



# Russell Hobbs

*Smart in the kitchen...*



dual pot slow cooker  
instructions and guarantee

Read the instructions before use and keep them safe. If you pass the slow cooker on to anyone else, pass on the instructions too. Remove all packaging, but keep it till you're satisfied the slow cooker is working.

## **important safeguards**

Follow basic safety precautions, including:



- 1 Don't put the slow cooker in any liquid, don't use it in a bathroom or near any source of water, and don't use it outdoors.
- 2 The slow cooker must only be used by a responsible adult.
- 3 Don't touch hot surfaces (inside/outside of the slow cooker).  
Use oven gloves, use the handles and lid knob.
- 4 Don't touch internal surfaces till the slow cooker has cooled down fully.
- 5 Don't cook on the **Low** setting without first preheating the crock pot in the slow cooker on **High** for at least 20 minutes.
- 6 Don't use the slow cooker to re-heat food that's already been cooked.
- 7 Don't use the **Warm** setting to warm food. It must only be used to keep food warm immediately after it's been cooked to readiness in the slow cooker.
- 8 You must boil dried beans (e.g. red kidney beans) for at least 10 minutes before adding them to the slow cooker. They're poisonous if eaten raw or undercooked.
- 9 Put the slow cooker on a stable, level, heat-resistant surface, close to a wall socket and out of reach of children.
- 10 Route the cable so it doesn't overhang, and can't be tripped over or caught accidentally.
- 11 Don't connect this slow cooker to an external timer or remote control system.
- 12 Unplug the slow cooker when not in use, before moving and before cleaning. Let it cool down fully before cleaning and storing away.
- 13 Don't try to cook in the slow cooker without using the crock pot.
- 14 Leave a clear space of at least 5cm (2 inches) all round the slow cooker when in use.
- 15 Don't cover the slow cooker or put anything on top of it while in use.
- 16 Don't use the slow cooker near or below curtains or other combustible materials.
- 17 Keep the slow cooker, crock pot, and cable away from hotplates, hobs and burners.
- 18 Don't put a hot crock pot on a cold surface or into cold water, it may crack
- 19 Don't put cold water into a hot crock pot, or hot water into a cold crock pot.
- 20 Don't use the crock pot with any appliance (cooker, hob, oven, microwave oven, etc.) other than the slow cooker.
- 21 Don't use accessories or attachments other than those we supply.
- 22 Don't use the slow cooker for any purpose other than those described in these instructions.
- 23 Don't use the slow cooker if it's damaged or malfunctions. If the cable or plug is damaged, the slow cooker must be returned in order to avoid hazard (see "service" on page 24).

**household use only**

## before use

Before using for the first time, remove all packaging and clean the slow cooker, to remove manufacturing dust, etc. See “care and maintenance” on page 22.

## the benefits of slow cooking

- health** The gentle cooking action reduces damage to vitamins and retains more of the nutrients and flavours.
- economy** Long, slow cooking can tenderise the cheaper, tougher cuts of meat, and uses about a quarter of the power of the small ring on the average hob.
- convenience** Prepare the ingredients the night before, put them in the slow cooker before you leave, and have a delicious meal waiting for you when you get home.

## preparation

Some of the recipes call for meat to be browned and/or vegetables to be sautéed. Do this in a pan, not in the crock pot. Don't use the crock pot for cooking anywhere other than inside the slow cooker.

Thaw frozen food completely before adding to the crock pot.

Preheat the crock pot, in the slow cooker, on **High** for 20 minutes.

Soak dried peas and beans for 8 hours (or overnight) before cooking, to soften them.

**warning** Dried beans (e.g. red kidney beans) must be boiled for at least 10 minutes before being added to the slow cooker. They're poisonous if eaten raw or undercooked.

Lentils don't need soaking overnight.

Ingredients prepared beforehand (e.g. the night before) must be stored in the fridge between preparation and putting into the slow cooker. Don't put the slow cooker or the crock pot into the fridge.

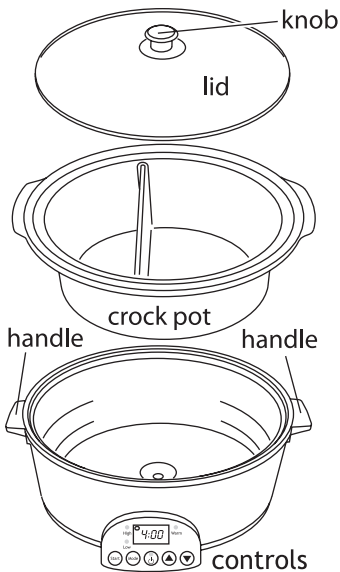
Root vegetables (potatoes, carrots, onions, etc.) take much longer to cook than meat.

Cut them to about 5mm (quarter inch) thick slices, sticks or dice. If possible, sauté them gently for 2-3 minutes before adding to the crock pot.

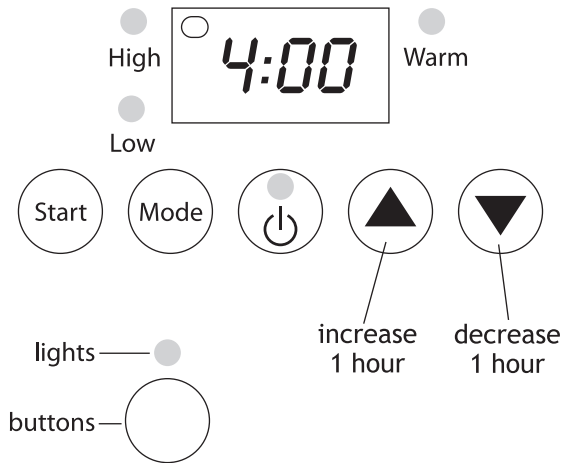
All vegetables (including dried veg) must be immersed in the cooking liquid.

When cooking with rice, use at least 150ml (1/4pt) of cooking liquid for each 100g (4oz) of rice. We've found that “easy-cook” rice gives the best results.





Pasta isn't suitable for slow cooking, it goes soft and mushy. If your recipe needs pasta, stir it in 30-40 minutes before the end of the cooking time.



## controls



### the controls

-  switches the slow cooker between **standby** and **active**.
- Mode**  switches between Low for long slow cooking, and High for “fast” slow cooking (4 hours or less). The **Low** and **High** lights show which mode the cooker is in.
-  increases the time shown on the display by 1 hour.
-  decreases the time shown on the display by 1 hour.
- Start** starts the slow cooker, once everything’s set.
- Warm** when cooking is over, the slow cooker changes to **Warm** mode, and the **Warm** light comes on. **Warm** mode is not available as a choice.

### dual pots

- a) You can cook one recipe using both pots, using it as a single, big crock pot.
- b) You can cook the meat in one pot, and the vegetables in the other.
- c) You can cook two different recipes – they must take roughly the same time, and note that you’ll get some cross-over between the two pots, so don’t cook rice pudding alongside chilli con carne!

### ‘one-step’

Use this method when time is at a premium – While the slow cooker preheats, boil the stock/cooking liquid in a pan. When the slow cooker has heated up, remove the lid (oven gloves) and put it on a heatproof surface. Put the raw ingredients into the crock pot and add the boiling cooking liquid. Replace the lid (oven gloves).




### ‘browning’

This takes longer, but the results are usually worth it – While the slow cooker preheats, brown meat and vegetables in a pan. If you use a tinned cooking sauce, add it to the cooking liquid. Boil the cooking liquid in a pan. When the slow cooker has heated up, remove the lid (oven gloves) and put it on a heatproof surface. Put the ingredients into the cooking pot and add the boiling cooking liquid. Replace the lid (oven gloves).



## here's how

- 1 Decide when you want to eat and when you want to start cooking.
- 2 Find a recipe that suits your timing. If you want to eat at 6 p.m., and you need to start cooking at 8 a.m., find a recipe that takes about 10 hours.
- 3 Sit the slow cooker on a stable, level, heat-resistant surface, close to a wall socket and out of reach of children.

## preheating

- 4 Plug the slow cooker into the wall socket. If necessary, switch the socket on. The display will show 12:00 – ignore it.
  - 5 Press  to change from standby to active. The display will show 4:00 flashing.
  - 6 Press the **Mode** button to turn the **Low** light off and the **High** light on.
  - 7 Press the **Start** button, and leave the slow cooker to heat up for 20 minutes.
  - 8 The 4:00 will stop flashing, and start to count down.
  - 9 When it shows 3:40, it has heated up, and you can set it up for cooking.
- ↑ Pressing the **Start** button locks the other controls. Pressing  resets everything, and puts the cooker into **standby**. Press  again to return the cooker to **active**.

## cooking



When the cooker has heated up, press  to reset the cooker and return it to **standby**. Press  again to return the cooker to **active**. Now you can set it up for cooking.

## set the mode – High/Low


Whichever method you use, 'one-step' or 'browning', use the **Mode** button to set the slow cooker to **High** or **Low** – the **High** or **Low** light will come on.

**Warm** mode is not available as a choice, it's automatic, at the end of the cooking time.

## set the time

Press  to increase,  to decrease the time on the display to the time you want. It displays whole hours only.

## start cooking

Press **Start**, then leave the slow cooker to get on with it. You can't change anything after this. If you're not happy with the settings, press  to stop the slow cooker, then set it up again.

## finished?

Unplug the slow cooker (switch the socket off first, if it's switchable). Using oven gloves, remove the lid and set it on a heatproof surface. Remove all the food from the crock pot, then fill it with warm water.

## gravy/sauce

Slow cooking retains more of the juices than normal cooking. This tends to increase the volume of cooking liquid and thin the sauce or gravy. To allow for this, sauces should initially be thicker than normal. Anything to be sautéed could be tossed in seasoned flour beforehand, to thicken the gravy/sauce.

## recipes

The recommended cooking times are given after the title of each recipe.

See opposite: **minestrone High 4-5/Low 6-10**. This means you can cook it on **High** for anything from 4 to 5 hours, or on **Low** for 6 to 10 hours.

After cooking for the time you set on the display, the slow cooker will go into **Warm** mode. Don't leave it on **Warm** for more than about 3 hours. After this, flavour loss becomes noticeable, and textures become confused.

Remember, the cooking liquid must be boiling hot before it's added to the preheated crock pot.

The metric and imperial measures in these recipes are not exact equivalents. Use metric or imperial, don't mix the two in the same recipe.

Tablespoons (tbsp) are 15ml, teaspoons (tsp) are 5ml, spoons are level.

The recipes yield 2-3 servings. Use them to familiarise yourself with your slow cooker, then use them as a guide – vary the ingredients, vary the quantities, and taste the results. Keep notes, write down what changes you make, and you'll build up a range of recipes which suit your taste. Keep notes of the not so successful ones as well, so that you know what not to do next time.

To adapt your own recipes for the slow cooker, we suggest you find a recipe in this booklet which uses similar ingredients and use that as a guide for timing and liquid quantity, along with the food preparation guidelines given earlier.

Be careful with quantities. After all the initial ingredients are put into the crock pot, it shouldn't be more than threequarters full, to allow for expansion. If you overfill, it may spit hot water.

## soup

If home-made soup appeals to you, then try some in your slow cooker. Tasty, home-made soup can be left simmering all day or overnight. Soup benefits from long cooking, so there's no need to worry if it's left for a few hours longer than intended. Flavours develop and mingle slowly and gently .

- 1 Trim and cut up the meat and/or vegetables.
- 2 Fry them lightly In a large pan, with a little cooking oil/butter/margarine.
- 3 If thickening is required, stir in flour or cornflour, then gradually add stock.
- 4 Bring to the boil, season to taste, and transfer to the crock pot.
- 5 Cook for the time shown, then adjust the seasoning.
- 6 Don't add milk till the final half hour of cooking. Cream or egg yolk may be added just before serving.

### French onion soup

butter or margarine	25g (1oz)
onions, sliced	450g (1lb)
chicken stock	550ml (1pt)
salt and pepper	to taste
bay leaf	1
French bread	4 slices
grated cheese	100g (4oz)

### High 3-4/Low 5-7

Melt the butter/margarine in a large pan and fry the onions till golden brown. Add stock, bay leaf and season to taste. Bring to the boil, transfer to the crock pot, and cook for the time shown. Remove the bay leaf. To serve: sprinkle slices of French bread with grated cheese and float on top of the soup. Remove the crock pot and brown under a hot grill till the cheese bubbles. Alternatively, toast the cheese on the bread and then float on top of the soup.

### **minestrone**

**High 4-5/Low 6-10**

butter	25g (1oz)
garlic, crushed	1 clove
leek, sliced	1 large
carrot, finely chopped	1 large
potato, chopped	1 large
onion, chopped	1 large
celery sticks, thinly sliced	2
cabbage, finely shredded	175g (6oz)
canned tomatoes including juice	397g (14oz)
salt and pepper	to taste
chicken stock	1.1 litre (2pt)
bay leaves	2
bouquet garni	1
thin cut macaroni	50g (2oz)

Heat the butter in a large pan. Add the garlic, leek, carrot, potato, onion and celery. Sauté till the butter is absorbed. Add the other ingredients, except the macaroni. Bring to the boil, transfer to the crock pot and cook for the time shown. 45 minutes before serving, remove the bay leaves and bouquet garni and add the macaroni. Adjust seasoning and serve with grated parmesan.

### **Scotch broth**

**High 7-9/Low 10-15**

scrag end lamb, cut into pieces	350g (12oz)
water	1 litre (2pt)
pearl barley	50g (2oz)
onions, sliced	2
carrots, cut into small dice	175g (6oz)
turnip, cut into small dice	175g (6oz)
leeks, thinly sliced	2
salt and pepper	to taste
chopped parsley	

Put the lamb in a pan, cover with cold water and bring to the boil. Remove scum. Add the other ingredients, except the parsley. Bring to the boil, transfer to the crock pot, and cook for the time shown. Remove the bones, trim off any meat and return it to the broth. Adjust seasoning and sprinkle with parsley.

## old fashioned vegetable soup

High 4-6/Low 7-10

mixed vegetables, chopped	
e.g. potato, onion, carrot,	
parsnip, celery, tomato	1kg (2lb)
butter	25g (1oz)
flour	25g (1oz)
stock	900ml (1½pt)
salt and pepper	to taste
mixed herbs	5ml (1tsp)

Melt the butter in a large pan and fry the vegetables gently for 2-3 minutes. Stir in the flour, add the stock, and season. Bring to the boil, transfer to the crock pot, and cook for the time shown.

## pâté

The crock pot is ideal for cooking pâté. Prepare the pâté as in the recipe and simply use the crock pot as a water bath to provide the gentle even temperature necessary for cooking this dish.

## chicken liver pâté

High 3-5/Low 6-8

streaky bacon rashers	4
chicken livers	450g (1lb)
onion, sliced	1 medium
cloves	2
bay leaf	2
bouquet garni	1
salt	5ml (1tsp)
butter	50g (2oz)
flour	50g (2oz)
milk	150ml (¼pt)
garlic, crushed	1 clove
cream	30ml (2tbsp)
egg	1, size 2
black pepper	to taste
salt	to taste

Use a 16cm (6") round cake tin or small loaf tin. Butter the inside and line the bottom with bacon rashers. Put the liver, onion, cloves, bay leaf, bouquet garni and salt in a pan, and add water to cover. Bring to the boil and cook for a few minutes till the liver stiffens. Cool. Remove the cloves, bay leaf and bouquet garni. Blend the liver, onion and about 30ml (2tbsp) of the cooking water for about a minute, or till smooth. Alternatively, chop finely with a sharp knife.

Melt the butter in a pan and stir in the flour. Gradually add the milk and cook till thick. Add liver, garlic, cream and egg. Season to taste with black pepper and salt. Turn into the cake tin and cover with foil. Put the cake tin into the crock pot and pour boiling water round it. Cook for the time shown. The pâté should be firm to touch. Let it cool in the tin. Chill before serving.



## vegetables

Slow cooking is ideal for vegetables. There's little evaporation, so all the juices and flavours are retained.

Oddly enough, root vegetables like potato, carrot, turnip, and swede, need more slow cooking than meat. Cut them into 5mm ( $\frac{1}{4}$ " ) slices, sticks or dice, and immerse in the cooking liquid. Cooking times vary with the type and age of the vegetables. Experience will soon show the best times for your own taste. Quickly cooked vegetables, like frozen peas and sweetcorn, must be thawed, then added half an hour before the end of cooking. Don't slow cook baked potatoes in their jackets.

## pulses (beans, peas and lentils)

**warning** Boil dried beans (e.g. red kidney beans) for at least 10 minutes before adding to the crock pot. They're poisonous if undercooked.

Soaking isn't needed for lentils, but soak dried peas or beans overnight. Drain and rinse, then boil them in the cooking liquid for 10 minutes before adding to the crock pot. Season at the end of cooking. For canned beans or peas, simply drain and add them 30 minutes before the end of the cooking time.

## ratatouille

**High 4-5/Low 6-8**

aubergine, sliced	1 small
butter	50g (2oz)
onions, chopped	2
garlic, crushed	1 clove
green pepper, deseeded and diced	1
red pepper, deseeded and diced	1
canned chopped tomatoes	397g (14oz)
courgettes, sliced	4
salt and pepper	to taste

Slice the aubergine and sprinkle with salt. Leave for half an hour, rinse and pat dry. In a large pan melt the butter and fry the onion and garlic till transparent. Add the remaining ingredients, mix well and cook for a further 2 minutes, stirring, then add to the crock pot. Cook for the time shown.

If using the 'One Step' method put the butter, garlic and tomatoes in a pan and bring to the boil before adding to the pot.

## stuffed tomatoes

**High 1 $\frac{1}{2}$ -3/Low 2 $\frac{1}{2}$ -3**

tomatoes, firm	4 large
fresh breadcrumbs	50g (2oz)
boiled ham, finely chopped	50g (2oz)
cheese, grated	50g (2oz)
salt and pepper	to taste
chopped parsley	5ml (1tsp)

Cut a lid off the top of each tomato and scoop out the pulp. Mix the ham, cheese, breadcrumbs, seasoning, parsley, and a little of the tomato pulp to bind the mixture. Spoon into the tomatoes. Stand the tomatoes in the crock pot, add any extra filling and 15 ml (1tbsp) of water.

## vegetarian curry

## High 3-4/Low 5-7

cooking oil	60ml (4tbsp)
onions, chopped	2
garlic, crushed	1 clove
turmeric	2.5ml (½tsp)
chilli	2.5ml (½tsp)
coriander	2.5ml (½tsp)
cumin	2.5ml (½tsp)
lentils	225g (8oz)
white stock	900ml (1½pt)
lemon juice	5ml (1tsp)
salt and pepper	to taste
carrots, diced	2
apple, peeled, cored and chopped	1
sultanas	50g (2oz)

Heat the oil in a pan. Lightly sauté the onion and garlic. Add the turmeric, chilli, coriander, cumin and lentils. Cook gently for a minute. Stir in the stock, lemon juice, salt and pepper. Bring to the boil and boil for 5 minutes. Transfer to the crock pot and stir in the carrots, apple and sultanas.

## fish

Cooking fish in the crock pot develops delicate flavours slowly, retains the flavour and nutritive value, and holds the fish together.

To retain flavour and texture, fish shouldn't be cooked for long periods.

- 1 Grease the base of the crock pot with butter or margarine.
- 2 Clean, trim and wash the fish (rolled fillets and steaks are most suitable). Thaw frozen fish before slow cooking. Dry and place in the crock pot.
- 3 Season, sprinkle with lemon juice, then add hot stock, water or wine.
- 4 Dot butter over the fish, and cook on low for 2-3 hours.

## poached salmon cutlets

## Low 2

salmon cutlets	4 x 175g-225g (6-8oz)
water	300ml (½pt)
white wine	150ml (¼pt)
salt	5ml (1tsp)
bay leaf	1
peppercorns	2
onion	1 thin slice of onion
parsley	1 sprig

Put each cutlet on a piece of baking parchment and put into the crock pot. Put the other ingredients into a pan, bring to the boil, then pour over the salmon. Replace the lid and cook for the time shown.

Lift from the crock pot, then remove the parchment, bone and skin.

Serve hot with melted butter or hollandaise sauce.

To serve cold, transfer the salmon to a dish and pour over the cooking liquid. When cold, drain and serve with salad or coat with aspic made from the liquid.

## stuffed mackerel

**Low 2-3**

mackerel	4 medium size
tomatoes, skinned and chopped	2
lemon juice	20ml (4tsp)
cooking apple, peeled, cored and chopped	1 medium
slices of bread, crumbed	2
chopped Parsley	to taste

Gut and clean the mackerel. Remove the head, bones and fins but leave the tails. Lay the mackerel out, skin side down, season and sprinkle with lemon juice. Mix the other ingredients to make stuffing. Divide the stuffing among the mackerel, roll up from head to tail, and secure with a cocktail stick or thread. Butter baking parchment and the bottom of the crock pot, put the parchment in the crock pot and the fish on the parchment. Cook for the time shown.

## Portuguese haddock

**Low 3**

butter	25g (1oz)
onion, very thinly sliced	1 medium
haddock or cod steaks or fillets	4
salt and pepper	to taste
condensed cream of tomato soup	298g (10½oz can)
bay leaf	1

Butter the bottom of the crock pot. Lay the onion on the butter, then the fish and bay leaf. Season. Boil the tomato soup in a pan, stirring well, and pour over the fish. Cook for the time shown. Remove the bay leaf before serving.

## meat

Slow cooking tenderises the cheaper cuts of meat. It also means less shrinkage. When roasting, the juices don't spit or evaporate, so flavour and nutritive value are retained. The size and shape of the joint, its quality, and the proportion of lean, fat and bone, all affect cooking times. Experience will soon help you judge these. When testing a dish to see if it's cooked, don't forget it's the root vegetables which usually take longer to cook. Thaw frozen meat completely before cooking. Recipe times are given only as a guide. Where a different cut of meat is used cooking times may need to be adjusted. Avoid meat which has a high proportion of fat, or trim the excess fat. Joints up to 1.6kg (3½lb) (see below) can be cooked, depending on shape and fit. The meat mustn't force the lid up.

- 1 Season the meat, then brown on all sides in a frying pan.
- 2 Transfer to the crock pot and cook on **High** for the time shown.
- 3 Pork joints with rind may be grilled for 10 minutes to crisp.
- 4 If possible, turn joints once during cooking, to ensure even tenderness.

joint	weight	setting	time
beef, lamb, pork	1-1.6kg (2-3½lb)	<b>High</b>	5-7 hours

## **beef and vegetable casserole with dumplings**      **High 4-6/Low 7-12**

stewing beef (shin/shoulder/chuck)	700g (1½lb)
flour	25g (1oz)
salt and pepper	to taste
cooking oil	30ml (2tbsp)
onions, sliced	2 large
beef stock	550ml (1pt)
carrots, thinly sliced	3 medium

### **dumplings**

self-raising flour	100g (4oz)
salt	2.5ml (1tsp)
shredded suet	50g (2oz)
chopped parsley	30ml (2tbsp)
cold water	90ml (6tbsp)

Cut the meat into even-sized cubes and toss in seasoned flour. Heat the oil in a large pan and fry the meat till browned. Transfer to the crock pot. Add the onions to the pan and fry lightly. Stir in the remaining flour, gradually add the stock and carrots. Bring to the boil and transfer to the crock pot. Stir to immerse the vegetables in the cooking liquid.

### **dumplings**

**High 45 minutes**

Make the dumplings by mixing flour, salt, suet and parsley. Add water and mix to a soft dough. Shape into 8 balls. Add to the casserole and cook on **High** for 45 minutes with the lid on.

### **Irish stew**

**High 6-8/Low 10-14**

carrots, thinly sliced	3
onions, thinly sliced	2
potatoes, thinly sliced	450g (1lb)
neck of lamb chops	8
chicken stock	550ml (1pt)
salt and pepper	to taste
bay leaves	2

Put all the vegetables into the crock pot. Trim the chops of excess fat and lay on top. Add the seasoning, bay leaf and boiling stock. Cook for the time shown.

### **braised liver and onions**

**High 2-4/Low 5-7**

cooking oil	60tml (4tbsp)
lamb's liver, thinly sliced	450g (1lb)
plain flour	50g (2oz)
onions, thinly sliced	2 large
beef stock	400ml (¾pt)

Heat the oil in a frying pan. Coat the liver in flour and fry till sealed. Transfer to the crock pot. Add the onions to the pan and fry till golden. Stir in the remaining flour and stock. Continue to stir and bring to the boil. Pour over the liver and cook for the time shown. Serve with grilled bacon.

## **bolognese sauce**

**High 3-4/Low 5-8**

cooking oil	15ml (1tbsp)
onions, finely chopped	2
garlic, crushed	1 clove
minced beef	700g (1½lb)
can chopped tomatoes, with juice	396g (14oz)
tomato purée	140g (5oz) can
beef stock	300ml (½pt)
button mushrooms, sliced	100g (4oz)
dried basil	10ml (2tsp)
bay leaf	1
bouquet garni	1
dried mixed peppers	30ml (2tbsp)

Heat the oil in a pan. Add the onion and garlic and fry lightly. Add the beef, and fry till golden brown, then stir in the other ingredients. Bring to the boil, transfer to the crock pot, and cook for the time shown. Remove the bay leaf and bouquet garni. Serve with spaghetti or noodles and top with parmesan.

## **lasagne (serves 6)**

**Low 4-6**

lasagne	225g (8oz)
butter	25g (1oz)
large onion, chopped finely	1
large clove garlic, crushed	1
mince	550g (1¼lb)
oregano	5ml (2tsp)
salt	to taste
freshly ground black pepper	to taste
tomato purée or paste	60ml (4tbsp)
cheese sauce	
butter	25g (1oz)
flour	25g (1oz)
milk	300ml (½pt)
salt and pepper	to taste
grated cheese	100g (4oz)
parmesan	

Grease the inside of the crock pot. Boil the lasagne sheets in lightly salted water for 4-5 minutes to soften, then dry with kitchen paper. Heat the butter in a large pan and sauté the onion and garlic till transparent. Add the mince and oregano and cook for a further 3-4 minutes, stirring well. Season with salt and pepper and add the tomato purée.

To make the cheese sauce, heat the butter in a pan and stir in the flour. Add the milk gradually, stirring well. Bring slowly to the boil, still stirring. Season with salt and pepper and add the cheese.

Layer the mince, pasta, and cheese sauce in the crock pot, finishing with a layer of cheese sauce. Sprinkle parmesan on top and cook on **Low** for 4-6 hours.

## beef bourguignon

**High 4-6/Low 7-10**

cooking oil	15ml (1tbsp)
stewing steak, cubed	1kg (2lb)
streaky bacon, chopped	100g (4oz)
flour	30ml (2tbsp)
red wine	300ml (½pt)
brandy	30ml (2tbsp)
stock	150ml (¼pt)
thyme	good pinch
bay leaf	1
garlic, crushed	1 clove
shallots or tiny onions, whole	10-12
salt and pepper	to taste

Heat the oil in a large pan and lightly brown the beef and bacon. Add the flour, and stir in the wine and brandy. Add the other ingredients and season. Bring to the boil, transfer to the crock pot, and cook for the time shown. Remove bay leaf before serving.

## boiled Ham

**High 4-5**

gammon joint	1.8kg (4lb)
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Put the gammon in a pan and cover with cold water. Bring to the boil, drain, then rinse, to remove scum and excess salt. Put the gammon in the crock pot and cover with boiling water. Cook for the time shown. Drain and allow to cool slightly before removing the skin. Discard the skin and wrap the gammon tightly in kitchen foil. Refrigerate till well chilled.

## pork and pineapple curry

**High 3-4/Low 5-8**

lean pork, cut into cubes	1kg (2lb)
flour	40g (1½oz)
salt	5ml (1tsp)
cooking oil	30ml (2tbsp)
onion, chopped	1 large
curry powder	15ml (1tbsp)
paprika	15ml (1tbsp)
chicken stock	300ml (½pt)
dried red chillies	2
mango chutney	15ml (1tbsp)
worcestershire sauce	5ml (1tsp)
pineapple cubes, including syrup	454g (1lb) can
bay leaves	2

Toss the pork in the flour and salt. Heat the oil in a large pan and brown the pork. Lift out with a draining spoon and put on a plate. In the same pan, fry the onions till soft, then stir in the curry powder and paprika. Fry for 2 minutes then return the pork to the pan. Stir well and cook for a few minutes. Add the remaining ingredients, bring to the boil and transfer to the crock pot. Cook for the time shown. Remove the bay leaves before serving.

## **savoury pork casserole**

**High 3-4/Low 5-8**

cooking oil	30ml (2tbsp)
lean pork, cut into cubes	700g (1½lb)
onions, sliced	2 large
flour	30ml (2tbsp)
white wine	300ml (1pt)
chicken stock	150ml (¼pt)
tomato purée	60ml (4tbsp)
green pepper, deseeded and diced	1
button mushrooms	225g (8oz)
salt and pepper	to taste
dried sage	5ml (1tsp)
tomatoes, skinned and sliced	4 large

Heat the oil in a large pan and lightly brown the pork. Add the onions. Stir in the flour and add the wine, stock and tomato purée. Add the green peppers and mushrooms. Bring to the boil, season and add sage and tomatoes. Transfer to the crock pot and cook for the time shown.

## **braised brisket of beef**

**High 6-8**

brisket	1.5kg (3lb)
salt and pepper	to taste
butter	25g (1oz)
onion, chopped	1 large
carrot, finely chopped	1 large
beef stock	300ml (½pt)
bay leaf	1
flour or cornflour to thicken	

Season the meat. Heat the butter in a large pan. Brown the meat. Transfer to the crock pot. Fry the onions and carrot in the remaining butter, till the onion is transparent, add the stock and bay leaf and bring to the boil. Pour round the meat. Cook for the time shown. Put the meat in a serving dish, and keep hot. Strain the stock. Blend a little flour and cold water in a pan. Add the stock, and bring to the boil, stirring. Adjust the seasoning. Serve with the meat.

## **boiled bacon in apple juice**

**High 4-5**

collar of bacon	1.1kg (2½lb)
apple juice	550ml (1pt)
onion, sliced	1 small
black pepper, freshly ground	to taste
cornflour	30ml (2tbsp)

Put the bacon in a large pan, cover with cold water, and bring to the boil. Put the bacon in the crock pot, and discard the water. Put the apple juice and onion in the pan, bring to the boil, and pour over the bacon. Add pepper. Cook for the time shown. Remove the bacon to a serving dish, and keep hot. Put the cornflour in a small pan and blend with a little cold water. Gradually stir in the apple juice. Bring to the boil and simmer for 2 minutes. Serve with the bacon.

## poultry

If using the One-Step method, remove the skin first.

Use poultry up to 1½ kg (3lb). The lid mustn't be raised by the meat. Thaw frozen poultry before cooking. Cook whole poultry unstuffed, on **High**.

- 1 Wash and dry the poultry and season inside and out.
- 2 Brown the skin in its own fat or a little cooking oil, in a large frying pan.
- 3 Transfer to the crock pot and cook on **High** for the time shown.

poultry	weight	setting	time
chicken	1½ kg (3lb)	<b>High</b>	3½-4 hours
pheasant	large	<b>High</b>	3-4 hours

### chicken with barbecue sauce

**High 4½-5**

butter	40g (1½oz)
chicken	whole 1-1½kg (2½-3lb)
salt and pepper	to taste
onion, finely chopped	1 medium
tomato ketchup	60ml (4tbsp)
vinegar	30ml (2tbsp)
mango chutney, chopped	30ml (2tbsp)
French mustard	2.5ml (1tsp)
caster sugar	5ml (1tsp)
worcestershire sauce	15ml (1tbsp)

Rub inside the crock pot with a little of the butter. Wipe the chicken and season inside and out. Heat the remaining butter in a large pan and brown the chicken all over. Transfer to the crock pot. Put the onion in the pan and fry for 2-3 minutes, without colouring. Add the other ingredients and bring to the boil. Pour over the chicken and cook for the time shown, basting occasionally.

### coq au vin

**High 3½-5/Low 6-9**

cooking oil	15ml (1tbsp)
chicken joints, skinned	4
flour	50g (2oz)
salt and pepper	to taste
streaky bacon, chopped	100g (4oz)
onion, chopped	1 large
chicken stock	300ml (½pt)
red wine	300ml (½pt)
button mushrooms, sliced	100g (4oz)
bay leaf	1
cloves	2
bouquet garni	1

Heat the oil in a pan. Coat the chicken in seasoned flour and fry on all sides. Transfer to the crock pot. Put the bacon and onion in the pan and soften but don't brown. Stir in the remaining flour and add the other ingredients. Bring to the boil, stirring continuously, and pour over the chicken. Cook for the time shown. Remove the bay leaf, cloves and bouquet garni before serving.



## country chicken casserole

**High 5-7/Low 8-12**

chicken joints skinned	4
can tomatoes, including juice	397g (14oz)
can sweet corn, drained	198g (7oz)
sticks celery, finely chopped	2
onion, finely chopped	1 medium
white cabbage, finely shredded	50g (2oz)
bay leaf	1
mixed herbs	5ml (1tsp)
fresh ground black pepper	to taste
salt	to taste
chicken stock	300ml (½pt)

Boil the stock in a pan. Put the other ingredients into the crock pot, and pour over the stock. Make sure the fresh vegetables are covered by the stock. Cook for the time shown.

## duck and orange

**High 5-5½ + 1**

garlic, crushed	1 clove
duck portions	4
butter	15g (1oz)
onions	2
button mushrooms, thinly sliced	100g (4oz)
flour	25g (1oz)
orange juice	400ml (¾pt)

Heat a large pan and fry the duck portions their own fat till well browned all over. Transfer to the crock pot. Without adding fat, cook for the time shown. Drain the fat and discard. Heat the butter in a pan, and fry the onions and mushrooms till soft. Add the flour and slowly stir in the orange juice. Pour over the duck in the crock pot and cook for a further hour on **High**.

## chinese chicken and mushroom

**High 3½-5/Low 6-9**

cooking oil	15ml (1tbsp)
chicken joints	4
onions, roughly chopped	2
cornflour	30ml (2tbsp)
chicken stock	150ml (¼pt)
button mushrooms, halved	350g (12oz)
soy sauce	30ml (2tbsp)
lemon, juice of	1
sugar	5ml (1tsp)
salt and pepper	to taste

Heat the oil in a large pan and fry the chicken till golden brown. Transfer to the crock pot. In the remaining oil, fry the onions till transparent, stir in the cornflour, then gradually stir in the stock. Add the other ingredients, bring to the boil, and pour over the chicken. Cook for the time shown.

## puddings

Fruit cooked in the crock pot should stay whole. Slow cooking lets the flavours blend gently. To poach fruit, follow the methods given for Pears in red wine or Rhubarb with orange. If you want a meringue or pastry topping on poached fruit, transfer it to an ovenproof bowl. Don't put the crock pot in an oven.

Egg custards cook gently, with little risk of overcooking or curdling. Steamed puddings won't fill the kitchen with steam, or need constant topping up. Use a heatproof pudding basin, which fits the crock pot without touching the sides.

Make a lifting strap to lower the pudding basin into the crock pot. Fold a 45cm (18") long piece of aluminium cooking foil till it's about 5cm (2") wide. Stand the basin on the strap and lower into the crock pot. Leave in place during cooking and use it to remove the hot basin. Fill the crock pot with enough water to come half-way up the basin. When cooking steamed puddings or those containing a raising agent, pre-heat the pot for 20 minutes and cook on **High** for the time shown.

### baked stuffed apples

**High 2-3/Low 4-6**

butter	15g (½oz)
soft brown sugar	100g (4oz)
sultanas	50g (2oz)
cooking apples	4 medium
boiling water	150ml (¼pt)

Grease the crock pot with the butter. Core the apples. Use a sharp knife to score the skin round the equator on each apple. Mix the sugar and sultanas and pack tightly inside the apples. Stand each apple on a square of foil shaped to form a saucer. Arrange the apples and foil in the crock pot and pour in the boiling water. Cook for the time shown. The cooking time for this recipe may vary with different types of apples.

### zesty orange pudding

**High 5-7/Low 8-12**

orange, peeled and sliced	1 small
soft margarine	50g (2oz)
caster sugar	50g (2oz)
egg, beaten	1 size 3
self-raising flour	75g (3oz)
salt	pinch
orange, grated zest and juice	1
sultanas	25g (1oz)

Butter a 550ml (1pt) basin and line the base with a buttered circle of foil. Put one orange slice on the base and arrange the others around the sides. Cream the margarine and sugar till light and fluffy. Beat in the egg a little at a time. Fold in the sieved flour and salt. Add the orange zest and sufficient juice to form a soft dropping consistency. Fold in the sultanas and turn into the prepared basin. Cover loosely with foil. Use a lifting strap to lower the basin into the crock pot. Pour enough boiling water into the crock pot to come half way up the basin. Cook for the time shown.

## pears in red wine

sugar	100g (4oz)
red wine	400ml (3/4pt)
lemon, rind and juice	1
cloves	2
ripe pears	4 large or 6 medium

Put the sugar, wine, lemon rind, juice and cloves in a pan. Heat gently, stir till the sugar dissolves, then take off the heat and add the cochineal. Peel the pears leaving them whole, complete with stalks. Stand them in the crock pot, stalks upwards, and pour over the syrup. Cook for the time shown, turning the pears occasionally, so they're evenly coated with the syrup and colour evenly. Remove the cloves, and serve hot or chilled with cream.

## Christmas pudding

self-raising flour	50g (2oz)
cinnamon	5ml (1tsp)
nutmeg	5ml (1tsp)
mixed spice	5ml (1tsp)
shredded suet	100g (4oz)
fresh white breadcrumbs	100g (4oz)
lemon, rind and juice	1
soft brown sugar	50g (2oz)
blanched almonds, chopped	50g (2oz)
seedless raisins	100g (4oz)
currants	100g (4oz)
sultanas	100g (4oz)
mixed peel	50g (2oz)
prunes, stoned and chopped	50g (2oz)
black treacle	15ml (1tbsp)
rum	45ml (3tbsp)
stout or ale	150ml (1/4pt)
eggs	2, size 3

Sieve together the flour and spices. Add the suet, breadcrumbs, lemon rind, sugar, nuts and dried fruit. Warm the treacle in a pan till it becomes runny. Add the rum, stout and lemon juice. Pour over the eggs and mix together. Add to the dry ingredients. Mix thoroughly, cover and stand overnight. Add a little milk if the mixture has stiffened. Pre-heat the crock pot for 20 minutes. Turn the mixture into a buttered 1 litre (2pt) pudding basin. Select a basin which comfortably fits in the crock pot without raising the lid. Cover with foil. Stand in the crock pot and add enough boiling water to come 6 up the sides of the basin. Cook for the time shown. Allow to become cold. Remove foil and cover with greaseproof paper and fresh foil. Christmas pudding is the only dish which can be reheated safely in the slow cooker. It's at its best if left to mature for a while between cooking to make, and cooking to eat.

To reheat, cook on **High** for about 5 hours.

**High 3-5/Low 6-8**

**High 13/reheat - High 5**

## creamy rice pudding

**High 4-4½/Low 5-8**

butter	15g (1oz)
milk	400ml (¾pt)
evaporated milk	150ml (¼pt)
pudding rice	50g (2oz)
sugar	25g (1oz)

Butter the inside of the crock pot. Add all the ingredients and stir. Cook for the time shown.

## rhubarb and orange

**High 2-2½/Low 3-4**

rhubarb	1kg (2lb)
sugar	150g (6oz)
orange, grated rind and juice	1 large
water	400ml (¾pt)

Wash the rhubarb and cut into 2.5cm (1") pieces. Put the ingredients into the crock pot and cook for the time shown.

## poached dried fruit salad

**High 3-4/Low 5-6**

mixed dried fruit (prunes, apricots, pears, apples, etc.)	450g (1lb)
sugar	100g (4oz) according to taste
Lemon or orange, juice of	1
water	700ml (1¼pt)

Put the fruit and water in the crock pot and soak overnight. If the apple slices float to the surface, weigh them down with prunes. Next day, add the other ingredients and cook for the time shown. Serve hot or chilled.

## miscellaneous

### apple chutney

**High 3-5 hours/Low 8-9**

apples, peeled and finely chopped	750g (1¾lb)
onions, finely chopped	225g (8oz)
light brown sugar	350g (12oz)
sultanas	100g (4oz)
white wine vinegar	150ml (¼pt)
cornflour	30ml (2 tbsp)
salt	10ml (2 tsp)
garlic, crushed	1 clove
cayenne pepper	pinch
ground cinnamon	2.5ml (½ tsp)
ground ginger	2.5ml (½ tsp)

Put the apples, onions, brown sugar and sultanas into the slow cooker. Mix the cornflour and vinegar together in a small bowl till completely smooth. Add the cornflour/vinegar mix to the slow cooker with the salt, garlic, cayenne pepper, cinnamon and ginger. Stir well. Cook for the time shown. Pour into heated jars and cover in the usual way. Alternatively, store in a container in the refrigerator for up to 2 weeks.

## **brandy and orange punch**

**High 1-2/Low 3-4**

sugar	275g (10oz)
boiling water	550ml (1pt)
cloves	6
cinnamon	10ml (2tsp)
lemons (zest and juice of)	2
oranges, (juice of)	2
orange, sliced	1
orange squash	60ml (4tbsp)
white wine	1 bottle
brandy	150ml (¼pt)

Put the sugar and boiling water into the crock pot. Stir in the other ingredients except the brandy. Heat for the time shown. Stir in the brandy just before serving .

## **lemon curd**

**High 2½-3/Low 4-6**

butter	100g (4oz)
lemons, grated rind and juice	4
caster sugar	450g (1lb)
eggs	4, size 3

Melt the butter in a pan. Add the lemon juice, rind and sugar, and stir till dissolved. Allow to cool. Beat the eggs lightly and stir into the mixture. Pour into a 1 litre (2pt) basin. Cover with foil. Stand the basin in the crock pot. Pour enough boiling water into the crock pot to come half way up the basin. Cook for the time shown or till thickened. Stir thoroughly, pour into warmed pots and allow to cool. Store in a cold place for no longer than 2 weeks.

## **cheese fondue**

**Low 1-2**

garlic, cut in half	1 clove
dry white wine	100ml (4floz)
gruyere cheese, grated	225g (8oz)
emmental cheese, grated	225g (8oz)
cornflour	20ml (4tsp)
pepper	to taste
nutmeg, grated	to taste

Rub the inside of the crock pot with garlic. Add the wine and cook for 30 minutes on **Low**. Mix the cheese with the cornflour and seasonings. Stir this mixture into the wine. Cook for 1½ hours, stirring after 30 minutes. The fondue may now be left in the crock pot. To serve, spear cubes of crusty bread with forks and dip in the fondue.

## **care and maintenance**

- 1 Before doing anything else, unplug the crock pot from the wall socket.
- 2 Using oven gloves, remove the lid and the crock pot and put them on a heatproof surface.
- 3 Even if you don't intend to wash up right away, fill the crock pot with warm water, otherwise the residual heat may bake any food debris on to the crock pot, making its eventual removal more difficult.
- 4 Don't soak the exterior of the crock pot in water. The base is porous and will soak up water which may cause it to crack when heated.
- 5 Wash the lid and crock pot in hot soapy water, using a cloth or sponge, then rinse and dry thoroughly. Don't use scouring pads.
- 6 Wipe all other surfaces, internal and external, with a damp cloth. You may use a little mild household detergent (washing-up liquid) if necessary. All surfaces should be dry before re-using the crock pot or storing it away.
- 7 After some time in use, the glaze on the crock pot may develop "crazing", a network of small cracks. This marking is superficial, and doesn't affect the operation of the slow cooker. Don't worry about it.

Don't put the body of the crock pot in water or any other liquid.

Don't use harsh or abrasive cleaners.

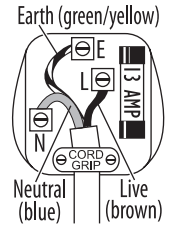
Don't put any part of the crock pot in a dishwasher.

## notes

## connection

The product must be earthed. It has a 13A BS1362 fuse in a 13A BS1363 plug. To replace the plug, fit the green/yellow wire to ⊕ or E, the blue wire to N, and the brown wire to L. Fit the cord grip. If in doubt, call an electrician.

Don't use a non-rewireable/moulded plug unless the fuse cover is in place. If you remove the plug, dispose of it.



## service

The product isn't user-serviceable. If it's not working, read the instructions, check the plug fuse and main fuse/circuit breaker. If it's still not working, consult your retailer. If that doesn't solve the problem:

Pack carefully, with a note of your name, address, day phone number, and what's wrong. If under guarantee, say where and when purchased, and include proof of purchase (till receipt). Send it to Customer Returns (address below right). They'll give you an estimate for inspection/repair.

### Customer Service

(correspondence only)  
Salton Europe Ltd  
Failsworth  
Manchester  
M35 0HS UK

### Customer Returns

Salton Europe Ltd  
Heath Mill Road  
Wombourne  
Wolverhampton  
WV5 8AQ

Customer Service ([service@saltoneurope.com](mailto:service@saltoneurope.com))  
telephone 0845 658 9700 (local rate number)

## guarantee

Defects affecting product functionality appearing within one year of purchase will be corrected by replacement or repair provided the product is used and maintained in accordance with the instructions. Your statutory rights are not affected.

Documentation, packaging, and product specifications may change without notice.

## online sales

Go to [www.eSaltoneurope.com](http://www.eSaltoneurope.com) for our full product range, and online sales.