

# Perfect Slow Cooking-

## Tips for getting the most from your slow cooker

This free tip sheet was produced by the Cheapskates Club –  
[www.cheapskates.com.au](http://www.cheapskates.com.au)

To get the most from your slow cooker follow these simple tips.

### To test the cooking temp of a slow cooker

Fill it 3/4 full of cold tap water, cover and turn on high heat for 4 hours. With an instant heat thermometer, test water temperature immediately after lid is removed. Temperature should be at least 180 degrees Celsius. If the temperature is lower, it is recommend that you replace the slow cooker. If it is higher, check all recipes for doneness after 3 hours of cooking time.

### No peeking

As a general rule, lifting the lid off the slow cooker lengthens the cooking time by 30 minutes to an hour each time, so no peeking.

### No stirring

Ingredients are generally layered or already combined, depending on the recipe. Stirring is generally not necessary until time to serve.

### Efficient cooking

Your slow cooker should be at least 1/2 full to ensure proper cooking.

### Cooking for the freezer

If you're cooking a stew or casserole to freeze, the potato may not defrost well, it often goes mushy when defrosted. Leave the potato out. Cook separately while the stew is re-heating then add to the pot for a few minutes before serving to let them absorb a little gravy and flavour.



### High or low temp?

One hour on high heat is equal to 2 1/2 hours on low heat (heat varies from brand to brand)

### Limit the liquid

Don't add more liquid than a recipe calls for, as liquid is retained. If there's too much liquid at the end of cooking time and you want to thicken it, stir in some instant mashed potato flakes, instant tapioca, flour or cornstarch.



### Be adaptable

Adapting favourite oven recipes to a slow cooker:

Conventional oven baking time: 15-30minutes

Slow cooker on high: 1 ½ - 2 hours

Slow cooker on low: 4 -6 hours

Conventional oven baking time: 30 – 45 minutes

Slow cooker on high: 3 - 5 hours

Slow cooker on low: 6 – 10 hours

Conventional oven baking time: 50 mins-3 hours

Slow cooker on high: 4 - 6 hours

Slow cooker on low: 8 – 18 hours

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