

OHIO STATE UNIVERSITY EXTENSION

# SLOW COOKER BASICS

## Lesson 1: Selection and Safety

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### We will discuss:

- Types
- Selection
- Care
- Food Safety



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### Basics:

- Crock
- Electric Base
- Clear Lid



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### Basic Slow Cooker



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### Automatic Slow Cooker



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### Intermittent



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## Mini Slow Cooker



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## What size is right?

Cooking For:	Size of Slow Cooker:
1-2 Adults	1 – 1½ quart
3-5 Adults	3 – 5 quarts
6 or Large parties	6 – 12 quarts

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## Testing for Safety

- Heat water on low for 8 hours with lid on.
- Check temperature with an accurate food thermometer.
- Water should reach 185°F.



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## Keep It Clean



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## Plan Ahead



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## Safe Ways to Defrost Food

before adding to your slow cooker

- Never put frozen food in a slow cooker



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## Organizing Your Meal



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## Cook It Safe

- Beef, Pork, Veal, Fish – 145° F
- Ground Beef – 160° F
- Chicken – 165° F
- Mixed Dishes – 165° F



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## Leftovers



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## Clean Up



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## Power Outages

If you are not at home during the entire slow-cooking process and the power goes out, **throw away the food** even if it looks done.



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## What questions do you have?



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## References

University of Minnesota Extension. *Slow Cooker Food Safety*. Fall 2012 <http://www1.extension.umn.edu/food-safety/preserving/slow-cookers/slow-cooker-safety/doc/FB-fall-2012.pdf>

USDA Food Safety and Inspection Service. *Slow Cookers and Food Safety* revised February 17, 2012 [http://www.fsis.usda.gov/fscf/Sheets/Focus\\_On\\_Slow\\_Cooker\\_Safety/index.asp](http://www.fsis.usda.gov/fscf/Sheets/Focus_On_Slow_Cooker_Safety/index.asp)

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# Veggie Crockpot Lasagna

Servings 8 | Prep time 15 mins. | Total time 4 hours 15 mins.

## Equipment:

Slow cooker  
Cutting board

## Utensils:

Measuring cups and spoons  
Knife

## Ingredients

Non-stick spray  
2 24 ounce jars tomato sauce  
9 uncooked lasagna noodles  
32 ounces (ricotta or cottage) cheese  
4 cups vegetables (baby spinach, onion, carrots, zucchini, tomatoes, mushrooms, etc.), chopped  
OR 2 12 ounce packages frozen vegetable mix  
2 cups mozzarella cheese, shredded  
1/2 cup grated Parmesan cheese

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and produce.
2. Spray inner slow cooker dish with non-stick spray.
3. Spread 1/2 cup tomato sauce on bottom of the crockpot.
4. Break noodles to fit and cover tomato sauce in the crockpot.
5. Layer 1/3 of ricotta or cottage cheese, vegetables, sauce, and shredded mozzarella.
6. Add another layer of noodles and repeat layering ingredients 2 more times for a total of 3 complete layers. End with a layer of noodles on top. Put a thin layer of tomato sauce on top of the final later of noodles.
7. Top with Parmesan cheese.
8. Cover and cook on high for 3 hours or on low for 5-6hours. Turn crockpot off completely and let the lasagna cool for 10 minutes.

## Nutritional Information:

Calories 350  
Total Fat 12g  
Sodium 350mg  
Total Carbs 38g  
Protein 27g



# Aunt Barbara's Chocolate Squash Cake



**Makes:** 12 Servings

**Total Cost:** \$\$\$\$

Incorporating squash into a chocolate cake adds flavor plus fiber, vitamin K, phosphorus, and folate.

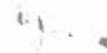
## Ingredients

- 1/2 cup vegetable oil
- 1 package cake mix, dark chocolate
- 1 teaspoon ground cinnamon
- 3 eggs
- 1 1/4 cups water
- 1 cup squash (shredded or finely chopped)
- chopped walnuts (1/4 cup, optional)

## Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 °F. Grease and flour a 10-inch tube or bundt pan.

**Feedback**



3. In a large bowl, combine cake mix and cinnamon.
4. Add eggs, water, and oil. Blend until combined, then beat with an electric mixer for 2 minutes on medium speed.
5. Fold in squash. Add nuts if you like.
6. Pour into prepared pan. Bake for 50 minutes to 1 hour, until cake springs back when lightly touched.

## Notes

### Other Ideas:

- Use a greased 9x13 inch pan. Bake for 45 minutes.
- To lighten cake, try 6 egg whites in place of whole egg.
- Replace 1/2 cup oil with 1/2 cup applesauce.

### Learn more about:

- [Summer Squash](#)

### Source:

*Farm Fresh Summertime Recipes*  
Connecticut Food Policy Council

# Nutrition Information

Serving Size: 1 slice, 1/12 of recipe

## MyPlate Food Groups




### Nutrients Amount

<b>Total Calories</b>	<b>285</b>
<b>Total Fat</b>	<b>17 g</b>
Saturated Fat	3 g
Cholesterol	41 mg
<b>Sodium</b>	<b>377 mg</b>
<b>Carbohydrates</b>	<b>32 g</b>
Dietary Fiber	1 g
Total Sugars	17 g
Added Sugars included	15 g
<b>Protein</b>	<b>4 g</b>
Vitamin D	0 mcg
Calcium	76 mg
Iron	2 mg
Potassium	185 mg

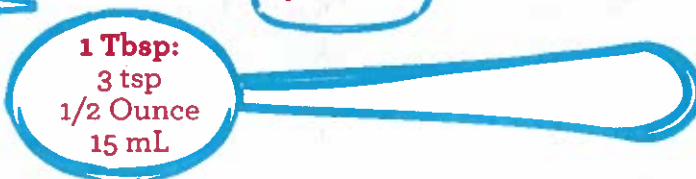
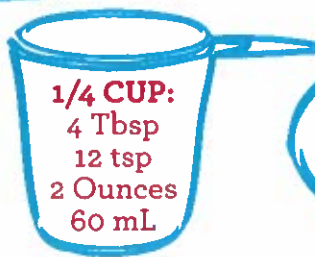
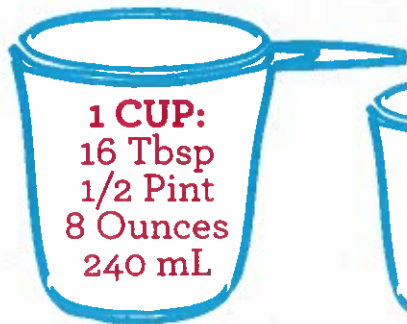
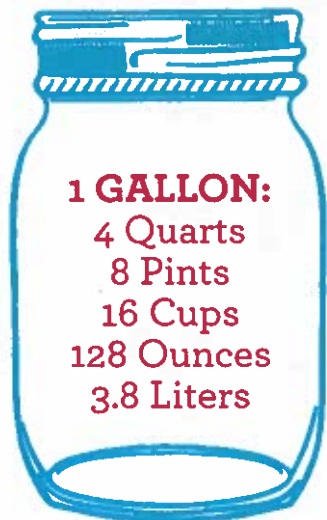
N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated

 Grains 1 ounces

Feedback





### MEASURE ... EQUIVALENT

t = teaspoon • Tbsp = tablespoon

- 1/16 tsp ..... dash
- 1/8 tsp ..... a pinch
- 3 tsp ..... 1 Tbsp
- 1/8 cup ..... 2 Tbsp  
(= 1 standard coffee scoop)
- 1/4 cup ..... 4 Tbsp
- 1/3 cup ..... 5 Tbsp + 1 tsp
- 1/2 cup ..... 8 Tbsp
- 3/4 cup ..... 12 Tbsp
- 1 cup ..... 16 Tbsp

### 1 STICK BUTTER:

- Volume ..... 1/2 cup / 125 mL
- Weight ..... 1/4 lb (4 oz) / 115 g

## SUBSTITUTIONS

### HERBS:

1 Tbsp fresh = 1 tsp dry

### 1 EGG:

- 1 Tbsp ground flax OR chia seed + 3 Tbsp water
- 4 Tbsp applesauce
- 1/2 of a medium mashed banana

### 1 CUP BUTTERMILK:

1 tsp lemon juice or vinegar + enough milk to equal 1 cup (for baking, let stand for a few minutes before using)

### 1 CUP OF SUGAR:

- 3/4 cup honey
- 3/4 cup maple syrup
- 2/3 cup agave nectar
- 1 tsp. stevia

- For honey, decrease liquid by 2-4 tsp., add a pinch of baking soda and decrease oven temp by 25 degrees
- For maple syrup, decrease liquid by 3 tsp., add 1/4 tsp. of baking soda per cup of syrup and decrease oven temp by 25 degrees
- For agave nectar, decrease liquid by 1/4 cup, increase cook time by 6% and decrease oven temp by 25 degrees
- For stevia, to replace missing bulk, use applesauce, apple butter or yogurt



### OVEN TEMPERATURE FARENHEIT .... CELSIUS

- 275° F ..... 140° C
- 300° F ..... 150° C
- 325° F ..... 165° C
- 350° F ..... 180° C
- 375° F ..... 190° C
- 400° F ..... 200° C
- 425° F ..... 220° C
- 450° F ..... 230° C
- 475° F ..... 240° C



# Reducing the Size of Recipes

*Alice Henneman, MS, RD, Extension Educator*

Many recipes can be cut in half or thirds. Here are some guidelines to help you adapt a larger recipe to a smaller one.

- When reducing recipes, you may need to use smaller saucepans, skillets and baking pans. The time for baking smaller amounts of food may be less.
- It may be easier to make the entire recipe for baked goods and freeze half.
- The standard size egg for recipes is the large egg. To halve an egg, break it, mix it together with



WHEN THE RECIPE SAYS:	REDUCE TO:
<b>To Make 1/2 of a Recipe</b>	
1/4 cup	2 tablespoons
1/3 cup	2 tablespoons + 2 teaspoons
1/2 cup	1/4 cup
2/3 cup	1/3 cup
3/4 cup	6 tablespoons
1 cup	1/2 cup
1 tablespoon	1-1/2 teaspoon
1 teaspoon	1/2 teaspoon
1/2 teaspoon	1/4 teaspoon
1/4 teaspoon	1/8 teaspoons
1/8 teaspoon	Dash
<b>To Make 1/3 of a Recipe</b>	
1/4 cup	1 tablespoon + 1 teaspoon
1/3 cup	1 tablespoon + 2-1/3 teaspoons (or round to 1 tablespoon + 2-1/4 teaspoons)
1/2 cup	2 tablespoons + 2 teaspoons
2/3 cup	3 tablespoons + 1-1/2 teaspoons
3/4 cup	1/4 cup
1 cup	1/3 cup
1 tablespoon	1 teaspoon
1 teaspoon	Generous 1/4 teaspoon
1/2 teaspoon	Scant 1/4 teaspoon
1/4 teaspoon	Scant 1/8 teaspoon
1/8 teaspoon	Dash

a fork and use 2 tablespoons. Refrigerate the rest and use in an omelet or scrambled eggs within two days.

- A 9 x 2 x 13-inch pan holds 14 to 15 cups; when halving a recipe use a square 8 x 8 x 2-inch pan or a round 9 x 2-inch pan. When using a different pan size, try and keep the depth of food the same. Reduce the oven temperature by 25° F when substituting a glass pan for a metal one.
- Two Web sites that let you adjust their recipes to smaller serving sizes are:
  - [www.mealsforyou.com](http://www.mealsforyou.com)
  - [www.allrecipes.com](http://www.allrecipes.com)
- To help divide recipes, remember:
  - 1 cup = 16 tablespoons
  - 1 tablespoon = 3 teaspoons
  - 1 cup = 8 fluid ounces
  - 1 fluid ounce = 2 tablespoons
  - 1 pound = 16 ounces (weight)
  - 1 pint = 2 cups
  - 2 pints = 1 quart
  - 1 quart = 2 pints

5/08