

Crock Pot Recipes for Every Taste and At Your Finger Tips

Many families owned a crock pot or a slow cooker. It has become one of the most useful and must-have appliances in the kitchen for the family. The slow cooker has gained much popularity because of the many benefits of its usage.

One of the benefits is that it can help to prepare a wide variety of delicious food. Besides, many easy crock pot recipes of favourite dishes are widely available, such as the crock pot chicken recipe, beef stew recipe, pork roast recipe, etc. By simply using one of these recipes, one can easily prepare a delicious meal for the family.

Another benefit of using the slow cooker is that the dishes prepared by it are nutritious. This is because mainly fresh, wholesome ingredients are used in the cooking. The foods are usually cooked at a low temperature for long periods of time, so ingredients such as meat and vegetables become deliciously tender. As there is little evaporation, the food does not dry out. The natural juices from the meats and vegetables are retained in the pot rather than boiled away, thus, resulting in tasty and nutritious dishes.

Although using the gas stove, electric burner or grill are fast and efficient methods to do cooking, these methods require attention and supervision. For example, if a piece of meat is left unattended on a hot grill, it will become charred. While simmering tomato sauce in a pot and the sauce is not stirred regularly, sticking and burning will occur at the bottom of the pot.

Similarly, for the oven, if a tray of butter cookies is placed in a heated oven, the cookies will blacken if they are not removed on time. Hence, we see that although these methods are fast but they require monitoring and the foods needs to be stirred, flipped, or turned.

The advantage of the slow cooker is that it is able to do the cooking without any attention. The cooker takes the heat and indirectly applies it to the food so that the food cooked slowly and evenly with any human intervention. The slow cooker uses low heat so the food would not burn without stirring, but of course it is also able to cook hot enough so that harmful bacteria would be killed.

How the slow cooker does the cooking? The base of the slow cooker is made up of a doubled-walled metal compartment that contains the heating elements. As the elements heat up, they warm the insulated air trapped between the two metal walls and thus heats up the metal. Heat is then transferred to the air between the inner metal wall and the stoneware pot. The hot air heats and cooks the food slowly and evenly. As the heating elements do not make any direct contact with the stoneware pot, hence there are no hot spots, and thus there is no need for stirring.

Due to the fact that slow cookers are simple, safe and require no attention while cooking, people who use it enjoy the time-saving convenience it provides. It enables them to eat delicious, nutritious home-cooked food without having to spend hours salving over a hot stove. In this society, nowadays, more people are spending time away from home.

Working adults avoid cooking, reason being that they are too tired to do so after a long, hard day of work and also they have no time to do it. The electric slow cooker provides these people the convenience of being able to work and come home later in the day to eat a fully cooked meal without having to spend time in the cooking process. They can simply place all the food ingredients in the slow cooker, set it on low and leave for work in the morning. By the time they come back from work in the evening, a tasty, nutritious, home-cooked dish will be waiting for them. They could choose to add a salad or whole-grain bread to the dish and it will form a complete meal.

Hence, by using the slow cooker, people can spend their time at work, in school or recreation, and still not miss the opportunity to eat nutritious food. In addition, it is also more economical to prepare your own delicious meals rather than spending on restaurants cafes or take-away. The money you save from doing your own cooking can really adds up in the long run and be used to finance your other needs.

Furthermore, in times of hot weather, when cooking on the stove and turning on the oven adds to the heat, the slow cooker provides a good alternative. Besides, the slow cooker is an economical appliance to use for cooking. It uses as little electricity as a 75-watt light bulb and substantially less energy as compared to an electric oven.

As you can see from the above, crock pot cooking has many benefits. If you wish to enjoy fully the advantages of crock pot cooking, it is best to equip yourself with a various crock pot recipes that can provide you with a great variety of ideas so that you can prepare delicious and sumptuous meals everyday. With the crock pot recipes at hand, it will help you make the perfect meal for your family.

Happy Crock Pot Cooking With crock Pot Recipes.

About the Author

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