

RECIPES

long & slow

One of the best ways to serve lots of people with delicious meals that require minimal preparation and effort is to dish up a slow cooker feast. Here's a few options to tempt your tastebuds.

2019
LONGEST
LUTHERAN LUNCH

GOURMET
GRACE
GATHERING

LUTHERAN
CHURCH
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where love comes to life

INDIAN MADRAS BEEF CURRY

- 1/4 cup plain flour
- 1 kg gravy beef, cubed
- 2 tbs oil
- 1 brown onion, finely chopped
- 2 garlic cloves crushed
- 4 cm ginger grated peeled
- 1 long red chilli finely chopped
- 3/4 cup Patak's Madras Indian curry paste *to taste
- 400 ml light coconut milk
- 1 tsp Vegeta vegetable stock powder
- 1 cinnamon stick
- 1 bay leaf

Place flour and beef in a ziplock bag with salt and pepper and shake until beef is coated. Heat oil in pan and cook beef in batches, add to slow cooker. Add onion, garlic and ginger to the same pan and cook for a few mins. Add curry paste and chilli and cook until fragrant. Add coconut milk, stock powder, 1 cup of cold water, cinnamon stick and bay leaf and bring to boil. Transfer to slow cooker and cook on low for 8 hours. Remove bay leaf and cinnamon and serve with rice.

CHICKEN, PANCETTA & RED WINE

- 1 tbs olive oil
- 1 kg chicken thigh fillets
- 1 red onion
- 2 celery stalks
- 1 carrot
- 100g sliced pancetta
- 2 garlic cloves
- 1 cup red wine
- 1 cup liquid Chicken stock
- 3 sprigs fresh rosemary
- 1/4 cup tomato paste
- 500g fettuccine
- 1/2 cup pecorino/parmesan

Trim and halve chicken fillets. Heat oil in pan and cook chicken in batches until browned. Transfer to slow cooker. Finely chop onion, celery, carrot and pancetta to pan and cook until just starting to soften. Add garlic, for 1 min. Add wine and bring to boil. Transfer mixture to slow cooker. Add stock, rosemary and tomato paste. Stir and season. Cover, cook on low for 8 hours. Using 2 forks shred chicken in slow cooker. Leave to cook for a further 30 mins. Remove lid to reduce liquid for further 15 mins. Take out rosemary sprigs.

Use your slow cooker to keep other oven or stove cooked foods warm – marinated chicken wings, corn cobs, soup or even mulled wine.

PULLED PORK

Ideal to serve as sliders or in burger buns for an easy, delicious and relaxed lunch option

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| 2kg Pork Scotch Fillet | Barbecue Sauce: |
| 2 onions, quartered | 1 cup American Mustard |
| 2 tbs brown sugar | 1/4 cup brown sugar |
| 1 tbs smoky paprika | 3/4 cup apple cider vinegar |
| 1 tbs garlic powder | 1/4 cup water |
| 1 tbs onion powder | 2 tbs chilli powder |
| 2 tsp salt | 2 tsp pepper |
| 1 tsp pepper | 1/4 tsp cayenne pepper |
| 3/4 cup apple cider vinegar | 1/2 tsp soy sauce |
| 2 tbs Worcestershire sauce | 2 tbs butter |
| 2 tsp sugar | To serve: |
| 1 tsp red pepper flakes | Coleslaw |
| 1 tsp dry mustard | Slider or burger buns |
| 1 tsp garlic salt (extra) | |
| 1/4 tsp cayenne pepper | |

Place onions in base of crockpot. Combine brown sugar, paprika, salt, pepper, garlic & onion powder and rub over pork. Brown on all sides in a frying pan and place in crockpot. Combine vinegar, worcestershire Sauce, red pepper flakes, sugar, mustard, garlic salt and cayenne and mix well. Drizzle 1/2 over the roast, refrigerate remainder and drizzle over roast in last half hour of cooking. Cook on low 8 hours. Remove meat from crockpot and allow to rest for 15 mins and shred with two forks – meat will pull apart. Barbecue Sauce: Mix all ingredients, except butter and soy sauce, and simmer uncovered on low for 30 mins. Add soy and butter and simmer for 10 more mins. Allow to cool. To serve: chop up onions from crock pot, mix with pork and some of the cooking juice and bbq sauce to taste. Spread sauce on the bun, add a layer of pulled pork and a serve of coleslaw. Enjoy!