



SLOW COOKER

Easy-to-Follow Recipe

BURGUNDY PEPPER Roast or Stew



Ingredients

- 2.5 to 3 lbs. roast or cubed meat (for a stew) *
- 1 - 2.5 oz. package Hi-Country Burgundy Pepper
- 3 cups water
- 2 cups sliced carrots or whole baby carrots
- 1 each, chopped: red onion and green or red pepper
- 1 cup sliced fresh mushrooms (add in last 45 minutes)

For Stew, add 4 cubed potatoes and chopped celery

Directions

Place all vegetables in slow cooker. Add meat. Stir water and Burgundy Pepper seasoning together. Pour sauce over ingredients. Cover and slow cook on LOW for 6 to 8 hours, or until meat is tender. Note: for a roast sauce or gravy, remove meat and mix 2 Tablespoons of corn starch to 2 Tablespoons of cold water and add to the au jus cooking juices and slow boil until thickened. Serve with noodles, rice, or potatoes.

* The following types of meat work well with this recipe; wild game or domestic meat roasts or stew meat.

Tips & Tricks

1. Wild game meats have higher potentials for harmful bacteria due to temperature abuse, field dressing, etc. When using in slow cookers, assure meat temperature achieves 140° F. in the first hour of cooking.
2. When opportunity allows, cook on HIGH setting for first hour and reset cooker to LOW to finish.
3. One hour on HIGH is equal to approximately two hours on LOW.
4. For optimal slow cooking, fill cooker between half and two thirds full.
5. Removing the lid in the last hour of cook time will reduce moisture and concentrate flavors.
6. Most lean game red meats require at least 7 to 8 hours of moist, low temp slow cooking to break down muscle tissues for tender stews and roasts.
7. Add tender vegetables like asparagus, mushrooms and zucchini during the last 45 minutes of cooking time so they reach optimal doneness at the same time as the rest of the dish.
8. Minimize lifting the lid on a slow cooker. The escaping moisture and heat can extend required cook times by 20 minutes per occurrence.



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