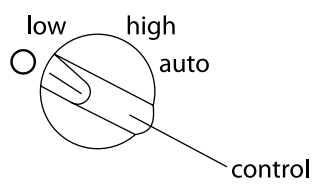
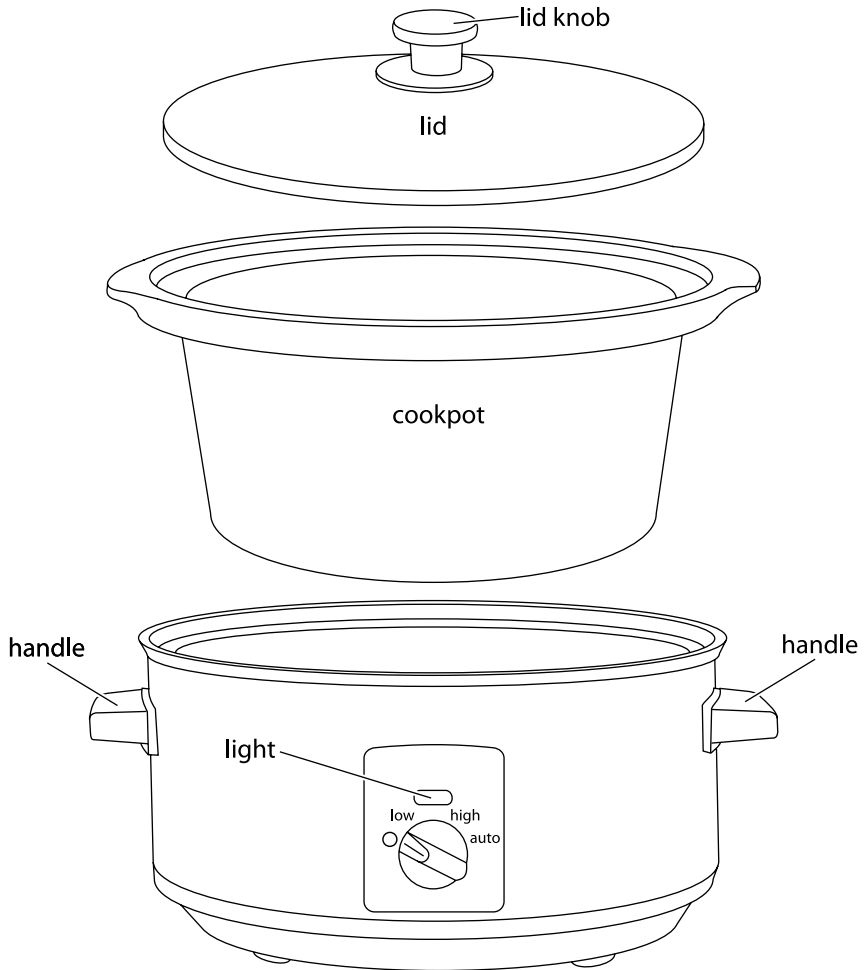




Russell Hobbs



instructions



Read the instructions and keep them safe. Pass them on if you pass the cooker on. Remove all packaging, but keep it till you're satisfied the cooker is working.

important safeguards

- 1 This appliance must only be used by or under the supervision of a responsible adult. Use and store the appliance out of reach of children.
- 2 Don't put the slow cooker in liquid, don't use it in a bathroom, near a source of water, or outdoors.
- 3 Don't cook on the low setting without first preheating the cookpot, in the slow cooker, on the high setting for at least 20 minutes.
- 4 Don't use the slow cooker to re-heat food that has already been cooked.
- 5 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.
- 6 Don't touch hot surfaces (including the outside of the slow cooker). Use the handles and lid knob, and wear oven gloves.
- 7 Keep clear of steam issuing from the edge of the lid.
- 8 Don't touch internal surfaces till the slow cooker has cooled down fully.
- 9 Sit the slow cooker on a stable, level, heat-resistant surface.
- 10 Leave a clear space of at least 5cm (2 inches) all round it.
- 11 Route the cable so it doesn't overhang, and can't be caught accidentally.
- 12 Unplug the slow cooker when not in use, before moving, or cleaning. Let it cool down fully before cleaning or storing away.
- 13 Don't try to cook in the slow cooker without using the cookpot.
- 14 Don't cover the slow cooker or put anything on top of it while in use.
- 15 Don't use the slow cooker near or below curtains or other combustible materials.
- 16 Keep the cable, the slow cooker, and the cookpot away from hotplates, hobs and burners.
- 17 Don't put a hot cookpot on a cold surface, or in cold water, as it may crack.
- 18 Don't put cold water into a hot cookpot, or hot water into a cold cookpot, as it may crack.
- 19 Don't use the cookpot with any appliance (cooker, hob, oven, microwave oven, etc.) other than the slow cooker.
- 20 Don't use accessories or attachments other than those we supply.
- 21 Don't use the slow cooker for any purpose other than that described in these instructions.
- 22 Don't connect this slow cooker to an external timer or remote control system.
- 23 Don't use the slow cooker if it's damaged or malfunctions.
- 24 If the cable is damaged, return the slow cooker, to avoid hazard.



household use only

before using for the first time

Remove all packaging and clean the slow cooker, to remove manufacturing dust, etc.

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 in the morning, before you leave for work, and have a delicious meal waiting for you when you get home.

cooking modes

You're not restricted to slow cooking. You can use the slow cooker in three different modes.

low

This is the traditional "slow cooking" method. You must preheat the cookpot, in the slow cooker, on high for at least 20 minutes before cooking at low power.

high

This is "fast cooking", using the slow cooker as an automatic stewpot. You need to take care that the food doesn't dry out. If it does, don't just add cold water, you might crack the cookpot. Switch off, unplug, then either let it cool or add hot water.

auto

This is a compromise between high and low power. Cooking starts at high power, then switches automatically to low. You get most of the benefits of slow cooking, but shave an hour or two off the cooking time.

general

- 1 Thaw frozen food completely before adding it to the cookpot.
- 2 Brown the meat and sauté the vegetables in a pan, not in the cookpot.
- 3 Don't use the cookpot for cooking anywhere other than inside the slow cooker.
- 4 Don't cook on the low setting without first preheating the cookpot, in the slow cooker, on the high setting for at least 20 minutes.
- 5 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.

- 6 You don't need to soak lentils overnight.
- 7 Store ingredients prepared beforehand (e.g. the night before) in containers in the fridge. Don't put the slow cooker or the cookpot into the fridge.
- 8 Root vegetables, tubers, and bulbs (carrots, potatoes, onions) take much longer to cook than meat, so cut them to about 5mm (¼ inch) thick slices, sticks or dice, and sauté them gently for 2-3 minutes before adding to the cookpot.
- 9 All vegetables (including dried veg) must be immersed in the cooking liquid.
- 10 When cooking with rice, use at least 150ml (¼pt) of cooking liquid for each 100g (4oz) of rice. We've found that "easy-cook" rice gives the best results.
- 11 Pasta isn't suitable for slow cooking, it becomes too soft. If your recipe requires pasta, it should be stirred in 30-40 minutes before the end of the cooking time.

preparation

- 1 Decide when you want to eat and when you want to start cooking.
- 2 If you want to eat at 6 p.m., and you need to start cooking at 8 a.m., find a recipe that takes 8-10 hours. If you're slow cooking at low power, an extra hour or so at the end of the cooking time doesn't make much difference, as long as there's sufficient cooking liquid to prevent the food drying out.
- 3 Prepare the food in accordance with the recipe.
- 4 Sit the slow cooker on a stable, level, heat-resistant surface.
- 5 Turn the control to **O**.
- 6 Plug the slow cooker into a wall socket (switch the socket on, if it's switchable).
- 7 Put the cookpot into the slow cooker, and fit the lid.
- 8 Turn the control to **high**, and leave the slow cooker preheat for 20 minutes.
- 9 Meantime, brown the meat and sauté the vegetables in a pan.
- 10 Boil the cooking liquid in a pan. If you use a tinned cooking sauce, add it to the pan before bringing it to the boil.

set the time

- 11 When the 20 minutes is up, remove the lid (oven gloves) and put it on a heatproof surface.
- 12 Put the meat and vegetables into the cookpot and add the boiling cooking liquid.

choose the mode

- 13 Turn the control to low, high, or auto.
- 14 The light will come on, and cooking will start.
- 15 When the cooking time is over, unplug the slow cooker (switch the socket off first, if it's switchable).

serving

- 16 Using oven gloves, remove the lid, and set it on a heatproof surface.
- 17 It's best to ladle the food from the slow cooker into serving dishes or plates.
- 18 Don't carry the slow cooker, the trailing cable may catch on something.
- 19 You may use oven gloves to lift the cookpot, complete with the lid, but take care – it could weigh as much as 4kg (9lb).
- 20 Cleaning can be made much easier if you remove all the cooked food from the cookpot as soon as it's cooked, then fill the cookpot 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.

care and maintenance

- 1 Unplug the slow cooker from the wall socket (switch the socket off first, if it's switchable).
- 2 Using oven gloves, remove the lid and the cookpot and put them on a heatproof surface.
- 3 If you don't intend to wash up right away, fill the cookpot with warm water, otherwise residual heat may bake food debris on to the cookpot, making its eventual removal more difficult.
- 4 Don't soak the exterior of the cookpot in water. The base is porous and may soak up water which may then cause it to crack when heated.
- 5 Wash the lid and cookpot in hot soapy water, using a cloth or sponge, then rinse and dry thoroughly. Don't use scouring pads.
- 6 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.
- 7 Dry these surfaces thoroughly before re-using the slow cooker or storing it away.
- 8 After some time in use, the glaze on the cookpot may develop "crazing", a network of small cracks. This marking is superficial, and should not be a cause for concern.
- 9 You may wash the cookpot and lid in a dishwasher, but the harsh environment inside the dishwasher may affect the surface finishes. Any damage should be cosmetic, and should not affect the functionality of the cooker.
- 10 Don't immerse the body of the slow cooker in water or any other liquid.
- 11 Don't put the body of the slow cooker in a dishwasher.
- 12 Don't use harsh or abrasive cleaners.

a few recipes to start you off

- The recommended cooking times and temperature setting are given after the title of each recipe – e.g. **boeuf bourguignonne** high 4-5 hours / low 7-8 hours / auto 6-7 hours. This means you can cook it on high for anything from 4 to 5 hours, on low for 7 to 10, or on auto for 6 to 7 hours.
- If food is cooked for more than an hour or so over the cooking times, you may find that flavour and quality start to fall away. However, if these times are not to your taste, feel free to experiment.
- The metric and imperial measures given in these recipes are not exact equivalents. Use either metric or imperial, don't mix the two.
- Use these recipes initially to familiarise yourself with the capabilities of 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 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 ingredients are put into the cookpot, it shouldn't be more than threequarters full, to allow for expansion. If you overfill, it may spit hot water, and it may overflow during use.

boeuf bourguignonne

serves 3-4

cooking time: high 4-5 hours / low 7-8 hours / auto 6-7 hours

15ml (1 tbsp) oil
500g (1lb 2oz) stewing steak, cubed
50g (2oz) streaky bacon
15ml (1 tbsp) flour
275ml (½pt) red wine
275ml (½pt) beef stock
15ml (1tbsp) brandy (optional)
2 cloves garlic crushed
5ml (1 x tsp) dried thyme
8 shallots or tiny onions, peeled
seasoning
1 bay leaf

Preheat the cooking pot for 20 minutes on high.

Heat the oil in a large non stick pan and lightly brown the beef and bacon. Stir in the flour and then blend in the wine, stock and brandy (if using). Bring to the boil stirring. Add the remaining ingredients and then transfer to the cooking pot.

Cook for the time required on the chosen setting. Remove the bay leaf before serving.

savoury pork casserole

serves 3-4

cooking time: high 3-5 hours / low 6-7 hours / auto 4-5 hours

15ml (1tbsp) oil
500g (1lb 2oz) lean casserole pork, cubed
1 large onion, finely sliced
15ml (1tbsp) flour
300ml (½pt) white wine
425ml (¾pt) chicken stock
15ml (1tbsp) tomato purée
1 green pepper deseeded and chopped
75g (3oz) button mushrooms
5ml (1tsp) dried sage
3 tomatoes, skinned and sliced
seasoning

Preheat the cooking pot for 20 minutes on high

Heat the oil in a large non stick pan and lightly brown the pork. Add the onions and cook for a couple of minutes. Stir in the flour and then blend in the wine and the stock. Add the tomato purée and then bring to the boil stirring.

Stir in the remaining ingredients and then transfer to the cooking pot. Cover and cook for the required time.

country chicken casserole

serves 2-4

cooking time: high 4-5 hours / low 7-9 hours / auto 6-8

- 4 skinless chicken thighs (bone in)
- 1 x 397g (14oz) tin chopped tomatoes
- 2 sticks celery, finely chopped
- 1 small onion, peeled and chopped
- 75g (3oz) mushrooms, sliced
- 75g (3oz) canned or frozen sweetcorn
- 5ml (1tsp) mixed herbs
- 275ml (½pt) chicken stock, boiling
- 15ml (1tbsp) tomato purée
- seasoning
- 1 bay leaf

Preheat the cooking pot for 20 minutes on high.

Put all the ingredients into the cooking pot, and mix, ensuring that the vegetables and chicken are covered by the liquid.

Cover and cook for the time required on the chosen setting.

Remove the bay leaf before serving. Delicious served with rice.

Saute the vegetables before adding to the cooking pot if desired, this will reduce the cooking time by about 1 hour (high setting).

Add extra tomato purée towards the end of cooking for thicker sauce if desired.

spicy golden vegetable soup

serves 4-6

cooking time: high 3-4 hours / low 5-6 hours / auto 4-6 hours

- 15ml (1tbsp) oil
- 1 onion peeled and chopped
- 2 sweet potatoes, peeled and finely chopped
- 3 carrots, peeled and sliced
- 3 parsnips, peeled and sliced
- 2 sticks celery, sliced
- 10ml (2tsp) curry powder
- 1.2 litres (2pts) vegetable stock, hot
- 400g (14oz) tin low fat coconut milk
- 15ml (1tbsp) fresh coriander, chopped (optional)

Preheat the cooking pot for 20 minutes on high setting.

Heat the oil in a large pan and cook the vegetables and curry powder for a few minutes.

Transfer to the cooking pot. Add the hot vegetable stock and coconut milk and stir.

Cover and cook for the required time on the chosen setting.

Stir in the coriander (if using) and blend the soup with a hand blender (allow to cool a little beforehand).

Serve garnished with coriander and fresh crusty bread.

Increase the amount of curry powder if a spicier soup is required.

thai green fish curry

serves 4

cooking time: high 2-2¼ hours / low 3-3½ hours / auto 2½ hours

15ml (1tbsp) oil

1 onion, peeled and chopped

30ml (2tbsp) thai green curry paste

400ml (14floz) tin reduced fat coconut milk

1 small red pepper deseeded and finely chopped

2 tomatoes cut into chunks

450g (1lb) white fish fillets, cut into chunks (coley loins are very good for this recipe)

2 kaffir lime leaves

30ml (2tbsp) coriander, chopped

Preheat the cooking pot on high setting for 20 minutes.

Heat the oil in a non stick pan and fry the onion for a few minutes until softened, stir in the thai green curry paste and continue to cook for a further minute stirring.

Blend in the coconut milk and bring to the boil. Stir in the red pepper, tomatoes, kaffir lime leaves and coriander.

Put the fish in the cooking pot and cover with the thai green curry sauce.

Cover and cook for the required amount of time.

Remove the lime leaves before serving and garnish with freshly chopped coriander.

This recipe is best cooked on the low or auto settings.

If kaffir lime leaves are unavailable, add a squeeze of lime juice instead.

Serve with rice.

chilli con carne

serves 8-10

cooking time high 3-4 hours / low 6-7 hours / auto 4-6 hours

15ml (1tbsp) oil

1 onion, peeled and chopped

1kg (2¼lb) lean minced beef

15ml (1tbsp) chilli powder

2 cloves garlic, crushed

400g (14oz) tin chopped tomatoes

200g (7oz) tin kidney beans, drained

1 green pepper, chopped (optional)

275ml (½pt) beef stock

2x15ml (2tbsp) tomato purée

15ml (1tbsp) mixed herbs

seasoning

Preheat the cooking pot for 20 minutes on high setting.

Heat the oil in a large non stick pan and cook the onions for a couple of minutes.

Add the mince and cook until browned stirring. Drain off the excess fat.

Stir in the remaining ingredients and transfer to the cooking pot.

Cover and cook for the required time on the chosen setting.

beef stew with herby dumplings

serves 4-6

cooking time: high 4-5 hours / low 7-8 hours / auto 6-8 hours

stew

15ml (1tbsp) vegetable oil
675g (1½lb) stewing steak
25g (1oz) flour
2 medium carrots, peeled and thinly sliced
2 sticks celery, thinly sliced
100g (4oz) mushrooms, sliced
1 onion, peeled and finely chopped
400g (14oz) tin chopped tomatoes
275ml (½pt) beef stock, hot
150ml (¼pt) red wine
5ml (1tsp) mixed herbs
seasoning
1 bay leaf

dumplings

175g (6oz) self raising flour
75g (3oz) shredded suet
5ml (1tsp) mixed herbs
2.5ml (½tsp) salt
30-45ml (2-3tbsp) cold water

Preheat the cooking pot for 20 minutes on high setting

Heat the oil in a large non stick pan and brown the steak. Coat with flour and transfer to the cooking pot.

Add the carrots, celery, mushrooms and onion to the cooking pot and then stir in the remaining stew ingredients ensuring that the meat and vegetables are covered with liquid.

Cover and cook for the required time on the chosen setting.

To make the dumplings, mix the flour, suet, salt and herbs together and stir in enough water to make a soft elastic dough. Roll into small balls.

Add the dumplings to the stew and cook on high setting for 30-35 minutes.

Alternatively, when preparing the stew, blend the stock and wine in with the floured steak and bring to the boil and then transfer to the cooking pot.

vegetable tikka masala rice

serves 4

cooking time:

high 2hours + 45-50minutes for the rice

low 4 hours + 45-50 minutes on high for the rice

auto 3 hours + 45-50 minutes for the rice

15ml (1tbsp) oil

1 onion, peeled and chopped

225g (8oz) sweet potato, peeled and diced

225g (8oz) cauliflower, cut into small florets

30ml (2tbsp) tikka masala paste

550ml (1pt) vegetable stock

100g (4oz) tinned chick peas, drained

75g (3oz) spinach

150g (6oz) easy cook long grain rice

Preheat the cooking pot on a high setting for 20 minutes.

Heat the oil in a non stick pan and fry the vegetables for a few minutes. Stir in the tikka masala paste and continue to cook, stirring so that the vegetables are coated in the paste.

Blend in the vegetable stock and bring to the boil.

Remove from the heat and transfer to the cooking pot. Stir in the chick peas.

Cover and cook for the required length of time.

Stir in the rice and spinach and cover and cook for a further 45-50 minutes on high setting until the rice is tender.

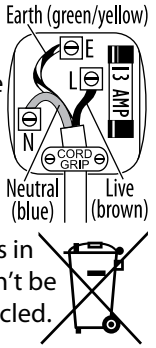
Alternatively, add the spinach for the last hour of cooking and cook and serve the rice separately.

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 plug unless the fuse cover is in place. If you remove the plug, dispose of it.

wheelie bin symbol

To avoid environmental and health problems due to hazardous substances in electrical and electronic goods, appliances marked with this symbol mustn't be disposed of with unsorted municipal waste, but recovered, reused, or recycled.



service

If you ring Customer Service, please have the **Model No.** to hand, as we won't be able to help you without it. It's on the rating plate (usually underneath the product).

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).

Customer Service

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

Customer Returns

Salton Europe Ltd
Heath Mill Road
Wombourne
Wolverhampton
WV5 8AQ

Customer Service (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

www.russellhobbs.co.uk for more products.