



## FLAVOR flash

**1** There's no doubt that some herbs, such as oregano and basil, change flavor with an extended cooking time. Stir these in the last hour of cooking.

**2** Ground red pepper and red pepper sauce tend to become bitter during long slow cooking. Use small amounts and then taste during the last hour of cooking to decide whether more seasoning is needed.

**3** If you'd like to concentrate the flavors in the juices, remove the lid and cook on the high setting during the last 20 to 30 minutes. This evaporates the water so the flavors become more concentrated and intense. Use the juices as a base for a sauce or gravy, or serve as is over meats.

## on the GO

If you enjoy sharing slow cooker meals at potlucks, work functions and church events, follow these tips to help you tote your foods:

- Wrap the slow cooker in a towel or in newspaper to insulate, then place in a box (or other container) that will stay flat in your car. (Or purchase an insulated tote.)
- Attach rubber bands around the handles and lid to secure the lid when traveling.
- Serve the food within an hour, or plug in the slow cooker and set on the low heat setting (or "keep warm" setting) to stay warm for hours.

