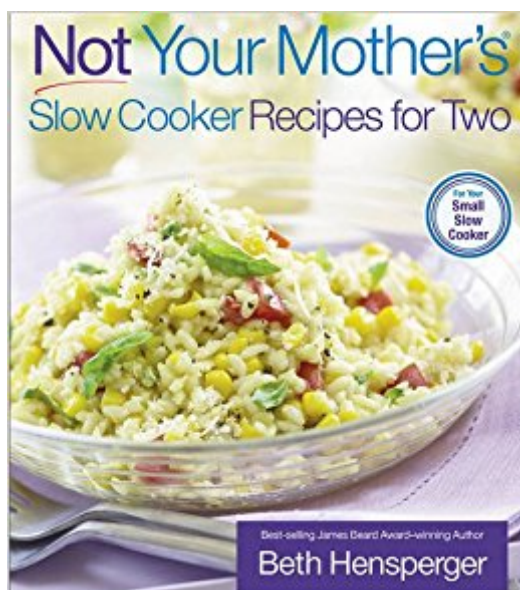


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# Not Your Mother's Slow Cooker Recipes For Two



## Synopsis

Nearly 60 percent of American households today consist of only one or two people, yet most cookbooks don't reflect this trend, with recipes designed for large families, yielding 6-8 servings. For individuals and small families who want to cook hearty, healthful meals but don't want to deal with all the leftovers, Beth Hensperger has the solution. The James Beard Award-winning author follows up the best-selling *Not Your Mother's Slow Cooker Cookbook* with *Not Your Mother's Slow Cooker Recipes for Two*, a collection of 125 new recipes specially designed for the small slow cooker. As always, Hensperger's innovative recipes call for fresh, healthful ingredients and continue to prove that the slow cooker can produce amazing meals. While the recipes yield the perfect amount for two or three people, there is no shortage of flavor with dishes such as Quick Hominy and Zucchini Chili, Moroccan-Spiced Tomato Chicken with Almonds, Lamb Stew with Lemon and Garlic, and Vegetable Polenta with Mascarpone Cheese. The slow cooker is an essential countertop appliance for busy cooks, and this is the only book on the market specifically written for the increasingly popular 1 1/2- 3 quart slow cooker. *Not Your Mother's Slow Cooker Recipes for Two* is great for the growing population of empty-nesters, working couples, singles, and small families who want the convenience of small slow-cooker cooking without sacrificing wholesomeness and flavor.

## Book Information

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## Customer Reviews

With the introduction of a smaller model that cooks in quantities for one or two people, the slow

cooker's popularity has grown even more. This downsized appliance for the single person or the childless couple allows the cook to prepare a meal in the morning, head off to a job, and still have a hot meal virtually ready when the workday has ended. Hensperger demonstrates this diminutive cooker's versatility with a collection of recipes that fit in with today's changing tastes in food. Chilis and soups show off the slow cooker's obvious virtues. In addition to beef- and pork-based stews and braises, plenty of turkey and chicken recipes appeal to devotees of lower-fat cooking. Polenta and risotto enhance the usual pasta dishes. Hensperger further offers some recipes for accompaniments designed for stovetop or oven preparation such as cornbread, pilafs, and dumplings. Mark KnoblauchCopyright © American Library Association. All rights reserved --This text refers to an out of print or unavailable edition of this title.

"125 recipes with fresh, easy-to-find ingredients--just what I wanted." - Pittsburgh Post-Gazette

My mom is on her own now after 55 years of marriage after my dad's death. She was finding it difficult to cook for one person. Using this cook book we have made freezer meals that she can split into 2 meals, and thaw them for later reheating, or use the recipe as is to have a guest. Many of the recipes freeze well and she has enjoyed all of the meals she has prepared so far. Also, they are not your typical slow cooker recipes, with some more interesting meals than what you might usually cook in a slow cooker. Her personal favorites include chicken a la king, multiple chili variations, chicken lo mein and ham with pineapple to name a few. The cook book is eclectic and has some curries, vegetable dishes and breakfast options as well. I really appreciated the ability to look inside the cookbook before purchasing for her. Also, the book includes recommended small slow cookers, which made the co-purchase of the slow cooker she uses easier. Highly recommended!

I ordered this after reading a recipe in our local newspaper taken from the book. It has some wonderful, original recipes, with clear instructions, and, even better, guidance about how to buy a small slow cooker and what you can do with it once you have it. Most of the recipes are too large for the really small 1 1/2 quart slow cooker, though a few fit that size. Fortunately, each recipe includes a recommended cooker size in the instructions. My only disappointment was that some of the recipes call for ingredients I cannot possibly find in my rural area grocery stores. But if you live in a city or metropolitan area you can probably find all the ingredients. Finally, do not buy the "350 recipes" cookbook tries to bundle with this one in the "buy both" listing near the top of the page. It's really awful - I've reviewed it separately. If you have a 3 quart slow cooker, you'll enjoy this

cookbook.

I bought this cookbook along with two small slow cookers a few years ago. (By small, I mean 1 1/2 quart and 2 quart.) I really wanted some great mini slow cooker dips and meals. Well, almost none of the recipes will fit in these. So, I end up using the bigger slow cooker and even though it says feeds two, I often have the same amount left over as any other recipe. (How is three pounds of meat plus all the side stuff going to feed two? How much do people eat? Three pounds of meat is six 1/2 pound burgers.) Anyway, there is a weird conundrum with this cookbook - everyone says that the things I make are tasty and they are (kind of), but then no one asks for them again and I end up throwing most of them out. I finally figured out tonight that the recipes in this book are perfect maintenance recipes. They are edible, but they are not anything special. It is the kind of cooking you do when you have to cook every day. Just like my mother did. So, this is absolutely a cookbook for my mother. I don't normally come back after all this time and do a review, but I gave this book one more chance tonight. Tonight, I tried a short rib which is normally a terrific meat in the slow cooker. I have made it successfully several times with another recipe I have. The recipe called for things my family likes - onions, garlic, wine, fruit - all good stuff. Well - it took a lot of work, a lot of dishes and it both smelled and looked pretty unappetizing. All the things I am usually trying to avoid by using a slow cooker. Some of the meat turned out tasty, but having to go past the presentation and the smell just was not worth it. Of course, there was enough for a family of six and I ended up throwing most of it out. Perhaps it is my inexperience as a cook (I am an advanced beginner at this point - can alter a recipe comfortably, but still use measuring spoons fairly precisely), but I just can't get anything to work for me. And now that I have found a few good recipes that I *can* make, I no longer think it is just me. This book is going out with the rest of tonight's dinner.

I have all Beth Hensperger's slow-cooker books, ever since I read great reviews in Washington Post Food section. I was a snob about slow cooker recipes, not fond of the canned and processed dump-it-in recipes. I like these books because I don't mind the prep work, fresh ingredient lists or other tasks. The same things I used to do in Le Creuset Dutch ovens, and not leave the house, I can do in my 7-qt and 4-qt slow cookers. And leave!! use recipes from her books (I have 4) at least twice a week. Worthy enough of your cookbook shelf!

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