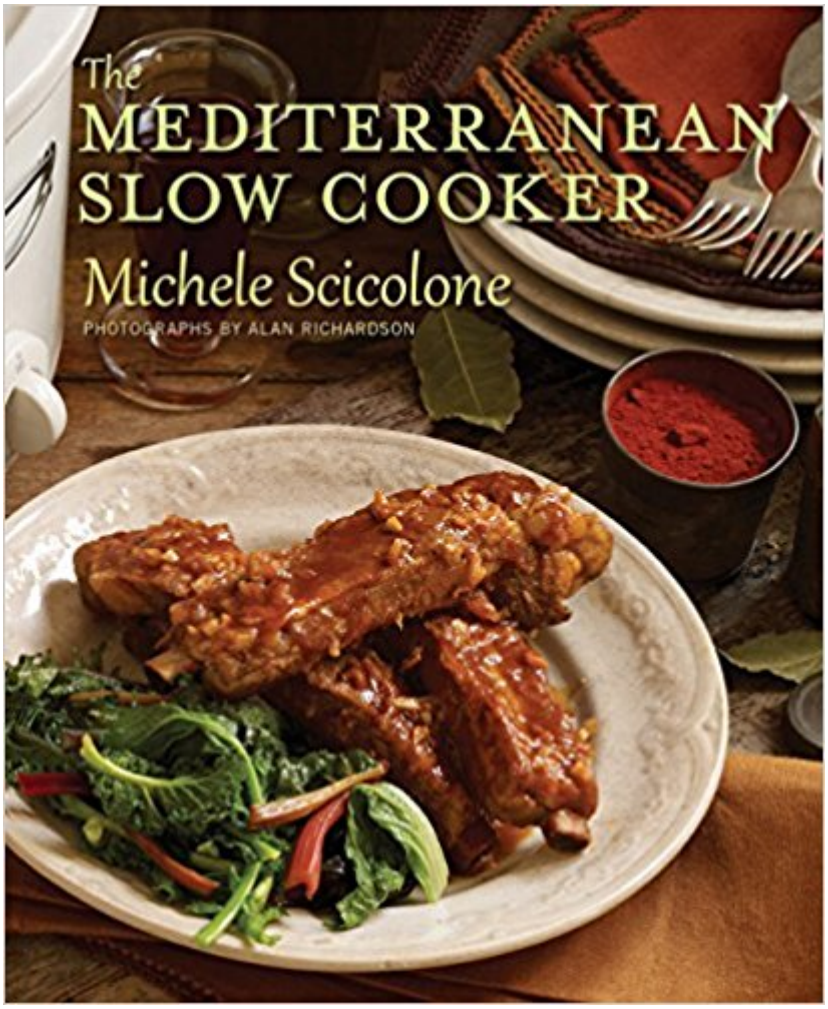
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The Mediterranean Slow Cooker



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Synopsis

With the combination of tradition, innovation, and ease that have made her recipes so popular, Michele Scicolone gathers intriguing dishes from every corner of the Mediterranean and streamlines them for the slow cooker. The range is eye-opening:Ã Â from simplified and freshened classics like Greek shrimp with tomatoes and feta, to Israeli sweet and sour meatballs, to Moroccan vegetable tagine, to coffee-caramel flan from Spain. But Scicolone also serves up a profusion of fascinatingÃ Â lesser-known dishes: a creamy polenta lasagna, a port-braised chicken from Portugal, a spiced frittata from Tunisia, and Bandit's Lamb, as well as her own seductive creations, like Cannoli Cheesecake.

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Customer Reviews

Michele Scicolone is the author of The Italian Vegetable Cookbook,Ã Â The Italian Slow Cooker, The French Slow Cooker, The Sopranos Family Cookbook, a New York Times bestseller, and Entertaining with the Sopranos. Her 1000 Italian Recipes and A Fresh Taste of Italy were nominated for James Beard and International Association of Culinary Professionals Awards.

Beef Stew with Tiny Onions and Cinnamon Ã¢â ¬â • GREECE Ã¢â ¬â • This Greek-style beef stew looks and tastes familiar, but itÃ¢â ¬â„¢s just different enough to make it special. Part of the secret to its elusive flavor is a dash of vinegar. I serve the stew with cauliflower and potatoes mashed with olive oil.SERVES 6 TO 8 Ã Â Ã Â Ã Â 3 tablespoons olive oil Ã Â Ã Â Ã Â 3Ã Â pounds beef

chuck, cut into 2-inch pieces Ã Â Ã Â Ã Â Salt and freshly ground black pepper Ã Â Ã Â Ã Â 1 large onion, chopped Ã Â Ã Â Ã Â 2 garlic cloves, very finely chopped Ã Â Ã Â Ã Â 24 pearl onions, trimmed Ã Â Ã Â Ã Â Ã Â cup dry red wine Ã Â Ã Â Ã Â Ã Â cup red wine vinegar Ã Â Ã Â Ã Â 1 28-ounce can tomato puree Ã Â Ã Â Ã Â 1 bay leaf Ã Â Ã Â Ã Â Ã Â teaspoon ground cinnamon Heat the oil in a large heavy skillet over medium-high heat. Pat the beef dry with paper towels. Add the beef in batches, without crowding the pan. Brown it well on all sides, about 15 minutes per batch. With a slotted spoon, transfer it to a large slow cooker and sprinkle with salt and pepper. Ã Â Ã Â Ã Â Add the chopped onion to the skillet and cook, stirring often, until softened, about 10 minutes. Stir in the garlic and cook for 1 minute more. Stir in the pearl onions, wine, and vinegar. Bring the liquid to a simmer. Pour the mixture into the slow cooker. Stir in the tomato puree, bay leaf, and cinnamon. Ã Â Ã Â Ã Â Cover and cook on low for 6 to 8 hours, or until the beef is very tender. Discard the bay leaf. Serve hot. Pulled Pork Ã¢â ¬â • PORTUGAL Ã¢â ¬â •Portuguese fishermen who settled in New Bedford, Massachusetts, brought with them a love for this flavorful stew. The traditional way to make it is in a clay pot called a cacoila, but a slow cooker is the perfect substitute. The shredded meat that emerges is still a favorite at street fairs and in local sandwich shops. Serve it over rice or pile it into crisp rolls and top with hot pickled peppers for a casual party.Ã Â Ã Â Ã Â Ã Â SERVES 8 Ã Â Ã Â Ã Â 2 tablespoons olive oil Ã Â Ã Â Ã Â 3 pounds boneless pork shoulder roast, rolled and tied Ã Â Ã Â Ã Â Salt and freshly ground pepper Ã Â Ã Â Ã Â 2 large onions, sliced Ã Â Ã Â Ã Â 4 garlic cloves, finely chopped Ã Â Ã Â Ã Â Ã Â cup red wine vinegar Ã Â Ã Â Ã Â Ã Â teaspoon crushed red pepper flakes Ã Â Ã Â Ã Â 2 tablespoons smoked paprika Ã Â Ã Â Ã Â Ã Â teaspoon ground cinnamon Ã Â Ã Â Ã Â 1 cup water In a large skillet, heat the oil. Pat the pork dry with paper towels and brown it well on all sides, about 20 minutes. Transfer the pork to a large slow cooker and sprinkle it with salt and pepper. Ã Â Ã Â Ã Â Add the onions and garlic to the skillet and cook, stirring often, until tender and golden, about 10 minutes. Stir in the vinegar and bring it to a simmer. Pour the mixture over the pork. Add the spices, salt and pepper to taste, and water. Cover and cook for 8 to 10 hours, or until the pork is fork-tender. Ã Â Ã Â Ã Â Remove the pork to a cutting board, but leave the sauce in the slow cooker with the heat on. With two forks, tear the pork into bite-size pieces. Return the meat to the slow cooker to reheat and serve. Coffee Caramel Flan Ã¢â ¬â • SPAIN Ã¢â ¬â • With canned sweetened condensed milk and evaporated milk in the pantry, you can put this dessert together any time.SERVES 8 Ã Â Ã Â Ã Â 1 cup sugar Ã Â Ã Â Ã Â Ã Â cup water Ã Â Ã Â Ã Â 1 12-ounce can evaporated milk Ã Â Ã Â Ã Â 1 14-ounce can sweetened condensed milk Ã Â Ã Â Ã Â 2 large eggs Ã Â Ã Â Ã Â 2 large egg yolks Ã Â Ã Â Ã Â 2

tablespoons instant espresso powder, dissolved in 1 tablespoon hot water Combine the sugar and the water in a small saucepan. Cook over medium heat, swirling the pan occasionally, until the sugar is dissolved. Simmer the mixture without stirring until it begins to turn brown around the edges, about 10 minutes. Gently swirl the pan until the syrup is evenly caramelized.
Ã Â Ã Â Ã Â Protecting your hand with an oven mitt, pour the hot syrup into a 6-cup soufflÃƒÂ© dish, turning the dish to coat the bottom evenly. Let cool until the caramel is just set.
Ã Â Ã Â Ã Â In a bowl, whisk together the canned milks. Beat in the eggs, egg yolks, and espresso until blended. Pour the mixture into the soufflÃƒÂ© dish. Ã Â Ã Â Ã Â Place the dish on a rack in a large slow cooker. Pour hot water to a depth of 1 inch around the dish. Cover and cook on high for 2 to 2Ã Â hours, or until a knife inserted near the center comes out clean. Ã Â Ã Â Ã Â Carefully remove the dish from the slow cooker. Let cool slightly, then cover and refrigerate until chilled, several hours or overnight. Ã Â Ã Â Ã Â To serve, run a knife around the inside of the dish. Invert a serving plate on top and quickly invert the two. Carefully remove the soufflÃƒÂ© dish, allowing the caramel to drizzle over the cream. Cut into wedges and serve.

I have tried five recipes in this book so far and all have turned out great. Her instructions and directions are precise. Follow them! I let one chicken dish cook on too long, and the chicken fell off the bone. Didn't hurt it much. I tried the "Portuguese Pulled Pork," and it turned out great. If I didn't love Tennessee barbecue so much, this would become a staple. The greatest thing about her recipes -- in addition to being delicious -- is that she uses very few of the rare, hard to find items and expensive trendy ingredients that seem to be in vogue with so many of the famous celebrity chefs these days, especially in the ethnic and international cookbooks. (You've seen them: "1 cup of fresh feta cheese from black goats herded by monks and grazed on grass on the north slope of Mt. Athos above 2,000 feet." An obvious exageration, of course, but you get the idea). When she does use something exotic, she always includes at least two or three suggested substitutes. As most of these recipes are adapted for a slow cooker, it is entirely possible that if you're in a hurry you can do a stove top cook for a lot of them. I haven't tried this yet, but a lucious-looking omlettes look very tempting to whip up for breakfast. One disappointment is that I would like to see more pictures. I rarely cook a dish that doesn't have a picture. I like to see what the dish is supposed to look like when it is done, and there nothing like a great photograph to whet my appetite for the dish and make me want to cook it. But, there are enough pictures to keep me busy for awhile.

I am not a huge fan of slow cooking because it can all taste alike, but I am a huge fan of

Mediterranean cooking. This author is able to provide some remarkably delicious dishes using the slow cooking process. The recipes are varied, creative, and delicious. It is "a cut above" most slow cooker cookbooks.

Loving the convenience of the crockpot, but disliking all the soup-based recipes I've been using, I thought this book might provide an alternative to the usual slow cooker fare. And it has! I have tried five recipes so far and have been very happy with results. Coming from an Italian family, the Greek and Italian dishes I've made taste more authentic and delicious than anything I've attempted in a long time. I have been especially pleased that everything I've made has not only been delicious, but fits in with a healthy and calorie conscious lifestyle.

We love this new book--the ingredients are practical, and dishes have a slightly more interesting spice component than run-of-the-mill crockpot cookbooks. Many dishes list very few ingredients, making it perfect for times when a trip to the market isn't possible and we are cooking from pantry. The Moroccan meatballs cooked in sauce are outstanding, as was the Balsamic Caper Chicken. The pulled pork recipe, though requiring a bit of stove top prep work, is worth the effort as the sauce is light and flavorful. Lots of recipes don't require substitutions if you are following diets without gluten, dairy or nuts.

An excellent cookbook for a slow cooker. . . not the run of the mill. It's more traditional home style cooking your European granny might have done. Recipes contain readily available ingredients. . . a bit of prep work but worth it.

During winter I love to take advantage of the slow cooker when making meals. Often, however, it is too easy to resort just to soup as the best slow cooker dinner option. As a vegetarian, I also am looking for healthy ways to make delicious meals.The Mediterranean Slow Cooker by Michele Scicolone is full of delicious, healthy meal ideas, and while it is not a vegetarian cookbook, it has enough vegetarian recipes to make it worthwhile. With recipes from Turkey, Italy, and Spain, among other countries, there are all sorts of delicious flavors. Polenta with Herbs, Vegetable Bulgar Pilaf, Apricot Almond Cake, and Chickpea and Lentil Soup fill the pages of this cookbook, as do beautiful pictures and essential details about Mediterranean spices and cooking styles.This book has recipes for vegetables, desserts, and main entrees, and makes delicious recipes that are even more impressive because they were made in a slow cooker with minimal effort. The Mediterranean Slow

Cooker is a great find and makes healthy cooking on a weeknight even easier - it will definitely become part of my cookbook rotation.

Like her other books needs some prep. Good starter book.

I was looking for a solution to avoid using the oven during the hot summer months and ordered this cookbook. The recipes use fresh ingredients, require a bit of prep work, but the result equals fantastic meals. I could not believe that a slow cooker could be used to create food that is restaurant quality. These are great recipes for entertaining; the slow cooker method allows you to enjoy hosting guests while the dinner is cooking. I was so impressed with this cookbook that I ordered the Italian Slow Cooker, which we are also enjoying. I especially like that the author offers "go with" suggestions. Take a look. You won't be disappointed unless you are looking for recipes that are dump and go. If you are, these cookbooks are not for you.

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