

# Take your time

Wise and innovative cooks know they need a sous chef – so employ a slow cooker to create fabulous dishes and reclaim a few hours for yourself

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**T**here is nothing better than coming home after a hard day's work to the appetising aroma of a hearty meal wafting through the house. Our busy lives mean there is little time for slaving over a hot stove but, thankfully, slow cookers are handy and loyal kitchen companions throughout the year.

For satisfying one-pot meals, simply add your ingredients, let the magic happen and return a few hours later to a wholesome, home-cooked meal.

Chef Katrina Meynink believes one-pot slow-cooking need not be boring, just because it's convenient. In her book, *'Slow Victories'* (Hardie Grant, £16.99), she shows us how to conjure up feasts fit for a foodie. Alongside inspiring, modern recipes, you will find tips and tricks for stocking your pantry and fridge for slow-cooking greatness – easy-peasy and full of flavour. If you thought slow-cooking was all about the mushy stew, think again!

## ROSE HARISSA MILLET WITH CHICKPEAS, ALMONDS & DILL

Serve this flavourful Middle Eastern-inspired dish as an accompaniment to lamb, chicken or white fish, or fill a bowl and top with yoghurt, rose harissa and spring onions for a nutritious veggie meal on its own.

### SERVES 2

- 190g millet
- 500ml vegetable or chicken stock
- 1 garlic clove, crushed
- 1 x 425g tin chickpeas, drained and thoroughly rinsed
- 1 tbsp rose harissa
- 155g smoked almonds, roughly chopped
- ½ bunch dill, fronds pulled
- ½ bunch flat-leaf parsley, finely chopped
- 75g currants

### TO SERVE

- Greek yoghurt
- Rose harissa, for drizzling
- 3 tbsp chopped spring onions

**1** Add the millet, stock, garlic, chickpeas and half the harissa to the bowl of your slow cooker. Give it a quick stir to combine.

**2** Close the lid and cook on low for 1 hour, stirring at the 45-minute mark and checking the liquid. If the liquor has been absorbed and the grains are light and fluffy, turn out the millet and chickpeas into a bowl. If the liquid hasn't quite been absorbed, cook for another 15 minutes with the lid ajar.

**3** Once cooked, taste and adjust the amount of rose harissa accordingly. Add the remaining ingredients and season well with salt and pepper. Dollop with yoghurt, an extra drizzle of harissa and scatter over the spring onions to serve.

Reader offer

### 'Psychologies' readers

can buy a copy of *'Slow Victories'* by Katrina Meynink for the special price of £14.99 (RRP £16.99) including free UK P&P (UK mainland only).

**To order,** call 01256 302 699 and quote offer code 'UM3'. Offer valid until 10 May 2021.



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## THE ULTIMATE CHILLI CHICKEN

*This dish certainly packs a punch, but is mild enough not to distract from the delicious flavours. When slow-cooking this meal, you can intensify the heat to taste by adding the fire of a good chilli at the end.*

### SERVES 6

- 4 skinless chicken breasts
- 1 tbsp each ground cumin and ground coriander
- 2 tsp dried oregano
- 1 tbsp finely chopped fresh oregano
- 1 tsp sweet smoked paprika
- 2 tsp chipotle powder
- 2 celery stalks, sliced

- 200g dried white beans, washed
- 4 garlic cloves, minced
- 3 jalapeño chillies, deseeded and finely chopped
- 1 onion, chopped
- 2 green bell peppers, deseeded and chopped
- 1 litre chicken stock
- Zest and juice of 1 lime
- 60g grated Cheddar cheese

### Optional thickener

- 185ml whole milk
- 40g all-purpose flour

### TO SERVE

- Extra cheese, if desired
- Sour cream
- Coriander leaves and oregano
- Tortilla chips
- Sliced green chilli
- Chilli flakes
- Avocado, diced

**1** Place the chicken breasts in the base of the slow cooker. Mix the cumin, coriander, oregano (dried and fresh), paprika and chipotle in a bowl, then sprinkle over the chicken, tossing evenly to coat.

**2** Top with the remaining ingredients, except the lime zest and juice and cheese, then close the lid and cook on low for 10 hours.

**3** Using a couple of forks, gently shred the chicken in the bowl of your slow cooker and stir it through the sauce.

If, at this point, you feel the sauce needs thickening, mix the milk with the flour, pour into the slow cooker and stir to combine.

**4** Close the lid and cook on low for another 10-15 minutes, or until the sauce has thickened.

**5** Add the lime zest and juice and adjust the seasoning with salt and pepper. Add the cheese straight to the pot before serving and stir it through the chicken so that it melts. Serve with the extras.

## BOOZY SOUVLAKI POTATOES WITH CHORIZO & FETA

*This Mediterranean-style recipe is perfect for when your soul needs soothing. Serve with a cold drink and let the flavours transport you to sunnier climes.*

### SERVES 4

- 2 fresh chorizo sausages, casings removed, meat roughly chopped
- 1kg white potatoes, washed and chopped into bite-sized chunks
- 1 tsp dried oregano
- 250ml white wine
- 250ml chicken stock
- Handful fresh oregano leaves
- 175g green olives, pitted

### TO SERVE

- Fresh oregano leaves, roughly chopped
- 120g feta cheese
- Fresh basil leaves, roughly torn

**1** Set the slow cooker to the saute function. Once hot, add the chorizo meat and cook until it is starting to brown and the oil is separating from the sausages. Add the potatoes and cook for another 5 minutes, stirring gently to coat the potatoes in the oil.

**2** Add all the remaining ingredients, except the green olives, then close the lid of the slow cooker. Cook on high for 2 hours, then open the lid and stir in the olives to warm through.

**3** To serve, scoop the potato mixture – and its residual liquid; there will be some – into bowls. Top with the oregano, feta and basil. Season generously and serve immediately.

