Slooow Cooker
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Nothing creates "tastebuds a jumping", "mouth a watering" or "eye popping aroma" on a cool or cold winter day than a crockpot of beef stew, beef soup or beef chili as you come in from field work or on game day. Sloow cooking gives each individual flavor time to co-mingle; thus, creating new flavor so. Sloow cooking can be convenience as much as for taste, either way it's just hard to beat on a cool bone chilling day. It warms the body along with the soul.

Classic Beef Stew

The dish that offers everything in one bowl.

Makes six servings; preparation time 45 minutes
Cook time: 3-4 hours (high) or 6-7 hours (low)

Ingredients:

Cook: 6 strips thick sliced bacon, diced

Combine:
1/3 Cup of all-purpose flour
1 teaspoon kosher salt
1 teaspoon Spanish Pap Rica
1 teaspoon dried thyme
1/2 teaspoon black pepper
 1/4 teaspoon cayenne pepper
3 pounds boneless beef chuck roast; cut into 1 1/2 inch chunks
1 pound small red skinned potatoes quartered
2 cups baby carrots
1 1/2 cups sliced celery
2 dried Bailey leaves

Combine:
Combine broth, vegetable juice and worcestershire sauce and star into a skillet. Bring to a simmer over medium heat and cook until thick, 2-3 minutes. Pour broth mixture over beef in slow cooker. Cover slow cooker and cook until beef is fork tender. High setting 3-4 hours; low setting 6-7 hours. Discard bay leaves.

Add:
Green peas, pearl onions and vinegar to stew. Garnish with parsley and bacon.

This "Classic Beef Stew" recipe is more detailed then I realized, from observing chef Diana.
Chef Diana makes beef chili from 1 to 2 pounds of ground beef, adding 1-2 packages of a commercial chilling mixture. She then adds a painter this, that and the other plus sufficient water. Diana doesn't have a set recipe and sometimes the chili package is hot, but that's how we like it.

Chef Diana also makes potato soup from a commercial potato soup mixture plus diced potatoes 1-4 depending on how thick. Again, no recipe just season with this that and the other.

The chili and potato soup mixture's require 3 to 4 hour slow cooking time. I have observed these preparations and that's why this recipe seems to be more detailed.

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