
Cooking pepper pot in a crock pot

Posted by Rhonda - 2009/12/20 15:16

Hi there,

It was my first time making pepper pot and I have to say the crock pot made it so easy. You just put everything in. Spices go in a sachet and then leave it to cook over night for about 11hours on low. My dad, the pepper pot expert, was very impressed. The meat was tender and the sauce very flavourful. Try it next time.

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Posted by hendlycruse - 2010/10/27 03:22

I admit I am making this right now and am afraid the new receipe I tried is going to flop. It just looks weird.

So in prep for my big, 8-hours-on-low let-down, I'm wondering who has a recipe for crock pot sweet and sour chicken that they LOVE.

Here's what I used from crockpot.com:

Sweet N' Sour Chicken

Ingredients:

6 chicken breasts
Salt and pepper
1 Tbs cooking oil
1 8-oz can pineapple chunks with juice
ý cup cranberry sauce
2 Tbs brown sugar
2 Tbs corn starch
2 Tbs rice vinegar
2 Tbs orange juice
2 Tbs dry sherry
2 Tbs soy sauce
ý tsp ginger
1 green pepper, sliced

Directions:

Mix together ingredients except green pepper. Place in slow cooker. Cover; cook on Low 8-10 hours. Add peppers ý hour before serving.

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Posted by fazlani - 2011/05/17 04:38

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