



Now a busy two-person household can enjoy easy-to-assemble, low-maintenance, effortless meals from this go-to cookbook with chapters including everything from soups to desserts and even a special chapter on Double Dinners—two different meals cooked in the same slow cooker at the same time!

Plug in your 3½-quart slow cooker and enjoy the reward of tasty, easy recipes that cook unattended. Don't miss Lime Pot Roast, Cornish Hen in Port Wine and Fig Preserves, Mozzarella-Stuffed Meatloaf, Kale and Kielbasa Soup, Eggplant Parmesan, Foil Pouch Lemon-Dill Salmon, Chocolate Cake, Banana Bread, Lemon Curd, Ginger Peach Butter, and more!



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SLOW COOKING *for* TWO

Basics • Techniques •
Recipes

Graubart



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Cynthia Graubart

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CHICKEN IN CILANTRO RED PEPPER SAUCE

SERVES 2

The red bell pepper mellows in the slow cooker and once pureed becomes a piquant sauce for the chicken. If you are not a fan, omit the cilantro.

2 boneless, skinless chicken breasts

Salt

Freshly ground black pepper

1/4 cup chopped onion

1 red bell pepper, cored, seeded, and sliced

1 clove garlic, minced, or 1/2 teaspoon

bottled minced garlic

1 (14 1/2-ounce) can diced tomatoes

**1 tablespoon chopped fresh cilantro,
divided, optional**

1/2 cup chicken broth

1. Coat the inside of a 3 1/2-quart slow cooker with cooking spray, if desired.

2. Sprinkle chicken breasts liberally with salt and pepper. Transfer to slow cooker.

3. Stir the onion, bell pepper, garlic, tomatoes, 1/2 tablespoon of the optional cilantro, and chicken stock together in a medium bowl. Mix well and pour over chicken in slow cooker.

4. Cover and cook on Low for 3 1/2 hours.

5. Remove chicken to a serving platter and cover loosely with foil to keep warm. Use an immersion blender to puree remaining liquid and vegetables. Taste, and season again with salt and pepper. Serve over chicken. Sprinkle with remaining cilantro, if desired.





LEMON CURD

MAKES 2 1/2 CUPS

Lemon curd is a versatile refrigerator staple used in tarts, to spread between cake layers, or to slather on an English muffin. Mixing equal portions of lemon curd with whipped cream makes a lovely mousse-like topping for berries or filling for meringue cookies. Making the lemon curd in a slow cooker frees the cook from tedious stirring at the stove. Select your bowl before starting the recipe. A microplane grater makes zesting easy.

- 3 whole lemons
- 1 cup granulated sugar
- 7 tablespoons unsalted butter, cut into 1/2-inch dice, room temperature
- 2 large eggs
- 2 large egg yolks

1. Select a 4-cup bowl that fits into the slow cooker and set aside. (A straight-sided glass bowl is ideal.) Place a cookie cutter, Mason jar ring, or a ring made from aluminum foil (see page 133) inside the slow cooker. Prepare an aluminum foil sling (see page 123) and place on top of cutter or ring. Add hot water to a 2-inch depth and turn slow cooker to the High heat setting and cover.
2. Zest all three lemons, being careful not to zest the bitter white pith, and add zest to the bowl. Juice the lemons over a strainer into the bowl and discard contents of the strainer.
3. Stir in sugar and add butter cubes. Move the bowl to the slow cooker, on top of the sling. Cover and cook on High until butter melts, about 20 minutes, stirring occasionally. Carefully remove bowl when butter is melted.
4. Beat eggs and egg yolks together in a separate bowl

until combined. Strain the eggs through a mesh strainer into the butter-lemon juice mixture and stir well.

5. Move the bowl with the lemon mixture to the slow cooker and place on top of the sling (with ring underneath) so the bowl is just touching the bottom of the slow cooker. Cover the top of the bowl tightly with a piece of aluminum foil. Add enough hot tap water to the slow cooker to come halfway up the sides of the bowl.

6. Cover and cook on Low for 2 hours, stirring thoroughly twice during cooking. The curd is ready when it reaches 170 degrees on an instant-read thermometer. Carefully remove the bowl from the slow cooker using the four pieces of aluminum foil to cradle the bowl. Curd will thicken as it cools. Transfer to a clean storage container. Lemon curd freezes beautifully (it doesn't freeze solid and can be spooned out easily) or can be stored in the refrigerator for up to two weeks.



122 DESSERTS



Mini Loaf Pan



5-inch Diameter Cake Pan



4 Cup Glass Dishes



1/2-Cup Ramekins

A RECIPE FOR SUCCESS

ADDITIONAL EQUIPMENT

These items can be found in a well-stocked suburban grocery store, obtained at your local cookware shop, or easily ordered online:

- Immersion Blender—I'm not a gadget geek and keep very few specialty gadgets in my kitchen. I thought an immersion blender fell into that category until I started using one! Pureeing a soup is now a breeze without having to transfer hot solids into a blender or food processor. Add one to your kitchen if you can; I doubt you'll regret it.
- Mini loaf pan—A 5 1/2 x 3-inch pan is perfect for the banana-nut bread.
- 5-inch-diameter cake pan—My pan is nonstick, but I still line it with wax paper to create the chocolate and lemon cakes.
- 4-cup glass dish—Glass storage dishes, also made for reheating, are great for the perfect lemon curd.
- 2 (1/2-cup) ramekins—Look for either glass custard cups or porcelain ramekins to make the chocolate mousse or lemon cream.

- Slow cooker liners—Popular for easy cleanup, these are the basis for my Double Dinners (page 67).
- Aluminum foil—Handy for the foil sling to help remove meatloaves from the slow cooker.
- Instant-read thermometer—I wouldn't be without one. This is an essential tool to be sure your meat and poultry reach a safe temperature.

To Make a Foil Sling

Cut two 4-inch wide strips of aluminum foil. Take a strip and fold it over lengthwise into thirds, creating a long 2-inch-wide strip. Repeat with second strip. Place the strips into the slow cooker, crossing each other. The ends will help form a sling to remove the contents of the slow cooker.

To Make a Foil Ring

Cut a 1- to 2-inch strip of aluminum foil. Crumple the strip lengthwise and form into a circle. Place at the bottom of the slow cooker to keep the bottom of a pan or dish from coming into direct contact with the bottom of the slow cooker. Optionally, a metal object such as a canning jar ring or a cookie cutter can be used.



Slow Cooker Liners



Foil Sling



Options for Raising Dishes off of Slow Cooker Bottom