

Cooking Light

**SLOW COOKING
MADE EASY!**

LUSCIOUS STEWS, SAUCES, & MORE

**FAST
& FUN**

30-MINUTE
FAST-FOOD
MAKEOVERS

**100
CALORIE
SALAD
JAZZ-UPS**

HOW TO MAKE A PERFECT
**ROAST
CHICKEN**

PHOTOGRAPHY: SUE WATSON

RECIPE: JENNIFER HARRIS

STYLING: JENNIFER HARRIS

PROP STYLING: JENNIFER HARRIS

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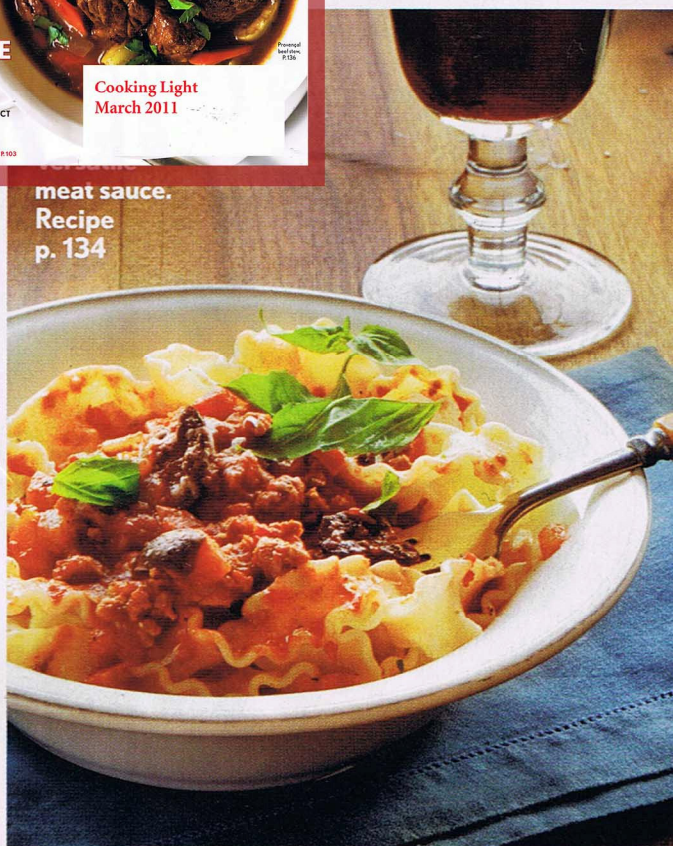
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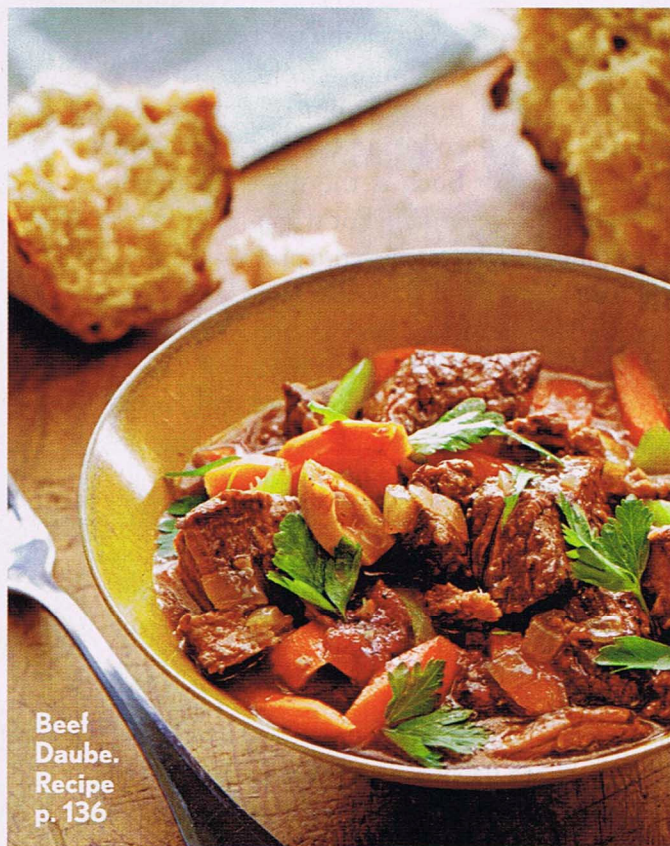
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DEEP FLAVORS of SAUCES STEWs beg for CRUSTY BREAD.



meat sauce.
Recipe
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Beef
Daube.
Recipe
p. 136

SLOW-COOKER *showdown*

We tested our Provençal Beef Daube recipe in six slow cookers—all with at least a 6-quart capacity—ranging in price from \$35 to a hefty \$280. The results varied more in appearance and flavor than anticipated. In our favorite cookers, the meat was more broken down

and succulent, and the cooking liquid was rich and harmonious. In other cookers, flavors were less deliciously integrated. Our conclusion: The more successful pots seemed to cook at a slightly higher temp—even on the LOW settings, the stews bubbled a bit as they simmered.



BEST OVERALL: Breville BSC560XL 7-Quart (\$180)

Although this stainless cooker lacks a timer and operates with manual controls, it produced great results. We love the lightweight cooking insert, safe for stovetop. This model also includes a meat rack and a long, detachable power cord. One drawback: A metal lid makes it hard not to peek.



BEST VALUE: West Bend 84966 6-Quart (\$60)

A close second, this model has a digital timer. The cooking pot is safe for stovetop use, and the warming element doubles as a griddle, so you can cook directly on it. There are three heat settings: high, low, and warm, a nice feature for entertaining or families who eat in shifts.