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Instruction Manual

READ AND SAVE THESE INSTRUCTIONS IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

- 1. Read all instructions before using.
- 2. Do not touch hot surfaces. Use handles or knobs.
- 3. To protect against electrical shock, do not immerse cord, plug or cooking unit in water or other liquid. **CAUTION:** Never submerge the heating unit in water or other liquid.
- 4. Close supervision is necessary when any appliance is used by or near children.
- 5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
- Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner. Return appliance to the manufacturer (see warranty) for examination, repair or adjustment.
- 7. The use of accessory attachments not recommended by the manufacturer may cause fire, electrical shock or injury.
- 8. Do not use outdoors.
- Do not let cord hang over edge of table or counter, or touch heated surfaces.
- Do not place on or near a hot gas or electric burner, or in a heated oven.
- 11. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
- 12. Do not use appliance for other than intended use.
- To disconnect, turn control to OFF, then remove plug from wall outlet.
- 14. Avoid sudden temperature changes, such as adding refrigerated foods into heated stoneware.
- Use caution when opening lid. The lid handle may get hot.
 Caution: Steam escaping from under lid is hot and can cause burns.

SAVE THESE INSTRUCTIONS

IMPORTANT NOTE: Some countertop and table surfaces, such as Corian® and other surfaces, are not designed to withstand the prolonged heat generated by certain appliances. We recommend placing a large hot pad or trivet under your Rival® product to prevent possible damage to the surface.

This appliance is for HOUSEHOLD USE ONLY.

No user-serviceable parts inside. Power Unit never needs lubrication. Do not attempt to service this product. Do not immerse base in water or other liquid.

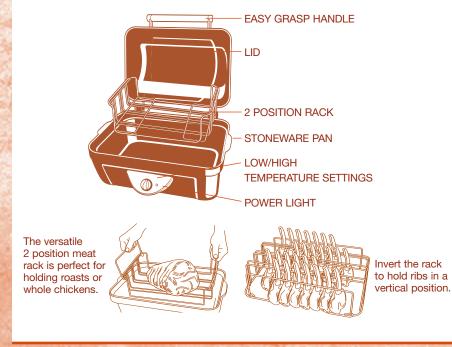
A short power-supply cord is provided to reduce the hazards resulting from entanglement or tripping over a longer cord.

AN EXTENSION CORD MAY BE USED WITH CARE; HOWEVER, THE MARKED ELECTRICAL RATING SHOULD BE AT LEAST AS GREAT AS THE ELECTRICAL RATING OF THE CROCK-POT® BBQ PIT. The extension cord should not be allowed to drape over the counter or tabletop where it can be pulled on by children or tripped over.

NOTE: During initial use of this appliance, some slight smoke and/or odor may be detected. This is normal with many heating appliances and will not recur after a few uses.

POLARIZED PLUG

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way. If the plug fits loosely into the AC outlet or if the AC outlet feels warm do not use that outlet.



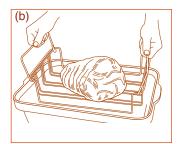
HOW TO USE YOUR BBQ PIT

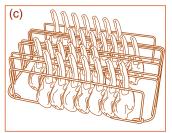
- 1. Before initial use, rinse stoneware with hot, soapy water.
- Assemble unit by setting stoneware pan into base of unit. Attach lid by aligning knotched areas.(a)
- 3. The meat rack included with this product can be used in 2 ways. It is perfect for holding whole chickens or roasts,(b) or may be inverted to hold slabs of ribs in a vertical position.(c)
- 4. Plug unit in electrical outlet.
- 5. Place meat in rack (if using) or stoneware pan.
- 6. Set Low or High temperature setting and close lid.
- 7. Always cook with the lid on.
- 8. Follow recommended cooking times.

COOKING GUIDE

- Do not use BBQ Pit stoneware for storage of food.
- Do not re-heat foods in your Crock-Pot® BBQ Pit.
- Do not set heated unit filled with food on a finished wood table.
- Caution: Remove the lid completely or open the lid completely before attempting to lift and remove the stoneware pan from the unit.
- Unplug when cooking is done and before cleaning.
- Removable stoneware is ovenproof. Do not use removable stoneware on gas or electric burners or under broiler.
- Do not attempt to lift entire BBQ Pit unit by stoneware handles.
- Do not carry unit while in use or full of food. When moving unit, please be careful to lift from the bottom.







 The BBQ Pit has a well at the bottom of the stoneware pan where liquid can be added to keep food moist. It is never recommended to add more than 1 inch of liquid to the bottom of the stoneware.

NOTE:

- If choosing to baste meat during cooking process, use High setting to maintain proper cooking temperature.
- If choosing to cook on Low setting, it is recommended that the lid remain closed during cooking process to maintain proper cooking temperature.
- If cooking on Low setting, baste during the last 30 minutes of cooking only to ensure proper cooking temperature is maintained.

CAUTION: Never submerge heating unit in water or other liquid.

REMOVABLE STONEWARE

- The removable stoneware goes safely into the dishwasher, or may be washed in hot soapy water. Do not use abrasive cleaning compounds.
- A cloth, sponge or rubber spatula will usually remove the residue.
 To remove water spots and other stains, use a non-abrasive cleaner (such as Bon-Ami® Polishing Cleanser) or vinegar.
- The outside case may be cleaned with a soft cloth and warm soapy water. Wipe dry. Do not use abrasive cleaners.

CARE OF STONEWARE

As with any fine ceramic, the stoneware pan will not withstand the shock of sudden temperature changes.

- Do not put cold foods in the stoneware pan if it has been preheated or is hot to the touch. Do not preheat Crock-Pot® BBQ Pit before using unless specified in the recipe. The stoneware should be at room temperature before adding hot foods.
- To wash your stoneware pan right after cooking, use hot water.
 Do not pour in cold water if the stoneware is hot.
- The lid handle may get hot while cooking, use of an oven mitt while handling is advised.

Cooking with the BBQ Pit Slow Roaster

Introduction

Although grilling and barbeque have long been thought of as synonomous, the purist will hold true that Classic barbeque refers to slow cooked meat. Cooking at lower temperatures allows meat to become tender while preserving its natural juices. The long cooking period allows for several different, simple cooking techniques to be used to create fabulous flavor while offering the cook time to enjoy life with family and friends. You will find that your BBQ Pit has amazing versatility and allows you to cook hands free all day. You will create simple, memorable dishes with the greatest of ease.

About BBQ Pit Slow Roasting

Slow roasting offers time to break down the connective tissues of meat resulting in fall-off-the-bone tenderness. Long, slow cooking transforms the meat into a tender, juicy and flavorful dish.

See chart on page 10 to guide you on specific techniques and cook times for different cuts of meat.

Techniques

There are many barbeque pit roasting techniques and the right technique or combination of techniques will give meats the best flavor possible. Barbeque sauces, glazes, rubs, marinades, and dry, slow roasting can all be used successfully with your BBQ Pit Slow Roaster.

While briskets are favored in Texas, pork shoulders in North Carolina, ribs in Kansas and chicken in Louisiana, regional favorites are due to the type of animals raised in the area. Try experimenting with your own favorite cuts and recipes using one of these techniques or a combination of techniques to create a tender, flavorful dish your friends and family will ask for again and again.

The Flavorings

Rubs

Dry rubs typically are a mix of salt, spices and herbs used to season and tenderize meat to enhance the flavor by coating the exterior of the meat.

Wet rubs (or mops) typically contain some type of acid (vinegar, citrus, tomato, etc.) which further tenderize the meat by breaking down the collagen.

Basting Sauces and Glazes

Along with low temperature, a flavorful basting sauce or glaze can be the secret of delicious barbeque. A good sauce will flavor and tenderize the meat and keep the exterior moist while the inside cooks. Vinegar, water, salt and pepper constitute the basic barbeque basting sauce. You can create your own special sauce with the addition of mustard, ketchup, or a host of other ingredients – or choose from the recipes included. Many of the recipes included are very versatile and can be used with a variety of meats.

Basting Tips

Brush sauce or glaze on meat during last 1/2 hour of cooking, every 10 to 15 minutes. If choosing to baste more often, use High setting to maintain proper cooking temperature.

NOTE: Be sure to wash your basting brush in hot, soapy water before using on cooked meat if previously used on raw meat.

Marinades

Using a liquid marinade for meat that is set in the refrigerator will not only give meat flavor, but will help in breaking down the fat. After marinating meat, blot dry with paper towels. For tough cuts of meat, try marinating overnight and then baste every 10 to 15 minutes with a sauce or glaze to finish the dish during the last half hour of cooking.

NOTE: Seafood will absorb marinade very quickly. Do not marinate seafood for longer than 1/2 hour.

The Cooking Processes

Roasting

Large roasts can be slow roasted in the BBQ Pit on the High setting with great result. A constant, low temperature will offer an evenly cooked pink center and give less shrinkage than when cooked in an oven at a higher temperature. Meat cuts that will benefit from this dry roasting technique are large, tender, well marbled roasts typically cut from the rib, loin or leg.

Brines

Brining, or soaking meat in a saltwater/seasoned water bath prior to cooking, is an excellent way to add flavor and juiciness to the meat prior to cooking in the BBQ Pit. This method works wonderfully with a variety of poultry and meats. When brining, the meat cells absorb the liquid and any flavoring you've used, distributing the flavor throughout the meat.

A basic brine solution is 1/2 cup of kosher salt and 1/2 cup of sugar (substitute honey, brown sugar or molasses if desired) to 1 gallon of water (season or substitute water with juice, wine, beer, vinegar, soy or stock). You can add a variety of flavors to the brine such as garlic, onion, peppercorns, hot pepper flakes, fresh or dried herbs or spices such as mustard seed, coriander seed or bay leaves.

Fully submerge meat in brine; place a heavy plate on top of meat to keep in liquid or place brine and meat in a zip top bag. Rinse and dry meat after brining and do not salt meat before cooking. While brining, always keep meat in refrigerator. Discard brining liquid after use.

Brining times:

Whole Chicken: 3 to 12 hours Turkey: 24 hours

Pork Tenderloin: 6 to 12 hours Whole Pork Roast: 2 to 4 days

Recommended Settings, Cook Time and Techniques

NOTE: This chart is to be used as a guide, cook times may vary based on thickness, marbling, size of meat, etc. Always ensure appropriate internal temperatures are reached by inserting a meat thermometer at various locations. (see Cooking Guide below.)

Cooked Internal Meat Temperatures

Meat	Rare	Medium	Well Done
Beef	140°F	160°F	170°F
Pork	*	*	170°F
Fully Cooked Ham	*	*	140°F
Partially Cooked Ham	*	*	165°F
Fresh Ham	*	*	165°F
Poultry	*	*	180°F
Whole Chicken	*	*	180°F
Turkey	*	*	180°F

^{*}Rare pork, ham or poultry is not recommended.

Cooking Guide

Meat Cut	Recommende Size	d Cooktime Low Setting	Cooktime High Setting	Sugg. Internal Temps.
Poultry				
Skinned, Boneless Breasts	3 lbs.	2-3 hours	1-2 hours	170°F
Chicken pieces, bone in	5 lbs.	5-7 hours	3-5 hours	170°F
Turkey Breast	7 lbs.	7-9 hours	4-6 hours	170°F
Whole Chicken	7 lbs.	8-12 hours	4-6 hours	170°F
Ribs				
Beef Short Ribs	3 lbs.	7-8 hours	4-6 hours	170°F
Pork Loin Baby Back or				
Beef Baby Back Ribs	3 lbs.	6-8 hours	3-5 hours	170°F
Pork Country Style Ribs	5 lbs.	9-12 hours	6-9 hours	170°F
3 Racks Baby Back Ribs	8 lbs.	8-12 hours	5-8 hours	170°F
Roasts				
Flank Steak, London Broil	3 lbs.	3-5 hours	2-3 hours	170°F
Brisket	4 lbs.	5-8 hours	3-5 hours	170°F
Pork				
Pork Tenderloin	2.5 lbs.	-	1-2 hours†	170°F
Pork Butt	8 lbs.	-	10-14 hourst	170°F
Pork Shoulder	8 lbs.	-	10-14 hourst	170°F

[†] It is recommended that pork be prepared in the BBQ Pit on the High setting only.

Note: Times are approximate. Meat density and other marbling characteristics may alter appropriate cooktimes. Always cook meat to the proper internal temperature to ensure food safety. Use a meat thermometer to determine internal temperature. Some whole poultry items are sold with a pop-up style meat thermometer, check temperature with a traditional meat thermometer to ensure proper temperature has been reached. The Low setting cooks at 230*F. The High setting cooks food at 280°F. Lifting lid will cause heat loss. Adjust cook time accordingly.

Beef Sauces & Glazes

Hints & Tips

Your BBQ Pit is equipped with a roasting rack for cooking 3 whole beef baby back ribs or for cooking roasts weighing up to 7 pounds such as pot roasts, rump roasts or brisket (See insets on page 6).

Remove fat and sinew before marinating or basting.

Beef can be marinated 2 hours to overnight in a vacuum sealed or zip top bag, or used with our various recipes for spice rubs, sauces or a combination of techniques for maximum flavor.

- Stud roasts with garlic slivers for a simple way to impart aromatic flavor to the meat.
- Score brisket and flank steak on both sides to promote flavor absorption and tenderness.

Back Woods Beer Marinade

12 oz. bottle dark beer

1/4 cup oil

2 tbs. grainy mustard

2 tbs. red wine vinegar

2 tbs. honey

1 tbs. fresh rosemary, minced

1 tsp. salt

1/2 tsp. ground black pepper

Combine all ingredients in a bowl. Stir thoroughly to combine.

Place meat and marinade in a vacuum sealed or zip top bag, or covered bowl and place in refrigerator 2 hours to overnight.

Great for Beef, Poultry, Lamb, or Pork.

Boilermaker Glaze

1 tbs. canola oil

1 medium shallot, peeled and minced

1 garlic clove, minced

2 tbs. chili sauce

1 cup beer

3 tbs. molasses

1 tbs. red wine vinegar

2 tbs. whiskey

1 tsp. Worcestershire sauce

Heat the canola oil in a small, heavy saucepan over mediumhigh heat. Add the shallot and garlic and cook 1-2 minutes.

Add the chili sauce, beer, molasses, vinegar, whiskey, and Worcestershire sauce. Stir to combine ingredients and bring to a boil.

Once boiling, reduce the heat to medium. Let simmer 20-25 minutes or until syrupy.

Baste glaze on meat during the last 1/2 hour of cooking every 10-15 minutes.

Great for Beef or Pork.

Chinese Five-Spice Marinade

1/2 cup soy sauce

1/2 cup sherry

1 garlic clove, crushed

1 tbs. fresh ginger, minced

2 tbs. peanut oil

1/2 cup green onions, thinly sliced

1 tbs. five-spice powder

1/2 tsp. red pepper flakes

Combine all ingredients in a bowl. Stir thoroughly to combine.

Place meat and marinade in a vacuum sealed or zip top bag, or covered bowl and place in refrigerator 2 hours to overnight.

Great for Beef, Poultry, Lamb, Pork, or Vegetables.

Savory Italian Marinade

1 cup olive oil

1/2 cup fresh lemon juice

2 tbs. red or white wine vinegar

1/4 cup basil leaves, roughly chopped

2 tbs. fresh oregano, roughly chopped

2 garlic cloves, crushed

Combine all ingredients in a bowl. Stir thoroughly to combine.

Place meat and marinade in a vacuum sealed or zip top bag, or covered bowl and place in refrigerator 2 hours to overnight.

Great for Beef, Poultry, Fish, Lamb, Pork, or Vegetables.

Tomato and Basil Marinade

3/4 cup tomato puree

1/4 cup balsamic vinegar

2 tbs. olive oil

2 tbs. honey

1/4 cup fresh basil leaves, roughly chopped

1 small red chili pepper, seeded and roughly chopped

1 garlic clove, crushed

1/2 tsp. salt

1/4 tsp. ground black pepper

Combine all ingredients in a bowl. Stir thoroughly to combine.

Place meat and marinade in a vacuum sealed or zip top bag, or covered bowl and place in refrigerator 2 hours to overnight.

Great for Beef, Poultry, or Lamb.

Balsamic and Merlot Beef Marinade

1 cup Merlot

1/4 cup olive oil

3 tbs. balsamic vinegar

2 garlic cloves, crushed

1 tbs. light brown sugar

1 tsp. onion powder

1 tsp. salt

1 tsp. ground sage

1/2 tsp. ground black pepper

Combine all ingredients in a bowl. Stir thoroughly to combine.

Place meat and marinade in a vacuum sealed or zip top bag, or covered bowl and place in refrigerator 2 hours to overnight.

Teriyaki Glaze

1 cup soy sauce

1 cup sherry

1/2 cup honey

2 tbs. orange juice

2 tbs. hoisin sauce

1 tbs. ketchup

2 small red chili peppers, split lengthwise, seeded

Combine all ingredients in a small, heavy saucepan. Stir to combine ingredients and bring to a boil over medium-high heat.

Once boiling, reduce heat to medium. Let simmer 20-25 minutes or until syrupy. Remove the chili peppers. Baste glaze on meat during the last hour of cooking every 10-15 minutes.

Great with London Broil, flank steak, or ribs.

Sesame Garlic Glaze

1 cup soy sauce

1 cup water

1/4 cup honey

2 tbs. sesame oil

2 tbs. garlic cloves, minced

1/4 tsp. ginger

2 tbs. sesame seeds, lightly toasted

Combine the soy sauce, water, honey, sesame oil, garlic and ginger in a small, heavy saucepan. Stir to combine ingredients and bring to a boil over medium-high heat. Once boiling, reduce heat to medium. Let simmer 20-25 minutes or until syrupy.

Baste meat with glaze during the last 1/2 hour of cooking every 10-15 minutes.

Great for Beef, Poultry, or Pork.

Beef Recipes

Dark and Stormy Brisket

3 - 3 1/2 lb. brisket

Rub

2 1/2 tsp. brown sugar

1 tsp. curry powder

1/2 tsp. ground cumin

1/4 tsp. cinnamon

1/4 tsp. nutmeg

1/4 tsp. cloves

1/2 tsp. chili powder

1/2 tsp. salt

1/2 tsp. cayenne pepper

Sauce

Juice of 1 lime (about 1/4 cup)

12 oz. ginger beer

3/4 cup molasses

1/4 cup honey

1 dark rum

1 - 2 jalapenos, sliced (to taste)

3 - 4 cloves of garlic, chopped

2 bay leaves

2 tsp. liquid smoke

Kosher salt and fresh ground pepper to taste

Score brisket on both sides

and set aside.

Combine ingredients for rub and blend well. Rub all over brisket and let rest for 1-2 hours refrigerated.

Combine ingredients for sauce in a sauce pan, blend well and simmer until reduced by 1/2. Reserve 1/2 for serving.

Set unit to High and insert rack. Add brisket with the fat cap on top and brush with sauce. Brush with sauce every 30 minutes if desired, flipping once.

Cook for 4-5 hours until brisket becomes very tender. Slice thinly across the grain, serve with remaining sauce.

Yield: 6 servings.

Dry Rubbed Beef Short Ribs

3 lbs. bone-in short ribs

Rub

1 tsp. dried rosemary

1 tsp. dried oregano

1 tsp. dried garlic

1 tsp. dried sage

1 tsp. kosher salt Fresh ground pepper Set unit to High and insert rack. In a small bowl, combine rub ingredients and blend well. Rub all over short ribs. Place on rack and cook for 4-4 1/2 hours until very tender.

Yield: 3-4 servings.

Margarita Flank

2 lb. flank steak, scored on both sides and seasoned with kosher salt and pepper

12 oz. can frozen lemonade, defrosted

1/2 cup tequila

1/4 cup olive oil

Juice of 2 limes

1/3 cup lemon preserves or marmalade

1/2 cup chopped cilantro

1 jalapeño, sliced

Combine all ingredients except flank and blend well. Add steak to zip top bag or pan and pour marinade over. Marinade for 1 hour.

Set unit to High and insert rack. Add flank and cook for 2-3 hours, until flank is tender. Remove meat, slice thinly across the grain.

Yield: 3-4 servings.

BBQ Beef

3 lbs. cubed chuck meat

Marinade and Sauce

24 oz. ketchup

1 cup diced tomatoes

1/4 cup cider vinegar

1 cup brown sugar

4 oz. chopped green chilies (mild or hot)

1/4 cup mustard

1/2 cup Worcestershire sauce

1 tsp. red pepper sauce (or to taste)

1 tbs. liquid smoke

Fresh ground pepper

Set unit to High. Combine all ingredients except beef in a bowl and blend well. Add beef and coat well. Pour into unit and cook for 5-6 hours until very tender.

Yield: 6 servings.

Beef Tenderloin Tips in Chipotle Sauce

3 lbs. tenderloin tips

Rub

2/3 cup brown sugar1/4 - 1/2 tsp. cayenne pepper (to taste)1/2 tsp. salt

Marinade and Sauce

28 oz. can crushed tomatoes 1/4 cup balsamic vinegar 3 chipotles in adobo 1 tbs. liquid smoke 1/3 cup brown sugar 1/4 tsp. ground allspice Salt and fresh ground pepper to taste In a small bowl, add ingredients for rub and combine well. Rub over tips and refrigerate for 30 minutes. In a food processor, combine marinade ingredients and pulse to blend. Reserve 1/2 for serving (for a thicker sauce, reduce by half prior to serving).

Add beef to a zip top bag and pour remaining marinade over and refrigerate for 4 hours or overnight. Turn unit to High. Add beef (with marinade) and cook for 2-3 hours until tender. Serve with reserved sauce.

Yield: 4-6 servings.

Beef Tenderloin Tips in Smoky Asian Sauce

3 lbs. tenderloin tips

Marinade

1 cup hoisin sauce
1/4 cup soy sauce
1/4 cup mirin, rice wine,
or white wine
3 tbs. liquid smoke
1/2 cup honey
1/2 tsp. thai chili paste or
similar (more if desired)
Juice of 1/2 lime
3 scallions, thinly sliced
1/8 tsp. ground cloves
Fresh ground pepper

In a large bowl, add all ingredients for marinade and blend well. Add tips, coat well and marinade for 1 hour in the refrigerator. Turn unit to High and insert rack.

Place tips on rack and cook for 3-4 hours until very tender, brushing with marinade and turning 2 or 3 times, being sure to cook meat for 30 minutes or more after final application.

Yield: 4-6 servings.



Pork Sauces & Glazes

Hints and Tips

Your BBQ Pit is equipped with a roasting rack for cooking 3 whole pork country style or baby back ribs or for cooking roasts weighing up to 7 pounds such as pork tenderloin, pork shoulder or pork butt (See insets on page 6).

Remove fat and sinew before marinating or basting.

Pork can be marinated up to 2 hours or overnight. Place meat in a vacuum sealed or zip top bag, covered bowl, or use with our various recipes for spice rubs, sauces or a combination of techniques for maximum flavor.

- Pat marinated meat with paper towels.
- Discard marinade after use.
- Do not use remaining marinade to baste during cooking.

Sweet and Sour Glaze

6 tbs. cold water 2 tbs. cornstarch 1 1/2 cups pineapple juice 1/4 cup white wine vinegar 2 tbs. soy sauce 2 tbs. sugar 1/4 tsp. ground ginger In a small bowl, dissolve the cornstarch into the water and set aside. Combine the remaining ingredients in a small, heavy saucepan. Stir to combine ingredients and bring to a boil over medium-high heat. Once boiling, reduce the heat to medium. Whisk in the cornstarch mixture. Let simmer for 18-20 minutes or until syrupy.

Baste glaze on meat during the last 1/2 hour of cooking every 10-15 minutes.

Great for Poultry or Pork.

Sweet and Sour Marinade

1 cup pineapple juice1/4 cup white vinegar3 tbs. brown sugar1 tbs. fresh ginger, minced1 tbs. soy sauce1/4 cup green onions, thinly sliced

Combine all ingredients in a bowl and stir to thoroughly combine. Place meat in a vacuum sealed plastic bag or zip top bag, or covered bowl for 2 hours to overnight.

Great for Pork, Beef, Poultry, Fish.

Apple Ginger Marinade

3/4 cup apple juice or apple cider

1/4 cup oil

2 tbs. white wine vinegar

1/4 cup fresh ginger, finely chopped

1 tbs. soy sauce

1 tbs. prepared mustard

1 tsp. red pepper flakes (optional)

Combine all ingredients in a bowl and stir to thoroughly combine.

Place meat in a vacuum sealed or zip top bag, or covered bowl for 2 hours to overnight.

Great for Chicken or Pork.

Orange Maple Glaze

1 1/2 cups orange juice 1/2 cup maple syrup

1/4 cup red bell pepper, finely diced

1/4 cup apple cider or apple juice

1 tbs. yellow mustard

2 tbs. teriyaki or soy sauce

1 tbs. orange zest

Combine the orange juice, maple syrup, red pepper, apple cider, mustard and teriyaki sauce in a small, heavy saucepan. Stir to combine ingredients and bring to a boil over medium-high heat.

Once boiling, reduce the heat to medium. Let simmer 20-25 minutes or until syrupy. Use a ladle to skim the foam off the surface of the glaze and discard.

Baste glaze on meat during the last hour of cooking every 10-15 minutes.

Great for Poultry or Pork.

Chinese BBQ Glaze

3 tbs. hoisin sauce 3/4 cup water 1/4 cup rice wine 1 garlic clove, minced 1 tsp. fresh ginger, minced Combine all ingredients in a small, heavy saucepan. Stir to combine and bring to a boil over medium-high heat. Once boiling, reduce heat to medium and let simmer 18-20 minutes or until syrupy.

Baste glaze on meat during the last 1/2 hour of cooking every 10-15 minutes.

Great for Poultry, Beef or Pork.

Sweet Apple Glaze

1 1/2 cups apple cider 1/4 cup apple cider vinegar 1/4 cup apple jelly 1/8 tsp. ground ginger 1 tsp. honey Combine the apple cider, vinegar, apple jelly and ginger in a small, heavy saucepan. Stir to combine ingredients and bring to a boil over medium-high heat.

Once boiling, reduce the heat to medium. Let simmer 20-25 minutes or until syrupy.

Baste glaze on meat during the last hour of cooking every 10-15 minutes.

Great for Poultry or Pork.

Pork Recipes

BBQ Baby Back Ribs

2 racks of baby back ribs, 1 1/2 - 2 lbs. each

Sauce

1/2 tsp. onion powder 2 cups ketchup 2 tbs. Worcestershire sauce 1/4 cup molasses 1/4 cup brown sugar 2 tbs. liquid smoke 1/2 tsp. hot pepper sauce Turn unit to High, insert rack to accommodate ribs. Rinse and dry the ribs.

In a bowl, combine the sauce ingredients and blend well. Reserve 1/2 for serving. Liberally coat each side of ribs with sauce.

Place ribs in rack and cook for 5 hours or until ribs are very tender and can be easily separated. Brush the ribs with sauce several times during cooking for better flavor. Serve with reserved sauce.

Yield: 4-6 servings.

Marinated Pork Smothered in Collards and Onions

3 1/2 - 4 lbs. pork roast

2 sweet onions, peeled and sliced to 1/4" thick

1 1/2 lb. collard greens, cleaned, trimmed and sliced into 1/2" ribbons

1/4" bacon, diced and cooked until golden

2 cloves of garlic, chopped 2 cups chicken broth

Marinade

8 cloves of garlic
16 oz. jar of roasted red peppers, drained
1 - 2 jalapeño peppers (to taste)
1/4 cup olive oil
Juice of 1/2 lemon
1 tbs. white wine vinegar
1 tbs. fresh thyme
Salt and pepper Rinse and pat the pork roast dry. Combine the marinade ingredients in a blender or food processor to combine. Reserve 1/4 cup. Place pork in a zip top bag or baking dish and pour marinade over, coat and refrigerate for 2-4 hours (or overnight). Turn unit to High.

Add onions, collard greens, bacon, garlic and broth. Place pork on top and cook for 3 hours or until the meat thermometer reads 165°F. Remove pork from unit, let rest for 5 minutes. Add reserved marinade to collards and onions and stir to incorporate. Slice pork into 1/4" slices. Add back to collards and onions and cook for 30 more minutes. Serve the slices of pork smothered with the collards and onions.

Yield: 6-8 servings.

Spice Rubbed Pork Tenderloin with Smoky Whiskey Apricot Glaze

3 pork tenderloins, about 1 lb. each

Rub

4 tsp. kosher salt

2 tsp. ground cumin

1 tsp. garlic powder

1 tsp. ground coriander

1/2 tsp. ground ginger

1 1/2 dried thyme

1/2 tsp. ground pepper

Glaze

1/4 cup whiskey

1 cup apricot preserves

1 tsp. minced ginger

1 clove minced garlic

2 tsp. liquid smoke

1/2 tsp. crushed red pepper flakes

Salt and pepper

Turn unit to High and insert rack. Rinse and dry the tenderloins. Trim them of any silver skin. Combine the rub ingredients in a bowl and rub evenly over the tenderloins. Place tenderloins on rack in unit and cook for 1 hour.

In a small saucepan, combine the ingredients of the glaze. Bring to a simmer and reduce to thicken, about 10 minutes. Divide in two, reserving half for serving. Brush liberally on tenderloins and cook for 30 more minutes until temperature on a meat thermometer reads 165°F. Remove from unit, let rest for 5 minutes, cut into 1/4" slices. Pour remaining glaze over the sliced pork.

Yield: 6-8 servings.

Pork Ribs with an Herb Rub

4 racks of baby back pork ribs, about 1 1/2 - 2 lbs. each olive oil

Rub

4 tbs. kosher salt

2 tsp. ground black pepper

4 tbs. dried rosemary

4 tbs. dried oregano

4 tbs. dried sage

4 tbs. garlic powder

4 tbs. ground anise seed

Turn unit to High and insert rack to accommodate ribs. Rinse and dry the ribs. In a bowl, combine the rub ingredients and blend well.

Brush each side of ribs with olive oil. Liberally coat each side of ribs with the rub. Place ribs in rack and cook for 6 hours or until ribs are very tender.

Yield: 8-10 servings.

Pork Shoulder with Balsamic Slather

7-7 1/2 lbs. boneless pork shoulder, rinsed and dried
1/2 cup raisins
3/4 cup balsamic vinegar
1/4 cup olive oil
10 cloves of garlic
3 tbs. fresh rosemary
1 1/2 tsp. salt
Fresh ground pepper

Using a paring knife, make 8-10 cuts on both sides of pork shoulder. Combine all ingredients except pork in food processor and pulse to combine well, but not pureed. Using a small spoon, insert slather mixture into cuts and all over pork as well. Place into a pan and marinade overnight in refrigerator.

Set unit to High and insert rack. Place pork on rack and cook for 7-8 hours until very tender. Remove pork, pour out juices, skim fat and serve shoulder sliced with juice poured over.

Yield: 10-12 servings.

Poultry Sauces & Glazes

Hints and Tips:

Your BBQ Pit is equipped with a roasting rack (See insets on page 6) for cooking 1-2 whole chickens, turkey or chicken and turkey pieces weighing up to 7 pounds.

Poultry can be marinated 2 hours to overnight in a vacuum sealed or zip top bag, or used with our various recipes for spice rubs, or flavorful sauces or a combination of these simple techniques.

Marinate poultry overnight with one of our rubs or marinades and baste during the slow roasting process with a glaze or sauce as much or as little as desired.

Preparing Meat:

Remove gizzards, neck and giblets before marinating and roasting.

Lip Smackin' BBQ Sauce

4 tbs. canola or vegetable oil2 small red onions, peeled and finely chopped

3 garlic cloves, finely chopped

1 lemon, juiced

1 cup brown sugar, packed

1/2 cup cider vinegar

1 cup ketchup

2 tbs. Worcestershire sauce

1 tsp. hot pepper sauce, or to taste

1/2 tsp. chili powder

On stovetop, set to mediumhigh heat, place oil, onions and garlic. Sauté until garlic and onions are softened and lightly browned. Stir in remaining ingredients and simmer gently for about 5 minutes.

Great for Poultry, Beef, or Pork.

Classic BBQ Sauce

2 tsp. canola oil

3 tbs. onion, finely chopped

3/4 cup ketchup

2 tbs. chili sauce

2 tbs. white vinegar

2 tbs. Worcestershire sauce

1 tbs. honey

1/2 tsp. chili powder

1/4 tsp. garlic powder

Heat the canola oil in a small, heavy saucepan over medium-heat. Add the onions and cook 4-5 minutes until soft and beginning to brown. Add the ketchup, chili sauce, vinegar, Worcestershire sauce, honey, chili powder, and garlic powder. Cook 6-7 minutes, stirring often. *Great for Poultry, Beef, or Pork.*

Coconut Ginger Marinade

- 1 13.5 oz. can unsweetened coconut milk
- 2 tbs. ginger, peeled and chopped
- 1 tbs. soy sauce
- 2 garlic cloves, crushed
- 1/2 cup fresh lemon juice
- 1/2 cup chicken broth or stock
- 1 tbs. rice wine vinegar
- 2 tbs. dark sesame oil
- 1 small red chili pepper, split lengthwise, seeded
- 1/4 cup green onions, thinly sliced
- 1/2 tsp. red pepper flakes (optional for extra spiciness)

Combine all ingredients in a bowl. Place meat and marinade in a zip top bag and shake to combine. Place in refrigerator 2 hours to overnight.

Great for Beef, Poultry, Fish, Lamb, or Pork.

Thai Curry Marinade

- 1 cup soy sauce
- 1/2 cup dry white wine
- 1/4 cup light brown sugar, packed
- 1 lime, juice and zest removed and reserved
- 1 orange, juice and zest removed and reserved
- 1/2 cup peanut oil
- 2 small red chili peppers, split lengthwise, seeded
- 1 tbs. fresh ginger root, chopped
- 1 tbs. curry powder
- 1/4 cup cilantro leaves, washed and chopped

Combine all ingredients in a bowl. Stir thoroughly to combine. Place meat and marinade in a vacuum sealed or zip top bag, or covered bowl and place in refrigerator 2 hours to overnight.

Great for Beef, Chicken, Fish, Lamb, Pork, or Vegetables.

Sweet Honey-Basil Marinade

1/2 cup honey

1 cup red wine vinegar

2 garlic cloves, crushed

1 large shallot, peeled and roughly chopped

2 tbs. soy sauce

1/3 cup orange juice

1/4 cup white wine

1/2 cup fresh basil, washed and roughly chopped

1/2 tsp. salt

1/2 tsp. ground black pepper

Combine all ingredients in a bowl. Stir thoroughly to combine. Place meat and marinade in a vacuum sealed or zip top bag, or covered bowl and place in refrigerator 2 hours to overnight. *Great for Poultry or Pork.*

South of the Border Marinade

12 oz. beer

1/2 cup canola or vegetable oil

1/2 cup fresh lemon juice

1/2 cup fresh lime juice

1/2 tsp. chili powder

1/2 tsp. cumin powder

2 small red chili peppers, split lengthwise, seeded

1 tsp. orange zest

1/4 cup light brown sugar, packed

2 garlic cloves, crushed

Combine all ingredients in a bowl. Stir thoroughly to combine. Place meat and marinade in a vacuum sealed or zip top bag, or covered bowl and place in refrigerator 2 hours to overnight.

Great for Beef, Poultry, Lamb, or Pork.

Honey Mustard Marinade

3/4 cup mustard, Dijon or yellow

1/4 cup honey

1/2 cup white wine

1/4 cup oil

1 tsp. dried herbs such as tarragon, oregano, basil and/or thyme

1/2 tsp. salt

Pinch ground black pepper

Combine all ingredients in a bowl. Stir thoroughly to combine. Place meat and marinade in a vacuum sealed or zip top bag, or covered bowl and place in refrigerator 2 hours to overnight.

Citrus Soy Marinade

1 cup fresh lime juice 1/2 cup orange juice

1/2 cup oil

4 tbs. soy sauce

4 tbs. red wine vinegar

4 tbs. light brown sugar

1/2 tsp. ground black pepper

Combine all ingredients in a bowl. Stir thoroughly to combine. Place meat and marinade in a vacuum sealed or zip top bag, or covered bowl and place in refrigerator 2 hours to overnight. *Great for Beef or Poultry.*

Coconut Curry Glaze

2 cups chicken stock

1/2 cup rice wine

1/4 cup soy sauce

3 tbs. packed light brown sugar

1-2 tsp. red curry paste

1/2 cup unsweetened coconut milk

2 tbs. shredded coconut, toasted (optional)

Combine the chicken stock, rice wine, soy sauce, brown sugar, and curry paste in a small, heavy saucepan. Stir to combine ingredients and bring to a boil over medium-high heat.

Once boiling, reduce the heat to medium. Let simmer for 20-25 minutes or until syrupy. Add the coconut milk and let simmer additional 2 minutes.

Transfer the glaze to a large mixing bowl. Gently toss cooked poultry in the glaze and serve. Garnish with toasted coconut if desired.

Chinese Chicken Glaze

1 cup soy sauce

1 cup water

1/2 cup sherry

3 tbs. light brown sugar

1 tbs. fresh ginger, minced

1 garlic clove, minced

1 tsp. five spice powder

Combine all ingredients in a small, heavy saucepan. Stir to combine ingredients and bring to a boil over medium-high heat.

Once boiling, reduce heat to medium. Let simmer 20-25 minutes or until syrupy. Transfer the glaze to a large mixing bowl. Gently toss cooked poultry in the glaze and serve. Garnish with toasted coconut if desired.



Poultry Recipes

Whole Chicken with Lemon, Thyme and Garlic

3-4 lbs. whole chicken
1 lemon, cut into 1/4" slices
6 cloves of garlic, sliced
10-15 sprigs of fresh thyme
1 tbs. olive oil
Kosher salt
Fresh ground pepper

Rinse and dry the chicken inside and out. Using your fingers, loosen the skin from the body. Evenly tuck lemon slices, garlic and thyme under the skin, as well as several slices and sprigs in the cavity of the bird.

Rub the outside with olive oil and season well with salt and pepper. Place chicken in rack and cook on High for 3-4 hours or until a meat thermometer reads 180°F

Yield: 4 servings.

Lemon Lime Chicken

4 split chicken breasts (bone in and skin on) Juice of 1 lemon and 1 lim

Juice of 1 lemon and 1 lime (about 1/2 cup)

1/2 cup olive oil

1/2 cup finely minced sweet onion

2 tbs. dried parsley

8 cloves of garlic, minced (about 1/4 cup)

1/2 tsp. crushed red pepper flakes

Salt and pepper

Rinse and dry the chicken breasts and place in a zip top bag or bowl. Combine all ingredients except chicken in bowl and blend well. Pour 3/4 of marinade over chicken and marinate for 1 hour. Reserve the remainder of the marinade.

Remove chicken from marinade (discard used marinade) and place chicken on rack. Cook on High for 1 1/2-2 hours until meat thermometer inserted in the thickest part of the meat reads 170°F. Pour reserved marinade over chicken when serving.

Yield: 4 servings.

Chicken Picadillo

- 2 lbs. boneless skinless chicken thighs, trimmed of any visible fat
- 2 1/2 cups crushed tomatoes
- 1 cup raisins
- 2 chipotle peppers in adobo
- 1/8 cup cider vinegar
- 3/4 cup chipotle sauce
- 1 tsp. cinnamon
- 2 cloves garlic
- 1 tsp. salt

Rinse and dry chicken and place in a bowl.

In a blender or food processor, combine all ingredients except chicken and pulse to blend (do not puree). Pour over chicken and toss to coat. Place chicken on rack in unit and cook on Low for 5 hours until the chicken is very tender.

Using the tines of 2 forks, shred the chicken and cook for 1 hour more.

Yield: 6 servings.

Chicken Mole Verde

- 3 lbs. boneless skinless chicken thighs, trimmed of any visible fat
- 1 jar (8.25 oz.) of mole verde
- 1 15 oz. can of diced tomatoes
- 1 1/2 2 cup chicken broth

Rinse and dry chicken and place in a bowl. In a separate bowl, combine mole, tomatoes and broth and stir to blend. Add chicken and toss well. Marinate for 2+ hours.

Place chicken on rack and cook on Low for 4 hours or until very tender and reading 170°F on a meat thermometer.

Yield: 6-8 servings.

Honey Roasted Peanut Crusted Chicken

3-4 lbs. whole chicken
1 tsp. peanut oil
3/4 cup honey roasted salted peanuts, chopped
3/4 cup honey
2 tbs. soy sauce
1/4 tsp. cayenne pepper
Salt and pepper

Rinse and dry chicken and season with salt and pepper. In a small bowl, combine peanut oil, 1 tsp. of soy and 1 tsp. of honey. Blend and brush on the chicken. Transfer chicken to rack in unit. Cook on High for 3-4 hours or until a meat thermometer reads 180°F.

While chicken is cooking, combine the remaining ingredients in a small pan, heat gently while stirring to melt honey and combine and set aside. When chicken is finished, remove from unit, place on a serving dish and let sit for a moment and then pour honey mixture over chicken, sprinkle with chopped peanuts.

Yield: 4 servings.

Honey Mustard Wings

- 4 lbs. chicken wings, 1/2 drums and wings (tips removed)
- 1 cup honey
- 1 cup mustard
- 1 tbs. soy sauce or tamari
- 2 tbs. sesame oil
- 1 tsp. crushed red pepper or hot sauce (to taste)
- 1/2 tsp. garlic powder
- 3 tbs. chopped green onion Freshly ground pepper

Rinse and pat dry the chicken. In a large bowl, place all remaining ingredients and blend well. Add chicken and marinate in the refrigerator for 2 hours. Set unit to High. Spoon the chicken wings into the stoneware, reserving the marinade. Cook the chicken for 2 hours, stirring once or twice.

Transfer the marinade to a saucepan, simmer and reduce by 1/4-1/2. During the 3rd hour of cooking, brush the reduced marinade onto the wings.

To serve, spoon the wings out of the stoneware and serve with any remaining reduced marinade.

Serves 8-10 as an appetizer.

Tomato Fire Wings

- 4 lbs. chicken wings, 1/2 drums and wings (tips removed)
- 1/2 cup cider vinegar
- 1/4 cup canola oil
- 1-6 oz. can of tomato paste
- 2 tsp. crushed red pepper
- 1 tbs. mustard
- 1 tsp. hot pepper sauce
- 1 tsp. chili poder
- 1 tsp. garlic powder
- 2 tbs. liquid smoke
- 1 tbs. Worcestershire sauce
- 1/3 cup water

Rinse and pat dry the chicken. In a large bowl, place all remaining ingredients and blend well. Add chicken and marinate in the refrigerator for 2 hours. Set unit to High. Spoon the chicken wings into the stoneware, reserving the marinade. Cook the chicken for 2 hours, stirring once or twice. Transfer the marinade to a saucepan, simmer and reduce by 1/4-1/2. During the 3rd hour of cooking, brush the reduced marinade onto the wings.

To serve, spoon the wings out of the stoneware and serve with any remaining reduced marinade.

Serves 8-10 as an appetizer.

Sticky Smoky Wings

4 lbs. chicken wings, 1/2 drums and wings (tips removed)

1 1/4 cup ketchup

1/2 cup molasses 3 tbs. liquid smoke

1 tbs. Worcestershire sauce

1 tbs. cider vinegar

1 tbs. canola oil

2 tbs. brown sugar

hot pepper sauce to taste

Rinse and pat dry the chicken. In a large bowl, place all remaining ingredients and blend well.

Add chicken and marinate in the refrigerator for 2 hours. Set unit to High. Spoon the chicken wings into the stoneware, reserving the marinade. Cook the chicken for 2 hours, stirring once or twice. Transfer the marinade to a saucepan, simmer and reduce by 1/4-1/2. During the 3rd hour of cooking, brush the reduced marinade onto the wings.

To serve, spoon the wings out of the stoneware and serve with any remaining reduced marinade.

Serves 8-10 as an appetizer.

Turkey Breast with Cranberry Orange Glaze

2-4 lbs. boneless turkey breast Butcher's twine

Brine:

1 gallon cool water

1/2 cup kosher salt

1/2 cup brown sugar

2 cinnamon sticks

1 cup apple cider vinegar

1/2 orange, juice squeezed into water and 1/2 orange added

1 tbs. peppercorns

1 tbs. whole allspice

1 tbs. whole cloves

3 cloves garlic, smashed

Cranberry Orange Glaze:

16 oz. can whole cranberry sauce

1/2 cup orange marmalade

1/2 tsp. ground cloves

1/4 cup cider vinegar

1 tsp. Dijon mustard

1 tsp. crushed red pepper

1 1/2 tsp. salt

Fresh ground pepper

Combine brine ingredients in a large pot and stir to blend. Add turkey breast to brine for 4-6 hours. Shortly before removing turkey from brine, combine the ingredients of the glaze in a small saucepan, gently heat to melt the ingredients. Remove from heat and reserve 1 cup for serving.

Remove turkey from brine, discard brine and pat turkey dry. Brush the turkey breast with the glaze, roll and tie into a bundle. Brush turkey again.

Cook on High for 2 1/2-3 hours, until thermometer reads 180°F. Remove, let rest for 5-10 minutes before removing twine, slice into 1/4-1/2" slices and serve with reserved glaze.

Yield: 4-8 servings.

Smoky Maple Glazed Turkey

7 lb. turkey
2 cup real maple syrup
2/3 cup whiskey
1/4 cup liquid smoke
1/2 cup Worcestershire sauce
2 tbs. minced fresh ginger
4 tsp. mustard
1/4 cup sesame oil
1 tsp. crushed red pepper
(to taste)
2 tsp. kosher salt

Rinse and dry turkey, inside and out. Combine remaining ingredients in a bowl and blend. Pour over turkey and marinade overnight, turning several times. Set unit to High and insert rack.

Remove turkey from marinade, place in BBQ Pit and reserve marinade. Cook turkey for 6-8 hours until meat thermometer reads 180°F. In final hour, add reserved marinade to saucepan, simmer and reduce by 1/2. Brush on turkey 2 or 3 times.

Remove turkey from unit, let rest for 10 minutes, then slice and serve with remaining reduced marinade.

Side Dish & Dessert Recipes

Enjoy!

Some of the following Side Dish and Dessert recipes can be made in a Crock-Pot® Slow Cooker. They are perfect accompaniments to your BBQ Pit meal!

Country Scalloped Potatoes for Crock-Pot®Slow Cooker

6 medium potatoes, thinly sliced

1 large onion, thinly sliced

1 cup cheddar cheese, shredded

1/2 cup fresh Italian parsley, minced

10 button mushrooms, thinly sliced

1/2 cup milk

1/2 cup butter, melted

1/2 tsp. paprika

1/2 tsp. black pepper

1/2 tsp. salt

Lightly grease the stoneware of a Crock-Pot® Slow Cooker. Alternate layers of potatoes, onions, cheese, parsley and mushrooms in the stoneware. In a small bowl, combine the milk, butter, paprika, pepper and salt. Pour this mixture over the ingredients in the slow cooker. Cover, cook on Low for 7 to 9 hours or on High for 3 to 4 hours.

Macaroni and Cheese for Crock-Pot® Slow Cooker

3 cups cooked macaroni

- 1 tbs. butter or margarine, melted
- 2 cups evaporated milk
- 3 cups shredded cheddar cheese
- 1/4 cup onion, chopped
- 1 tsp. salt
- 1/4 tsp. pepper

Add ingredients to stoneware of Crock-Pot® Slow Cooker. Cook on High for 2 to 3 hours, stirring twice.

Blue Cheese Buttermilk Cole Slaw

Salad:

- 4 cups shredded red or green cabbage or a combination (about 1/2 of a large head)
- 1 large carrot, shredded
- 1 stalk celery, thinly sliced
- 1 Granny Smith apple, cored with skin on, shredded
- 6-8 radishes, shredded
- 1/2 cup thinly sliced scallions
- 3 tbs. minced fresh parsley Salt and pepper

Dressing:

- 4 oz. blue cheese, crumbled, plus some for garnish1/2 cup mayonnaise1/3 cup buttermilk
- 1 1/2 tbs. cider vinegar
- 4 tsp. sugar

Combine all ingredients in a food processor until almost smooth. Transfer dressing to a large bowl.

Add all vegetables to bowl with the dressing and toss well to combine. Season with salt and pepper. Garnish with additional blue cheese.

Side Dishes & Desserts

Cole Slaw

1 head cabbage, grated fine

2 cups mayonnaise

1/2 tsp. vinegar

1 small onion, finely chopped

1 tsp. sugar

1 tsp. pepper

Combine grated cabbage with all ingredients in a large bowl. Refrigerate 1 hour prior to serving.

3-Bean Salad

1 can (15 oz.) green beans 1 can (15 oz.) kidney beans (drained and rinsed)

1 can (15 oz.) wax beans

1 onion, thinly sliced

3/4 cup sugar

2/3 cup vinegar

1/3 cup vegetable oil

1/2 tsp. salt

1/2 tsp. pepper

1/2 tsp. celery salt

Combine all ingredients in a large bowl and refrigerate at least 12 hours prior to serving.

Corn Bread

1 egg

1 1/3 cups milk

1/4 cup vegetable oil

2 cups corn meal mix

1 can (8 oz.) cream-style corn

1 cup sour cream

Heat oven to 425°F. Grease a 9 inch iron skillet or baking pan.

Beat the egg in a large bowl, adding in milk, oil, sour cream, creamed corn, and corn meal mix. Stir until just dampened.

Pour into prepared skillet or pan.

Bake 30 minutes or until toothpick inserted into center comes out clean.

Traditional Cucumber Salad

4 cucumbers – peeled and diced 8 oz. sour cream 8 oz. plain yogurt 1/2 cup diced onion 2 cloves garlic, minced 1 tbs. fresh dill, chopped Salt and pepper to taste

Drain cucumbers to remove excess moisture. Combine sour cream, yogurt, onion, garlic and dill. Add cucumbers and toss gently to coat. Season with salt and pepper.

Fresh Tomato Salad

4 medium sized tomatoes
3 plum tomatoes
juice of 1 large lime
1 small bunch cilantro chopped
1/3 cup orange juice
1 tsp. honey
1/4 tsp. salt
1/4 tsp. pepper

Cut tomatoes into 1/4 inch thick slices. Combine lime juice with cilantro, orange juice, honey and salt.

Arrange slices of tomato on a platter. Drizzle with dressing and sprinkle with salt and pepper.

Sweet Potato Casserole for Crock-Pot® Slow Cooker

2 lbs. sweet potatoes, mashed1/2 cup margarine or butter, melted

2 tbs. sugar

2 tbs. brown sugar

1 tbs. orange juice

2 eggs, beaten

1/2 cup milk

1/3 cup pecans, chopped

1/3 cup brown sugar

2 tbs. flour

2 tbs. margarine or butter, melted

Lightly grease the stoneware of a Crock-Pot® Slow Cooker. In a large bowl, mix the sweet potatoes, 1/3 cup margarine, sugar and brown sugar. Beat in the orange juice, eggs and milk. Transfer to the stoneware.

Combine pecans, 1/3 cup brown sugar, flour and 2 tbs. margarine and spread over the potatoes. Cover and cook on High for 3 to 4 hours.

Peach Cobbler for Crock-Pot® Slow Cooker

2 lbs. fresh or canned peaches, sliced

2/3 cups oats

2/3 cup flour

2/3 cup light brown sugar

1/2 tsp. ground cinnamon

1/4 tsp. nutmeg

3/4 cup softened butter

Place the peaches in the stoneware of a Crock-Pot® Slow Cooker. Combine oats, flour, brown sugar, cinnamon and nutmeg and pour over peaches. Add the butter and stir until crumbly. Cook on Low for 3 hours.

Homestyle Apple Brown Betty for Crock-Pot® Slow Cooker

6 cups apples, peeled, cored and cut into slices

3 cups bread crumbs

1/2 cup brown sugar

1 tsp. cinnamon

1 tsp. nutmeg

1/8 tsp. salt1/2 cup butter or margarine, melted

1/4 cup walnuts, finely chopped (optional)

Place the apples in the bottom of the stoneware of a Crock-Pot® Slow Cooker. In a mixing bowl, combine the bread crumbs, cinnamon, nutmeg, salt, brown sugar, butter and walnuts. Spread mixture over the apples in the stoneware. Cover cook on Low for 3 to 4 hours or on High for 1 1/2 to 2 hours.

NOTES

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