

Russell Hobbs

satin range



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 water or any other liquid, don't use it in a bathroom, near any source of water, or outdoors.
2. The slow cooker must only be used by or under the supervision of 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. Keep clear of the steam vent in the lid, to avoid the risk of scalding by the escaping steam.
5. Don't touch internal surfaces till the slow cooker has cooled down fully.
6. Don't cook on the Low setting without first preheating the crock pot in the slow cooker on high for at least 20 minutes.
7. Don't use the slow cooker to re-heat food that's already been cooked.
8. 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.
9. 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.
10. Put the slow cooker on a stable, level, heat-resistant surface, close to a power socket and out of reach of children.
11. Route the mains lead so it doesn't overhang, and can't be tripped over or caught accidentally.
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 mains lead 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.



**Electric
shock risk**

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 mains lead or plug is damaged, the slow cooker must be returned in order to avoid hazard (see "After sales service" on page 22).

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.

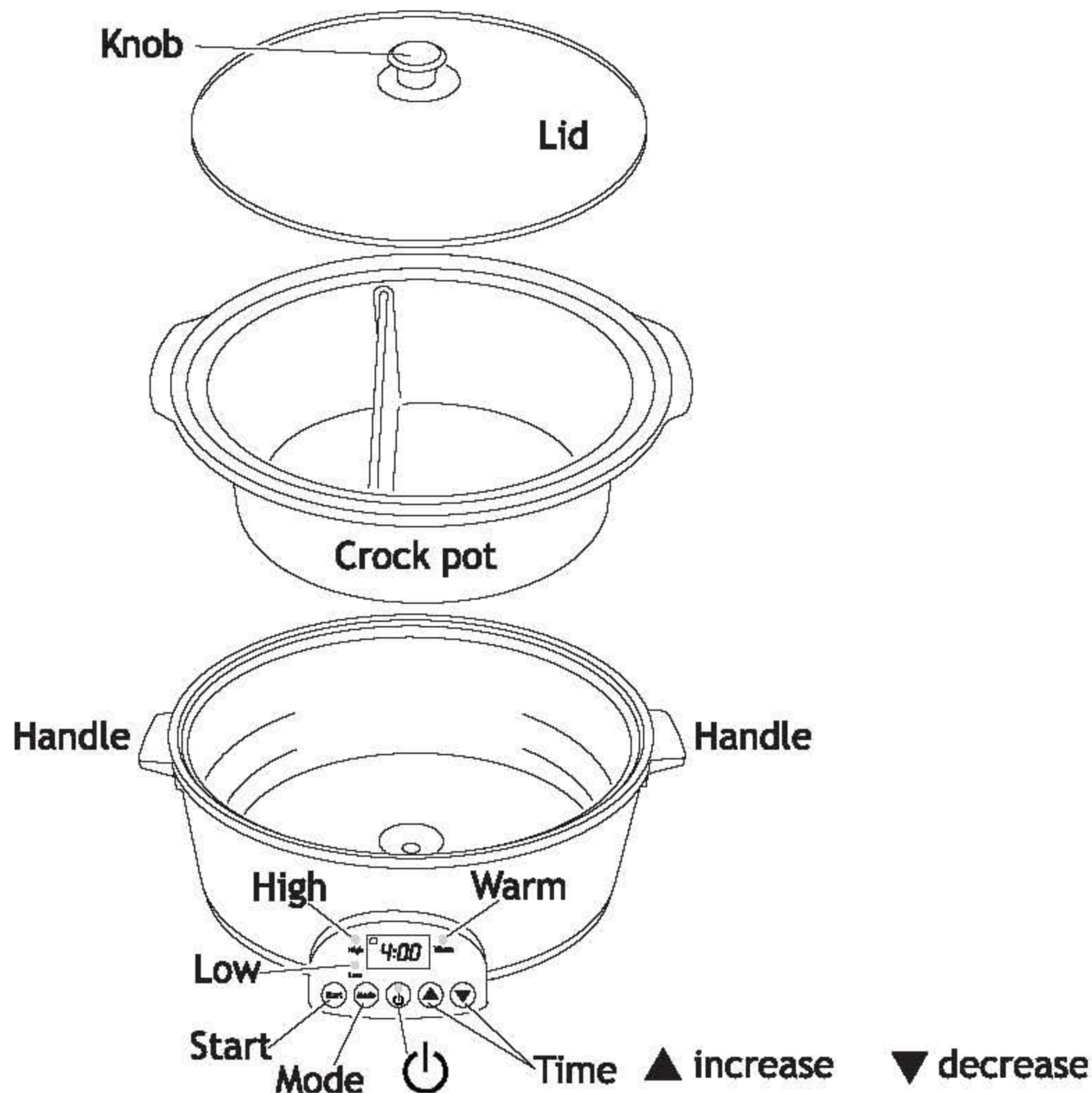
Soak dried peas and beans for 8 hours (or overnight) before cooking, to soften them.

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 (1pt) 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.



The control panel

-  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 the mode.
-  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.

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.
4. Sit the slow cooker on a stable, level, heat-resistant surface, close to a power socket and out of reach of children.
5. Plug the slow cooker into the power socket. If necessary, switch the socket on. The display will show 12:00 – ignore it.
9. Press  to change from standby to active. The display will change to 4:00.
10. Press the **Mode** button to turn the **Low** light off and the **High** light on.
11. Leave the slow cooker to heat up for 20 minutes.

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 is warming up, 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 method takes longer, but the results are usually worth the extra time. While the slow cooker is warming up, 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).


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 sauce/gravy.

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

high 3-4/low 5-7

| | |
|---------------------|-------------|
| 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) |

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 (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 1/2-3/low 2 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 (1/2tsp) | |
| Chilli | 2.5ml (1/2tsp) | |
| Coriander | 2.5ml (1/2tsp) | |
| Cumin | 2.5ml (1/2tsp) | |
| Lentils | 225g (8oz) | |
| White stock | 900ml (1 1/2pt) | |
| 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 (1/2pt) |
| White wine | 150ml (1/4pt) |
| 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 (10 ¹ / ₂ oz 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 (3¹/₂lb) (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 (2-3 ¹ / ₂ lb) | High | 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 | 60ml (4tbsp) |
| Lambs 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 (1/2pt) | |
| Brandy | 30ml (2tbsp) | |
| Stock | 150ml (1/4pt) | |
| 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) | |

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 (1 1/2oz) | |
| Salt | 5ml (1tsp) | |
| Cooking oil | 30ml (2tbsp) | |
| Onion, chopped | 1 large | |
| Curry powder | 15ml (1tbsp) | |
| Paprika | 15ml (1tbsp) | |
| Chicken stock | 300ml (1/2pt) | |
| 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 1.5 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 | 1.5 kg (3lb) | high | 3½-4 hours |
| Pheasant | Large | high | 3-4 hours |

Chicken with barbecue sauce high 4½-5

| | |
|------------------------|------------------------|
| Butter | 40g (1½oz) |
| Chicken | Whole 1-1.5kg (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 (1/2pt) |

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 5-5 1/2 + 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 (3/4pt) |

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 3 1/2-5/low 6-9

| | |
|--------------------------|---------------|
| Cooking oil | 15ml (1tbsp) |
| Chicken joints | 4 |
| Onions, roughly chopped | 2 |
| Cornflour | 30ml (2tbsp) |
| Chicken stock | 150ml (1/4pt) |
| 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 (1/2oz) |
| Soft brown sugar | 100g (4oz) |
| Sultanas | 50g (2oz) |
| Cooking apples | 4 medium |
| Boiling water | 150ml (3pt) |

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

high 3-5/low 6-8

| | |
|-----------------------|-----------------------------------------|
| Sugar | 100g (4oz) |
| Red wine | 400ml (³ / ₄ pt) |
| 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

cook - high 13/reheat - high 5

| | |
|----------------------------|-----------------------------------------|
| 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 / ₄ pt) |
| 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.

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 (14froz) |

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 8-9/low 10-12

| | |
|-----------------------------------|-------------|
| Apples, peeled and finely chopped | 1.4kg (3lb) |
| Onions, finely chopped | 450g (1lb) |
| Brown sugar | 700g (1½lb) |
| Sultanas | 225g (8oz) |
| Vinegar | 300ml (1pt) |
| Salt | 5ml (1tsp) |
| Cayenne pepper | good pinch |
| Cloves of garlic, crushed | 2 |
| Pickling spice | 10ml (2tsp) |
| Root ginger | 1 piece |

Put the apples, onions, sugar, sultanas, vinegar, salt, cayenne pepper and garlic into the crock pot. Tie the spices and root ginger in a muslin bag and add to the crock pot. Stir till the sugar dissolves. Cook for the time shown. Remove the bag of spices. Stir well. Pour into heated jars and cover as you would for jam. Allow to cool before storing away.

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 (1/4pt) |

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 2 1/2-3/low 4-6

| | |
|-------------------------------|------------|
| Butter | 100g (4oz) |
| Lemons, grated rind and juice | 4 |
| Caster sugar | 450g (1lb) |
| Eggs, size 3 | 4 |

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) |
| Emmenthal 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 1 1/2 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 power 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.

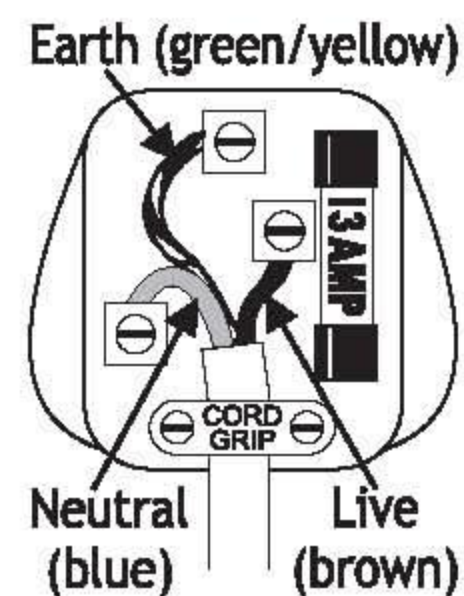
Don't put the body of the crock pot in water or any other liquid.

Don't use harsh or abrasive cleaners.

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

Connection to the mains supply

This appliance must be earthed. To replace the fuse, use a 13A BS1362 compliant fuse. To replace the plug, use a 13A BS1363 compliant plug. Fit the green/yellow Earth wire to the terminal marked E or , the blue Neutral wire to the terminal marked N, and the brown Live wire to the terminal marked L. Fit the cord grip. If in doubt, call an electrician. If the plug supplied is non-rewireable (moulded), don't use it without the fuse cover in place. If you remove the plug, dispose of it, don't re-use it or put it in a socket.



After sales service

The appliance isn't user-serviceable. If it's not working properly, check:

1. You've followed the instructions correctly.
2. The plug fuse hasn't blown.
3. The main supply fuse/circuit breaker hasn't blown/tripped.

If it still doesn't work, consult your retailer. If your retailer fails to solve your problem, and you need to return it to us, proceed as follows:

1. Pack it carefully.
2. Enclose your name, address, and daytime telephone number.
3. Tell us what's wrong with it. If it's under guarantee, state where and when it was bought, and include proof of purchase (e.g. till receipt).
4. Send it to Customer Service Dept, at the address at the end of this leaflet.
5. They'll give you an estimate for inspection/repair.

Spare parts

Phone Customer Service Dept on 0845 658 9700 (calls charged at local rate) or email service@saltoneurope.com. Tell them the Model No. (on the product's rating label), and the part(s) you need. They'll give you the price(s). Then:
Either order spares using MASTERCARD or VISA.

Or fill in this form (or a copy), and send it, with a cheque or postal order payable to Salton Europe Ltd, to Customer Service Dept.

Name:

Address:

..... Post Code:

| Model No. | Part(s) required | Quantity |
|-----------|------------------|----------|
| | | |
| | | |
| | | |

I enclose a cheque/postal order for £ in full payment.

Guarantee

Any defect affecting the functionality of the appliance which becomes apparent within one year of its purchase will be corrected by free repair or replacement provided that it has been used and maintained in accordance with the instructions and has not been abused or misused in any way. Your statutory rights are not affected.

In line with our policy of continuous product development we reserve the right to change product, packaging and documentation specifications without notice.

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