

Crockpot Cooking Tips

To Ease Your Class Cooking Experience

- 1) Always wash the pot's interior with hot, soapy water before using. Rinse well!
- 2) Keep the lid on. You lose heat equal to a half-hour of cooking time each time you open the lid. So only check on it near the end of cooking time.
- 3) Don't add dairy products or frozen veggies until about the last half-hour of cooking time. Add cooked pasta (a little al dente) about 15-20 minutes before the dish is done.
- 4) Crockpots may vary, but generally, the "low" setting is about "200°", and "high" setting is about "300°". One hour on "high" is approximately equal to 2 to 2 1/2 hours on low. Most crockpot recipes recommend cooking 8 to 10 hours on "low".
- 5) Reduce the amount of liquid used in most oven recipes when using the "low" setting, since the crockpot "retains all moisture that usually evaporates when cooking in the oven. Add liquids for sauces about an hour before done.
- 6) Rice, noodles, macaroni, seafood, Chinese vegetables and milk do not hold up well when cooked 8 to 10 hours. Add these to sauces or liquid about 2 hours before serving when using "low" setting or 1 hour on " high".
- 7) Dry beans can be cooked overnight on "low "as an alternative to soaking. Cover with water and add 1 teaspoon of baking soda. Drain and combine with other ingredients.
- 8) For soups, add water only to cover ingredients. Add more liquid near the end of cooking time if thinner soup is desired.
- 9) Conversion times from oven to crockpot:
 - 15 to 30 minutes in oven = 1 1/2 to 2 1/2 hours on "high" or 4 to 6 hours on " low"
 - 35 to 45 minutes in oven = 2 to 3 hours on "high" or 6 to 8 hours on "low"
 - 50 minutes to 3 hours = 4 to 5 hours on "high or 8 to 10 hours on "low". (most uncooked meat and vegetable combinations will require at least 8 hours on low)
- 10) Suggested cooking times for certain foods:
 - Stew. = 10 to 12 hours on "low" or 4 to 5 hours on "high"
 - Stuffed peppers = 6 to 8 hours on "low" or 3 to 4 hours on "high"
 - Casserole = 4 to 9 hours on "low" or 2 to 4 hours on "high" stirring occasionally
 - Rice = 5 to 9 hours on "low or 2 to 3 hours on "high"
 - Dry beans = 1 to 2 hours on "high" plus 8 to 9 hours on "low"
 - Soup = 6 to 12 hours on "low" or 2 to 6 hours on "high"
 - Vegetables = 2 to 4 hours on "low" with liquid added
 - Baked potato = 8 to 10 hours on "low"
 - Artichoke. = 6 to 8 hours on "low" or 2 1/2 to 4 hours on "high" with water

This information was gathered from the following webs sites:

<http://homecooking.about.com/library/weekly/blcrocktips.htm>

http://recipemircus.com/recipes/VICBOOP/CROCKPOT/CROCKPOT_GENERAL_INFORMATION.html

<http://www.rversonline.org/OpCook4.html>

<http://www.cs.cmu.edu/~mjw/recipes/crockpot/crkpot-coll-2.html>