

Cooking Corner Tips To Help You

Save Time With Slow Cooking

(NAPSA)—Making great comfort food doesn't have to mean hours in the kitchen. In fact, a recent survey conducted by KRC Research for the National Pork Board found that three in four women say, when it comes to mealtime, it's important to have recipes that can be prepared in 30 minutes or less.

Many pork cuts, including chops, brats and other dinner sausages, require minimal prep time, and make delicious dinners easy when busy schedules demand low-maintenance options.

You can also save time with the age-old low-and-slow cooking technique. It lets you spend less time in the kitchen and more time with the family. Plus, one of the best ways to cook pork is with the slow cooker! TheOtherWhiteMeat.com offers many slow-cooking recipes for you to try—from Perfect Pulled Pork Sandwiches to Sweet and Spicy Thai Pork Loin.

Check out these slow-cooking tips to make the most out of your next pork meal:

• **Tomorrow's Dinner Tonight**—As the ultimate timesaving method, slow cooking lets you prepare tomorrow's dinner the night before. Make it a family affair and enlist help with the prep work before setting your slow cooker to low and heading off to bed. When you wake up, dinner's done. Transfer it to storage containers and refrigerate to reheat at dinnertime.

• **Cut Down on Prep Time**—The next time you're



Cooking pork low and slow can make for marvelous meals that save time in the kitchen and offer more time with family.

browsing the meat aisle for the perfect cut of pork, stop by the counter and ask for your favorite protein to be cut into slow cooker-sized portions. This quick stop will cut down on prep time and ensure that your pork cooks evenly throughout.

• **How Slow Can You Go?**—Both high and low settings stabilize at the same temperature, so most dishes can be prepared using either cook speed. Typically, the simmer point (209° F) is reached within three or four hours on high and seven to eight hours on low, with larger cuts requiring the longer cook time.

Simple slow-cooking recipes with pork await you at www.TheOtherWhiteMeat.com and [Face book.com/TheOtherWhiteMeat](https://www.facebook.com/TheOtherWhiteMeat), or follow on [Twitter.com/AllAboutPork](https://twitter.com/AllAboutPork).