



# A NEFF guide to slow cooking

## Ingredients

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## Method

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Slow cooking has become popular, plastered all over foodie blogs, magazines and social media feeds. This is no surprise. It's simple, flavoursome and gets the best out of every cut of meat, for a delicious, crowd pleasing meal every time.

But if you are new to slow cooking, it can be a little daunting to know where to start. So, we've prepared the ultimate guide to slow cooking, that will help you master the gourmet cooking method and whip up a mouth-watering casserole in no time!

First thing's first....

## What are the benefits of slow cooking?

There is a lot to love about [slow cooking](#) which has been uncovered by many home cooks across the globe. Here are just a few benefits of this cooking style...

- The extended cooking times allow your meal to simmer, delivering a better distribution of flavours in many every-day recipes.
- Slow cooking at low temperatures helps tenderise less-expensive cuts of meat so you can have a delicious, flavoursome meal without breaking the bank.
- Less preparation is usually required for slow cooked recipes. Just put everything in one pot or pan which saves preparation and clean up time.
- The flavour! Once you start slow cooking your tastebuds will never go back. The long cooking times bring out the flavours in your dish, enriching your eating experience.

## How to slow cook...

While it may be tempting to buy a slow cooker, it's just as easy to adopt the same technique using your NEFF appliances.

If you have a NEFF oven, your MultiPoint MeatProbe can take the guesswork out of the cooking process. Simply insert the device into your meat, enter the details of your cut and it will monitor your dish as it cooks.

## On your NEFF induction cooktop

Unlike gas cooktops which use an open flame, [induction](#) technology allows you to cook over a low-medium heat for long periods of time, safely and consistently. Once all your ingredients have been cut and put in your pot, reduce your induction hob to a low-medium heat, cover with a well fitted lid and let it simmer for 6-8 hours on your cooktop. Again, refer to your recipe for the ideal time and temperature required to cook your dish on a NEFF induction cooktop. This will most likely be on level 2 or 3.

## Which recipes should I try first?

Now that you've mastered the technique of slow cooking, it's time to practice your skills on some recipes from around the NEFF kitchen.

### Here are our top picks...

#### Slow cooked beef brisket

Have you tried our slow cooked beef brisket? Simply season your meat and let your oven do the rest for a dish that melts in your mouth. [Click here for the NEFF recipe.](#)

#### Lamb rogan josh

A spicy Lamb Rogan Josh is a great curry to make on a slow Sunday afternoon. The delicious dish can be served on a bed of rice, on its own or with [naan bread](#) to soak up the delicious left over sauces. [Click here for the NEFF recipe.](#)

#### Slow roasted tomatoes

While slow cooking is traditionally associated with meat, the same rules apply for meat-free dishes. Our slow roasted tomatoes will caramelise the sugars and maximise the flavours. [Click here for the NEFF recipe.](#)

Do you have more questions about slow cooking using your NEFF appliances? Attend a [free product demonstration](#) to chat to one of our home economists about the endless opportunities today.

## Notes

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