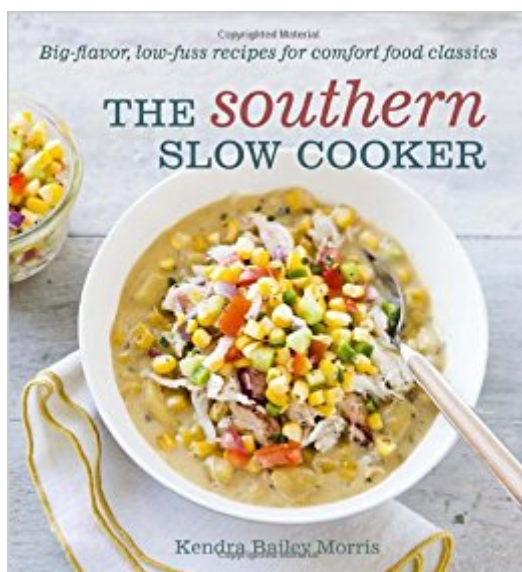


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# The Southern Slow Cooker: Big-Flavor, Low-Fuss Recipes For Comfort Food Classics



## Synopsis

~ A collection of 60-plus soulful, comforting, and wonderfully convenient recipes for Southern favorites--from Black Eyed Peas with Stewed Tomatoes to Country-Style Pork Ribs to Molasses Gingerbread.~ ~ ~ ~ ~ Few cuisines are more perfectly suited for low and slow cooking in the crock-pot than Southern food. Filled with rich braises, decadent gravies, fall-apart tender pork and beef, hearty soups and stews, as well as delightfully moist cakes and desserts, The Southern Slow Cooker~ ~ showcases the very best that Southern cooking has to offer--and demonstrates how easy it can be to make at home. Even the busiest home cooks will love Kendra Bailey Morris's simple and convenient recipes. With hardly any active cooking time and featuring inexpensive ingredients, each one results in deeply flavorful, satisfying food that will have you and your family asking for seconds.

## Book Information

Paperback: 136 pages

Publisher: Ten Speed Press (August 20, 2013)

Language: English

ISBN-10: 1607745127

ISBN-13: 978-1607745129

Product Dimensions: 8.4 x 0.4 x 9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 26 customer reviews

Best Sellers Rank: #159,707 in Books (See Top 100 in Books) #41 in~ ~ Books > Cookbooks, Food & Wine > Beverages & Wine > Wine & Spirits > Wine Pairing #214 in~ ~ Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > South #291 in~ ~ Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking

## Customer Reviews

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"The Southern Slow Cooker is filled with recipes that Southerners have feasted on for generations, prepared in a way that hasn't changed much since--and for good reason. Easy, flavorful and soul-satisfying, these "set it and forget it" recipes make for the perfect meal to come home to after a long day."~ ~ -- Taste of the South Magazine, July 2013"Cookbook writer Kendra Bailey Morris

has a knack for creating fresh, crowd-pleasing dishes from her native South. Now, with *The Southern Slow Cooker: Big Flavor, No-Fuss Recipes for Comfort Food Classics*, she's applied her culinary know-how to our favorite time-saving appliance." -- *Parents Magazine*"I can think of few things better than leaving my house in the morning and coming home to a Southern feast of BBQ-glazed pork ribs. Or corn chowder. Or chicken and dumplings. So it should come as no surprise that I am keeping this new book from Kendra Bailey Morris of Southern meals prepared in the slow cooker close by these days." -- *The Kitchn*"Morris shares her family recipes for pintos, cornbread, and other Mountain State favorites in her new book, *The Southern Slow Cooker*, alongside simmer-friendly versions of dishes from other parts of the South. And although traditionalists might bristle at the thought of entrusting sorghum-glazed pork ribs and shrimp Creole to a steely countertop gadget, the author's respect for Dixie's culinary history translates into dozens of easy-to-fix meals that remain true to their mouthwatering roots. Gear up for fall with these Appalachian standards." -- *Garden and Gun Magazine*"I was salivating and bookmarking as I made my way through *The Southern Slow Cooker* from Kendra Bailey Morris (Ten Speed Press). This is comfort food with plenty of southern favourites, including grits, black-eyed peas and variations on barbecue, not to mention a full chapter on dessert, and suitably enticing photographs." -- *The Calgary Herald*"I'll admit that my slow cooker has been gathering dust lately, but Kendra Bailey Morris's *The Southern Slow Cooker* may convince me to take it off the shelf. These updated versions of slow-cooker classics showcase Kendra's farm-to-table sensibilities and fresh, farmers' market ingredients—proving that slow cooking doesn't automatically involve a can opener. There are enough throwback recipes here to satisfy traditionalists, but also innovative new ways to use modern moms' favorite weeknight helper. • Virginia Willis, author of *Bon Appétit*, *Y'all* and *Basic to Brilliant*, *Y'all* "Kendra's Buttermilk, Corn, and Chive Spoonbread is just one of the really good reasons to grab this book. These recipes are packed with real Southern flavor, and still take into account the realities of home cooks' busy schedules. With plenty of cooking tips and drink pairings to boot, *The Southern Slow Cooker* will inform slow cooker newbies and inspire old pros who are looking for some new tricks. • Martha Foose, author of *Screen Doors and Sweet Tea* and *A Southerly Course*

I pre-ordered this book last spring. When it arrived this week, I immediately sat down with it to choose the first recipe I would make. I decided to make the Loaded Baked Potato Soup. Was that

ever a good choice! The soup was delicious! Thick and rich, all it needed was a salad to complete the meal. Next week I plan to try the Pork Loin with Vanilla Fig Jam. Overall, I am quite pleased to add this book to my cookbook collection. The recipes sound tasty and the pictures are appealing. The one caution I would give to people deciding if they wish to buy this book is that some of the recipes require more prep time than some other books. This is not a dump all in the crock and turn it on kind of book. To me the recipes appear to be worth the extra time and effort. Another bonus for me is that I have not seen a single recipe that requires a can of cream soup. I look forward to making other recipes in this book.

Let's start out by saying that I have met Ms. Kendra Bailey Morris in person, and she's just as gorgeous as the photo in the book. And she's a very nice person, too, which is a very good thing. That said, let's also say that I made THREE recipes from this cookbook before I wrote this review. I even tasted the out-of-this-world-give-me-more cover recipe of Blue Corn and Crab Chowder with Sweet Corn Relish that was served at her book signing in Washington, DC. Unlike some reviewers who haven't even tried to make a recipe from the book and then give an unfair bad review of the book, I wanted to give a very fair review having followed the instructions given in at least three recipes -- and tasted the output! You won't know if you like a recipe until you actually try it. So often, slow cooker recipes end up tasting like some ingredients were just thrown together and cooked for 8 hours with no flavor at all. Kendra's recipes recommend a few additional steps or ingredients that add tons of flavor. Browning meat only makes sense. Stop fussing and just do it. So, you have an extra pot or some utensils to clean up. Your family will thank you for adding that special touch that only Southern cooks know. Your grandma would have done it! Why can't you? Kendra offers either beverage recipes or suggestions to serve with most of her dishes. It's a nice touch that also gives the home cook an opportunity to try complimentary beverages that might not be on their "the usual" list. For these recipes, I pulled out my old avocado green slow cooker "crock pot" that was manufactured in the 1970s. It has three settings. High, Low and Off. I think that "high" may have been higher than today's slow cookers, and "low" was definitely lower. And it's about half the size of the test slow cooker that Kendra used for her recipes, so that meant I just cut the recipes in half for my use. Mine is 3 quarts, and I believe Kendra used a test cooker that was double the size to about 5 or 6 quarts. And what's better than pulling ingredients together and letting them slow cook all day? Sounds good to me! What are the three recipes that I tried? First was the Cabbage with Smoked Sausage and Apples. I halved Kendra's recipe but followed it exactly. I even had some juniper berries in the pantry. Now, I'm not a huge fan of caraway seeds, yet I think not adding them to this

recipe would have ruined it. The smoky sausage and mustardy juices went extremely well with the tart apples and the cabbage. The leftovers were even better the second day. This is a far classier recipe for New Year's Day than the traditional pork and sauerkraut dish that many families serve to start the New Year. The second recipe that I tried was the Zesty Beef and Cabbage soup. My husband generally eats anything that I make without complaint. He rarely asks for a second helping though, because we both try to watch our weight. This is the first soup in a LOOOONG time that caused him to immediately ask for seconds, and to ask for even more of the soup to take to work for lunch the next day. He raved about this soup and asked for me to make it again sometime soon. The only change that I made to Kendra's recipe other than halving it was to add the whole amount of tomatoes and green chiles, and to omit the cayenne pepper due to the extra green chiles. Remember that my slow cooker is only 3 quarts, and half the usual 5 - 6 quart slow cooker these days. My husband is not a lima bean or kidney bean fan, yet he loved this soup!!! The house smelled absolutely dreamy all day. And the third one was Kendra's Apple Butter recipe. Oh, my, the house smelled wonderful for hours as my 1970s ancient (meaning super slow) slow cooker reduced those apples over about a 24 hour period. It was longer than the recipe called for, yet that's what it took to get a great product from a super old slow cooker. Initially peeling and coring all of the apples took a while, so there is some labor involved. But wow, is this apple butter worth your time and effort! It's the first time that I made a good apple butter. Most of my apple butters have resulted in more of an "applesauce" texture and flavor. This one had depth and a gorgeous color and I did use an immersion blender to smooth out the texture. I didn't make any changes to her recipe other than to halve it. My grandfather used to bring me slow cooked apple butter made by the ladies at his church. I used to look forward to getting a jar of that apple butter each year. Kendra's apple butter was far better than theirs! Next on my list are the Angel Biscuits. No, they aren't made in the slow cooker, but they're going to serve as pillowy beds for a major slathering of that apple butter! And the Buttermilk Chocolate Spice Cake will be next. And then the Carolina-Style Pork BBQ Sandwiches. And then the Gingersnap Peach Upside-down Cake. And then the Porcupine Meatballs. You get the idea. Folks who are looking for a slap-together slow cooker meal with maybe 3 ingredients won't likely understand why these recipes are worth the effort. It's called FLAVOR!!! In my opinion, cooking should be done with love and care, or just don't bother cooking at all. Darn, it is a good thing that Kendra and I are on the same page when it comes to cooking. Kendra's recipes certainly delivered for me. I hope you will take some time to try a few recipes for yourself. After all, the slow cooker is really doing most of the work, yes? (This review is for the paperback book -- not sure why it is/was showing up under Kindle Edition)

I am a skilled "from scratch" cook, and I got a slow cooker for Christmas. I now have three slow cooker cookbooks but this one remains my favorite. It's beautiful, fun to read, and the recipes are all familiar Southern favorites. I've made the Frito pie, loaded baked potato soup, grits, collards, sausage and cabbage, steel-cut breakfast oatmeal, tater tot breakfast casserole, bourbon and Coke BBQ ribs and probably more that I'm forgetting -- all fabulous. I have tweaked the recipes here and there according to our family's preference, but no flops here.

First of all, I love the fact that everything is "from scratch." No mystery ingredients or cans of soup. Secondly, Kendra's style of writing just makes me feel like I was sitting at her kitchen table taking notes. Chatty, helpful hints. Getting out my slow cooker from the back shelf, dusting it off, and just looking forward to working my way through the book. Thanks, Kendra!

The recipe for ham hocks and greens makes owning this one worth it. I did switch out from using a ham hock to a ham shank because there is more meat to them. I own A LOT of cookbooks. This one I've kept on my Kindle to make it easy to choose something when I'm at the store.

I love this book!!!! I have made three recipes so far and all are easy to follow and turned out delicious. The ingredients are mostly easy to find and are not canned soup.

good book.

Great cookbook.

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