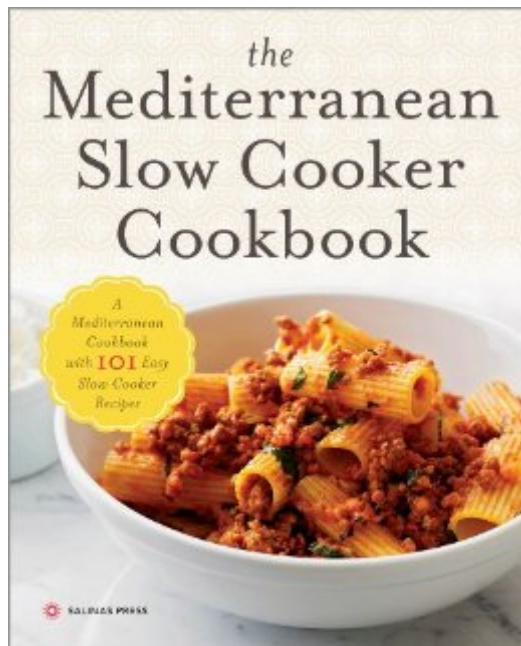


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# The Mediterranean Slow Cooker Cookbook: A Mediterranean Cookbook With 101 Easy Slow Cooker Recipes



## Synopsis

Enjoy classic Mediterranean cookbook recipes straight from your slow cooker with The Mediterranean Slow Cooker Cookbook. This delectable Mediterranean cookbook gives you over 100 simple and filling meals packed with the fresh vegetables, fruits, fish, whole grains and heart-healthy fats traditional to Greece, Italy, and Spain. By making Mediterranean cookbook recipes in your slow cooker, you will not only save time in the kitchen, but you will also create savory and wholesome meals fit for the whole family. This handy Mediterranean cookbook will show you how to easily create healthy slow cooker meals, even on a busy weeknight. Let The Mediterranean Slow Cooker Cookbook add delicious Mediterranean cookbook recipes to your menu, with: 101 easy Mediterranean cookbook recipes for your slow cooker, including Mediterranean Beef Stew, Eggplant Parmigiana, and Chocolate Hazelnut Bread Pudding 14 Flavor profiles of 5 different regions from the editors of the Mediterranean Cookbook 14 essential Mediterranean cookbook tips for successful slow cooker meals 76 key ingredients to keep in your kitchen With simple recipes and flavorful ingredients, The Mediterranean Slow Cooker Cookbook will bring savory, Mediterranean flavors to your plate--and extra time to your day.

## Book Information

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## Customer Reviews

I received this book free through LibraryThing in exchange for my review. The cookbook started off really well. I found that the opening section on getting to know the slow cooker, and how best to use it, was really helpful. However, overall I was not impressed with this cookbook. I was disappointed that there were no pictures of finished dishes, or times listed for preparation or total cooking. But, what I most disliked was the lack of variety in the dishes. Although there are a lot of sections (soups, chicken, meats, desserts, etc.), the ingredients themselves were too similar. A large number of the recipes involved tomato-based products. When I made these recipes, I found the tomato flavor overwhelmed many of the finished dishes. There are also some recipes that are completely missing ingredients and directions. For example, "Red Beans and Rice" is missing "rice" from the ingredients list. The only reference to "rice" is to serve 1 cup of beans over 1 cup of rice. When finished, this dish makes 10 cups of beans (meaning 10 cups of rice). This information and the time involved is not included in the instructions. Although the introduction was interesting, the cookbook is a complete miss for me. I would not recommend it.

Disappointed. It looks like a bunch of Word docs bound together. No pics, no graphic design to speak of. Recipes were predictable and not very interesting. Sending this book back.

I received a free copy of this as an ePub. It's an okay recipe book if you are a busy person who hasn't ever visited the Med. I use my slow cooker frequently, but I don't think this recipe book will be useful to me. It's got basic recipes. Most of them don't seem especially authentic and even though they all use the slow cooker, they don't eliminate the need to precook using conventional cookware. So what's the point? Like I said, it's not for me, but it might be very helpful for someone interested in trying out Med cooking and with little concern about authenticity. It could be a real time saver for working moms (and Dads).

I foolishly bought the cookbook without reading the reviews. I thought since the cover had such a nice looking photo of one of the finished dishes (which I never found the name of because the index is not laid-out in traditional manner--Crazy), it would most certainly have additional photos of other finished dishes throughout the book 'WRONG!!! I am accustomed to cookbooks that have

beautiful photographs of some of the finished dishes (and not that each recipe has to be photographed), but enough photos to give a good-sense of what the author can produce. And even though this author uses a good number of spices and herbs, in my opinion, she doesn't necessarily use the right ones or doesn't use enough; which leads me to believe these dishes may be on the bland side which is not at all Mediterranean. The other thing I found disturbing, is the great number of canned goods she uses in most of her recipes; everyone knows how much sodium and preservatives are already packed into these cans, and that's why they can have a shelf life of up to 3 years. So, basically by the time you Re-Cook these Canned Goodsâ | please know there is no nutritional value or flavor what-so-ever left in them. Mediterranean cooking is old world and every ingredient is cooked (in various ways) from Scratchâ "Not Canned Goods! True Mediterranean cooks use the freshest ingredients which produce flavorful, savory, robust, nutritional, and delicious meals. Enough said, don't waste your time on this one.

I know most of the reviews have been paid for. I was approached to write a review and get reimbursed for the cost of the book plus a small sum for doing short reviews on three sites, including . Notice how close all the dates are. It's probably a pretty decent cookbook, but still, I think it's unethical to pay for reviews without telling a potential buyer.

This cookbook has 101 recipes and I want to cook all 101 recipes! My husband and I flicked through to see what we wanted to get for our grocery shopping this week. We highlighted nearly every recipe. I had to start highlighting in different colors so we knew what we wanted THIS week compared to what we want to cook in the future. The recipes vary from what I think is traditional Mediterranean, like fish, to meals like Italian Pot Roast (which we are making this week). There are slow cooker tips in here like how to cook fish in aluminum foil IN the crock pot! I never even thought about that. There are also desserts and snacks, sweets, appetizers, and full on meals. Many of the meals serve 8 and there are a few that serve 2. I am in love with this. I think we will wind up using this one for a long while.

The Mediterranean Slow Cooker Cookbook By Salinas Press The book is an easy read and flows well. The name itself floods the brain with images that causes the palate to dance with flavorful anticipation. The first thought was I can pile a bunch of stuff in a pot, plug it in and eat later is, wow how great is this!!! Well, I learned that slow cooking takes time. I was excited to learn that exotic does not mean difficult, just a bit of planning. Books helpful tips: Plan ahead, don't overload the

pot, cut food in similar sizes, use minimal amounts of liquid and avoid the temptation to open and check frequently; it allows moisture to escape. and consider browning foods first (not a must), use seasoning freely, layer foods by cooking time. Bonus: It does wonders for budget cuts of meat, maintains and enhances flavor of foods Caution: This is not a food warmer. Thaw foods first; frozen foods prolong heating time and may promote bacteria growth. Overall the book is nice addition to a kitchen library and I believe will save time once you master the process and keep your pantry stocked.

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