

Slow Cooker & Air Fryer Recipe Collection

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Beef Recipes

Classic Slow Cooker Pot Roast

Ingredients

- 1.5–2 kg beef chuck roast
- 2 tbsp plain flour
- 2 tbsp oil
- 1 large onion, sliced
- 4 carrots, chunky pieces
- 3 large potatoes, chopped
- 3 cloves garlic, crushed/minced
- 500 ml beef stock
- 1 tbsp Worcestershire sauce
- 2 tbsp tomato paste
- 2 sprigs thyme (or 1 tsp dried)
- Salt and black pepper

Method

1. Coat roast lightly in flour. Season generously with salt and pepper.
2. Heat oil and brown roast on all sides until dark crust forms.
3. Place vegetables and garlic in slow cooker base.
4. Place browned roast on top.
5. Mix stock, Worcestershire sauce, tomato paste, and thyme; pour over.
6. Cook LOW 8–9 hours or HIGH 5–6 hours, until fork-tender.
7. Slice or shred beef; serve with vegetables and gravy.

Notes: Tomato paste boosts umami. Optional air fryer finish: shred chunks and crisp at 200°C for 5 minutes.

French-Style Pot Roast (Bourguignon-Inspired)

Ingredients

- 1.5 kg beef chuck
- 2 tbsp flour
- 2 tbsp oil
- 1 onion, chopped
- 2 carrots, chopped
- 250 g mushrooms
- 2 cloves garlic
- 400 ml red wine
- 300 ml beef stock
- 1 tbsp tomato paste
- 2 bay leaves
- 1 tsp thyme
- Salt and pepper

Method

1. Brown floured beef in oil until well colored.
2. Add all ingredients to slow cooker; stir gently.

3. Cook LOW 8 hours or HIGH 5 hours.
4. Serve with mashed potatoes or crusty bread.

Notes: Wine reduces to a deep, velvety gravy.

Mississippi Pot Roast

Ingredients

- 1.5 kg beef chuck roast
- 1 packet ranch seasoning mix
- 1 packet au jus gravy mix
- 6-8 pepperoncini peppers
- 60 g butter

Method

1. Place roast in slow cooker.
2. Sprinkle packets over beef; add butter and peppers.
3. Cook LOW 8 hours.
4. Shred before serving.

Italian Slow Cooker Shredded Beef

Ingredients

- 1.5 kg beef chuck roast
- 1 onion, sliced
- 4 cloves garlic
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tsp chilli flakes (optional)
- 500 ml beef stock
- 1 tbsp Worcestershire sauce
- 1 tbsp tomato paste
- Salt and pepper

Method

1. Brown the roast.
2. Add all ingredients to slow cooker.
3. Cook LOW 8 hours.
4. Shred beef in juices.

Notes: Perfect for sandwiches with melted cheese, or over pasta.

Slow Cooker Beef & Onion Gravy

Ingredients

- 1 kg braising steak
- 2 large onions, sliced
- 2 tbsp flour
- 500 ml beef stock
- 1 tbsp Worcestershire sauce
- 1 tsp mustard
- Salt and pepper

Method

1. Brown the beef.
2. Add onions and remaining ingredients to slow cooker.
3. Cook LOW 7-8 hours.
4. Serve over mashed potatoes.

Notes: Onions dissolve into thick gravy—very British comfort food.

Slow Cooker Beef Stew

Ingredients

- 800 g – 1 kg stewing/beef chuck, cubed
- 2 tbsp plain flour
- 2 tbsp oil/sunflower oil
- 1 onion, chopped/diced
- 2-3 cloves garlic, minced
- 3 carrots, chopped
- 500-600 ml ale/bitter beer or beef stock
- 2 beef stock cubes
- 1 tbsp Worcestershire sauce
- Salt and black pepper

Method

1. Coat beef in flour; brown in batches for deep color.
2. Transfer to slow cooker with onion, garlic, carrots, liquid, stock cubes, and Worcestershire.
3. Stir gently.
4. Cook LOW 7-8 hours or HIGH 4-5 hours.
5. Taste and adjust seasoning.

Notes: Thickens naturally from flour and meat gelatin.

Hungarian Goulash

Ingredients

- 1 kg stewing beef
- 2 onions, chopped
- 2 tbsp sweet paprika
- 2 cloves garlic
- 2 carrots, chopped
- 2 potatoes, chopped
- 500 ml beef stock
- 1 tbsp tomato paste
- 1 tsp caraway seeds
- Salt and pepper

Method

1. Brown beef.
2. Add all ingredients to slow cooker; stir.
3. Cook LOW 7-8 hours.
4. Serve as thick stew.

Mexican Barbacoa (Spicy)

Ingredients

- 1.5 kg beef chuck roast
- 3 chipotle peppers in adobo
- 4 cloves garlic
- 1 onion, chopped
- 1 tsp cumin
- 1 tsp oregano
- 2 tbsp lime juice
- 250 ml beef stock
- Salt and pepper

Method

1. Blend chipotle, garlic, lime juice, cumin, oregano, and stock until smooth.
2. Place beef in slow cooker; add onion and pour sauce over.
3. Cook LOW 8 hours.
4. Shred and mix with sauce.

Notes: Great for tacos, burritos, rice bowls. Optional air fryer finish: crisp shredded meat 4-5 min at 200°C.

Slow Cooker Beef & Vegetable Stew

Ingredients

- 800 g stewing beef
- 2 tbsp flour
- 1 onion
- 2 carrots
- 200 g mushrooms
- 1 leek
- 2 potatoes
- 2 garlic cloves
- 500 ml beef stock
- 1 tbsp Worcestershire sauce
- Handful spinach (added at end)
- Salt and pepper

Method

1. Brown floured beef.
2. Add all except spinach to slow cooker.
3. Cook LOW 8 hours.
4. Stir in spinach before serving.

Pork Recipes

Slow Cooker Pulled Pork

Ingredients

- 1.5-2 kg pork shoulder
- 1 onion

- 2 cloves garlic
- 200 ml BBQ sauce
- 100 ml apple cider vinegar
- 1 tbsp brown sugar
- Salt and pepper

Method

1. Place pork in slow cooker with onion and garlic.
2. Mix sauce ingredients; pour over.
3. Cook LOW 8-10 hours.
4. Shred with forks; mix with sauce.

Notes: Optional air fryer finish: crisp shredded pork 5-7 min at 200°C for “burnt ends”.

Pork and Apple Stew

Ingredients

- 1 kg pork shoulder cubes
- 2 apples
- 1 onion
- 2 carrots
- 300 ml chicken stock
- 1 tsp thyme
- Salt and pepper

Method

1. Brown pork cubes.
2. Add all to slow cooker.
3. Cook LOW 7-8 hours.

Honey Garlic Pork (Sweet Heat)

Ingredients

- 1 kg pork shoulder
- 4 cloves garlic
- 80 ml honey
- 80 ml soy sauce
- 1 tbsp vinegar
- 1 tsp ginger
- 1 tsp chilli flakes

Method

1. Mix sauce ingredients.
2. Pour over pork in slow cooker.
3. Cook LOW 7-8 hours.
4. Slice or shred; serve over rice/noodles.

Chicken Recipes

Slow Cooker Chicken Stew

Ingredients

- 700 g chicken thighs
- 2 carrots
- 2 potatoes
- 1 onion
- 2 cloves garlic
- 500 ml chicken stock
- 1 tsp thyme
- Salt and pepper

Method

1. Add all to slow cooker.
2. Cook LOW 6-7 hours.
3. Shred chicken slightly before serving.

Creamy Chicken and Mushroom

Ingredients

- 700 g chicken thighs
- 250 g mushrooms
- 1 onion
- 2 cloves garlic (optional)
- 300 ml chicken stock
- 150 ml cream
- 1 tsp thyme

Method

1. Add chicken, mushrooms, onion, and stock to slow cooker.
2. Cook LOW 6 hours.
3. Stir in cream last 15 minutes.

Slow Cooker Chicken Curry

Ingredients

- 700 g chicken thighs
- 1 onion
- 2 cloves garlic
- 1 tbsp curry powder
- 1 tsp chilli powder (optional)
- 400 ml coconut milk
- 1 tomato, chopped
- Salt

Method

1. Add all to slow cooker; stir.
2. Cook LOW 6 hours.
3. Serve with rice.

Vegetable-Heavy & Plant-Based Recipes

Slow Cooker Vegetable Stew

Ingredients

- 2 carrots
- 2 potatoes
- 1 courgette
- 1 onion
- 2 celery stalks
- 2 cloves garlic
- 400 g canned tomatoes
- 500 ml vegetable stock
- 1 tsp thyme
- 1 tsp paprika
- Salt and pepper

Method

1. Chop vegetables chunky.
2. Add all to slow cooker; stir to coat.
3. Cook LOW 6-7 hours.

Notes: Optional: air fry carrots/courgettes 10 min at 200°C first for caramelization.

Spicy Chickpea and Vegetable Stew

Ingredients

- 2 cans chickpeas, drained
- 1 onion
- 2 carrots
- 1 courgette
- 400 g canned tomatoes
- 1 tsp cumin
- 1 tsp paprika
- ½ tsp chilli powder
- 400 ml vegetable stock

Method

1. Add all to slow cooker.
2. Cook LOW 6 hours.

Soups

Slow Cooker Chicken Soup

Ingredients

- 700 g chicken thighs
- 1 onion
- 2 carrots

- 2 celery stalks
- 1 litre chicken stock
- 1 tsp thyme
- Salt and pepper

Method

1. Add all to slow cooker.
2. Cook LOW 6 hours.
3. Shred chicken and return to soup.

Spicy Lentil Soup

Ingredients

- 1 cup dried lentils
- 1 onion
- 2 carrots
- 2 cloves garlic
- 800 ml vegetable stock
- 1 tsp cumin
- 1 tsp paprika
- ½ tsp chilli flakes

Method

1. Add all; stir.
2. Cook LOW 6-7 hours.
3. Blend partially for thickness if desired.

Tomato Basil Soup

Ingredients

- 800 g canned tomatoes
- 1 onion
- 2 cloves garlic
- 500 ml vegetable stock
- 1 tsp basil
- 1 tbsp olive oil

Method

1. Add all to slow cooker.
2. Cook LOW 5 hours.
3. Blend smooth.

Notes: Pair with air-fried grilled cheese.

Pasta Sauces (Cook Pasta Separately)

Slow Cooker Beef Ragu

Ingredients

- 1 kg beef chuck
- 1 onion

- 2 carrots
- 2 cloves garlic
- 400 g canned tomatoes
- 200 ml beef stock
- 1 tsp oregano
- 1 tsp basil

Method

1. Brown beef; add to slow cooker with rest.
2. Cook LOW 8 hours.
3. Shred beef into sauce.
4. Serve over cooked pasta.

Spicy Arrabbiata Sauce

Ingredients

- 2 cloves garlic
- 1 onion
- 400 g canned tomatoes
- 1 tsp chilli flakes
- 1 tsp oregano
- Olive oil
- Salt and pepper

Method

1. Add all to slow cooker.
2. Cook LOW 4-5 hours.
3. Serve over pasta with cheese.

Vegetable Pasta Sauce

Ingredients

- 1 onion
- 2 carrots
- 1 courgette
- 2 cloves garlic
- 400 g canned tomatoes
- 1 tsp oregano
- Olive oil
- Salt and pepper

Method

1. Chop vegetables finely.
2. Add all to slow cooker.
3. Cook LOW 6 hours.
4. Blend slightly for smoother texture if desired.

Rice Dishes & Basics

Slow Cooker Chicken and Rice

Ingredients

- 700 g chicken thighs
- 1 onion
- 2 carrots
- 300 g rice
- 700 ml chicken stock
- 1 tsp thyme
- Salt and pepper

Method

1. Add rice and vegetables to slow cooker.
2. Place chicken on top; pour stock over.
3. Cook LOW 4-5 hours.
4. Fluff rice; shred chicken.

Spicy Mexican Rice Bowl

Use barbacoa beef, cooked rice, black beans, tomato, cumin, chilli powder. Heat beans/spices; serve over rice with beef and fresh tomato.

Vegetable Fried Rice (Air Fryer Method)

Ingredients

- 3 cups cooked cold rice
- 1 carrot, finely diced
- 1 cup peas
- 2 eggs
- 2 tbsp soy sauce
- 1 tsp sesame oil

Method

1. Mix rice, vegetables, soy sauce.
2. Place in air fryer-safe dish.
3. Cook 10 min at 190°C, stirring halfway.
4. Add scrambled eggs and sesame oil.

Basic Stovetop Rice

- 1 cup rice
- 2 cups water
- Pinch salt

Rinse rice. Boil, then simmer covered 15 min. Rest 5 min; fluff.

Rice Cooker/Ninja Speedi: Same 1:2 ratio; use rice/steam setting 12-15 min.

Rices of the World (Reference)

1. **Perfect White Basmati** (India/South Asia) — Fluffy; ghee + spices; soak, fry rice lightly, simmer 12-15 min.
2. **Jeera Rice** — Add cumin seeds first.
3. **Vegetable Pulao/Pilau** — Add peas, carrots, mild spices.
4. **Japanese Sushi/Sticky Rice** — Short-grain; season with vinegar/sugar/salt after cooking.
5. **Chinese Fried Rice** — Use cold rice; fry with veg, eggs, soy.
6. **Egg Fried Rice** — Quick version focusing on eggs.
7. **Thai Jasmine Rice** — Fragrant; 1:1.5 ratio, optional pandan leaf.
8. **Spanish/Mexican Arroz Rojo** — Tomato-based; fry rice, simmer with stock.
9. **Caribbean Coconut Rice** — Half coconut milk; add beans/peas.
10. **Fried Rice Variants** — Kimchi, Pineapple, Nasi Goreng (use cold rice, high heat).

General Tips: Cold rice for fried; rest all rice 5-10 min; rinse for fluffier results.

How to Cook Pasta (Reference)

Basic Method

- 1 litre water per 100 g pasta + 1 tbsp salt.
- Boil pasta; stir to prevent sticking.
- Cook to al dente (8-12 min).
- Reserve ½ cup pasta water for sauce.
- Drain; toss immediately with sauce.

Tips: Never overcook; finish in sauce 1-2 min; air fryer for baked pasta toppings (5-10 min at 200°C).

Pastas of the World (Reference)

1. **Classic Italian (Al Dente)** — Salted boil; reserve water.
2. **Spaghetti Bolognese** — Slow-cook sauce 6-8 hours.
3. **Fettuccine Alfredo** — Butter, cream, parmesan.
4. **Macaroni and Cheese** — Roux-based sauce; bake.
5. **Lasagna** — Layer and bake.
6. **Penne Arrabbiata** — Garlic, chilli, tomatoes.
7. **Asian-Style:** Pad Thai, Yakisoba.
8. **Pasta Bake/Casserole** — Mix, top with cheese, bake.
9. **Seafood Pasta** — White wine, garlic.
10. **Creamy Curry Pasta** — Fusion with coconut milk.

Specialty Pastas: Pappardelle al Ragù, Orecchiette with Broccoli Rabe, Spätzle, Soba, Udon, Maccheroni alla Norma, Pancit Canton.

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