



# **The Mediterranean Slow Cooker Cookbook: A Mediterranean Cookbook with 101 Easy Slow Cooker Recipes**

*Salinas Press, Callisto Media*

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Celebrate the flavors of Greece, Italy, and Spain with The Mediterranean Slow Cooker Cookbook.

With The Mediterranean Slow Cooker Cookbook, you'll enjoy healthy vegetables, fruits, legumes, fish, and whole grains from the most delicious region on earth. Mediterranean food draws much of its flavor from heart-healthy fats such as olive oil and nuts. By using a slow cooker, you can maximize the taste of your Mediterranean dishes and save time in the kitchen. With a bit of advanced preparation, you can come home to a healthy, slow-cooked Mediterranean meal, even on a busy weeknight.

The Mediterranean Slow Cooker Cookbook will add delicious variety to your plate with:

- 101 robust, healthy recipes, including Turkish Stuffed Eggplant, Garlic Tilapia, and Chocolate Hazelnut Bread Pudding
- Flavor profiles of 5 different regions
- 14 essential tips for using your slow cooker
- 76 key ingredients to keep in your kitchen
- A handy guide to cook time conversions

With its simple recipes, Mediterranean Slow Cooker Cookbook can bring savory, romantic flavors to your plate—and extra time to your day.

## **The Mediterranean Slow Cooker Cookbook: A Mediterranean Cookbook with 101 Easy Slow Cooker Recipes Details**

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## **From Reader Review The Mediterranean Slow Cooker Cookbook: A Mediterranean Cookbook with 101 Easy Slow Cooker Recipes for online ebook**

### **Julie says**

I have to admit that I am addicted to cookbooks. Although I have been known to buy a cookbook for just one recipe, the cookbooks I use most frequently are the ones with many recipes that my whole family enjoys.

I received a complimentary copy of The Mediterranean Slow Cooker Cookbook in a contest, and have spent many evenings pouring over the recipes. Coming home from work to a healthy and delicious meal from a slow cooker is heavenly after a long day at work.

I have not tried all the recipes yet, but I plan to give most of them a try. The Chicken-Green Olive Stew is one of the family's favorites.

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### **Amanda says**

I feel like I'll probably buy this after having borrowed it on hoopla.

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### **Lara says**

The book overall: Using the slow cooker to eat in the Mediterranean way. Many recipes are Mediterranean in style, rather than being authentic.

Organization: Slow cooker tips, eating Mediterranean, recipes. Tips are handy: tools, food prep, and tips to ensure good flavor such as browning and layering of foods. Also includes discussion on food safety when using a slow cooker, and the care and maintenance of the slower cooker. There is also a handy time conversion table to help convert from or to stovetop/oven recipes. The Mediterranean cooking overview provides a summary of the types of flavors common in different parts of the region, along with convenience tips for each. There are also lists of items to keep in one's refrigerator or pantry to ensure common items are on hand. Recipes are well-written, with ingredients and quantities listed in the order used. Each step in the process is described clearly, and uncommon ingredients (in the US) are described.

There is no index or glossary.

#### **Balsamic Collard Greens**

Simple recipe that was delicious. An excellent way to make greens.

#### **Braised Basque Chicken**

This one required more preparation than I usually like for slow cooker meals, with sautéing and browning of vegetables and chicken prior to placing in the slow cooker. However, the dish turned out deliciously, with chicken that was juicy and tender and excellent flavors. I even forgot the olives, but could image how they

would add a lively tang and complexity to the rich-tasting dish.

Recipes: >100 recipes from countries that border the Mediterranean Sea, including Greece, Italy, France, Spain, and Morocco. Recipes are divided into chapters: soups, pasta, grains and beans, vegetables, seafood, poultry, meat, and desserts. Each recipe is prefaced with information on its benefits or characteristics of the dish.

Techniques: Each step is described simply and in common American English. Food preparation steps are common. The size of slow cooker used is not mentioned. Nor are there instructions for dealing with a larger slow cooker (I have a 6 qt.). However, the recipes turned out fine as written even in my larger crock.

Photos: None, other than on the cover.

Summary: A book that inspires me to make even more recipes from it. However, the book would benefit from some photos and an index. Recipes are designed for a 4 qt. cooker, but work well in a larger one.

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### **Mollyjr says**

I love to cook in my slow cooker. I read almost every recipe and they don't look hard. I can't wait to try one! I must also say that I liked the first few chapters because they gave good information about slow cooking. I recommend this cookbook.

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