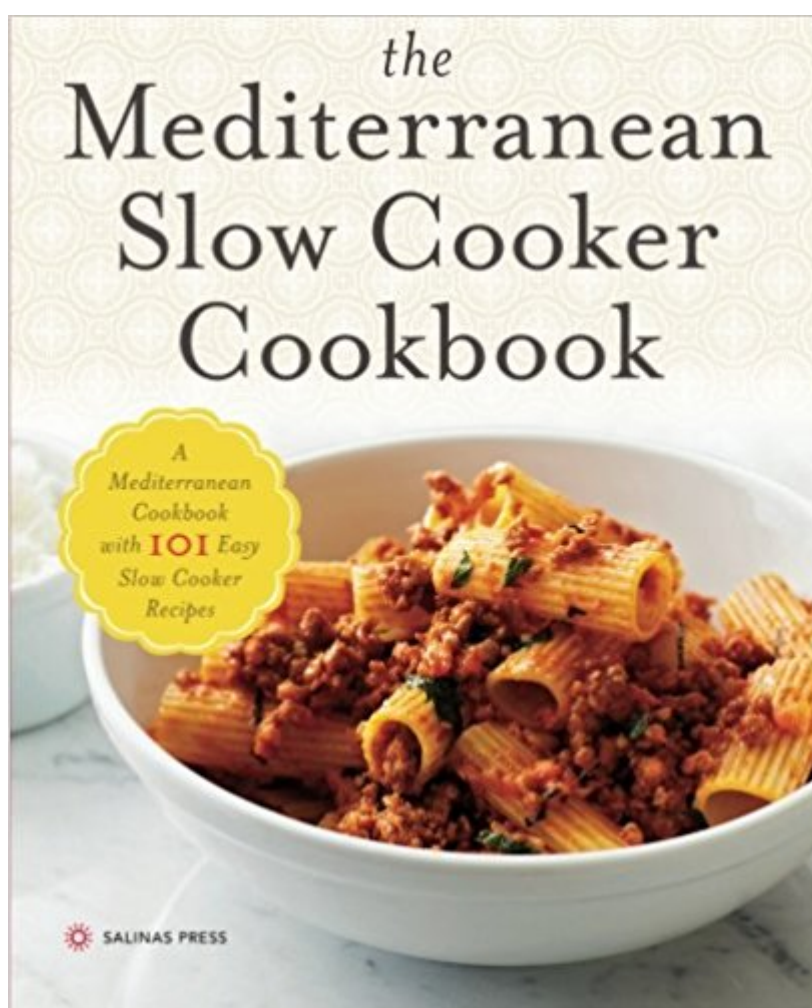


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Mediterranean Slow Cooker Cookbook: A Mediterranean Cookbook With 101 Easy Slow Cooker Recipes



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. 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

Paperback: 180 pages

Publisher: Salinas Press; Gld edition (February 28, 2014)

Language: English

ISBN-10: 1623153751

ISBN-13: 978-1623153755

Product Dimensions: 7.5 x 0.4 x 9.2 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 197 customer reviews

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Customer Reviews

"There are 101 recipes split into different categories. I love that the ingredients focus on fresh vegetables, fruits, fish, whole grains and heart-healthy fats. I love using my slow cooker, but I am not a fan of recipes that tell you to dump in three cans of condensed soup and a stick of butter.

Eating a meal that I cook fresh in the evening lets me control the ingredients I'm using, so I love that this slow cooker cookbook does too."- Melissa, Avid Reader's Musings

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 Goods 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 Scratch •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.

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.

Wonderfully inspired, I retrieved my Slow Cooker from the cabinet and began to create Mediterranean mouthwatering dishes. Family and friends will be delighted to taste the recipes. Two (2) tasty dishes on the agenda are: Chicken and Pasta Soup and Lemon-Rosemary Beets. Every recipe provided begins with a little snippet of wisdom bringing yet more interest and variety to the experience for you. Long, low, slow cooking technique delivers deeply satisfying flavors to your dining table. Delicious and nutritious stews and soups recipes which cut costs and save time are bound to enhance your life in every way. Tips specific to the Slow Cooking ala Mediterranean techniques are revealed in an easy to read format which cuts to the essentials helping you fold in new habits soon to be your routine.

I love this book, the recipes seem very well balanced. I love the fact that you can do most of the recipes strictly in the slow cooker.

The Mediterranean Slow Cooker Cookbook is a great read for the slow cooker chef in your home. As someone who is a veteran at cooking slow cooker meals for my family, I was excited to read all about new recipes that were culturally appealing. After mastering all of the go-to "classic" crockpot meals, I dove into these recipes and took an immediate liking to the Moroccan Chicken, Osso Buco, and Honeyed Salmon. All in all, this book is a well-rounded collection of recipes that focus on Mediterranean cuisine and getting the most out of your slow cooker. I especially enjoyed how the author described how to get started, provided soup and dessert recipes, and further went into detail about setting up your Mediterranean kitchen and pantry items!

I am a total foodie who is always in search of new dishes or recipes that I haven't tried earlier. I was recently gifted this cookbook on my birthday and totally loved it! I started trying recipes from the very next day and by the end of the week I ended up calling my friend who gifted it and his family to dinner that consisted of dishes from the book. It was my way of thanking him for this thoughtful gift. I own many cookbooks myself but there are quite a few reasons why I absolutely loved this book: It's not just a collection of recipes. It starts off by delving into the beauty of Mediterranean cooking and outlines the various benefits of slow cooking accompanied by many tips and tricks which are extremely helpful to busy individuals. Also the book describes several flavor profiles within Mediterranean cuisine based on geography. I had tried a few Mediterranean recipes earlier but this book provided me with so much knowledge about the cuisine and the core ingredients that I can now call myself an expert in this area. The book comprises of many chapters classified by the type of core ingredients like vegetables, seafood, poultry, meat etc that make for easy accessibility. There is also a chapter on delectable desserts that I could just not get enough of!! However, I would have preferred it if the recipes were accompanied by some pictures. But apart from that, I absolutely love this book and would recommend it to anyone out there interested in Mediterranean cuisine.

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