



**Mr. Food Test Kitchen *Cook it Slow, Cook it Fast* cookbook launches!**  
How to Cook in Real Life 101

Even the most devoted home cooks sometimes view cooking as a burden. There's a lot of pressure to maintain an ideal of a 50's-era, home-cooked meal that may no longer be realistic. So do we give up? Absolutely not. All we have to do is cook smarter not harder.

The Mr. Food Test Kitchen is constantly asking the question, "How can we make mealtime easier?" We've answered it yet again with our latest cookbook, ***Cook it Slow, Cook it Fast***, which features more than 150 slow cooker and pressure cooker recipes. All of which minimize time in the kitchen to take the stress out of cooking. Real life puts a lot of time demands on today's parents, and this cookbook gives them ideas they can use to reclaim the home-cooked meal and wow their families with delicious, triple-tested recipes that are easy to make and always use readily available items and off-the-shelf ingredients.

We show you how the slow cooker can work all day so you can come home to a hot cooked meal and how pressure cookers can cut down cooking time by 75 percent. In addition to a front-of-the-book primer on making the most out of your slow cooker and pressure cooker, this cookbook goes beyond the traditional soups and stews with a range of recipes that covers everything from amazing appetizers like our Buffalo Wing Meatballs and mouthwatering main dishes such as Mediterranean Chicken Rollups to scrumptious sides like North Carolina Corn Pudding and, of course, delectable desserts like our to-die-for Fudgy S'more Cake and Shortcut Crème Brulee. There are even ideas for cooking dinner starting with frozen meat (in case you forgot to thaw it out the night before.) We've all done that.

And it wouldn't be a cookbook from the Mr. Food Test Kitchen without lots of gorgeous full-color photography and helpful Test Kitchen hints and tips throughout the book. Conquer the kitchen and even the fussiest eaters by tenderizing less expensive cuts of meat and cooking vegetables to perfection with the two time-tested cooking methods outlined in this very special book. Whether you ***Cook it Slow*** or ***Cook it Fast***, you're cooking amazing meals in real life. That's definitely worth celebrating.

For sample recipes and cover images, please visit:

[https://www.dropbox.com/sh/p0mve7ywet7gipe/AAC0SOu6uaYJBRF6\\_FWNI6Ixa?dl=0](https://www.dropbox.com/sh/p0mve7ywet7gipe/AAC0SOu6uaYJBRF6_FWNI6Ixa?dl=0)

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**About Mr. Food Test Kitchen:**

The Mr. Food Test Kitchen is an established, diversified, media brand that has championed the benefits of quick and easy cooking at home for more than 30 years. Today, the Mr. Food Test Kitchen TV segment is nationally syndicated through CBS Television Distribution, boasting a daily audience of nearly 3.5 million viewers between broadcast and TV digital platforms. Through its publishing division, Cugin, Inc., the Mr. Food Test Kitchen has sold millions of books, making it one of the nation's most successful cookbook authors. In addition to print and video, the Mr. Food Test Kitchen has MrFood.com, one of the country's fastest growing recipe websites with millions of page views weekly and more than 1.8 million unique visitors monthly. ([www.mrfood.com](http://www.mrfood.com))