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EXTENSION

Get Cooking: Slow Cookers

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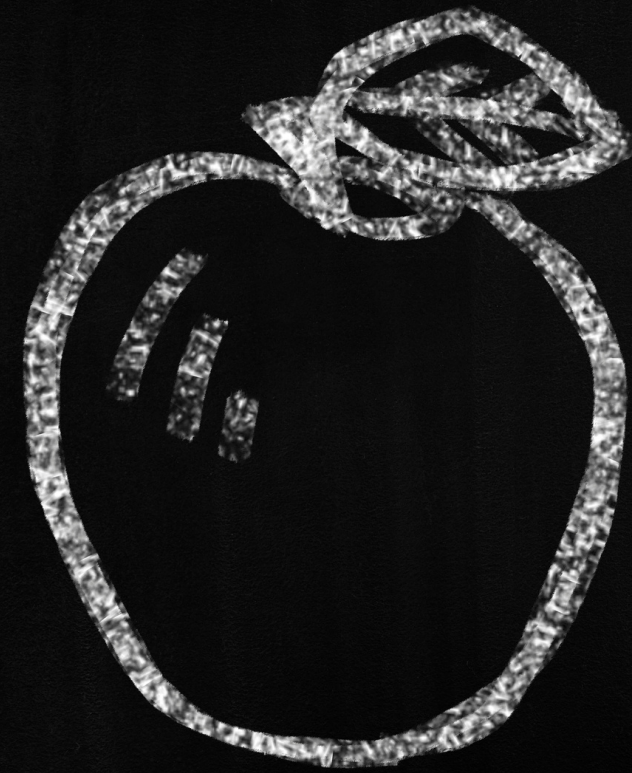
Today We'll Cover

- ADVANTAGES OF SLOW COOKING
- HOW THE SLOW COOKER WORKS
- TYPES OF SLOW COOKERS
- SAFE FOOD PRACTICES
- CARE OF THE SLOW COOKER
- ADAPTING RECIPES
- SECRETS FOR SUCCESS



Safe Food Practices

- WASH HANDS IN HOT SOAPY WATER
- ALWAYS USE CLEAN UTENSILS AND DO NOT CROSS CONTAMINATE
- USE POTHOLDERS—CONTAINERS CAN BE HOT
- REST COOKWARE ON HEAT PROTECTED SURFACES



FOOD SAFETY

Slow Cooker Meals

- ENERGY EFFICIENT
- COOL COOKING
- PORTABLE
- NO CLOCK WATCHING
- EASY PREPARATION
- MOIST & FLAVORFUL
- FINISH MEAL IN MINUTES



More Advantages

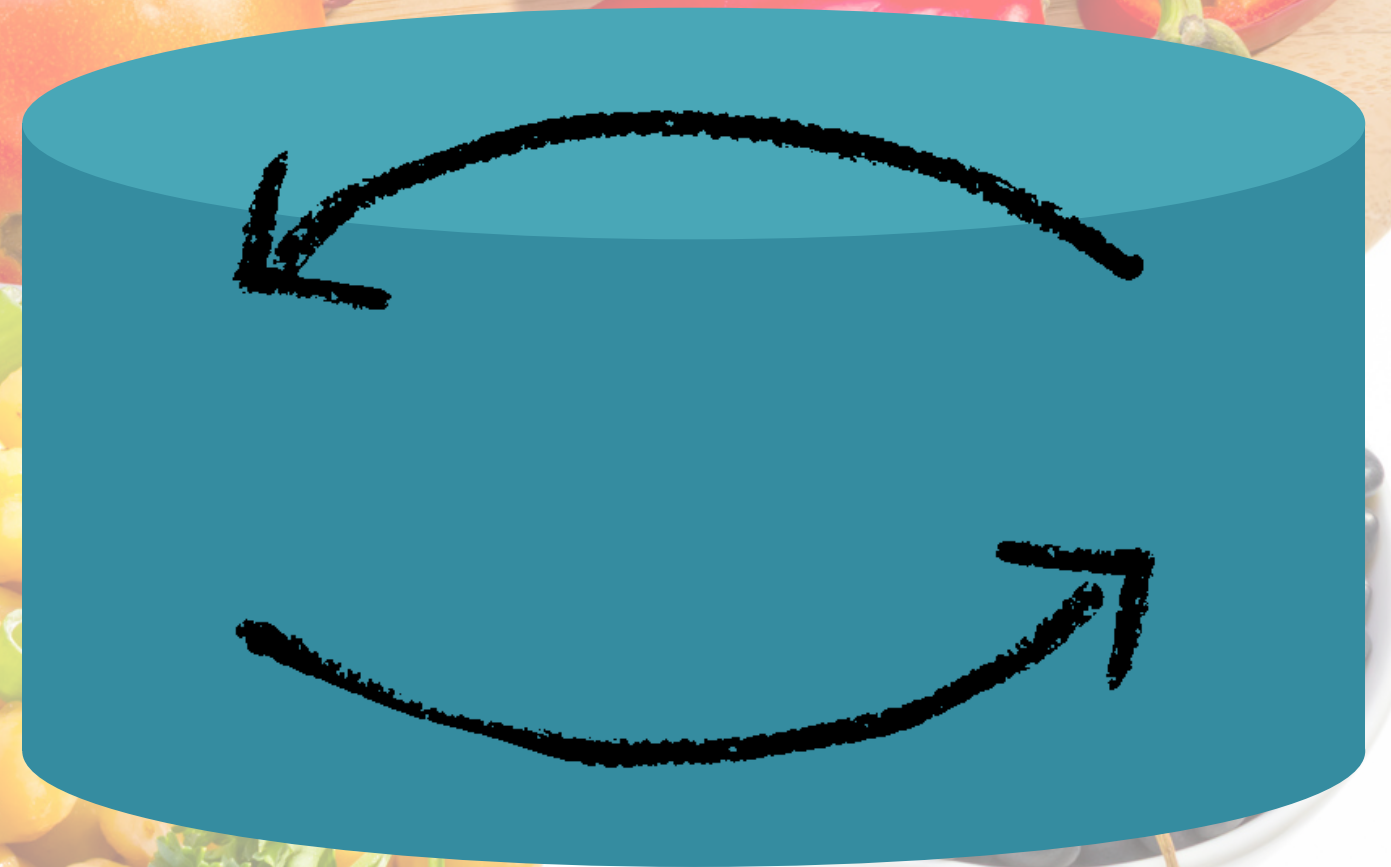
- RETAINS NUTRIENTS AND FLAVOR
- LESS CLEAN-UP
- KEEPS FOOD SAFE DURING PARTIES



2 Types of Slow Cookers

1. CONTINUOUS

- HEATING COILS IN OUTER METAL SHELL
- TWO OR THREE FIXED SETTINGS
- LINERS MAY BE REMOVABLE



2 Types of Slow Cookers

2. INTERMITTENT

- HEATING ELEMENT IN BASE CYCLES ON/OFF
- DIAL HAS NUMBERS OR SETTINGS
- LOWEST MAY BE ONLY FOR WARMING



Sizes of Slow Cookers

- RANGE FROM 1 TO 6 QUARTS
 - SMALLEST FOR VEGETABLE SIDE DISHES
 - LARGEST COOK FOOD FOR 6-12 SERVINGS



6 QUART



4 QUART



20 OUNCE

Meat Safety in the Slow Cooker

- START WITH FRESH OR THAWED MEAT
- NOT FROZEN
- COOK & DRAIN ALL GROUND MEAT BEFORE ADDING TO THE SLOW COOKER



Meat Safety in the Slow Cooker

- USE CHUNKS RATHER THAN LARGE CUTS OR ROASTS
- USE PIECES OF POULTRY—NOT WHOLE BIRDS



THINK SMALL...

Slow Cooker Safety

- TEMPERATURE IN MIDDLE AT LEAST 140F WITHIN 1½ HOURS AND REMAIN AT LEAST 30 MINUTES
 - DO NOT ADD FROZEN INGREDIENTS
 - PREPARE & STORE INGREDIENTS SEPARATELY
 - KEEP THE LID ON
- CHECK INTERNAL TEMPERATURE: 160F



Slow Cooker Safety

- ONLY USE RECIPES WITH LIQUID
- DO NOT DELAY STARTING TIME
- REMOVE LEFTOVERS AS SOON AS YOU FINISH EATING
- DO NOT REHEAT FOODS IN SLOW COOKER



Filling a Slow Cooker

- NO LESS THAN 1/2 FULL
- NO MORE THAN 2/3 FULL
- VEGETABLES ON THE BOTTOM & SIDES
- MEAT IN NEXT
- COVER FOOD WITH LIQUID



Tips for Adapting Recipes

A collage of fresh ingredients including tomatoes, onions, peppers, and beans, with a bowl of chili and a bowl of chickpeas in the foreground.

1. FIND A SIMILAR RECIPE IN A SLOW COOKER COOKBOOK

2. DECREASE THE AMOUNT OF LIQUID TO ABOUT HALF

General Oven to Slow Cooker Cooking Time Conversions

Oven	Slow cooker
15-30 minutes	1½ - 2½ hr on HIGH or 4-6 hr on LOW
35-45 minutes	2-3 hr on HIGH or 6-8 hr on LOW
50 min—3 hours	4-5 hr on HIGH or 8-18 hr on LOW

Slow Cooker Tips

- **SPRAY COOKER WITH VEGETABLE SPRAY**
- **BROWN MEATS AHEAD TO REDUCE FAT & FOR FLAVOR**
- **TRIM MEAT BEFORE SLOW COOKING**
 - **RED MEAT**
 - **POULTRY: SKIN OFF**

Slow Cooker Tips

- CUT ROOT VEGETABLES AND PUT ON THE BOTTOM
- SPICES AND HERBS: EFFECTS OF SLOW COOKING VARIES
 - ADD GROUND DURING LAST HOUR
 - REDUCE WHOLE SPICES & HERBS BY HALF

Slow Cooker Tips

- **THINGS TO ADD LATE IN THE COOKING**
 - RICE
 - NOODLES & PASTA
 - SOME VEGETABLES (BOK CHOY, MUSTARD GREENS...)
 - MILK
 - PEPPER (BLACK & RED)
 - FISH



Special Care Required

- FOLLOW MANUFACTURER'S DIRECTIONS.
- NEVER SUBMERGE HEATING UNIT.
- NEVER USE REMOVABLE LINER ON GAS OR ELECTRIC BURNER OR UNDER BROILER.
- DO NOT USE ABRASIVE CLEANERS.
- DO NOT ADD COLD FOODS OR WATER TO THE HOT STONEWARE.
- DO NOT USE PLASTIC LIDS IN MICROWAVE.



Slow Cooking Saves:

- SAVES TIME
- SAVES ENERGY
- IS SAFE
- IS FUN



Resources

- Slow Cooking Presentation. State specialist Barbara Brown. (2014). Oklahoma State University Extension.
- Slow Cookers and Food Safety. (2018). University of Minnesota Extension. Retrieved from: <https://extension.umn.edu/preserving-and-preparing/slow-cookers>
- The Benefits of Slow Cooker Meals. (2016). PennState Extension. Retrieved from: <https://extension.psu.edu/the-benefits-of-slow-cooker-meals>
- Eating Right! With Your Slow Cooker. (2014). Purdue University Extension. Retrieved from: <file:///C:/Users/User/Downloads/Slow%20Cooking%20Guide%20&%20Recipes.pdf>