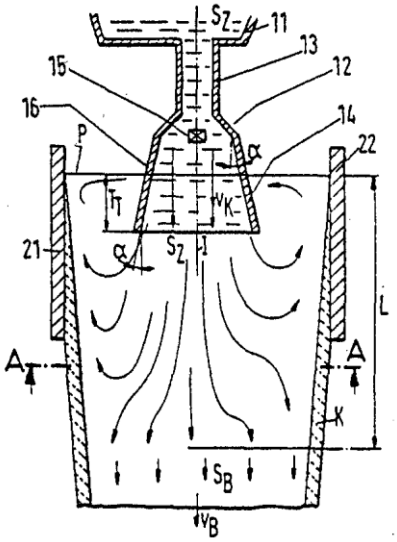The invention relates to a method for producing slabs having a thickness D of > 100 mm at casting speeds v < 3m/min. in a continuous casting installation, in which melt is fed to a casting die from a container by means of a submerged nozzle, from which a casting cup encompassing a crater is drawn out into a strand guide frame on the mouth side, specially a bow-type continuous casting machine. According to the invention the fed melt enters the casting die at a speed (v_k) which, in relation to the strand draw-out speed V_B, is v_k:v_B = 6:1 - 60:1 and the flow filaments of the fed melt are guided in such a way that they penetrate the crater at a depth L < 2 m in relation to the melt level in the form of a large face with a rectangular profiled cross-section. The invention also relates to a device for producing slabs.