

VEGETABLE SOUP

Ingredients

- 25g/1oz butter
- 1 onion, peeled and chopped
- 1 clove garlic, peeled and crushed
- 900g/2lb prepared mixed vegetables eg. potato, celery, leek carrot, swede, broccoli, parsnip.
- 900ml/1 ½ pints vegetable stock
- 2 x 15ml tbsp tomato puree
- 1 x 15ml/1tbsp freshly chopped mixed herbs
- salt and freshly ground black pepper

Low (pre-cook) 6-9 hours

High 2½-4 hours

Method

1. Place the butter in a large saucepan and heat until melted.
2. Add the onion and garlic and cook for 2-3 minutes.
3. Add the vegetables and cook for 5-10 minutes.
4. Stir in the remaining ingredients and bring to the boil.
5. Transfer to the stoneware bowl and cook as recommended.

COQ AU VIN

Ingredients

- 1 x 15ml/1 tbsp oil
- 15g/½ oz butter
- 100g/ 4oz bacon chopped
- 175g/ 6oz shallots, peeled
- 1 clove garlic, peeled and crushed
- 225g/ 8oz button mushrooms, sliced
- 4 chicken breasts (boneless and skinned)
- 25g/ 1oz plain flour
- 300ml / ½ pint red wine
- 450ml/ ¾ pint chicken stock
- bay leaf
- bouquet garni
- 2½ ml/ ½ tsp dried thyme
- salt and freshly ground black pepper

Low (pre-cook): 4-6 hours

High 3-5 hours

Method

1. Place the oil and butter in a saucepan and heat until melted.
2. Add the bacon, shallots garlic and mushrooms cook for 3-4 minutes. Remove and place in a bowl.
3. Coat the chicken in the flour, add to the pan and cook for 3-4 minutes.
4. Return the bacon and vegetables to the pan.
5. Stir in the remaining ingredients and bring to the boil.
6. Transfer to the stoneware bowl and cook as recommended.

BEEF IN BEER

Ingredients

- 25g/ 1oz butter
- 900g/ 2lb stewing steak, trimmed and cubed
- 1 large onion, peeled and chopped
- 1 clove garlic, peeled and crushed
- 100g/ 4oz mushrooms, sliced
- 50g/ 2oz plain flour
- 300ml/ ½ pint brown ale
- 450ml/¾ pint beef stock
- bouquet garni
- bay leaf
- salt and freshly ground black pepper
- 2 x 15ml/ 2tbsp tomato puree

Low (pre-cook): 6-8 hours

High 3-5hours

Method

1. Place the butter in a saucepan and heat until melted.
2. Add the steak and cook for 3-4 minutes.
3. Add the onion, garlic and mushrooms and cook for 2-3 minutes.
4. Add the flour and cook for 1 minute.
5. Stir in the remaining ingredients and bring to the boil.
6. Transfer to the stoneware bowl and cook as recommended.

HAWAIIAN PORK CASSEROLE

Ingredients

- 1 x 5ml/ 1 tbsp oil
- 1 onion, peeled and crushed
- 1 clove garlic, peeled and crushed
- 1 green pepper, deseeded and sliced
- 100g/ 4oz button mushrooms, sliced
- 750g/ 1½ lb pork fillet cubed and tossed in
- 25g/ 1oz plain flour
- 600ml/ 1 pint pork stock
- 2 x 15ml/ 2tbsp sherry
- 432g/15¼ oz can pineapple chunks
- salt and freshly ground black pepper

Low (pre-cook): 6-9 hours

High 3-5 hours

Method

1. Heat the oil in a saucepan, add the onion and garlic and cook for 2-3 minutes.
2. Add the peppers and mushrooms and cook for 1-2 minutes.
3. Add the pork and cook until browned.
4. Add the remaining ingredients and bring to the boil.
5. Transfer to the stoneware bowl and cook as recommended.

RATATOUILLE

Ingredients

- 3 x 15ml/3 tbsp oil
- 1 onion, peeled and sliced
- 1 clove garlic, peeled and crushed
- 1 green pepper, deseeded and chopped
- 1 small aubergine, thinly sliced
- 225g/8oz courgettes, sliced
- 225g/8oz tomatoes, skinned and chopped
- 400g/14oz can chopped tomatoes
- 1 x 15ml/1 tbsp tomato puree
- 300ml/ ½ pint boiling water
- salt and freshly ground black pepper
- ½ x 5ml/ ½ tsp dried basil

Low (pre-cook) 6-8hours

High 3-4hours

Method

1. Heat the oil in a saucepan.
2. Add the onion and garlic and cook for 2 minutes.
3. Add the pepper, aubergine, mushrooms and courgettes and cook for 2-3 minutes.
4. Add the remaining ingredients and bring to the boil.
5. Transfer to the stoneware bowl and cook as recommended.

BRAISED BRISKET OF BEEF WITH VEGETABLES

Ingredients

- 25g/1oz butter
- 1.5kg/3lb joint brisket
- 1 onion, peeled and chopped.
- 2 carrots, peeled and chopped.
- 600ml/1 pint beef stock
- salt and freshly ground black pepper

Low (pre-cook) 6-8 hours

High 3-5 hours

Method

1. Place the butter in a large frying pan or saucepan and heat until melted.
2. Add the meat and brown on all sides.
3. Place the onions and carrots in the pan and cook for 2-3 minutes.
4. Add the stock and bring to the boil.
5. Transfer to the stoneware pot and cook as recommended.
6. Thicken the stock with cornflour if required.

LAMB AND VEGETABLE CURRY

Ingredients

- 450g/1lb lean lamb, cubed
- 1 x 15ml/1 tbsp seasoned flour
- 1 x 15ml/1 tbsp oil
- 1 onion, peeled and chopped
- 2 gloves garlic, peeled and crushed
- 1 potato, peeled and diced
- 2 carrots, peeled and sliced
- 100g/4oz cauliflower florets
- 1-2 x 15ml/ 1-2 tbsp madras curry powder
- pinch chilli powder
- 600ml/2 pints lamb stock
- 2 x 15ml/2 tbsp tomato puree

Low (pre-cook) 6-9 hours

High 3-5 hours

Method

1. Toss the lamb in the seasoned flour.
2. Heat the oil in a large pan. add the onion and garlic and cook for 2-3 minutes.
3. Add the meat and cook until browned.
4. Add the potato, carrots and cauliflower and cook for a further 2-3 minutes.
5. Add the remaining ingredients and bring to the boil.
6. Transfer to the stoneware bowl and cook as recommended.

CHILLI CON CARNE

Ingredients

- 2 x 15ml/2 tbsp oil
- 1 large onion, peeled and chopped
- 1 clove garlic, peeled and crushed
- 1 green pepper, deseeded and chopped
- 100g/4oz button mushrooms, sliced.
- 450g/1lb lean minced beef
- 400g/14oz can chopped tomatoes
- 450ml 1¾ pint beef stock
- 3 x 5ml/3tsp chilli powder
- salt and freshly ground black pepper
- 2 x 15ml/2tbsp tomato puree
- 420g/15oz can red kidney beans, drained and rinsed

Low (pre-cook) 5-7 hours

High 2½ -4 hours

Method

1. Heat the oil in a saucepan
2. Add the onion garlic and pepper and cook for 2-3 minutes.
3. Add the mushrooms and minced beef and cook for 3-4 minutes, until browned.
4. Stir in the tomatoes, tomato puree, stock, chilli powder and salt and pepper.
5. Bring to the boil then transfer to the stoneware bowl and cook as recommended.
6. Stir in the beans 30-45 minutes before the end of cooking.

CHOCOLATE AND ORANGE RICE PUDDING

Ingredients

- 100g/4oz pudding rice
- 1.1litre/ 2 pints milk
- 50g/ 2oz chocolate powder
- 50g/ 2oz caster sugar
- grated rind and juice of 2 oranges

Low: 4-5 hours

Method

1. Lightly butter the inside of the stoneware bowl.
2. Place all the ingredients in the bowl and stir.
3. Cook as recommended.

POACHED PEARS WITH CARAMEL SAUCE

Ingredients

- 4 medium ripe pears
- 75g/ 3oz caster sugar
- 1.5 liters/ 3 pints cold water
- 1 x 15ml/ 1 tbsp lemon juice.

Sauce

- 50g/ 2oz butter
- 75g/ 3oz soft light brown sugar
- 50g/ 2oz granulated sugar
- 150g/ 5oz golden syrup
- 142ml/ 5fl oz single cream
- few drops vanilla essence

Low: 3½-5½ hours

Method

1. Peel pears leaving stalk intact. Take a small slice off the base of the pear so it sits upright.
2. Switch on the slow cooker. Place the caster sugar, water and lemon juice in the stoneware bowl and stir until the sugar dissolves.
3. Add the pears, cover with the lid and cook as recommended. Drain and remove pears.
4. For the sauce, place the butter, sugar and syrup in a saucepan and heat gently until the sugar dissolves. Then boil for 4-5 minutes.
5. Stir in the cream and vanilla essence and serve with the pears.