January 2, 2008

The Hortland Observer

Start a Tradition: FOOD Start a Tradition Slow Cooker Sundays!

By keeping a few of your favorite recipes and ingredients on hand, you'll never waste time searching for a meal idea. Prepare your slow cooker the night before and refrigerate, or simply toss everything in first thing in the morning. Just plug it in and forget about it! Let it cook all day long and you'll have a delicious meal by evening.

To increase your 'Slow Cooker Sunday' selections the Portland Observer will include a new recipe to add to your collection.



Slow Cookers: Still Hot!

Combining unbelievable convenience and good home cooking, these wondrous appliances are enjoying renewed popularity in kitchens around the world.

Throw some ingredients in the pot, turn it on, and come home at the end of the day to a hearty homemade supper. Here are some hints for getting premium results from your slow cooker every time.

Convert Your Favorites

You can adapt many conventional recipes for the slow cooker. Any oven or stovetop recipe that has some moisture in it--whether water, broth. wine, sauce, or canned soup--should work beautifully in your favorite appliance; just keep these things in mind:

· Cut all liquid amounts in half when adjusting for the slow cooker.

• The low heat setting is approximately 200 degrees F (95 degrees C) and high heat is about 300 degrees F (150 degrees C).

· For every hour you'd cook something in the oven or on the stove, allow 8 hours on low or 4 hours on high. (When in doubt, turn it on low and leave it all day or overnight.)

Slow Cooker **Roast Pork** with Fruit

"Imagine, slow cooker 'n spice aromatherapy and

dinner ready when you walk in the door after a hectic day."

Ingredients:

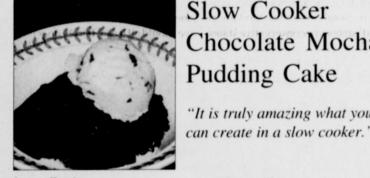
- · 1 medium onion, sliced
- 1 boneless pork loin roast (2 lbs.)
- 1 8-oz. package dried pears or dried plums (1 1/2 cups)
- 1/2 cup apple juice
- 1/2 tsp. salt
- 1/2 tsp. ground nutmeg
- 1/4 tsp. ground cinnamon

Directions:

1. In a 4 to 5-quart slow cooker; place onion on bottom, next the pork; top with fruit.

2. In a small bowl; mix remaining ingredients; pour over fruit.

3. Cover; cook on LOW heat setting 7-9 hours or until pork is tender. Serve fruit mixture over pork



Slow Cooker Chocolate Mocha Pudding Cake

Slow Cooker Tips

The following helpful hints will help make sure your slow cooker Sunday is a successful one:

- No frozen meats. Always defrost meats and poultry before placing them in a slow cooker.
- · Smaller chunks. Cut whole chickens and large pieces of meat into smaller chunks to ensure thorough cooking.
- Layer your ingredients. Vegetables should be placed in the bottom and up the sides of the pot, then layer in the meat on top.
- · Fill 'er up. It's best to fill a slow cooker to at least one-half and no more than three-fourths full.
- Keep the lid on. Each time you lift the lid you'll lengthen the cooking time, this can be anywhere from 15 to 25 minutes.

Ingredients for life. SAFEWAY





Ingredients:

- · Cooking Spray or butter for pot
- 1 cup all purpose flour
- 3/4 cup granulated sugar
- · 3 tablespoon plus 1/4 cup unsweetened cocoa powder (divided
- use)
- · 2 teaspoons baking powder
- 1/4 teaspoon salt

Directions:

1. Spray inside of 3 1/2 to 4 quart slow cooker with cooking spray or rub with butter.

2. In a mixing bowl, thoroughly stir together flour, granulated sugar, 3 tablespoons of the cocoa powder, baking powder and salt. Stir in the milk, melted butter, vanilla and chocolate chips. Spread this mixture over the bottom of your slow cooker.

3. In another bowl, mix together brown sugar and remaining 1/4 cup cocoa powder. Sprinkle cocoa mixture over the batter, but do not stir it in. Pour the coffee evenly over all. Again, do not stir.

4. Cover and cook on high heat for 1 3/4 to 2 hours or until a tester inserted in the top portion of the cake comes out clean. The inside should be hot and similar to fudge sauce. Spoon cake and sauce out of slow cooker and arrange next to or under a very cold scoop of ice cream. Or if you prefer, set the ice cream on top.

Original Homemade Italian Beef

"Best homemade Italian Beef I have ever had before. My mom always made it and passed it down to me, I think it's just so good... I wanted everyone to enjoy it ... so please do!!!"

Ingredients:

- · 3 pounds beef chuck roast
- 3 (1 ounce) packages dry Italian salad dressing mix
- · 1 cup water
- 1 (16 ounce) jar pepperonconi peppers
- · 8 hamburger buns split

Directions:

1. Place the roast into a slow cooker, and season with Italian dressing mix. Pour in the water. Cover, and cook on High for 6 to 7 hours. During the last hour, shred the meat with two forks - if it does not shred easily, cook longer.

2. Add the peppers, and as much of the juice as you like for additional flavor. Serve on buns.

ALL LIMITS ARE PER HOUSEHOLD, PER DAY

price

7 8

5 6

2

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- 1/2 cup milk
- · 3 tablespoon butter, melted and cooled
- · 1 teaspoon vanilla extract
- 1/2 cup bittersweet chocolate

- sugar

- chips
- 3/4 cup packed golden brown

 - 1 2/3 cup hot coffee or hot water