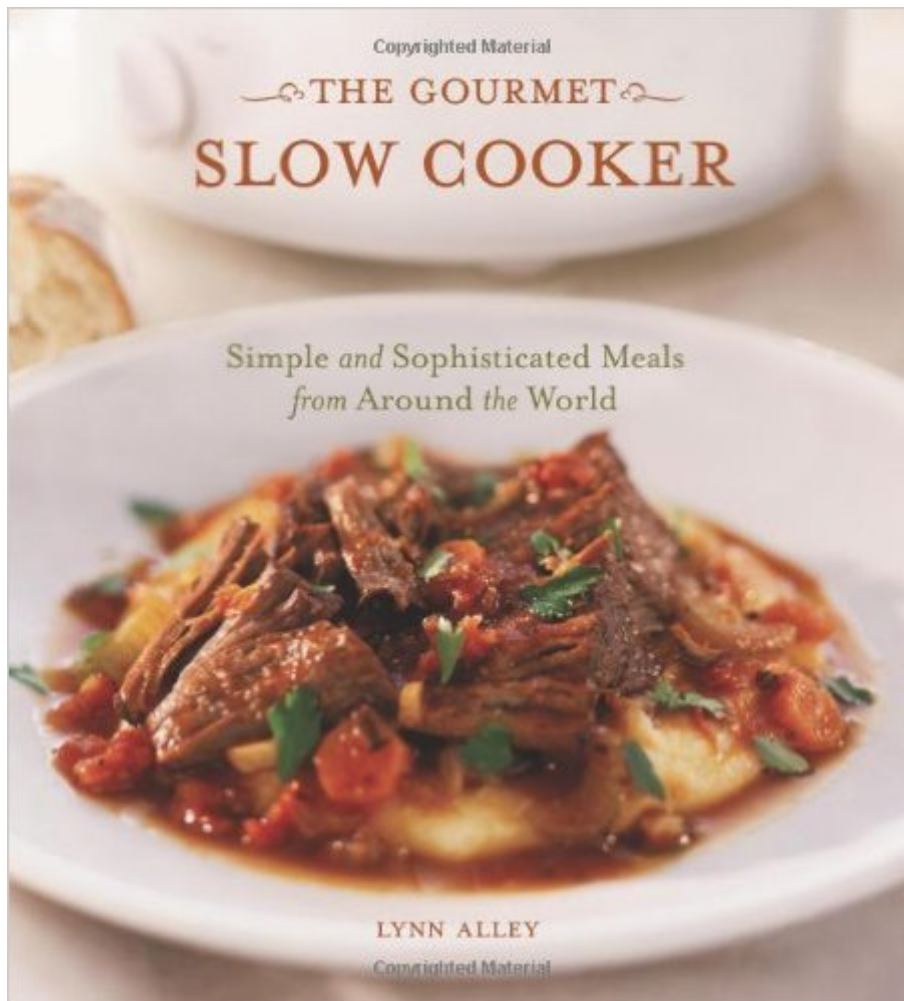


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# The Gourmet Slow Cooker: Simple And Sophisticated Meals From Around The World



## Synopsis

Although the slow cooker has experienced a renaissance over the past several years, the discriminating cook is still hard-pressed to find slow cooker recipes worthy of serving at a dinner party. Recipes that reflect concern about ingredients, flavors, and appearance. For these cooks, comes **THE GOURMET SLOW COOKER**, an upscale approach to this new-old phenomenon by author and food journalist Lynn Alley. With fresh ingredients and imaginative recipes, you can create delicious meals to serve with pride to your guests. Drawn from slow cooking traditions from around the world, the recipes include Lamb Shanks in Tomato Sauce from Greece; Apricot Chicken from India; Chicken Mole from Mexico; White Truffle Risotto from Italy; Provencal Chicken Stew from France; and Potato, Cheddar, and Chive Soup from the United States. In keeping with the sophistication of the food, each recipe is accompanied by wine or beer suggestions. The slow cooker can be so much more than a repository for nacho cheese dip. Paired with **THE GOURMET SLOW COOKER**, your everyday dining will be elevated from the mundane to the gourmet, while freeing you from hours of hard work in the kitchen. A slow cooker book for discriminating cooks, with 16 full-color recipe photographs. Includes chapter introductions to each region, focusing on the slow-cooking traditions and techniques from that country, and local wine or beer suggestions for all 60 recipes. According to a study by the Betty Crocker Kitchens, 80 percent of U.S. households have a slow cooker. ReviewsGo ahead and sneer. I love my slow cooker. . . . Even food snobs like me are realizing their potential, albeit a little later than the more than perhaps 100 million Americans who already own one. - Mark Bittman, New York Times

## Book Information

Paperback: 108 pages

Publisher: Ten Speed Press (September 15, 2003)

Language: English

ISBN-10: 1580084893

ISBN-13: 978-1580084895

Product Dimensions: 8.3 x 0.4 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars See all reviews (119 customer reviews)

Best Sellers Rank: #103,981 in Books (See Top 100 in Books) #25 in Books > Cookbooks, Food & Wine > Beverages & Wine > Wine & Spirits > Wine Pairing #38 in Books > Cookbooks, Food &

## Customer Reviews

A passionate home cook that has been honing her cooking skills for the last 25 years, concentrating on Italian cooking for the last 10 years, writes this review. My favorite cookbooks are "The Professional Chef" by the Culinary Institute and "Culinary Artistry". With more than 500 cookbooks in my collection I am usually disappointed in my recent cookbook acquisitions. As a time crunched workingwoman that likes to serve delicious home cooked food I am always looking for ways to make my life easier. With that in mind I picked up this book to see if it had anything new to offer. The recipes contained within this book have pleasantly surprised me. The recipes in this book are subdivided as follows: 1. United States 2. Mexico 3. Great Britain and Ireland 4. France 5. Italy 6. Greece 7. India. Before I review the book, I must say that if you are on a diet, this is not the best book for you. Many of the recipes depend on significant quantities of meat and/or animal by products (cheese, heavy cream, whole milk) for flavor. However, I have found it easy to modify the recipes to get similar "healthier" results. If you are comfortable modifying recipes this book is full of ideas that you can use to develop your own version of healthier slow cooked "gourmet" recipes. My particular cooking specialties are Italian, Indian and French cooking. The directions in the recipes are adequate to reproduce reasonably facsimiles of these recipes even for those unfamiliar with the cuisines of these cultures. Most of the resulting recipes were very close in flavor to the authentic dishes. The "baked" dessert recipes that are included in this book impressed me.

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