2 tablespoons water and cook in simmering liquid for four minutes.

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## OLD FASHIONED BEAN SOUP

1 pound dry navy beans (soak overnight)  
1 teaspoon salt  
½ cup celery leaves, chopped  
1 medium onion, chopped  
2 quarts water  
1 pound meaty ham bones or pieces  
5 whole peppercorns OR ½ teaspoon pepper  
1 bay leaf

Drain soaked beans. Add the rest of the ingredients to crockpot, cover and cook on low for 10-12 hours (High 5-6 hours). Makes 2 1/2 quarts soup.

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## SPLIT PEA SOUP

12 oz. split peas  
1 medium onion, chopped  
2 cups ham or ham hock, diced  
8 cups water  
2 cups celery and tops, chopped  
1 carrot, diced  
1 can cream of mushroom soup  
1 can evaporated milk

Cook on High for 2 hours, then on Low for 8 hours (opt. cook on Low all night). Just before serving, add soup and milk. Heat thoroughly.

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## HEARTY POTATO SOUP

6 potatoes, peeled and cut into ½ inch cubes  
2 medium onions, diced  
2 carrots, thinly sliced  
2 ribs celery, thinly sliced  
2 cans {14 ½ oz. each} chicken broth  
1 teaspoon dried basil  
1 teaspoon salt  
½ teaspoon pepper  
¼ cup all-purpose flour  
1 ½ cups half-and-half



Combine first 8 ingredients in a crockpot. Cook, covered, at High 3 hours or until vegetables are tender. Stir together flour and half-and-half; stir into soup. Cover and cook 30 minutes or until thoroughly heated. Makes 8 ½ cups.

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## BLACK BEAN & CORN SOUP

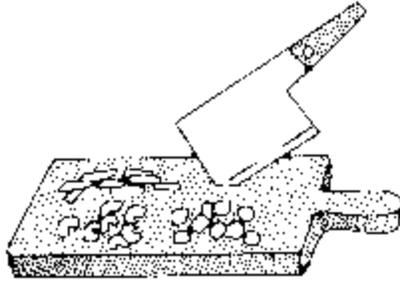
1 pound dry black beans	4 cups boiling water
1 cup onion, chopped	10 oz frozen corn
4 cloves garlic, minced	1 tablespoon cumin
1 teaspoon salt	1 teaspoon coriander
14.5 oz Mexican style stewed tomatoes	

Soak beans overnight in refrigerator; drain & rinse. In crockpot, add beans, corn, onion, garlic, cumin, salt and coriander. Pour boiling water over top; cook on Low for 8-10 hours (High for 4-5 hrs). Add tomatoes, mash beans slightly; serves 6.

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## FARM STYLE STEW

1 ½ pounds stew meat  
1 teaspoon salt  
¼ teaspoon pepper  
¼ teaspoon paprika  
½ teaspoon season salt  
4 medium zucchini  
2 cups hot water  
2 tablespoons bottle steak sauce  
17 oz. can corn, drained  
3 tablespoons cornstarch  
3 tablespoons water



Sprinkle beef with seasonings. Place in crockpot with sliced (1") zucchini; pour hot water and steak sauce over top. Cover and cook on Low for 7-9 hours or until tender. Turn on High, add corn. To thicken liquid, mix cornstarch and water; cook for 15-20 minutes longer. Serves six.

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## BROTH FROM BONES

10 pound turkey carcass      1 stalk celery w/leaves  
1 onion, sliced                      1 tablespoon dried parsley  
1 carrot, sliced                      Salt & pepper to taste

Using a meat cleaver, break up the bones of the turkey carcass to fit the crock. Add onion, carrot, celery slices, parsley, salt and pepper. Cover with cold water to 1 inch of the top. Cover and cook on High until it simmers, then turn to Low and cook overnight. Strain and adjust seasonings. Serve over rice or noodles. Serves 6-8.

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## BAKED BEANS

1 pound hamburger                      1 can mushroom soup  
½ pound sausage                      4 tablespoons brown sugar  
1 large onion, diced                      1 teaspoon chili powder  
1 green pepper, diced                      ½ teaspoon garlic salt  
56 oz pork & beans                      Salt and pepper to taste  
3 ½ cups whole tomatoes (canned)

Brown hamburger and sausage; drain. Add onion and pepper; brown. Add all ingredients to crockpot. Cook covered on Low for three hours or until heated through.

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## STEAK AND RICE

¼ cup flour                      2 large onions, sliced  
2 teaspoons paprika                      ½ cup shortening  
1 pound round steak                      ½ cup uncooked rice  
1 ½ teaspoons salt                      2 cups tomato juice  
½ teaspoon pepper                      2 cups hot water

Mix flour and spices then roll steak in mixture. Melt shortening in frying pan, sear meat; remove; add onions and brown slightly (reserve flour mixture); drain. Add meat, onions, rice and tomato juice to crockpot. Cook on Low for 6 hours (High 3 hrs) stirring occasionally. Add reserved flour mixture to fat in frying pan and the hot water, bring to boil until thick. Add to rice mixture and cook covered on High for one additional hour.

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## SWISS STEAK

2 lbs round steak (¾ " thick)                      1 large onion, sliced  
Salt and pepper to taste                      1 lb tomatoes

Cut round steak into serving pieces; season with salt and pepper and place in crockpot. Top with onion then pour tomatoes over. Cover and cook on Low for 8-10 hours.

*\*Creamy Swiss Steak:* Follow recipe for Swiss steak substituting 1 can mushroom soup (10 ounces) for tomatoes. Spread soup evenly over top. This recipe may be doubled for use in 5 quart crockpot.

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## BEEF STEW

3 carrots, chopped  
3 potatoes, chopped  
2 lbs. beef chuck or stew meat (cut into 1 ½" cubes)  
1 cup water or beef stock  
1 teaspoon Worcestershire sauce  
1 clove garlic  
1 bay leaf  
Salt and pepper to taste  
1 teaspoon paprika  
3 onions, quartered  
1 stalk celery with tops, chopped



Put all ingredients in crockpot in order listed. Stir in just enough to mix spices. Cover and cook on Low for 10-12 hours (High 5-6 hrs).

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## POT ROAST

3-4 pound brisket, beef rump *or* pot roast  
3 potatoes, sliced  
3 carrots, sliced  
1 onion, peeled and sliced  
1/2 cup water or beef consomme  
Salt and pepper to taste

Put vegetables in bottom of crockpot. Salt and pepper meat, then put in pot. Add liquid; cover and cook on Low for 10-12 hours (High 4-5 hrs).

### *Variations:*

*\*German Style* - Add 3-4 medium dill pickles and 1 teaspoon dill weed to above recipe

*\*Italian* - Add 8 ounce can tomato sauce, 1 teaspoon oregano and 1 teaspoon basil to above.

*\*French* - Omit carrots and potatoes. Add 1 cup fresh sliced mushrooms (8 oz. canned), 1 pound small peeled onions, and 1 cup red wine.

*\*Without Vegetables* - Season roast with desired seasonings. Add no liquid. Cook as directed above.

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## CROCK POT CHOW MEIN

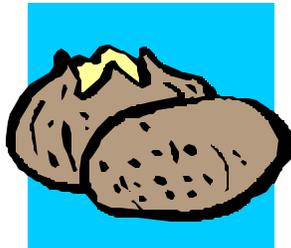
4 oz. can mushrooms  
1 1/2 pounds cubed round steak  
4 stocks celery, sliced  
2 med. onions, sliced  
1 cup hot water with 3 bouillon cubes  
3 tablespoons soy sauce  
2 teaspoons Worcestershire sauce  
1 pound can Chinese vegetables  
2 tablespoons cornstarch and 2 tbsp. water

Add first 7 ingredients to Crockpot; cook on Low for 8 to 10 hours. One hour before serving add Chinese vegetables and cornstarch and water; cook on High until thickened.

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## BAKED POTATOES

Scrub and well-grease potatoes. Cover and cook on Low for 8-10 hours. Do not add water. May be baked overnight.



## LAYERED ENCHILADAS

2 pounds ground beef  
2 green peppers, finely chopped  
2 onions, finely chopped  
3 cloves garlic, minced  
1 tablespoon chili powder  
1 teaspoon salt  
8 ounces cream cheese  
1 can cream of mushroom soup  
1 tablespoon lemon juice  
5 (7") corn tortillas  
3 cups mild cheese, shredded



Brown ground beef; drain. Add peppers and onion; brown then mix in chili powder and salt. Blend cream cheese, soup and lemon juice. In oiled crock make a layer each of tortilla spread with cream cheese mixture, meat, and shredded cheese; repeat 4 times. Cover and cook 4 hours on Low or 2 hours on High. Serve from crock.

Serves 8-10.

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## SUPER SPAGHETTI

1 pound ground beef	1/4 teaspoon allspice
1 T. instant minced onion	1/4 teaspoon pepper
1 1/2 teaspoons salt	8 oz can tomato sauce
1/2 teaspoon garlic powder	4 ounce can mushrooms
1/2 teaspoon dry mustard	3 cups tomato juice
1/4 teaspoon mace	
4 oz uncooked spaghetti (broken into 5" pieces)	

Brown ground beef in frying pan; drain. Place in crockpot with the rest of the ingredients except the spaghetti; stir well. Cover and cook on Low for 6-8 hours (High- 3 1/2 hrs). Stir in spaghetti; turn to High and cook for 1 more hour. Serves 4-6.

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## SLOPPY JOES

1 onion, chopped	1 cup thick catsup
1 clove garlic, minced	1 tsp Worcestershire sauce
1 lb lean ground beef	1/4 teaspoon salt
12 oz. can corn	1/4 teaspoon lemon juice
8 oz. can tomato sauce	

Brown ground beef; drain. Add onion and garlic; brown. Add all ingredients to crockpot. Cover and cook 3 1/2 hours on Low or 1 hour on High, stirring once. Stir, then ladle over split buns.

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## WHEAT CEREAL

1 cup wheat  
2 cups water  
½ teaspoon salt



Add to crockpot. Cook on low for 7 hours (if longer it gets mushy). *Leftover wheat* can be put in meat loaf, bread, meatballs, etc.

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## BOSTON BROWN BREAD

1 cup cornmeal	1 cup rye flour
1 ½ tsp. baking soda	1 teaspoon salt
1 cup whole wheat flour	¾ cup molasses
2 cups buttermilk	1 cup raisins

In bowl, combine cornmeal, flours, baking soda and salt. Stir in sour milk, molasses and raisins. Stir just enough to blend. Put in well greased large metal (3 lb.) can, cover with foil; tie with string. Place on three canning rings (in crockpot), put 2 cups hot water around can. Cover and cook on High 2 1/2-3 hours. Turn bread out on cooling rack.

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## BANANA NUT BREAD

½ cup shortening	½ cup sugar
2 eggs	1 ¾ cups flour
2 teaspoons baking powder	½ teaspoon salt
¼ teaspoon baking soda	1 cup mashed ripe banana
½ cup broken walnuts	

Cream shortening and sugar; add rest of ingredients. Pour into well greased large metal (3 lb.) can. Cover with foil and tie with a string. Place on three canning rings (in crockpot), put 2 cups hot water around can. Cover and cook on High for 3 hours, or until done.

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## CHUNK STYLE APPLESAUCE

8-10 large cooking apples, peeled, cored, chunked  
½ cup water  
1 teaspoon cinnamon  
½ -1 cup sugar

Put all ingredients in crockpot. Cover and cook on Low overnight 8-10 hours. Can serve warm with cream.

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## OLD-FASHIONED APPLE BUTTER

12-14 apples (Jonathan or Winesap)  
2 cups apple juice

Wash, core and quarter apples (do not peel). Combine apples and apple juice in lightly oiled crockpot. Cover and cook on Low for 10 to 18 hours (2 to 4 hrs on High). Put through food mill to remove peel. Measure fruit and return to crockpot.

**To make apple butter:** For each pint of fruit, add 1 cup sugar, 1 teaspoon cinnamon, ½ teaspoon allspice and ½ teaspoon cloves; stir well. Cover and cook on High for 6 to 8 hours (stir every 2 hours). Remove cover after 3 hours to allow butter to cook down. Spoon hot into ½-pint jars; process in a boiling water bath for 20 minutes.

Makes five ½-pint jars.

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## BAKED CUSTARD

2 cups milk, scalded, cooled  
3 eggs, slightly beaten  
½ cup sugar  
1 teaspoon vanilla  
½ teaspoon salt  
Nutmeg or coconut



Combine eggs, sugar, vanilla and salt. Stir slowly into cooled milk. Pour into greased 1 quart baking dish. Sprinkle with nutmeg or coconut. Cover with foil. Set dish on metal rack in crockpot. Pour hot water around until 1" deep. Cover and cook on High for 2 hours or until knife inserted in custard comes out clean. Serves 5-6.

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## PUMPKIN BREAD

1 cup brown sugar	½ teaspoon ground ginger
½ cup shortening	¼ teaspoon baking soda
2 eggs	¼ teaspoon ground nutmeg
1 cup canned pumpkin	¼ teaspoon ground cloves
¼ cup milk	½ teaspoon salt
2 cups flour	¾ cup raisins
2 teaspoons baking powder	

Cream sugar and shortening until fluffy. Beat in eggs, one at a time. Stir in pumpkin and milk. Stir together all dry ingredients. Add to pumpkin mixture; beat 1 minute with mixer. Stir in raisins. Turn into well greased large metal (3 pound) can. Place in crockpot; cover; cook on High for 3 1/2 hours. Cool.

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## RICE PUDDING

2 ½ cups cooked rice  
1 ½ cups evaporated milk  
3 tablespoons butter or margarine  
½ cup brown sugar  
3 eggs, beaten  
2 teaspoons vanilla  
1 cup raisins  
Cinnamon to taste

Thoroughly combine rice with remaining ingredients. Pour into lightly greased crockpot. Cover and cook on Low for 4-6 hours (High 1-2 hrs). Stir during first 30 minutes.

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## HOT MULLED CIDER

½ cup brown sugar  
2 quarts cider  
1 teaspoon whole allspice  
1 ½ teaspoons whole cloves  
2 pieces stick cinnamon  
Orange slices

Put all ingredients in crockpot. To avoid straining, may tie spices in cheesecloth bag. Cover and cook on Low for 2-8 hours. Serve from crockpot with ladle.

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## APRICOT NUT BREAD

2 tablespoons butter or margarine  
1 cup sugar  
1 egg, well beaten  
1 teaspoon vanilla  
½ cup dried apricots, ground  
½ cup raisins, ground  
1 orange, rind and juice  
2 cups flour  
1 teaspoon baking soda  
2 teaspoons baking powder  
¼ teaspoon salt  
½ cup chopped nuts

Thoroughly cream butter, sugar, egg and vanilla. Add boiling water to orange juice to make 1 cup; mix with apricots, raisins and orange rind. Add to creamed mixture alternately with dry ingredients. Stir in nuts. Pour into greased and floured 2 pound metal can. Put in crockpot and cook on High for 3-4 hours.

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## CHOCOLATE FUDGE CAKE

2 cups flour  
1 teaspoon baking soda  
1 ½ cups sugar  
¼ teaspoon salt  
6 tablespoons cocoa  
1 cup "real" mayonnaise  
1 cup hot water  
1 teaspoon vanilla

Place all ingredients in large mixing bowl; beat on High for 2 minutes. Pour into greased and floured 3 pound metal can; fill 2/3 full. Cover can with 8 paper towels. Bake in covered crockpot on High 2 1/2-3 1/2 hours or until done. Doubly delicious served with vanilla ice cream.

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## STREUSEL POUND CAKE

1 pkg pound cake mix (16 oz.)    2 tablespoons flour  
½ cup brown sugar                      ½ cup nuts, chopped  
2 teaspoons cinnamon

Mix pound cake according to directions. Pour half of the batter in greased and floured 2 pound metal can. Combine the rest of the ingredients to make streusel; sprinkle half on top of batter. Top with remaining batter and streusel. Cover can with 8 paper towels and bake in crockpot on High for 3-4 hours.

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## CARROT CAKE

2 eggs                                      ½ teaspoon salt  
1 cup sugar                              1 teaspoon cinnamon  
½ cup oil                                  ¾ cup carrots, grated  
1 ½ cups flour                          ½ cup nuts, chopped  
1 tsp. baking soda                      1 teaspoon vanilla  
8 oz crushed pineapple, drained

Beat together eggs, sugar and oil. Combine flour, soda, salt and cinnamon; add to sugar mixture and beat well. Stir in carrots, nuts, vanilla, and pineapple. Pour into greased and floured loaf pan. Cover and place in crockpot. Cover and bake on High for 2 ½ to 4 hours. Serves 12.

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## PARTY SAUSAGES

2 cans (15 oz) tomato sauce, chunky  
14.5 oz can Mexican-style stewed tomatoes  
15 oz can red kidney beans, drained, rinsed  
½ cup water  
1 medium onion, chopped  
½ cup green pepper, chopped  
2 teaspoons chili powder  
5.3 oz package cocktail sausages  
8 oz wagon wheel pasta  
Shredded cheese, optional  
Sour cream, optional

Place first 7 ingredients in crockpot; stir well. Add sausages and mix well; cover and cook on Low for 7 to 9 hours (High for 3 to 4 hrs). Just before serving, cook pasta according to directions; drain. Add to crockpot; heat and spoon into bowls. Top with cheese and sour cream if desired.

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## SUPREME PIZZA FONDUE

4 oz Italian sausage  
1 small onion, chopped  
1 clove garlic, minced  
30 oz meatless spaghetti sauce  
1 cup fresh mushrooms, sliced  
½ cup pepperoni or Canadian bacon, chopped  
1 teaspoon dried oregano, crushed  
½ cup olives, sliced  
¼ cup green pepper, chopped  
Dippers-focaccia bread, bread cubes, cheese cubes, or large cooked pasta

In a large skillet, cook sausage, onion and garlic until done; drain. Place in crockpot and add sauce, mushrooms, pepperoni, and oregano; stir well. Cover and cook on Low for 3 hours. Add olives and green pepper; cook on High for 15 more minutes. Serve with dippers; makes 5 ½ cups.

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## BARBECUED BEEF SANDWICHES

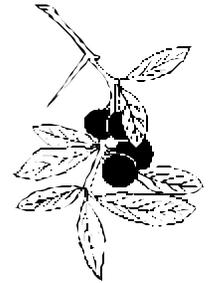
3 pound fresh beef brisket  
10 oz can stewed tomatoes  
1 small can green chilies, chopped  
8 oz can applesauce  
3 oz tomato paste (a cup)  
¼ cup soy sauce  
¼ cup brown sugar, packed  
1 tablespoon Worcestershire sauce  
10-12 hamburger buns, split, toasted

Trim fat from meat, place in crockpot. In a bowl, combine tomatoes, applesauce, tomato paste, soy sauce, brown sugar, and Worcestershire sauce; pour over meat. Cover and cook on Low for 10 hours or until tender. Remove meat, reserving juices; cover to keep warm. Pour cooking juices into a large saucepan; bring to boil and reduce heat. Boil gently, uncovered, for 15-20 minutes (stir frequently). Thinly slice meat across the grain; place on bun bottom. Drizzle with cooking juices; add bun tops and serve. Serves 10 to 12.

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## RASPBERRY FUDGEY BROWNIES

½ cup margarine or butter  
2 oz unsweetened chocolate  
2 eggs  
¾ cup sugar  
a cup seedless red raspberry jam  
1 teaspoon vanilla  
¾ cup flour  
¼ teaspoon baking powder



Generously grease two 1-pint straight-sided, wide-mouth canning jars; flour and set aside. In a saucepan, melt butter and chocolate over low heat; remove from heat. Stir in eggs, sugar, jam, and vanilla. Using a spoon, beat lightly just until combined. Stir in flour and baking powder; pour into prepared jars. Place in 4-quart crockpot; pour 1 cup water around jars. Cover and cook on High for 3 to 3 ½ hours or until toothpick comes out clean. Remove jars from cooker; cool for 10 minutes. Using a metal spatula, loosen brownies from sides of jars. Place rolls on their sides on a wire rack; cool completely. Cut each roll into 6 slices. To serve immediately top with ice cream, topping and fresh raspberries. May keep cake rolls in plastic until ready to serve later. Serves 12.

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