

# What's Cookin': It's time to pull out the slow cooker

Time to break out the slow cooker aka crockpot! When it's dark so early and often cold and windy, there is nothing quite like coming home to the smell of a mouthwatering dinner that is almost ready to go. Now I know that some of you experience that almost every night. However, the cooks in the family do not.

So, bring the crockpot out of its back cupboard, basement or wherever it is stored in the off season and get it ready for use. There are lots of meals you can make in a crockpot and if you don't have time in the morning to get the veggies prepped, then do them the night before and put in a plastic sealable bag. That way in the morning all you have to do is dump everything in the crockpot and turn it on.

If you have a brand new crockpot that you've never used before, I would suggest trying it out on a day when you are going

**Lori Gysel &  
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to be home. You want to make sure that you know how to work it properly. It would be very sad to put everything in and leave for work, only to return 10 hours later and find out nothing happened because the thing had some bizarre switch you had to turn on! Or, perhaps the crockpot itself is defective and needs to be returned. So, first time, stick around. After that, let the good times roll!

You can make whole chicken dinners, meatloaf, soups, stews, pulled pork, corned beef and so much more. Have fun and keep cooking!

*Email questions and comments to Lori and Gerry at [whatscooking@theifp.ca](mailto:whatscooking@theifp.ca)*

## Crockpot Corned Beef and Cabbage

Serves 6-8

### Ingredients

- 2-3lb corned beef brisket
- 6 potatoes, halved
- 4 carrots, halved
- 6 cooking onions, halved
- One half green cabbage, cut into 6 wedges
- 3 cups water



- 1 cup white wine
- 2 bay leaves

### Method

1. Put all ingredients in a crock pot. The liquid should almost cover the ingredients. If not, add a bit more liquid.
2. Simmer on low for 8 hours, turning the brisket and cabbage over about half way through.

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