



# Russell Hobbs



## 7L SLOW COOKER

2 YEAR WARRANTY

RHSC7

RHSC7\_IB&RB\_FA\_040820  
Part no. T22-5003671-B

INSTRUCTIONS & WARRANTY

## IMPORTANT SAFEGUARDS

When using this appliance, basic safety precautions should always be followed, including the following:

Read all instructions before, and follow whilst using this appliance.

1. To protect against electrical hazards, do not immerse the slow cooker cooking base in water or any liquid.
2. Do not use it in a bathroom or near any source of water.
3. Do not use outdoors.
4. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
5. This appliance is NOT a toy. Children should be supervised to ensure they do NOT play with this appliance.
6. Always follow the instructions when using this appliance.
7. The temperature of accessible surfaces/parts may become very hot when the appliance is operating and may remain hot for some time after the appliance has been switched off.
8. To avoid the possibility of scalding, keep clear of steam escaping around the lid area.
9. Do not touch any internal surfaces until the slow cooker has fully cooled.
10. Do not use the slow cooker to re-heat food that has already been cooked.
11. Dried beans (e.g. red kidney beans) must be boiled for at least 10 minutes before being added to the slow cooker. They are poisonous if eaten raw or undercooked.
12. CAUTION: Do not operate on an inclined plane. Place the slow cooker on a stable, level, heat-resistant surface and out of reach of children.
13. Route the power cord so it does not overhang, and cannot be caught accidentally.
14. Unplug the slow cooker when not in use, before moving and before cleaning. Let it cool down fully before cleaning and storing away.
15. There are no user serviceable parts. If the power cord is damaged, it must be replaced by the manufacturer or similarly qualified person in order to avoid hazard.
16. Do not operate this appliance with a damaged cord/plug or after the appliance has malfunctioned, or been dropped or damaged in any manner. Contact Customer Service for examination, adjustment, repair or replacement.
17. To disconnect turn dial to OFF, turn off the wall power outlet then grasp the plug and remove from wall power socket. Never pull by the cord.
18. Do not try to cook in the slow cooker without using the ceramic bowl.
19. Leave a clear space of at least 75mm (3 inches) around the slow cooker when in use.
20. Do not cover the slow cooker or put anything on top of it while in use.
21. Do not use the slow cooker near or below curtains or other combustible materials.
22. Keep the power cord, the slow cooker, and the ceramic bowl away from hotplates, cook-tops and burners.
23. Do not put a hot ceramic bowl on a cold surface or in cold water as it may crack the bowl or damage the surface.



24. Do not put cold water into a hot ceramic bowl or hot water into a cold ceramic bowl as it may crack the bowl.
25. Do not use the ceramic bowl with any appliance (cook-top, stove, oven, microwave oven, etc) other than the slow cooker.
26. Do not shock/bump the glass. The lid supplied with this is slow cooker is made from tempered glass. However, this does not make it indestructible! Care needs to be taken not to shock the glass as it may cause it to weaken and unexpectedly shatter into small fragments for seemingly no reason.
27. Do not use accessories or attachments other than those supplied as specifically for use with the slow cooker.
28. Do not use the slow cooker for any purpose other than that described in these instructions.
29. Do not connect this slow cooker to an external timer or remote control system.
30. For added safety, electrical appliances should be connected to a power outlet that is protected by a residual current device (RCD), also often referred to as a 'Safety Switch'. Your switchboard may already incorporate an RCD. If unsure, call an electrician for verification and fitting if necessary.

This appliance is intended for use in households and similar environments such as:

- staff kitchen areas in shops, office and other working environments;
- farm houses;
- by clients in hotels, motels and other residential type environments;
- bed and breakfast type environments.

**SAVE THESE INSTRUCTIONS**

**THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY**

Congratulations on the purchase of your new Russell Hobbs 7L Slow Cooker. Each unit is manufactured to ensure safety and reliability. **Before using the Slow Cooker for the first time, please read this instruction booklet carefully and keep it for future reference. Pass it on if you pass on the Slow Cooker.**

When using this appliance, basic safety precautions should always be followed.



## FEATURES

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 1. Lid knob                    | 4. Cool touch handles             |
| 2. Tempered glass lid assembly | 5. Cooking base                   |
| 3. Ceramic bowl                | 6. OFF/LOW/HIGH/WARM Control Dial |

## THE CONTROL DIAL

The slow cooker is controlled by a 4-position Control Dial:

**OFF** The slow cooker is off.

**LOW** Cooks at low power.

**HIGH** Cooks at maximum power. Take care that the food does not dry out. If additional liquid is required during the cooking process, it should be preheated before adding to avoid possible cracking of the ceramic bowl. Cool liquids can be safely added in small amounts to the middle of the food, away from the sides of the ceramic bowl.

**WARM** Rotate the control dial to WARM once the cooking time is over to keep the food warm. Do not keep foods on the WARM setting for more than 4 hours.

**NOTE: Do not use WARM setting to cook or to reheat food.**

## BEFORE FIRST USE

- Remove all packing materials.
- All parts of the Slow Cooker need to be thoroughly cleaned before being used for the first time (see 'Care and Maintenance').

## 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 ceramic bowl. Do not use the ceramic bowl for cooking anywhere other than inside the slow cooker.
- Thaw frozen food completely before adding to the ceramic bowl.
- 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 are poisonous if eaten raw or undercooked.***

- Lentils do not need soaking overnight.
- Store ingredients prepared beforehand (e.g. the night before) in a refrigerator. Do not put the slow cooker or the ceramic bowl in the refrigerator as it may cause the bowl to crack when heated.
- Root vegetables (potatoes, carrots, onions, etc.) take much longer to cook than meat. Cut them into 5mm slices, sticks or dice. If possible, sauté gently for 2-3 minutes before adding to the ceramic bowl.
- Dried vegetables must be immersed in the cooking liquid.
- When cooking with rice, use at least 150ml of cooking liquid for each 100g of rice.
- Pasta is not suitable for slow cooking – it will become too soft. If your recipe requires pasta, it should be stirred in 30-40 minutes before the end of the cooking time.

Most recipes can be cooked on either HIGH or LOW. Many recipes will give the time for both.

**LOW:** Often used for longer cooking times, 8–10 hours, or less tender cuts of meat.

**HIGH:** Cooking on high setting is similar to a covered pot on the stovetop. Foods will cook on high in about half the time required for low cooking. Additional liquid may be required as foods can boil on high.

**WARM:** Only use to keep cooked foods at a food-safe serving temperature and should not be used to cook foods. It is not recommended to use WARM for more than 4 hours.

## GENERAL USE

- Decide when you want to eat and when you want to start cooking.
- Find a recipe that suits your timings. If you want to eat at 6pm and you need to start cooking at 8am, find a recipe that takes about 10 hours.
- Prepare the food as described in the recipe.

**TIP: Cut food into similar sized pieces to ensure food is evenly cooked.**

- Sit the slow cooker on a stable, level, heat-resistant surface and out of reach of children.
- Connect to the wall power outlet and switch the outlet on.
- Remove the lid and place the food in the ceramic bowl.
- Replace the lid.
- Turn the dial to the desired heat setting.

**NOTE: Do not use the WARM setting to cook.**

**NOTE: A recipe that takes 10 hours would only ever be cooked using LOW setting.**

- When cooking time is done, either turn the control knob to WARM or switch the appliance OFF. Do not keep foods on the WARM setting for more than 4 hours.
- Using oven gloves remove the lid from the slow cooker and set it on a heat proof surface.
- Serve the food.
- Unplug the appliance when not in use and always allow the slow cooker to completely cool before cleaning.

**TIP: Cleaning can be made much easier if you remove all the cooked food from the ceramic bowl, then fill it with warm water (see 'Care and Maintenance').**

## RECIPES

There are a few recipes in this book to get you started.

Use them initially to familiarise yourself with the capabilities of your slow cooker. Then using them as a guide, vary the ingredients, vary the quantities and taste the results. Keep notes, write down what changes you make, and you will quickly build up a range of recipes which suit your taste.

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

**NOTE: Be careful with quantities – once all the initial ingredients are put in the ceramic bowl, it shouldn't be more than  $\frac{3}{4}$  full, to allow for expansion.**

## SOUP

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

Tips for making soup in your slow cooker:

- Trim and cut up the meat and/or vegetables to similar sized portions to ensure even cooking.
- Sear food lightly in a large pan with a little cooking oil for a richer flavour.
- For a thicker soup, stir in flour or cornflour, and then gradually add stock.
- Do not add milk until the final half hour of cooking.
- Cream or egg yolk may be added just before serving.

## CARE AND MAINTENANCE

- Before doing anything else, unplug the slow cooker from the wall socket.
- Using oven gloves, remove the lid and ceramic bowl and place them on a heatproof surface.
- Even if you do not intend to wash up right away, fill the ceramic bowl with warm water, otherwise the residual heat may bake any food debris on the ceramic bowl, making its eventual removal more difficult.

***WARNING: Do Not add cold water to a hot ceramic bowl.***

- Do not soak the exterior of the ceramic bowl in water. The base is porous and will soak up water which may cause it to crack when heated. Wash the lid and ceramic bowl in hot soapy water using a cloth or sponge, then rinse and dry thoroughly. Do not use a scouring pad. The ceramic bowl and lid may be washed in the dishwasher.
- All other surfaces, internal and external, should be wiped with a damp cloth. You may use a little mild household detergent (washing up liquid) if necessary. These surfaces should be dry before re-using the slow cooker or storing it away.
- After some time in use, the glaze on the ceramic bowl may develop 'crazing', a network of small cracks. This marking is superficial and should not be a cause for concern.
- Do not immerse the body of the slow cooker in water or any other liquid.
- Do not use harsh or abrasive cleaners.

## STORING

Make sure that the appliance is thoroughly dry. Never wrap the cord tightly around the appliance; keep it loosely coiled. Placing the lid on upside-down for storage can help save space.

Legislation in some localities mandates that e-waste (anything with a plug, battery or cord) is disposed of through controlled recycling facilities and must not be disposed of in general household waste. For more information about recycling of electrical and battery operated appliances, please contact your local council or your local household waste disposal service.

## TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SOLUTION
Food is undercooked while slow cooking	<ul style="list-style-type: none"><li>• May have used the wrong setting.</li><li>• The power may have been interrupted.</li><li>• The lid may have been improperly placed on the ceramic bowl.</li><li>• Lid has been removed too many times during operation.</li></ul>	<ul style="list-style-type: none"><li>• Make sure you use the correct setting for the recipe.</li><li>• If the power was interrupted and you don't know for how long; discard the food.</li><li>• Make sure the lid is placed evenly on top of the ceramic bowl.</li><li>• Keep the lid closed. Every time the lid is removed it adds 15–20 minutes to the cooking time.</li></ul>
Food is overcooked while slow cooking	<ul style="list-style-type: none"><li>• There may be a difference between your favorite recipe and the operation of the slow cooker.</li><li>• Not all slow cookers cook exactly the same; the settings could be cooking slightly different than slow cookers that have been used previously.</li></ul>	<ul style="list-style-type: none"><li>• As you use the slow cooker settings, make note of any changes in time on your favorite recipes.</li></ul>
The meat was done but the vegetables were under-cooked while slow cooking	<ul style="list-style-type: none"><li>• The foods may have been improperly placed in the slow cooker.</li></ul>	<ul style="list-style-type: none"><li>• Place the vegetables on the bottom and sides of the ceramic bowl.</li><li>• Place the meat on top of the vegetables and in the center of the ceramic bowl.</li></ul>



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## **Spectrum Brands Australia Pty Ltd and Spectrum Brands New Zealand Ltd Warranty Against Defects**

In this warranty:

**Australian Consumer Law** means the Australian consumer law set out in Schedule 2 to the Competition and Consumer Act 2010;

**CGA** means the New Zealand Consumer Guarantees Act 1993;

**Goods** means the product or equipment which was accompanied by this warranty and purchased in Australia or New Zealand, as the case may be;

**Manufacturer, We or us** means:

1. for Goods purchased in Australia, Spectrum Brands Australia Pty Ltd ABN, 78 007 070 573;  
or
2. for Goods purchased in New Zealand, Spectrum Brands New Zealand Ltd, as the case may be, contact details as set out at the end of this warranty;

**Supplier** means the authorised distributor or retailer of the Goods that sold you the Goods in Australia or in New Zealand; and

**You** means you, the original end-user purchaser of the Goods.

1. Our goods come with guarantees that cannot be excluded under the Australian Consumer Law, or the CGA. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.
2. The benefits provided by this Warranty are in addition to all other rights and remedies in respect of the Goods which the consumer has under either the Australian Consumer Law or the CGA. The original purchaser of the Goods is provided with the following Warranty subject to the Warranty Conditions:
3. We warrant the Goods for all parts defective in workmanship or materials for a **(Warranty Period)** period of 2 years from the date of purchase.

If the Goods prove defective within the Warranty Period by reason of improper workmanship or material, we may, at our own discretion, repair or replace the Goods without charge.

## **Warranty Conditions**

4. The Goods must be used in accordance with the manufacturer's instructions. This Warranty does not apply should the defect in or failure of the Goods be attributable to misuse, abuse, accident or non-observance of manufacturer's instructions on the part of the user. As far as the law permits, the manufacturer does not accept liability for any direct or consequential loss, damage or other expense caused by or arising out of any failure to use the Goods in accordance with the manufacturer's instructions.
  5. Exhaustible components (such as batteries, filters and brushes) of the Goods are included under this Warranty only where there is a defect in workmanship or materials used.
  6. The warranty granted under clause 3 is limited to repair or replacement only.
  7. Any parts of the Goods replaced during repairs or any product replaced remain the property of the manufacturer. In the event of the Goods being replaced during the Warranty Period, the warranty on the replacement Goods will expire on the same date as for the Warranty Period on the original Goods which are replaced.
  8. In order to claim under the warranty granted under clause 3 you must:
    - (a) Retain this warranty with your receipt/proof of purchase; and
    - (b) Return the Goods to us at the relevant address or to the Supplier by prepaid freight within the Warranty Period accompanied with (i) the legible and unmodified original proof of purchase, which clearly indicates the name and address of the Supplier, the date and place of purchase, the product name or other product serial number and (ii) this warranty.
  9. This warranty is immediately void if:
    - (a) Any serial number or appliance plate is removed or defaced;
    - (b) The Goods have been serviced or otherwise repaired by a person not authorised to do so by us or where non approved replaced parts are used.
  10. The Goods are designed for domestic use only. The Goods must be connected to the electrical voltage requirements as specified in the ratings label located on the Goods.
  11. This warranty does not cover the cost of claiming under the warranty or transport of the Goods to and from the Supplier or us.
  12. This warranty is only valid and enforceable in Australia against Spectrum Brands Australia Pty Ltd and in New Zealand against Spectrum Brands New Zealand Ltd.
- Contact us or the Supplier for further details.

## **Register your product online**

If you live in Australia please visit: [www.spectrumbrands.com.au/warranty](http://www.spectrumbrands.com.au/warranty)

If you live in New Zealand Please visit: [www.spectrumbrands.co.nz/warranty](http://www.spectrumbrands.co.nz/warranty)

Registration of your warranty is not compulsory, it gives us a record of your purchase AND entitles you to receive these benefits: Product information; Hints and tips; Recipes and news; Information on special price offers and promotions.

**Any questions?** Please contact Customer Service for advice.









# Russell Hobbs



## 7L SLOW COOKER

2 YEAR WARRANTY

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Part no. T22-5003671-B

RECIPE BOOK

# LENTIL SOUP

Serves 8

## Ingredients:

- 125g pancetta
- 250g smoked sausage, cut into bite-size pieces
- 1 cup chopped onion
- 2 large cloves garlic, chopped
- 6 cups vegetable broth or water
- 500g dried lentils, sorted and rinsed
- 1 can garbanzo beans, rinsed and drained
- 1 can diced tomatoes
- 1 ½ cup chopped carrots
- 1 cup thickly sliced celery
- 1 tsp. dried thyme
- 1 ½ tsp. salt
- ½ tsp. black pepper
- ½ cup chopped celery leaves

## Method:

1. In a skillet, cook pancetta over medium heat until golden on all sides, stirring often.
2. Remove with slotted spoon and set aside.
3. Add onion and garlic to skillet and cook until onion is softened.
4. Spoon the mixture into the Slow Cooker pot.
5. Add pancetta and remaining ingredients, except celery leaves.
6. Cover and cook on HIGH for 4 to 5 hours or LOW for 8-10 hours, until lentils are very tender. Stir in celery leaves.

[www.russellhobbs.com.au](http://www.russellhobbs.com.au)

[www.russellhobbs.co.nz](http://www.russellhobbs.co.nz)

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## **PORK ROAST WITH TART CHERRIES**

**Serves 12**

### **Ingredients:**

2kg bone-in pork loin roast

1 Tbsp. olive oil

1 tsp. salt

½ tsp. seasoned pepper

3 cups tart pitted cherries

1 cup apple juice

½ cup water

2 Tbsp. brown sugar

2 Tbsp. tomato paste

2 large cloves garlic, chopped

1 tsp. oregano

### **Method:**

1. In a skillet, brown pork on all sides in olive oil. Season with salt and pepper.
2. Place pork in the Slow Cooker stoneware pot, fat side up.
3. In large measuring cup or bowl, combine remaining ingredients; stir to blend.
4. Pour over pork.
5. Cover and cook on HIGH for 4 hours or on LOW for 6 hours, until pork is tender.



# **BEEF POT ROAST**

**Serves 8 to 10**

## **Ingredients:**

- 6 medium carrots, cut in 2 inch pieces (about 2 cups)
- 4 medium potatoes, quartered
- 1 bag frozen pearl onions
- 4 large cloves garlic, chopped
- 2kg boneless bottom round roast
- ½ tsp. salt
- ¼ tsp. coarsely ground pepper
- 1 envelope beef onion soup mix
- 1 cup beef broth
- 1 ½ tsp. herbs de Provence
- ½ tsp dried thyme

## **Method:**

1. Place half of the vegetables on bottom of the Slow Cooker pot.
2. Season beef with salt and pepper. Place on top of vegetables.
3. Add remaining vegetables. Spread around roast.
4. In a measuring cup or bowl, combine remaining ingredients; stir to blend. Pour over beef, Cover with glass lid.
5. Cook on LOW for 6 hours, until beef is tender.

# SHREDDED PORK SANDWICHES

Serves 12

## Ingredients:

2 large Vidalia onions, sliced  
1.75 kg fresh pork butt or loin  
½ tsp. salt  
¼ tsp. coarse black pepper  
1 cup barbecue sauce  
1 cup beef broth  
¼ cup honey  
¼ cup fresh lime juice  
¼ cup spicy brown mustard  
2 Tbsp. tomato paste  
Hamburger buns  
Cole slaw

## Method:

1. Place onions in bottom of the Slow Cooker pot.
2. Then season pork with salt and pepper and place on top of onions, fat side up.
3. In a large measuring cup or bowl, combine remaining ingredients; stir to blend.
4. Pour over pork. Cover and cook on HIGH for 5 hours or until pork shreds easily when touched with a fork.
5. Place pork on cutting board and allow to rest 5 minutes. Using 2 forks, shred pork.
6. Return the meat to the slow cooker and serve warm on buns topped with coleslaw.

# **BEEF SHORT RIBS**

**Serves 6 to 8**

## **Ingredients:**

- 1.5kg bone-in beef short ribs
- 2 tsp. salt
- ½ tsp. coarsely ground black pepper
- 2 Tbsp. olive oil
- 2 cups carrots, cut in 2-inch pieces
- 2 cups sliced celery
- 1 cup coarsely chopped onion
- 2 large cloves garlic, chopped
- 1 can diced tomatoes
- ¼ cup balsamic vinegar
- 2 Tbsp. tomato paste
- 1 bay leaf

## **Method:**

1. Season short ribs with salt and pepper.
2. In a skillet, brown ribs over medium heat, about 3 minutes each side.
3. Transfer to the Slow Cooker pot. Top with vegetables.
4. Combine remaining ingredients and pour over meat and vegetables.
5. Cover and cook on HIGH for 5 to 6 hours or LOW setting for 6 to 8 hours, until beef is tender. Remove bay leaf before serving.

# SLOW COOKER VEGETABLE LASAGNA

**Serves 8**

No need to cook the noodles for this recipe. The noodles become tender when slow cooked in the sauce.

## **Ingredients:**

- 2 Tbsp. oil
- 1 cup sliced zucchini
- 1 cup sliced yellow summer squash
- 250 g sliced fresh mushrooms
- ½ cup chopped onion
- 1 Jar/ Bottle spaghetti sauce
- 470g ricotta cheese
- 1 egg
- 250g shredded mozzarella cheese
- ½ cup grated Parmesan cheese, divided
- 8 uncooked lasagna noodles

## **Method:**

1. Heat oil in large skillet on medium heat. Add squash, mushrooms and onions, cook and stir 3-5 min. or until vegetables are tender.
2. Stir vegetables into sauce.
3. Mix ricotta together ricotta cheese, egg, mozzarella and ¼ cup Parmesan cheese.
4. To assemble, spoon ½ of the vegetable mixture into bottom of slow cooker.
5. Top with half the noodles (broken to fit) and half the cheese mixture. Repeat for second layer.
6. Cover slow cooker with lid and cook on HIGH for 2 to 3 hours or LOW setting 4 to 5 hours or until liquid is absorbed and lasagne is hot.
7. Turn slow cooker off and let stand 10 min. Sprinkle with remaining Parmesan before serving.

# **BEEF LASAGNE**

**Preparation time: 30 minutes**

**Cooking time: 2.5 hours**

**Serves: 8**

## **Ingredients:**

2 tbsp olive oil  
1 kg beef mince  
2 Tbsp tomato paste  
2 cloves garlic, crushed  
½ cup red wine  
1 cup beef stock  
800g tinned plum tomatoes  
2 sprigs of fresh rosemary  
½ cup fresh basil or oregano leaves, chopped  
Salt and pepper, to taste  
10 lasagne sheets

## **Cheese sauce**

2 tbsp butter  
2 tbsp plain flour  
500ml milk  
1 cup grated cheddar cheese  
1 cup grated parmesan cheese

## **Method:**

1. Heat the oil in a frying pan and cook the meat in batches, until well browned. Add the tomato paste, garlic and red wine, stirring to deglaze the pan. When the wine has reduced by half, add the stock, tinned tomatoes and herbs. Simmer 15 minutes. Season with salt and pepper and remove from heat.
2. For the cheese sauce: melt the butter in a saucepan over medium heat. Add the flour and cook 1 minute, then whisk in the milk and half the cheddar cheese. Stir until thickened. Remove from heat.
3. To assemble the lasagne: add ½ cup meat sauce to the slow cooker bowl. Cover with one-third lasagne sheets, then half the meat sauce, cheese sauce and parmesan. Add another layer of lasagne sheets, then remaining meat sauce, lasagne sheets and cheese sauce. Top with remaining cheddar and parmesan.
4. Cover with the lid and cook on high for 1.5 hours, or on low for 2.5 hours. Serve hot.

## **TERIYAKI CHICKEN**

**Preparation time: 5 minutes**

**Cooking time: 2 hours**

**Serves: 4**

### **Ingredients:**

¼ cup soy sauce

¼ cup rice wine vinegar

¼ cup honey

2 Tbsp mirin or sake

1 Tbsp sesame oil

1 clove garlic, minced

600g skinless chicken thighs, cut into 3cm pieces

Steamed jasmine rice, to serve

### **Method:**

1. Combine all the ingredients except the chicken in the slow cooker bowl. Stir well. Turn the heat to high, add the chicken piece and cover with the lid.
2. Cook for 1 hour on high heat or reduce the heat to low and cook for 2 hours, stirring every so often, until the sauce is thick, glossy and coats the chicken pieces.
3. Serve over steamed jasmine rice.

Note: if the sauce needs more thickening, simply mix 1 teaspoon cornflour with 1 tablespoon water. Add this mixture to the teriyaki sauce over high heat. Stir until the sauce boils and thickens, then remove from the heat.

# NACHOS WITH SLOW COOKED PULLED BEEF

**Preparation time: 20 minutes**

**Cooking time: 8 hours**

**Serves: 4-6**

## **Ingredients:**

- 1 kg flank steak or gravy beef, cut into 5cm pieces
- 1 tbsp ground cumin
- 1 tbsp smoked paprika or chipotle chilli powder
- 2 tsp dried oregano
- salt and black pepper, to taste
- 1 cup beef stock
- 2 tbsp tomato paste
- 2 tbsp brown sugar
- 2 cloves garlic, crushed
- 400g tin kidney or black beans, drained
- 200g corn chips
- 1 cup grated cheddar cheese

## **Fresh Tomato Salsa**

- ½ red onion, finely diced
- 2 ripe tomatoes, diced
- juice of 1 lime
- 1 green jalapeno chilli, finely chopped
- ½ cup coriander leaves, chopped

Guacamole and sour cream, to serve

## **Method:**

1. Add the beef pieces to the slow cooker bowl with the cumin, chilli powder, oregano, salt and pepper. Toss well to coat. Add the stock, tomato paste, sugar and garlic. Stir to combine. Set the heat to high and cook for 15 minutes, or until the beef is bubbling. Reduce the heat to low and cook for 6-8 hours, or until the beef is tender and falling apart.
2. Once cooked, shred the beef with two forks. Transfer to an ovenproof dish with the kidney beans. Top with the corn chips and cheese. Bake 5-10 minutes in a hot oven, or until the cheese is melted and golden.
3. Meanwhile, combine the tomato salsa ingredients. Season with a little salt and mix well. Serve the nachos topped with the fresh tomato salsa, guacamole and sour cream.

## **CHEDDAR CHEESE & BACON SCROLLS**

**Preparation time: 1.5 hours**

**Cooking time: 1 hour**

**Serves: makes 12 scrolls**

### **Ingredients:**

¾ cup full-fat milk

2 tsp instant dry yeast

1 tsp honey

350g plain flour

½ tsp salt

60g unsalted butter, softened

1 egg, lightly beaten

1/2 cup grated cheddar cheese

¼ cup diced bacon pieces

### **Method:**

1. Heat milk to lukewarm. Stir in the yeast and honey, then cover and leave in a warm place for 5 minutes, or until foamy.
2. Combine the flour and salt in a large bowl. Add yeast mixture, egg and butter then stir to form a dough. Transfer dough to a floured surface and knead until smooth and elastic; about 6-8 minutes. Cover and leave in a warm place for 15 minutes.
3. Lightly grease the inside of the slow cooker bowl. Roll the dough into a rectangle roughly 20 x 30cm. Scatter evenly with the cheese and bacon then, starting from the long side, roll into a log shape.
4. Use a floured knife to cut the log into 12 even pieces, roughly 2cm thick. Evenly place the pieces cut side down in the greased slow cooker bowl. Cover and leave in a warm place for 1 hour, or until scrolls have doubled in size.
5. Place the bowl into the slow cooker. Lay a tea towel over the bowl and fit the lid snugly on top. Turn the heat to low and cook 45 minutes to 1 hour, or until the scrolls are firm and cooked through.

Note: Scrolls can be browned or reheated in the oven if desired.



# PEAR & PECAN CARAMEL PUDDING

**Preparation time: 15 minutes**

**Cooking time: 2 hours**

**Serves: 10-12**

## **Ingredients:**

180g unsalted butter, extra to grease  
1 cup brown sugar  
1 cup golden syrup  
2/3 cup milk  
½ tsp bicarbonate of soda  
2 large eggs, lightly beaten  
2 cups SR flour  
2 tsp each ground cinnamon and ginger  
pinch of salt  
825g pear halves in syrup, drained  
½ cup pecans, roughly chopped

## **Caramel Sauce**

300ml thickened cream  
1 cup brown sugar  
50g butter

Whipped cream, to serve

## **Method:**

1. Grease the slow cooker bowl with butter and dust with flour.
2. Heat the butter, sugar, golden syrup and milk in a saucepan. Stir until the butter melts, then boil for 1 minute. Remove from the heat and whisk in the bicarb soda. Cool to room temperature before whisking in the eggs, flour, spices and salt.
3. Pour the batter into the prepared slow cooker bowl. Arrange the pear halves on top and scatter with the chopped pecans. Lay a tea towel over the slow cooker bowl, and fit the lid snugly on top. Cook on low heat for 1.5 - 2 hours, or until a skewer inserted in the center of the pudding comes out clean.
4. Meanwhile, for the caramel sauce: combine the cream, sugar and butter in a saucepan. Bring to the boil then reduce the heat and cook for 6-8 minutes, or until the caramel is smooth and glossy. Remove from the heat.
5. When the pudding is cooked through, pour over the caramel sauce, allowing it to soak into the pudding. Serve topped with whipped cream.

## PAVLOVA WITH PASSIONFRUIT CURD

**Preparation time: 45 minutes**

**Cooking time: 2 hours**

**Serves: 8**

### **Ingredients:**

4 eggs, separated

1 2/3 cup caster sugar

¼ cup fresh passionfruit pulp

75g unsalted butter, cut into cubes

1 tbsp cornflour

1 tsp white vinegar

300ml thickened cream, whipped

½ cup Greek-style yoghurt

Fresh berries, to decorate

### **Method:**

1. For the passionfruit curd: combine egg yolks, 2/3 cup sugar and passionfruit pulp in the slow cooker on low heat. Whisk, adding the butter one piece at a time, until completely melted. Continue stirring with a wooden spoon until the mixture reaches 65°C, or when thickened enough to coat the back of a spoon; this will take around 10 minutes.
2. Transfer passionfruit curd to a bowl and chill until ready to use. Clean the slow cooker bowl well and line the base and sides with 2 layers of baking paper.
3. For the pavlova: beat the egg whites using electric beaters, until soft peaks form. Gradually add the remaining 1 cup of sugar, one tablespoon at a time, beating until all the sugar dissolves and the mixture is thick and glossy. Fold in the cornflour and vinegar.
4. Spoon the pavlova mixture into the center of the lined slow cooker and spread evenly to form a circle, roughly 20cm round. Lay a dry tea towel over the top of the bowl and sit the lid snugly on top; this prevents any condensation affecting your pavlova. Cook for 1½ hours on low heat, or until the pavlova is dry to the touch. Remove the lid and cool in the slow cooker.
5. Fold ½ cup cooled passionfruit curd together with the cream and yoghurt. Decorate with berries and serve immediately.

## **CHOCOLATE FUDGE**

**Preparation time: 5 minutes**

**Cooking time: 20 minutes**

**Serves: 12**

### **Ingredients:**

1 cup golden caster sugar  
2/3 cup evaporated milk  
15 regular-size marshmallows, chopped  
115g unsalted butter, diced  
340g dark chocolate, roughly chopped  
1 tsp vanilla extract  
2/3 cup pecans, roughly chopped  
Good pinch salt flakes

### **Method:**

1. Grease a 18x18cm square baking tin and line with baking paper.
2. Combine the sugar and evaporated milk in the slow cooker bowl. Set to high heat, add the marshmallows and cook, stirring for 20 minutes, until the marshmallows melt, and the mixture becomes thick and golden brown.
3. Remove from the heat. Add the butter, chocolate and vanilla, stirring vigorously with a wooden spoon until the chocolate is completely melted and the mixture becomes shiny and begins to stiffen. Stir in the pecans and salt.
4. Transfer fudge mixture to the prepared tin, spreading evenly. Refrigerate for 3 hours or until set. Cut into squares with a hot knife and serve.

## **SLOW COOKER HOT CHOCOLATE**

**Preparation time: 10 minutes**

**Cooking time: 10 minutes**

**Serves: 6**

### **Ingredients:**

- 1.25L milk
- 2 tbsp cocoa powder
- 2 tbsp cornflour
- ¼ cup maple syrup
- 1 vanilla bean, split
- 1 cinnamon quill
- 150g good quality chocolate, finely chopped

Toasted marshmallows or double cream, to serve

### **Method:**

1. Combine 50ml of milk with the cocoa and cornflour. Mix well and set aside.
2. Combine the remaining milk in the slow cooker with the maple syrup, vanilla and cinnamon. Turn the heat to high, cover with the lid and bring the milk to just below boiling point; this will take about 10 minutes.
3. Turn off the heat, add the chocolate and stir constantly until melted. Add the cornflour mixture and continue stirring until the hot chocolate has thickened.
4. Discard the vanilla bean and cinnamon quill. Serve hot chocolate in mugs, topped with a toasted marshmallow or dollop of cream.