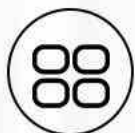


MD-QC6001A

SLOW COOKER RECIPES



Multi-Use Slow Cooker



10 Pre-Programs



6 Quart Non-Stick Pot



24 Hours Delay Start



Dry Burn Protection



Automatic Keep Warm





10-in-1 Professional Slow Cooker



Sear/Sauté, Roast, Bake, Steam, Stew, Rice, Multigrain, Slow cook, Sous vide, Yogurt

10 Smart Pre-Set Programs with Adjustable Temperature & Time



Sear

248°F – 428°F, 5 min – 1 hours

Roast

248°F – 428°F, 10 min – 4 hours

Bake

248°F – 428°F, 10 min – 4 hours

Stew

174°F – 210°F, 15 min – 4 hours

Sous Vide

77°F – 194°F, 20 min – 72 hours

Slow Cook

Low – High, 30 min – 24 hours

Steam, Rice, Multigrain, Yogurt:

Smart programs for automatically
temperature change set by the
manufacturer

Ingredients

2 tablespoons(15 ml) vegetable oil
1 1/2 lbs pork, cut into 12mm cubes
2 cloves garlic, minced
1 onion, chopped
5 cups, water with chicken broth powder
1/2 teaspoon salt
16oz beans, dried
2 large potatoes, peeled and cubed
2 carrots, peeled and sliced

STEP

1. Remove the glass lid from the pot, plug in the unit at rated wattage.
2. Add 15 ml oil to the cooking pot. Press [Sear/Sauté].
3. Saute the pork and cook until lightly browned on all sides by using a wooden spoon.
4. Stir in the garlic and onion, and continue to cook until the onion has softened, and the pork is firm, and no longer pink, about 5 minutes.
5. Pour in the chicken broth or water with chicken broth powder and salt.
6. Add beans, potatoes, and carrots cook.
7. Switch the unit to [SLOW COOK H], set the cooking time as 4 hours.
8. After the set time is reached, continue to run the unit for 2 hours at Auto Keep warm mode.



Slow Cooked Pork

YIELD: 8 servings

PREP TIME: 30 minutes

COOK TIME: 6 hours

Ingredients

4 cups (1 quart, or 950 ml) water
1/4 teaspoon kosher salt
1 cup (80 g) steel-cut oats
3/4 cup (90 g) shredded extra sharp Cheddar cheese
4 large eggs, cooked as desired
1/2 cup (130 g) fresh salsa
Chopped fresh cilantro for serving (optional)

STEP

1. Add the water to the SLOW COOKER, press [Steam], and adjust the timer to 30 minutes.
2. Once the water is boiling, stir in the salt, followed by the oats.
3. Cover with the lid and cook (the oatmeal should be simmering), stirring occasionally, for 15 minutes. Uncover and continue cooking until the oatmeal is tender and thickened, about 5 minutes more. Press [Cancel].
4. Sprinkle the cheese over the oats and stir to combine.
5. Spoon the oatmeal into bowls and top with the eggs, salsa, and cilantro (if using).



Tex-Mex Oatmeal

YIELD: 4 servings

PREP TIME: 5 minutes

COOK TIME: 20 minutes

Ingredients

1/2 pounds (680 g) boneless, skinless chicken breasts, trimmed and cut into 2-inch (5 cm) pieces
1 1/2 tablespoons (22 ml) curry powder, divided
1 teaspoon kosher salt, divided
1 teaspoon freshly ground black pepper, divided
2 tablespoons (30 ml) extra virgin olive oil, divided
1 large onion, chopped
2 large cloves garlic, finely chopped
1 jalapeno, finely chopped
1 1/2 tablespoons (12 g) grated fresh ginger
1/4 teaspoon ground cinnamon
1 can (28 ounces, or 794 g) whole peeled tomatoes
1/2 bunch fresh cilantro (half kept as whole sprigs and half chopped), divided
Cooked rice, for serving (optional)
Plain yogurt, for serving (optional)

STEP

1. Press [Sear/Sauté] on the SLOW COOKER and adjust the timer to 40 minutes.
2. Season the chicken with 1/2 tablespoon (7 ml) of the curry powder and 1/2 teaspoon each of the salt and black pepper.
3. Add 1 tablespoon (15 ml) of the olive oil to the pot and let heat for 1 minute. Add the chicken, and cook until golden brown, about 3 minutes per side. Transfer the chicken to a plate.
4. Add the remaining 1 tablespoon (15 ml) olive oil to the pot along with the onion and the remaining 1/2 teaspoon of each salt and black pepper. Cover with the lid and cook, stirring occasionally, until the onion is very tender, 8 to 10 minutes.
5. Uncover the pot. Stir in the garlic, jalapeño, and ginger, and cook and stir for 1 minute. Stir in the cinnamon and remaining 1 tablespoon (15 ml) curry powder, and cook and stir for 1 minute. Stir in the tomatoes and their juices. Press [Cancel].
6. Nestle the chicken pieces among the vegetable mixture in the pot and add the cilantro sprigs to the pot, keeping them as together as possible for easy removal later. Press [Stew], adjust the temperature to 175°F (79°C) and the timer to 15 minutes, and cook until the chicken is just cooked through, 10 to 12 minutes. Press [Cancel].
7. Remove and discard the cilantro sprigs. Gently fold in the chopped cilantro.
8. Spoon the chicken and vegetables over rice (if using) and top with a dollop of yogurt (if using).



Chicken Curry

YIELD: 4 servings

PREP TIME: 15 minutes

COOK TIME: 30 minutes

Ingredients

1 pound (454 g) Italian sausage, casings removed
1/2 cup (120 ml) dry white wine
2 tablespoons (30 ml) extra-virgin olive oil
1 large onion, finely chopped
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
4 cloves garlic, finely chopped
2 cans (28 ounces, or 794 g, each) diced tomatoes, drained
1 sprig fresh rosemary
1/2 cup (30 g) fresh flat-leaf parsley, chopped
1 pound (454 g) cheese ravioli
Grated Parmesan cheese, for serving (optional)

STEP

1. In a medium bowl, combine the sausage and wine, making sure that all the wine is incorporated. Let sit for 10 minutes.
2. In the meantime, press [Sear/Saute] on the SLOW COOKER, adjust the timer to 30 minutes, and let heat for 2 minutes. Add the olive oil, onion, salt, and black pepper to the pot. Cover with the lid and cook, stirring occasionally, until tender, 8 to 10 minutes.
3. Add the garlic and cook and stir, uncovered, for 1 minute. Add the sausage and cook, uncovered, breaking it up with a spoon into tiny pieces until no longer pink, about 7 minutes. Press [Cancel].
4. Using a handheld or regular blender, finely chop the tomatoes. Add them to the pot along with the rosemary sprig and stir to combine.
5. Cover with the lid, press [Stew], and adjust the temperature to 175°F [79°C] and the timer to 15 minutes. Simmer, stirring occasionally, for 10 minutes. Press [Cancel].
6. In the meantime, cook the ravioli according to the package directions.
7. Remove and discard the rosemary sprig from the pot. Stir in the parsley.
8. Serve the ragu over the ravioli and sprinkle with Parmesan (if using).



Ravioli with Italian Sausage Ragu

YIELD: 4 servings

PREP TIME: 20 minutes

COOK TIME: 30 minutes

Ingredients

4-inch (10 cm) piece ginger, peeled
3 cups (700 ml) water
4 center-cut salmon fillets (6 ounces, or 170 g, each and 1 inch, or 2.5 cm, thick)
4 tablespoons (60 ml) grapeseed or canola oil, divided
1/4 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
2 tablespoons (30 ml) low-sodium soy sauce
1 tablespoon (15 ml) sherry vinegar
1 teaspoon honey
4 scallions, finely chopped
Cooked rice, for serving (optional)

STEP

1. Grate 3 tablespoons (24 g) of ginger and set aside, then thinly slice the remaining ginger.
2. Add the sliced ginger to the SLOW COOKER. Place the rack in the pot, then add the water. Press [Steam], adjust the timer to 15 minutes, and bring the water to a boil.
3. Brush the salmon fillets with 1 tablespoon (15 ml) of the grapeseed oil and season with salt and black pepper.
4. Place the fish on the rack in the pot. Cover with the lid and steam until the fillets are opaque throughout, 8 to 10 minutes. Press [Cancel]. Transfer the fish to plates.
5. While the fish is cooking, make the ginger-scallion relish. In a medium bowl, whisk together the soy sauce, vinegar, and honey. Stir in the grated ginger and remaining 3 tablespoons (45 ml) grapeseed oil. Add the scallions to the bowl and mix to combine.
6. Spoon the relish over the salmon and serve with rice (if using).



Salmon with Ginger–Scallion Relish

YIELD: 4 servings

PREP TIME: 15 minutes

COOK TIME: 15 minutes

Ingredients

1 tablespoon (15 ml) extra-virgin olive oil, plus more if needed
20 ounces (567 g) small cremini mushrooms, quartered, divided
1/2 teaspoon kosher salt, divided
1/2 teaspoon freshly ground black pepper, divided
2 tablespoons (28 g) unsalted butter
2 large sweet onions (about 2 pounds, or 907 g), thinly sliced
2 tablespoons (30 ml) all-purpose flour
1 1/2 cups (350 ml) dry white wine
1 pound (454 g) lean beef stew meat, cut into 1/2-inch (5 cm) pieces
4 cups (1 quart, or 950 ml) low-sodium beef broth
10 sprigs fresh thyme, divided
1/2 baguette, cut into 1/2-inch-thick (5 cm) slices
2 ounces (57 g) Gruyere cheese, coarsely grated

STEP

1. Press [Sear/Saute] on the SLOW COOKER, adjust the temperature to 425°F (218°C) and the timer to 1 hour, and let heat for 5 minutes.
2. Add the olive oil, followed by half the mushrooms and 1/4 teaspoon each of the salt and black pepper. Cook, stirring occasionally, until golden brown, 6 to 8 minutes. Transfer the mushrooms to a plate. Repeat this step with the remaining mushrooms and remaining 1/4 teaspoon each salt and black pepper, adding more oil, if needed. Set the mushrooms aside.
3. Reduce the temperature to 350°F (175°C). Add the butter and onions to the pot, cover with the lid, and cook, stirring occasionally, until very tender, 12 to 15 minutes. Uncover, increase the heat to 400 (205°C), and continue cooking until the onions turn golden brown, 10 to 15 minutes more.
4. Sprinkle the flour over the onions in the pot and cook and stir for 1 minute. Add the wine, increase the heat to 425 (220°C), and simmer until the liquid has reduced by half, about 8 minutes. Press [Cancel].
5. Add the beef to the pot along with the broth and all but 2 thyme sprigs. Cover with the lid, press [Slow Cook H], and adjust the timer to 5 hours. Cook until the beef is tender, 4 1/2 to 5 hours. Press [Cancel].
6. Remove and discard the thyme sprigs from the pot. Stir in the mushrooms and let sit until heated through, about 3 minutes.



French Onion Beef and Mushroom Stew with Croutons

YIELD: 4 servings

PREP TIME: 20 minutes

COOK TIME: 6 hours

Ingredients

1 cup (200 g) dried chickpeas, rinsed
6 cups (1.4 L) water
2 lemons (finely grated zest of 1 lemon and 1/4 cup, or 60 ml, fresh lemon juice), divided
1 clove garlic, peeled
4 ounces (113 g) cooked beets (either canned or cryovaced), drained
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1/2 cup (120 ml) extra-virgin olive oil, plus more for serving (optional)
Pita chips, for serving

STEP

1. In the SLOW COOKER, combine the chickpeas and water. Cover with the lid, press [Slow Cook H], and adjust the timer to 4 hours. Cook until the chickpeas are tender, 3 1/2 to 4 hours. Press [Cancel].
2. Reserve 1/4 cup (60 ml) of the cooking liquid, then drain the chickpeas, rinse them under cold water, and let them cool completely.
3. While the chickpeas are cooling, add the lemon zest and garlic to the food processor and finely chop.
4. Add the cooled chickpeas, beets, salt, and black pepper to the food processor. Add the 1/4 cup (60 ml) lemon juice and process until thick paste forms.
5. With the motor running, gradually add the 1/2 cup (120 ml) olive oil, then process until the hummus is smooth and creamy, adding the reserved cooking liquid, 1 tablespoon (15 ml) at a time, to reach the desired consistency.
6. Spoon the hummus into a bowl and drizzle with more olive oil (if using). Serve with pita chips.



Beet Hummus

YIELD: 6 servings

PREP TIME: 10 minutes

COOK TIME: 4 hours

Ingredients

3 boneless, skinless chicken breasts (6 ounces, or 170 g, each)
1/4 cup (60 g) sour cream
2 tablespoons (30 ml) white wine vinegar
1/4 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
2 ounces (57 g) crumbled blue cheese
2 stalks celery, thinly sliced
2 scallions, thinly sliced 1/4 head iceberg lettuce, cored and sliced
1/4 cup (60 g) ketchup
1/4 cup (65 g) buffalo wing sauce
1 tablespoon (15 ml) water
4 rolls, split and toasted

STEP

1. Place the rack in the SLOW COOKER, add 1 inch (2.5 cm) of water, press [Steam], and adjust the timer to 20 minutes.
2. Once the water is boiling, place the chicken on the rack, cover with the lid, and steam until the chicken is cooked through, 10 to 12 minutes. Press [Cancel].
3. Transfer the chicken to a plate and let rest until cool enough to handle. Shred the chicken into large pieces.
4. While the chicken cools, make the celery slaw. In a medium bowl, whisk together the sour cream, vinegar, salt, and black pepper. Stir in the blue cheese. Toss with the celery and scallions, then fold in the lettuce.
5. Carefully remove the rack and rinse out the pot. Add the ketchup, buffalo wing sauce, and water to the clean pot, and mix to combine. Press [Sear/Saute] and bring to a simmer. Press [Cancel].
6. Add the shredded chicken to the pot and toss in the sauce to coat.
7. Pile the buffalo chicken on the bottom half of the rolls, then top each sandwich with the celery slaw and roll tops.



Buffalo Chicken Sandwiches with Celery Slaw

YIELD: 4 servings

PREP TIME: 15 minutes

COOK TIME: 15 minutes

Ingredients

- 2 ounces (57 g) low-fat cream cheese, at room temperature
- 1 teaspoon grated lemon zest
- 3 tablespoons (45 ml) fresh lemon juice, divided
- 2 tablespoons (10 g) grated Parmesan cheese
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 1 jar (6 ounces, or 170 g) artichoke hearts, drained, rinsed, patted dry, and chopped
- 1/2 cup (15 g) baby spinach, chopped
- 2 scallions, 1 finely chopped and 1 thinly sliced, divided
- 4 boneless, skinless chicken breasts (6 ounces, or 170 g, each)
- 3 tablespoons (45 ml) extra-virgin olive oil, divided
- 6 cups (120 g) spinach, arugula, or other leafy green

STEP

1. In a Large bowl, combine the cream cheese, lemon zest, 1 tablespoon (15 ml) of the lemon juice, Parmesan, and 1/4 teaspoon each of the salt and black pepper. Fold in the artichoke hearts, baby spinach, and chopped scallion.
2. Slice a 2-inch (5 cm) pocket in each chicken breast: Insert a thin, sharp knife into the thickest part of each chicken breast and push it three-quarters of the way through, down to the thin end, being careful not to pierce the outside of the breast. Move the knife from side to side to form a wide pocket with a narrow opening.
3. Stuff one-quarter of the artichoke mixture into each chicken breast (about 1/4 cup, or 70 g). Season the chicken with 1/2 teaspoon each of salt and black pepper.
4. Press [Sear/Saute] on the SLOW COOKER, adjust the temperature to 375°F (190°C) and the timer to 30 minutes, and let heat for 2 minutes. Add 1 tablespoon (15 ml) of the olive oil to the pot, followed by the chicken breasts.
5. Cover with the lid and cook for 6 minutes. Increase the heat to 400°F (204°C), and cook the chicken, uncovered, until golden brown, 2 to 3 minutes more. Flip the chicken and cook, uncovered, until golden brown and cooked through, 5 to 7 minutes more. Press [Cancel].
6. While the chicken is cooking, toss the arugula and sliced scallion with the remaining 2 tablespoons (30 ml) each olive oil and lemon juice and the remaining 1/4 teaspoon of each salt and pepper.
7. Serve the salad with the chicken.



Spinach and Artichoke-Stuffed Chicken

YIELD: 4 servings

PREP TIME: 15 minutes

COOK TIME: 15 minutes

Ingredients

For the pork

1-2 POUNDS PORK TENDERLOIN
1 TEASPOON DRIED SAGE
1 TEASPOON ALLSPICE
1/2 TEASPOON GINGER PEPPER

For the glaze

1 CUP BOURBON WHISKEY
1/2 CUP BROWN SUGAR
1/2 CUP KETCHUP
2 TEASPOONS WORCESTER SAUCE
1 TEASPOON LIQUID SMOKE
1/4 CUP APPLE JUICE
1 TABLESPOON LEMON JUICE
1 TEASPOON MINCED GARLIC
1/2 TEASPOON CAYENNE PEPPER
1/4 TEASPOON DRY MUSTARD SALT AND PEPPER

STEP

1. Pre-bath mixes the spices together in a bowl. Pepper the pork tenderloin, sprinkle with the spices, then place in the sous vide pouches and seal. At this point, you can store the pouch in the refrigerator for up to 2 days, freeze it for up to 6 months, or cook it right away.
2. Cooking Preheat the water bath to 135°F (57.2°C). Place the sous vide pouches in the water bath and cook for 3 to 6 hours. Remove the pouches and place in a 1/2 ice - 1/2 water bath until chilled. You can store the pouches in the refrigerator for around 2 days or freeze them for up to 6 months.
3. Finishing Preheat a grill or the broiler to high heat. To prepare the glaze, mix all of the ingredients in a pot over medium-high heat and bring to a simmer, stirring occasionally. Cook for about 30 minutes, until it thickens some. Take the pork out of the pouches and pat dry. Sear on the grill until grill marks form on the first side, a couple of minutes. Brush the glaze on the side facing up and turn the tenderloin. Repeat several times until it is coated with the glaze, cooking about 30 to 60 seconds per turn. Remove from the heat, brush once more with the glaze, slice into 1/2" rounds and serve.



Bourbon Glazed Pork Tenderloin

YIELD: 4 servings

PREP TIME: 10 minutes

COOK TIME: 3-6hours

Ingredients

For the eggs

4 EGGS

For the wilted spinach salad

8 CUPS BABY SPINACH

4 STRIPS BACON, CUT INTO BATONS

2 SHALLOTS, DICED

4 GARLIC CLOVES, MINCED

3 TABLESPOONS LEMON JUICE

To assemble

BASIL, MINCED PARMESAN CHEESE FOR GRATING

LEMON QUARTERS

STEP

1. The eggs: Preheat a water bath to 167°F (75°C) 15 to 20 minutes before serving. Leaving eggs in their shells, gently place the eggs in the water bath and let cook for 13 minutes. Once cooked, remove from the water bath and set aside.
2. The wilted spinach salad: At least 30 to 40 minutes before serving, place the spinach in a bowl and set aside. Heat the bacon over medium heat until the fat has rendered and the bacon is crispy, 15 to 20 minutes. Remove and discard all but approximately 1 tablespoon of the bacon fat. Add the shallots and garlic, cook until the shallots turn translucent, 3 to 5 minutes. Stir in the lemon juice then pour the mixture over the spinach and toss well to combine. Salt and pepper to taste.
3. To assemble: Place some spinach in a bowl, leaving an indentation at the top to hold the egg. Crack a 13-minute egg over the top of the spinach, sprinkle with the basil, then grate the parmesan cheese on top. Squeeze some lemon juice over the dish then serves.



13-Minute Egg on Wilted Spinach Salad

YIELD: 4 servings

PREP TIME: 13 minutes

COOK TIME: 1 hour

Ingredients

1 1/2 cups (350 ml) low-sodium beef or chicken broth
1 cup (235 ml) dry red wine
2 tablespoons (32 g) tomato paste
1 tablespoon (15 g) Dijon mustard
2 teaspoons Worcestershire sauce
1 teaspoon freshly ground black pepper, divided
8 small new potatoes, halved
6 medium carrots, peeled and halved crosswise
4 small parsnips, peeled and halved crosswise
2 small onions, cut into 1/2-inch-thick (13 mm) wedges
2 sprigs fresh rosemary
3/4 teaspoon kosher salt
1 chuck or rump roast (2 pounds, or 907 g), tied if desired
Chopped fresh flat-leaf parsley, for serving (optional)

STEP

1. In the *SLOW COOKER*, whisk together the broth, wine, tomato paste, mustard, Worcestershire, and 1/2 teaspoon of the black pepper.
2. Add the potatoes, carrots, parsnips, onions, and rosemary to the pot, and toss to combine.
3. Season the beef with salt and the remaining 1/2 teaspoon black pepper.
4. Nestle the beef into the vegetables in the pot. Cover with the lid, press [Roast], and adjust the temperature to 300°F (149°C) and the timer to 2 hours 30 minutes. Cook until the beef is very tender, about 2 hours 15 minutes. Press [Cancel].
5. Remove and discard the rosemary. Transfer the beef to a cutting board, remove the string (if using), and slice thinly.
6. Arrange the beef and vegetables on a serving platter or plates, spooning any remaining Liquid over the top. Sprinkle with parsley (if using).



Classic Pot Roast With Root Vegetables

YIELD: 4 servings

PREP TIME: 15 minutes

COOK TIME: 2 hours 15 minutes

Ingredients

1 tablespoon (15 ml) extra-virgin olive oil
2 cloves garlic, smashed 1/2 small red onion, finely chopped
1 bottle (12 ounces, or 350 ml) pale lager beer
1 lemon, thinly sliced
1 jalapeno, seeded and thinly sliced
1 1/2 tablespoons (22 g) Old Bay Seasoning
1 pound(454 g) large easy peel shrimp (shell-on shrimp that are deveined)
1/4 cup (15 g) fresh flat-leaf parsley,
chopped Baguette or country bread, for serving

STEP

1. Press [Sear/Saute] on the SLOW COOKER. Let heat for 3 minutes, then add the olive oil.
2. Add the garlic and onion to the pot, and cook and stir for 4 minutes.
3. Add the beer, lemon slices, jalapeno, and Old Bay to the pot, and bring to a simmer. Press [Cancel].
4. Nestle the shrimp in the beer mixture in a single layer. Cover with the Lid, press [Steam], and steam until the shrimp are opaque throughout, 3 to 5 minutes. Press [Cancel],
5. Toss the shrimp with the parsley and transfer it to a serving platter.
6. Serve with the baguette, for dipping into the broth.



BEER-STEAMED SHRIMP

YIELD: 4 servings

PREP TIME: 10 minutes

COOK TIME: 15 minutes

Ingredients

1/4 cup (60 g) ketchup
1 tablespoon (20 g) honey
2 teaspoons Dijon mustard
2 tablespoons (30 ml) extra-virgin olive oil, divided
2 pork tenderloins (3/4 pound, or 340 g, each), trimmed
1/2 teaspoon chili powder
1/2 teaspoon ground cumin
1/2 plus 1/8 teaspoon kosher salt, divided
1/2 plus 1/8 teaspoon freshly ground black pepper, divided
2 small red onions, cut into 1/2-inch-thick (13 mm) wedges

STEP

1. Press [Sear/Saute] on the SLOW COOKER, adjust the timer to 15 minutes, and let heat for 3 minutes. In a small bowl, combine the ketchup, honey, and mustard. Set aside.
2. Add 1 tablespoon (15 ml) of the olive oil to the pot and heat for 1 minute.
3. Season the pork with chili powder, cumin, and 1/2 teaspoon each of the salt and black pepper. Add the pork to the pot and cook, turning occasionally, until browned on all sides, 5 to 7 minutes total. Press [Cancel].
4. Scatter the onions in the pot, drizzle with the remaining 1 tablespoon (15 ml) olive oil, and season with the remaining 1/8 teaspoon of each salt and black pepper. Lift the pork and set it on top of the onions. Spoon half of the ketchup mixture over the pork.
5. Cover with the lid, press [Bake], and adjust the temperature to 400°F (205°C) and the timer to 15 minutes. Cook until the pork registers 145°F (63°C) on an instant-read meat thermometer, 10 to 12 minutes. Press [Cancel].
6. Transfer the pork to a cutting board, spoon the remaining ketchup mixture over the top, and let rest for at least 5 minutes before slicing.
7. Transfer the onions to a small dish and serve with the pork.



Spiced Pork Tenderloin with Barbecued Red Onions

YIELD: 4 to 6 servings

PREP TIME: 15 minutes

COOK TIME: 20 minutes

Ingredients

6 slices bacon, cut into 1/2-inch (13 mm) pieces
1 tablespoon (15 ml) extra-virgin olive oil
1 medium onion, chopped
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1 tablespoon (15 ml) all-purpose flour
1/2 cup (120 ml) dry white wine
3/4 pound (340 g) red potatoes, cut into 1/2-inch (13 mm) pieces
4 cups (1 quart, or 950 ml) low-sodium chicken broth
6 sprigs fresh thyme
3/4 pound (340 g) medium peeled and deveined shrimp
1 package (16 ounces, or 454 g) frozen corn, thawed
1/2 cup (120 ml) heavy cream or half-and-half
Chopped fresh flat-leaf parsley, for serving (optional)

STEP

1. Add the bacon and olive oil to the SLOW COOKER, press [Sear/Saute], and adjust the timer to 30 minutes. Cook, stirring occasionally, until the bacon is crisp, 6 to 8 minutes. Transfer 2 tablespoons (10 g) bacon to a paper towel-lined plate and set aside.
2. Add the onion, salt, and black pepper to the pot. Cover with the lid and cook, stirring occasionally, until tender, 8 to 10 minutes.
3. Sprinkle the flour over the onion-bacon mixture in the pot. Cook and stir, uncovered, for 1 minute, then stir in the wine and simmer for 1 minute. Press [Cancel].
4. Add the potatoes, chicken broth, and thyme sprigs to the pot. Cover with the lid, press [Stew], and adjust the temperature to 175°F (79°C) and the timer to 20 minutes. Simmer for 13 minutes.
5. Stir in the shrimp, corn, and cream, and simmer until the shrimp are opaque for 4 to 5 minutes. Press [Cancel].
6. Spoon the chowder into bowls and top with the reserved bacon and parsley (if using).



Shrimp and Corn Chowder

YIELD: 4 servings

PREP TIME: 15 minutes

COOK TIME: 40 minutes

Ingredients

2 tablespoons (30 ml) extra-virgin olive oil
1 medium onion, finely chopped
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1 large clove garlic, finely chopped
1 1/2 cups (275 g) long grain white rice, rinsed
2 1/3 cups (550 ml) low-sodium chicken broth
6 sprigs fresh thyme
1/2 cup (30 g) fresh flat-leaf parsley, chopped

STEP

1. Press [Sear/Saute] on the SLOW COOKER. Let heat for 3 minutes, then add the olive oil.
2. Add the onion, salt, and black pepper to the pot. Cover with the Lid and cook, stirring occasionally, until the onion is just tender, 5 to 7 minutes.
3. Stir in the garlic and cook, uncovered, for 1 minute, and press [Cancel].
4. Take out the onion from the pot and put it on the plate, and wash the pot well.
5. Add the rinsed rice and onions to the pot and mix to combine. Add the broth and thyme.
6. Cover with the lid and press [Rice]. Cook until the rice is tender and the liquid is absorbed for about 25 minutes. Press [Cancel].
7. Remove and discard the thyme. Fold in the parsley.
8. Spoon the rice pilaf into a serving bowl.



Herbed Rice Pilaf

YIELD: 4 servings

PREP TIME: 10 minutes

COOK TIME: 35 minutes

Ingredients

1/2 GALLON ORGANIC WHOLE OR LOW-FAT (2%) MILK

1 CUP ORGANIC PLAIN WHOLE OR LOW-FAT YOGURT

1 TABLESPOON WATER (FOR LOW-FAT YOGURT VARIATION, SEE BELOW)*

1 TEASPOON UNFLAVORED GELATIN (FOR LOW-FAT YOGURT VARIATION, SEE BELOW)*

For Low-fat Yogurt

Low-fat Yogurt Variation: Prepare the recipe as directed but use low-fat milk and yogurt. In step 1, place the water in a cup. Sprinkle the gelatin over top and let stand until softened, about 5 minutes. When the milk reaches 180° F, remove the pan from the heat and stir in the softened gelatin until dissolved.

STEP

Pasteurize Milk

1. Press the [Yogurt] button, the [Yogurt] indicator lights up, the screen displays "High" and the default time displays "00:03 boil".
2. If no operation within 10s after setting, it will enter the cooking state. The display will count down when the multicooker has reached the target temperature. When pasteurization has finished, the multicooker will beep and the screen will display "yoga".
3. Allow the pasteurized milk to cool to just below 110°F (43°C). Add starter culture and mix well.

Ferment Yogurt

1. Press the "Yogurt" button again, the screen displays "Low" and the default time displays "08:00 yoga".
2. When the screen displays "Low" and the time display flashes, press the "+/-" button to set the desired time between "04:00~24:00".
3. If no operation within 10s after setting, it will enter the cooking state. The display will count



Basic Plain Yogurt

YIELD: 12 servings

PREP TIME: 20 minutes + 6 hours chilling

COOK TIME: 14 minutes + 8 hours in machine

Ingredients

3 tablespoons (42 g) unsalted butter, divided
6 sprigs fresh thyme
1 sprig fresh rosemary
2 pounds (907 g) Yukon Gold potatoes, peeled and cut into 1 inch (2.5 cm) pieces
2 large cloves garlic, smashed
1 cup (235 ml) whole milk, plus more if needed
3/4 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
Chopped fresh chives, for serving (optional)

STEP

1. Using 2 tablespoons (28 g) of the butter, grease the bottom and 1 inch (2.5 cm) up the sides of the SLOW COOKER. Add the onion, salt, and black pepper to the pot. Cover with the Lid and cook, stirring occasionally, until the onion is just tender, 5 to 7 minutes.
2. Tie the sprigs of thyme and rosemary together with kitchen twine, then add the bundle to the pot along with the potatoes, garlic, 1 cup (235 ml) milk, salt, and black pepper.
3. Cover with the lid, press [Slow Cook H], and adjust the timer to 5 hours. Cook until the potatoes are very tender, 4 to 5 hours. Press [Cancel].
4. Remove and discard the herb bundle. Add the remaining 1 tablespoon (14 g) butter and mash the potatoes (and garlic) in the pot, adding more milk if needed, 1 tablespoon (15 ml) at a time, to reach the desired consistency.
5. Spoon the mashed potatoes into a serving bowl and sprinkle with chives (if using).



Garlic and Herb Mashed Potatoes

YIELD: 4 servings

PREP TIME: 10 minutes

COOK TIME: 4 hours

Ingredients

1 tablespoon (15 ml) extra-virgin olive oil
1 large onion, chopped
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1 poblano pepper, cut into 1/4-inch (6 mm) pieces
2 cloves garlic, finely chopped
1 tablespoon (15 ml) chili powder
2 teaspoons ground cumin 1 1/2 teaspoons ground coriander
1 bottle (12 ounces, or 350 ml) pale lager beer
1 can (28 ounces, or 794 g) fire-roasted diced tomatoes
1 can (15 ounces, or 425 g) dark red kidney beans, drained and rinsed
1 can (15 ounces, or 425 g) black beans, drained and rinsed
1 can (15 ounces, or 425 g) refried beans
Sour cream, for serving
Cheddar cheese, for serving
Thinly sliced scallions, for serving (optional)

STEP

1. Press [Sear/Saute] on the SLOW COOKER, adjust the timer to 30 minutes and let heat for 3 minutes. Add the olive oil, onion, salt, and black pepper to the pot. Cover with the lid and cook, stirring occasionally, for 4 minutes.
2. Add the poblano and cook, covered, stirring occasionally, until the poblano and onion are tender, 6 to 8 minutes more.
3. Add the garlic, chili powder, cumin, and coriander, and cook and stir, uncovered, for 1 minute. Stir in the beer and let it come to a simmer.
4. Add the tomatoes and their juices and the kidney and black beans, and cook, stirring occasionally, for 10 minutes. Press [Cancel].
5. Add the refried beans and stir until fully incorporated and heated through.
6. Ladle the chili into bowls and top with sour cream, Cheddar, and scallions (if using).



Three-Bean Chili

YIELD: 4 to 6 servings

PREP TIME: 15 minutes

COOK TIME: 30 minutes

Ingredients

Cooking spray
1 3/4 cups (210 g) all-purpose flour
1 1/2 teaspoons baking powder
1/4 teaspoon baking soda
1/2 teaspoon kosher salt
2 Large eggs
1 cup (230 g) sour cream
3/4 cup (150 g) granulated sugar
1/2 cup (120 ml) canola oil
1 1/2 teaspoons pure vanilla extract
1 tablespoon (5 g) grated lemon zest
1 tablespoon (15 ml) poppy seeds
3/4 cup (90 g) confectioners' sugar
2 tablespoons (30 ml) fresh lemon juice

STEP

1. Place the rack in the SLOW COOKER and press [Bake]. Adjust the temperature to 350°F (175°C) and the timer to 2 hours, and let heat.
2. Coat the baking sheet with cooking spray. Line a baking sheet with parchment paper, leaving a 2 inch (5 cm) overhang on the long side. Spray parchment paper.
3. In a medium bowl, whisk together flour, baking powder, baking soda, and salt.
4. In a large bowl, whisk together the eggs, sour cream, sugar, canola oil, and vanilla extract. Gradually add the dry ingredients to the wet ingredients, stirring until just incorporated. Fold in the lemon zest and poppy seeds.
5. Spread the batter in the prepared loaf pan and place the pan on top of the rack. Cover with the lid and bake until a toothpick inserted into the center comes out clean, 1 hour 30 minutes to 1 hour 40 minutes. Press [Cancel].
6. Remove the loaf pan, place it on a wire cooling rack, and let cool for 5 minutes.
7. While the cake cools, make the glaze. In a small bowl, combine the confectioners' sugar and lemon juice.
8. Using the overhangs, remove the cake from the pan and place it on the cooling rack. While the cake is still warm, spoon the glaze over the top. Let cool completely before slicing and serving.



Lemon-Poppy Seed Loaf Cake with Lemon Glaze

YIELD: 8 to 10 servings

PREP TIME: 15 minutes

COOK TIME: 1 hour 30 minutes

Ingredients

- 1 1/2 cups (180 g) all-purpose flour
- 1/2 teaspoon baking powder 1/4 teaspoon kosher salt
- 1/2 cup (1 stick, or 112 g) unsalted butter
- 1/2 cup (90 g) firmly packed brown sugar
- 1/4 cup (50 g) granulated sugar
- 1 large egg
- 1 teaspoon pure vanilla extract
- 1 cup (180 g) bittersweet chocolate chips
- 1/2 cup (75 g) walnuts, roughly chopped

STEP

1. Place the rack in the SLOW COOKER and press [Bake]. Adjust the temperature to 350°F [175°C] and the timer to 2 hours, and let heat.
2. Coat the baking pan with cooking spray. Line a baking sheet with parchment paper, leaving a 2 inch (5 cm) overhang on the long side. Spray parchment paper.
3. In a medium bowl, whisk together the flour, baking powder, and salt.
4. In a large bowl, add the butter, brown sugar, and granulated sugar, and beat on medium-high with an electric mixer until light and fluffy, about 3 minutes. Beat in the egg and vanilla extract. Reduce the speed to low and gradually add the dry ingredients, mixing just until incorporated. Fold in the chocolate chips and walnuts.
5. Spread the batter in the prepared loaf pan and place the pan on top of the rack. Cover with the Lid and bake until a toothpick inserted into the center comes out clean, 1 hour 15 minutes to 1 hour 25 minutes. Press [Cancel].
6. Remove the loaf pan, place it on a wire cooling rack, and let the blondies cool completely in the pan.
7. Using the overhangs, transfer the blondies to a cutting board and cut them into 8 to 10 pieces.



Chocolate-Walnut Blondies

YIELD: 8 to 10 servings

PREP TIME: 15 minutes

COOK TIME: 1 hour 15 minutes