EPISODE DATE: 4/05/12

EPISODE NAME: In the Kitchen with Across the Fence: Slow Cooker Recipes

Today on in the kitchen with Across the Fence we're going to feature recipes made in slow cookers and crock pots and as you can see they come in all sizes from one quart to 5 1/2 quarts and I'm happy to tell you that two of these will be won by a couple of you lucky viewers. Good afternoon I'm Judy Simpson. To win a crop at all you have to do is write in for the recipes today. We will have more on that later but let's welcome our chefs Carolyn peak from Williamstown and of course Lyn Jarvis from south hero. Carol and we all know that you've been a slow cooker fan for years.

Carolyn.: Oh yes I couldn't cook without one.

Judy.: How about you Lynn?

Lynn.: My crock pot career started in college as an alternative to that dorm food. And I use one a lot like this. I would put the food in it in the morning have a nice dinner at night and this is actually one of the crock pots that our viewers are going to win. It wasn't the one I used but it's similar.

Judy.: Not one from college?

Lyn.: No

Judy.: OK that's good to know. We've got a lot to show today so Carolyn you're going to get us started?

Carolyn.: OK I will do that. I got to get out all my crock pots and a few things I have put in to casserole dishes after I've made them because I only have three crock pots. I do want to get going on these first off up here and this little one I have some barbecued meat balls. These would be great for a party or something you would have or need an appetizer for. The recipe is for both meatballs and the sauce that goes on them. Then you plunk them in the slow cooker and let them go. We'll send four of them out there so you can see there a nice size meat ball. Of tell you the truth you can use to store bought meatballs if you don't feel like making your own but don't tell anybody let 'em think it's yours. My next recipe is from Liz Pecor of Monkton Vermont who is a regular contributor to the show thank you very much Liz. She has a sweet and
sour hot dogs and Kielbasa. This is very easy to make and very quick. Basically the crock pot is to keep it warm. It is a mixture of browned Kielbasa and cut up hot dogs and then there's a sauce that is with barbecue sauce catch up with vinegar and brown sugar spices and onions that sort of thing. You cook close up and you'll have a great quick meal. She said she serves it with her favorite green salads so that's an idea you can use when you're making something up for dinner.

My next one is called beef and Lentils. I haven't ever cooked with lentils before so this is going to be a little different for me. It's just browned hamburger and you boiled the lentils for half an hour in beef broth then you put it in the cooker and you can go off to work or whatever it takes about 8 hours and you have a really nice lentils and Hamburg or as they call it beef and lentils. Also this freezes very well so if you make an extra mount put in the freezer then you can get it out and either warm it on the stove or put it back in the crock pot to warm up but not for 8 hours. For a vegetable I have to broccoli and cheese casserole again very simple. It's just broccoli and some cheeses a little bit of celery a can of cream of chicken soup and there's also a cup of cooked rice and there so you have a nice solid it can be part of a meal you can serve it with bread and salad in many are all set. I'm going to move this and I'll probably wind up putting things in Lyn's way for later but this yes you can make bread in a crock pot or slow cooker.

This is not maybe the most beautiful loaf of bread that you'll ever see but is it ever good. It's a whole wheat loaf made with a whole wheat flour and white flour. It's a heavy bread but O is it ever good for sandwiches or with soup or something like that. I don't think I've ever come across a better tasting bread. For dessert I have its called cherry delight. This is very simple it's a can of cherry pie filling that you put in the bottom of a greased crock pot. A yellow cake mix mixed with ½ C butter so it gets a crumbly and then if you want you can put some nuts on it. You put in the crock pot a home and where's my dish here it is. Put it in the crock pot let it get warm let it cook for a little while and you have a nice cake with cherries and you're all set with your dessert. You can just go for it.

Judy.: I can't wait to try those lentils I like lentils.

Carolyn.: Oh, OK like I said I've never cooked with them.

Lyn.: I like the cherries.

Judy.: We lots of viewer mail from you folks and we got lots of letters complementing us on our Vermont maple recipes last month. This one is from Sheila Laroche and from Richford she writes thank you so much for your recipes and friendly visits. My husband sugars every year and he loves it. Getting these recipes with us both happy. Thanks again for most welcoming show and sharing it with everyone in view. Thank you so much for writing in. Carolyn I know you have a letter.

Carolyn.: Yes I've got one from Kathleen Shangraw from Huntington. She writes I have a brother from Minnesota and sisters in Utah and California who are coming to visit the summer and I will be able to show off with some of your maple recipes. Kathleen I know that they will love them and I suggest some of my maple syrup muffins they are a treat. Lyn you have have some more.
Lyn.: I do Carolyn. The first one is from Mary Ann Wilson from Milton. She writes that she so enjoyed our maple recipes on Judy's across the fence we watch are every day and she is a doll. And enjoyed Carolyn who does a fine job would love to me her too.

Carolyn.: I'd love to meet them too.

Lyn.: She says your stitch.

Judy.: She knows you.

Lyn.: Janine Herman from Gilman writes that she loves my travel show and I quote you are so handsome. I've been an associate of the show for more than 30 years want to have to wait that long to get these comments.

Judy.: Everyone knows you're just eye candy.

Lyn.: Here is a nice letter from Sally Fraise from Newport. She wants to know if I've ever measured out rondo I haven't met him in person I feel like to know him because of his press on the March madness segments. So Judy was he like you and when did you get him?

Judy.: I got him last summer. The area's a picture of me bring him home from Dummerston in the back of my car in a dog crate. And he's just been a lot of fun. We've had a great time with them he gets along pretty well with the horses although there is a pecking order. He got from our secret Santa a Coat for Christmas.

Lyn.: It wasn't that cold this year.

Judy.: No yeah he was snug in that. He's been a great pet a lot of fun and he loves people.

Lyn.: I would like to meet him someday.

Judy.: I can arrange that.

Lyn.: Maybe he could come in and do a recipe for us.

Judy.: Probably not. I'll leave it to you.

Lyn.: I think it's time for me then. Thank you both. I'm going to begin with my hash brown egg bake. It's right here. It combines slow cooking with brunch. This is also great if you wanted to do a potluck. The recipe actually serves 12 but that was way too much for today so I cut in half and use this three quart cooker. I'm going to put some out on our plate so you can get a look at it. In here there is onion pepper cheese eggs and milk and of course you're hash browns. It really is very nice treat to go with some toast and jelly and you have the perfect brunch lunch for brunch. I know a lot of you viewers have asked for brunch recipes so there's one I think you would enjoy. I enjoy soup in the crock pot or slow cooker. I remember and made pea soup for you before and the corn chowder.

Today I decided to make this creamy ham chowder. I'm going to put some in our bowl while I tell you about it. In here is cheese and broccoli. It takes about 4 hours to make. I have used this
three quart cooker. With its creamy cheesy comforting flavor something your guests are going to think you've labored for hours to make them actually all you did was put a few ingredients into the crock pot. By the way this crock pot that are used as another one that we're giving you viewers. We wanted to give it a test run and it works great so I know you will enjoy having this. I think the perfect combination to go with our soup is this corn spoon bread. It's made the slow cooker it's a comforting side dish that combines cream cheese milk and eggs and corn and your corn bread muffin mix. It is a moist corn bread and I know you will really enjoy trying this. It's something a little bit different. I have a little friend here that's going to come on and help me wish you a very happy Easter. There we go do you hear him?

The next is by slow cooker meat loaf for two. I will put this up here. A lot of you viewers ask us for recipes for one or two. This is perfect for you but remember all of our recipes can actually be halved or doubled depending on your particular need. This moist a little meat loaf has been a ground beef celery soup some bread crumbs some grated parmesan cheese and spices. Quick and easy meat loaf made in the small cooker. What could go better with the meat loaf then scalloped potatoes. These are some of the best scalloped potatoes made in your slow cooker. You can see are left a small right here for them so let's add these to our plate. Doesn't that look good? What a nice lunch were making here. There is sour cream in here potato soup some shredded cheese, Worcestershire sauce. I think it would be nice to have a couple of cookers in your kitchen because you can make your main dish and your side dish and have them ready when you come home from work or from shopping. I just heard on television about a company that makes a cooker with two containers and two controls. I may look into that.

Now we are going to move on to our viewer recipe. It comes from Karin Gottlieb of Stowe Vermont it's her No Peek Beef Burgundy. She included the recipe for both the oven and the crock pot version we thank her for that. This is the beef burgundy that includes beef of course onion soup mix cooking wine mushroom soup and fresh mushrooms. You viewers know how great meat is cooked in a slow cooker because it's so tender and so flavorful so we thank Kern for that. Moving on now I have a tuna casserole. I have been a fan of tuna casserole ever since I was a kid and I recently learned that you can make this in a slow cooker. A delicious flavor with tuna celery mayo hard boiled eggs mushroom soup celery soup and potato chips. With warmer weather coming as it just you try your crock pot or slow cooking so you'll have to turn on the oven and heat up the kitchen. I would bet this is a little bit on electricity. I think I have just enough time to mention a few viewers who to the time to say how much they enjoyed the trouble shows we've been doing. Violet Thoreau from Claremont New Hampshire Bernice Beattie of Washington Vermont Mark and Donna from Swanton. June Rushford from up in Enosburg Falls. And especially kind words from Geraldine Marquat but Champlain New York and jean Marie of Sudbury. And yes we can make desserts and this is my fudge eat peanut butter cake made in the small cooker of with four servings sugar flower milk and baking cocoa and peanut butter with whipped cream or ice cream you can't beat that and were ready for dessert. I wish the viewers were here to enjoy this.

Judy.: I don't know where to start these are all great recipes. We want to remind people that everyone who orders a sort of a slow cooker crock pot recipes by mail is eligible to win one of the crock pots that you saw today. So get your orders in early and of the requests we've perceived between now and April 20 two envelopes will be drawn in the winners will be announced on on May 3 show. To enter the contest integer recipes please send $2.00 and a stamped self-addressed business sized envelope to slow cooker crock pot recipes Po Box 188 south hero VT 05486. That's slow cooker crock pot recipes box 180 south hero VT
05486. Please make your checks payable to Lyn Jarvis. Remember if your orders received before April 20 you will be eligible to win a crock pot and the winners will be announced on our May 3 show which will feature these chefs. That will be fun.

Lyn.: It will be. And we should probably wish all our viewers a happy Easter.

Judy.: Absolutely. Thanks for joining us I am Judy Simpson we will see you again next time on Across the Fence.

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