

CSC038



Specialists in One-pot Cooking

- SINCE 1970 -

CROCK·POT®

◆ THE ORIGINAL SLOW COOKER ◆



4.5L Sauté Hinged Lid Slow Cooker
with DuraCeramic™ Coating

Instruction manual

READ AND SAVE THESE INSTRUCTIONS

IMPORTANT SAFEGUARDS

This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are older than 8 and supervised. Keep the appliance and its cord out of the reach of children aged less than 8 years.

⚠ Parts of the appliance are liable to get hot during use.

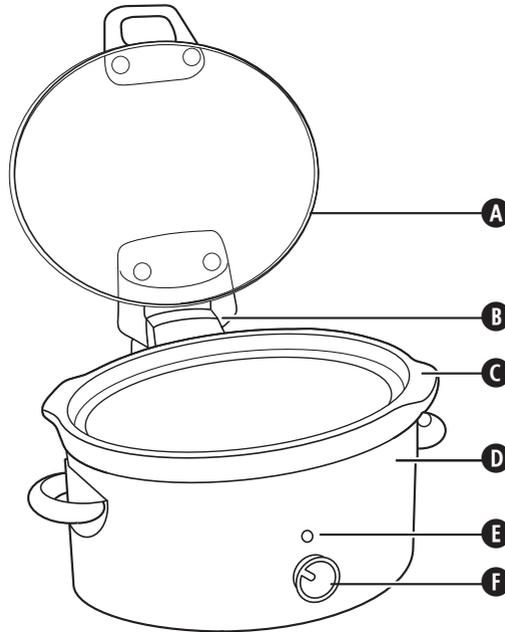
If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

Never use this appliance for anything other than its intended use. This appliance is for household use only. Do not use this appliance outdoors.

- ⚠ This appliance generates heat during use. Adequate precaution must be taken to prevent the risk of burns, scalds, fires or other damage to persons or property caused whilst in use or during cooling.
- ⚠ Use oven gloves or a cloth and beware of escaping steam when opening the lid.
- ⚠ Always ensure that hands are dry before handling the plug or switching on the appliance.
- ⚠ Always use the appliance on a stable, secure, dry and level surface.
- ⚠ The heating base of the appliance must not be placed on or near any potentially hot surfaces (such as a gas or electric hob).
- ⚠ Do not use the appliance if it has been dropped, if there are any visible signs of damage or if it is leaking.
- ⚠ Ensure the appliance is switched off and unplugged from the supply socket after use and before cleaning.
- ⚠ Always allow the appliance to cool before cleaning or storing.
- ⚠ Never immerse the heating base, power cord or plug in water or any other liquid.
- ⚠ Never let the power cord hang over the edge of a worktop, touch hot surfaces or become knotted, trapped or pinched.
- ⚠ NEVER attempt to heat any food item directly inside the base unit. Always use the removable cooking bowl.
- ⚠ Some surfaces are not designed to withstand the prolonged heat generated by certain appliances. Do not set the appliance onto a surface that may be damaged by heat. We recommend placing an insulating pad or trivet under the appliance to prevent possible damage to the surface.
- ⚠ The slow cooker lid is made of tempered glass. Always inspect the lid for chips, cracks or any other damage. Do not use the glass lid if it is damaged, as it may shatter during use.

PARTS

- A** Lid
- B** Hinge mechanism
- C** Removable cooking bowl with DuraCeramic™ coating
- D** Heating base
- E** Temperature indicator
- F** Temperature control



PREPARING FOR USE

Before you use your Crock-Pot® sauté slow cooker, remove all packaging and wash the lid and removable cooking bowl with warm soapy water and dry thoroughly. We recommend that you wash the removable cooking bowl by hand only, with a non-abrasive cleaning product and cloth, to preserve the DuraCeramic™ coating. Never immerse the heating base, power cord or plug in water or any other liquid.

IMPORTANT NOTES: Some countertop and table surfaces are not designed to withstand the prolonged heat generated by certain appliances. Do not set the heated unit or cooking bowl on a heat sensitive surface. We recommend placing a hot pad or trivet under your slow cooker to prevent possible damage to the surface.

During initial use of this appliance, some slight smoke or odour may be detected. This is normal with many heating appliances and will not recur after a few uses.

ASSEMBLY

1. Place the cooking bowl into the heating base.
2. Attach the lid by inserting the hinge mechanism into the hinge slot at the rear of the heating base.

REMOVABLE COOKING BOWL

The aluminium removable cooking bowl features the exclusive DuraCeramic™ coating. This specialised natural ceramic coating is designed to transfer heat quicker and more efficiently than standard non-stick coatings – meaning faster cooking times for your delicious home-cooked meals. In addition, the DuraCeramic™ coating is scratch resistant – this is a product built to last. Peace of mind comes from the fact that DuraCeramic™ is PTFE and PFOA free, so this coating is durable *and* easy to clean.

DuraCeramic™ coating – designed to handle whatever you throw at it with ease.

HOW TO USE YOUR SAUTÉ SLOW COOKER

1. Place the cooking bowl into the heating base and attach the lid. Add your ingredients to the cooking bowl and close the lid.
2. Plug in your slow cooker and select the high (Hi) or low (Lo) cooking temperature using the temperature selector. Note: The warm setting (Wm) is ONLY for keeping food warm that has already been cooked. DO NOT cook on the warm setting. We do not recommend using the warm setting for more than 4 hours.
3. When cooking has finished, unplug your slow cooker and allow it to cool before cleaning.

We recommend that you use a non-metallic utensil to serve food from the cooking bowl. Don't use a metal utensil because this may damage the DuraCeramic™ coating of the bowl.

USAGE NOTES

- The cooking bowl cannot be removed from the heating base without first detaching the lid by lifting it out of the hinge slot.
- If desired, you can manually switch to the warm setting (Wm) when your recipe has finished cooking.
- To avoid over or under-cooking, always fill the cooking bowl $\frac{1}{2}$ to $\frac{3}{4}$ full and conform to the recommended cooking times.
- Do not overfill the cooking bowl. To prevent spillover, do not fill the cooking bowl higher than $\frac{3}{4}$ full.
- Always cook with the lid on for the recommended time. Do not remove the lid during the first two hours of cooking to allow the heat to build up efficiently.
- Always wear oven gloves when handling the lid or removable cooking bowl. Beware of escaping steam when opening the lid.
- Unplug when cooking has finished and before cleaning.
- The removable cooking bowl is ovenproof. The cooking bowl is suitable for use on a gas, electric or induction hob.

| PART | DISHWASHER SAFE | OVEN SAFE | MICROWAVE SAFE | HOB SAFE |
|------------------------|-----------------|-----------|----------------|----------|
| Lid | Yes | No | No | Yes |
| Removable cooking bowl | No* | Yes | No | Yes |

*We recommend that you wash the removable cooking bowl by hand only, with a non-abrasive cleaning product and cloth, to preserve the DuraCeramic™ coating.

COOKING HINTS AND TIPS

- Trim fats and wipe meats well to remove residue. Brown in the cooking bowl and drain well. Season with salt and pepper. Place the meat in the cooking bowl on top of vegetables.
- For pot roasts and stews, pour liquid over the meat. Use no more liquid than specified in the recipe. More juices are retained in meat and vegetables during slow cooking than in conventional cooking.
- Most vegetables should be thinly sliced or placed near the sides or bottom of the cooking bowl. In a slow cooker, meats generally cook faster than most vegetables.
- Use whole leaf herbs and spices for the best and fullest flavour from the slow cooking method. If ground herbs and spices are used, they should be stirred in during the last hour of cooking.
- Because there is no direct heat at the bottom, always fill the cooking bowl at least half full, to conform with recommended times. Small quantities can be prepared, but cooking times may be affected.
- A specific liquid called for in a recipe may be varied if an equal quantity is substituted. For example, substituting a can of soup for a can of tomatoes or 1 cup of beef or chicken stock for 1 cup of wine.
- Beans must be softened completely before combining with sugar and/or acidic foods (Note: Sugar and acid have a hardening effect on beans and will prevent softening).

GUIDE TO ADAPTING RECIPES

This guide is designed to help you adapt your own and other recipes for your slow cooker. Many of the normal preparatory steps are unnecessary when using your slow cooker. In most cases all ingredients can go into your slow cooker at once and cook all day. General:

- Allow sufficient cooking time.
- Always cook with the lid on.
- For best results and to prevent food from drying or burning, always ensure an adequate amount of liquid is used in the recipe.

| RECIPE TIME | COOK ON LOW (<u>SS</u>) | COOK ON HIGH (<u>SSSS</u>) |
|----------------------|---------------------------|------------------------------|
| 15 - 30 minutes | 4 - 6 hours | 1½ - 2 hours |
| 30 - 45 minutes | 6 - 10 hours | 3 - 4 hours |
| 50 minutes - 3 hours | 8 - 10 hours | 4 - 6 hours |

PASTA AND RICE:

- For best results, use long grain rice unless the recipe states otherwise. If the rice is not cooked completely after the suggested time, add an extra 1 to 1½ cups of liquid per cup of cooked rice and continue cooking for 20 to 30 minutes.
- For best pasta results, add the pasta to the slow cooker during the last 30 to 60 minutes of cook time.

BEANS:

- Dried beans, especially red kidney beans, should be boiled before adding to a recipe.
- Fully cooked canned beans may be used as a substitute for dried beans.

VEGETABLES:

- Many vegetables benefit from slow cooking and are able to develop their full flavour. They tend not to overcook in your slow cooker as they might in your oven or on your hob.
- When cooking recipes with vegetables and meat, place vegetables into the cooking bowl before meat. Vegetables usually cook more slowly than meat in the slow cooker and benefit from being partially immersed in the cooking liquid.
- Place vegetables near the sides or bottom of the cooking bowl to help cooking.

MILK:

- Milk, cream, and sour cream break down during extended cooking. When possible, add during the last 15 to 30 minutes of cooking.
- Condensed soups may be substituted for milk and can cook for extended times.

SOUPS:

- Some recipes call for large amounts of water/stock. Add the soup ingredients to the cooking bowl first then add water/stock only to cover. If a thinner soup is desired, add more liquid when serving.

MEATS:

- Trim fat, rinse well, and pat meat dry with paper towels.
- Browning meat in a separate frying pan or grill pan allows fat to be drained off before slow cooking and also adds greater depth of flavour.
- Meat should be positioned so that it rests in the cooking bowl without touching the lid.
- For smaller or larger cuts of meat, alter the amount of vegetables or potatoes so that the cooking bowl is always $\frac{1}{2}$ to $\frac{3}{4}$ full.
- The size of the meat and the recommended cook times are just estimates and can vary depending upon the specific cut, type, and bone structure. Lean meats such as chicken or pork tenderloin tend to cook faster than meats with more connective tissue and fat such as brisket or pork shoulder. Cooking meat on the bone versus boneless will increase required cook times.
- Cut meat into smaller pieces when cooking with precooked foods such as beans, or light vegetables such as mushrooms, diced onion, aubergine, or finely minced vegetables. This enables all food to cook at the same rate.

FISH:

- Fish cooks quickly and should be added at the end of the cooking cycle during the last fifteen minutes to one hour of cooking.

LIQUID:

- It might appear that slow cooker recipes only have a small quantity of liquid in them but the slow cooking process differs from other cooking methods in that the added liquid in the recipe will almost double during the cooking time. If you are adapting a recipe for your slow cooker from a conventional recipe, please reduce the amount of liquid before cooking.

RECIPES

Root vegetable soup Serves 5

- 200g carrots, peeled and cut into 5cm pieces
 - 200g celeriac, peeled and cut into 5cm pieces
 - 200g leeks, trimmed and washed and cut into 5cm lengths
 - 200g swede, peeled and cut into 5cm pieces
 - 1 onion, diced
 - 1.5 litres of good quality vegetable stock
 - 2 bay leaves
 - Salt and pepper
4. Place all the ingredients into the removable cooking bowl, fit the lid, and cook on Low for 6–7 hours or High for 4–5 hours.
 5. Allow to cool before transferring to a blending jug and blend to the desired consistency. Alternatively, just blend half to achieve a thicker soup with some texture.

Serve piping hot garnished with a swirl of crème fraiche and some snipped chives.

Vine tomato and basil soup Serves 4-5

- 25g butter
 - 2 large onions, peeled and thinly sliced
 - 3 cloves of garlic, finely chopped
 - 1kg vine tomatoes, quartered
 - 2 tbsp tomato purée
 - 400g tin chopped tomatoes
 - 5 sprigs of fresh thyme
 - 2 bay leaves
 - 1 litre of vegetable stock
 - 30g fresh basil leaves
 - 30ml balsamic vinegar
 - Ground black pepper
1. Place the removable cooking bowl onto your hob at a low heat. Add the butter and heat until melted. Sauté the onions without colouring until softened.
 2. Stir in the garlic and sauté for a further minute.
 3. Remove the cooking bowl from the hob and place into the heating base.
 4. Top with the tomatoes, purée, tinned tomatoes, thyme, bay leaves, stock and half of the fresh basil.
 5. Stir and cover with the lid, and cook on Low for 6 hours.
 6. Remove the bay leaves, stir in the balsamic vinegar and black pepper.
 7. Allow the soup to cool, add the remaining basil leaves and blend until smooth.

Delicious served with warm garlic bread.

Tuscan bean soup Serves 4-5

- 1 tbsp vegetable oil
 - 1 large onion, roughly diced
 - 2 celery sticks, roughly chopped
 - 2 medium carrots, peeled and roughly chopped
 - 2 garlic cloves, finely chopped
 - 3 fresh thyme sprigs, leaves picked
 - 2 fresh rosemary sprig, leaves picked and chopped
 - 1 tsp smoked paprika
 - 400g tin chopped tomatoes
 - 2 tbsp tomato purée
 - 1.5 litres good quality vegetable stock
 - 400g tin cannellini beans, drained and rinsed
 - 400g tin flageolet beans, drained and rinsed
 - 100g shredded kale
1. Add the oil to the removable cooking bowl and heat on your hob.
 2. Sauté the onion and celery over a medium heat until softened. Add the carrots, garlic, thyme, rosemary and paprika and continue sautéing for a further 2 minutes.
 3. Remove the bowl from the hob and place into the heating base.
 4. Add the chopped tomatoes, tomato purée, stock, beans and kale and stir.
 5. Cover and cook on Low for 6–7 hours or High for 4–5 hours.

After cooking, season to taste, ladle into bowls and add a spoonful of pesto. Serve with fresh, crusty bread.

Pot roast beef Serves 4-5

- 1 tbsp vegetable oil
 - 1kg (approx.) piece of beef brisket (this will need to fit into your cooking bowl)
 - 1 large onion, quartered
 - 1 leek, cut into rounds
 - 2 carrots cut in half lengthways, peeled then cut into 4cm chunks
 - ½ medium swede, peeled then cut into chunks
 - 300ml beef stock
 - 1 heaped tbsp tomato purée
 - 2 bay leaves
 - Seasoning
1. Place the removable cooking bowl onto your hob and heat until hot. Add the oil and sauté the beef on all sides until browned.
 2. Remove from the heat and place the bowl into the heating base.
 3. Carefully lift out the meat, add the vegetables into the bowl and place the meat back on top of the vegetables.
 4. Mix together the stock and tomato purée. Pour the mixture over the brisket and add the bay leaves.
 5. Cover and cook on Low for 7–8 hours, or High for 5–6 hours until the meat is tender and the vegetables are cooked through. When cooked, remove the bay leaves.
 6. The meat juices will make delicious gravy. If thicker gravy is preferred, mix a little cold water with some cornflour, pour into the meat juices and stir well.

Serve the beef in thick slices with mashed potato and buttered cabbage.

Bolognese sauce Serves 4–5

- 1 tbsp vegetable oil
 - 600g minced beef
 - 1 large onion, finely diced
 - 3 garlic cloves, chopped
 - 2 sticks of celery, finely chopped
 - 2 tbsp (heaped) tomato purée
 - 2 x 400g tins chopped tomatoes
 - 1 tbsp dried oregano
 - 500ml passata
1. Place the removable cooking bowl onto your hob to heat up.
 2. Add the oil and the minced beef and sauté until brown.
 3. Remove from the heat and place the cooking bowl into the heating base. Stir in the remaining ingredients.
 4. Cover and cook on Low for 5–6 hours or High for 4–5 hours until you have a meltingly tender bolognese sauce. Serve with freshly cooked spaghetti and Parmesan shavings.

This sauce can also be used for lasagne and pasta bakes, and will freeze well for later use.

Braised beef casserole Serves 5

- 500g stewing steak, diced
- Flour
- Vegetable oil
- 1 large onion, diced
- 10 shallots, peeled and left whole
- 2 medium carrots, thickly sliced
- 2 sticks of celery, diced
- 150g chestnut mushrooms, wiped and quartered
- 400ml beef stock
- 400g tin chopped tomatoes
- 2 tbsp tomato purée
- 1 tsp dried oregano

- 2 tbsp Worcestershire sauce
 - 1 tbsp French mustard
 - 1 bay leaf
 - Seasoning
1. Add the flour and seasoning to a bowl and mix well. Toss the beef cubes in the flour to coat them. Set the beef aside.
 2. Add a little vegetable oil to the removable cooking bowl, heat on your hob until hot then sauté the diced onions and shallots.
 3. Add the carrot and celery and stir fry for a couple of minutes until lightly browned. Remove the vegetables with a slotted spoon and set aside.
 4. Seal the beef in the remaining hot oil, adding a little more oil if needed. You may need to seal the beef in batches for best results.
 5. Place the removable cooking bowl into the heating base. Add the sautéed vegetables, stock, tomatoes, purée, herbs, bay leaf, Worcestershire sauce, mustard and stir well.
 6. Cover and cook on Low for 7–8 hours or High for 5–6 hours. After cooking, remove the bay leaf and adjust the seasoning. Thicken the mixture if required using a little cornflour and water.

Delicious served with creamy mashed potato flavoured with a pinch of nutmeg and some steamed green vegetables.

Beef ragu Serves 5

- 900g stewing or braising steak, cut into large dice
 - 50g plain flour
 - 2 tbsp vegetable oil
 - 1 large onion, diced
 - 2 medium carrots, scrubbed and finely diced
 - 2 sticks celery, finely diced
 - 4 slices bacon, diced
 - 3 garlic cloves, finely chopped
 - 100ml beef stock
 - 200ml red wine or extra stock
 - 2 tbsp (heaped) tomato puree
 - 500ml passata
 - 2 bay leaves
 - 1 tbsp dried mixed herbs
 - 1 tsp fennel seeds
 - 1 tsp paprika
 - Salt and pepper
1. Add the flour, paprika and some seasoning to a medium-sized bowl, add the beef and toss in the flour to coat.
 2. Place the removable cooking bowl onto your hob and heat until hot. Add 1 tbsp of the vegetable oil and brown the beef in batches until golden. Remove from the cooking bowl and set aside.
 3. Add the remaining oil to the cooking bowl (no need to wash the bowl, the meaty bits will add lots of flavour) add the onions, carrots and celery and cook on a medium heat until softened (about 5–6 minutes).
 4. Add the bacon and garlic and cook for a further few minutes, stirring to prevent the mixture from sticking.
 5. Stir in the herbs and fennel seeds.
 6. Raise the heat and add the red wine, allow to bubble and reduce by half until slightly thickened. Stir in the remaining ingredients.
 7. Remove the bowl from the hob and place into the heating base. Add the beef back into the bowl, stir and cover with the lid. Cook on Low for 6–7 hours or High for 5–6 hours.

Remove the beef and shred back into the sauce. Serve over freshly cooked pasta, dust with grated Parmesan and torn basil leaves.

Ultimate chilli con carne Serves 4-5

- 1 tbsp vegetable oil
 - 600g minced beef
 - 1 large onion, diced
 - 2 cloves of garlic, finely chopped
 - 1 red pepper, diced
 - 3 tbsp tomato purée
 - 400g tin chopped tomatoes
 - 400g tin red kidney beans, rinsed and drained
 - 1 beef stockpot
 - 1 tbsp chipotle paste (or to taste)
 - 1 tbsp garam masala
 - 1 tbsp paprika
 - 200ml water
1. Place the removable cooking bowl onto your hob over a medium heat. Add the oil and sauté the onion until softened and transparent (about 5 minutes).
 2. Add the minced beef and sauté until browned.
 3. Stir in the garlic, chipotle paste, garam masala and paprika. Continue to sauté for a further 3–4 minutes. Stir in the red pepper.
 4. Remove the bowl from the hob and place into the heating base. Add the remaining ingredients except for the kidney beans and stir well.
 5. Cover and cook on Low for 5–6 hours or High for 3–4 hours.
 6. Remove the lid, adjust the seasoning and stir in the kidney beans. Cook for a further 30 minutes.

Delicious served topped with tortilla chips, grated cheese, guacamole, soured cream and some fiery jalapeños.

Lamb and sweet potato curry Serves 4-5

- 1 tbsp vegetable oil
 - 600g diced lamb
 - 1 large sweet potato, peeled and diced
 - 1 large red onion, diced
 - 2 garlic cloves, finely chopped
 - 2 tbsp tomato purée
 - 2 x 400g tins chopped tomatoes
 - 100ml lamb or vegetable stock
 - 1 tsp turmeric
 - 2 tsp garam masala
 - 1 tsp dried chilli flakes (or to taste)
1. Add the vegetable oil to the removable cooking bowl, heat on your hob until hot then sauté the lamb in batches until browned on all sides.
 2. Add the onion, turmeric, garam masala and dried chilli flakes. Continue to stir fry for a couple of minutes. This will allow the flavours of the spices to develop. Stir in the garlic.
 3. Remove the cooking bowl from the hob and place into the heating base. Add the remaining ingredients and stir well to combine.
 4. Cover and cook on Low for 7–8 hours or High for 5–6 hours until the lamb is tender. Thicken the mixture if required using a little cornflour and water.

Serve with steamed rice and naan bread.

Mediterranean braised lamb shanks Serves 4

- 1 tbsp vegetable oil
 - 4 small lamb shanks
 - 1 large aubergine, roughly chopped
 - 1 large red onion, roughly chopped
 - 2 cloves garlic, chopped
 - 400g tin chopped tomatoes
 - 2 tbsp tomato purée
 - 1 tsp dried oregano
 - 1 sprig fresh rosemary, bruised
 - 250ml lamb stock
1. Add the vegetable oil to the removable cooking bowl, heat on your hob until hot then sauté the lamb shanks until browned on all sides.
 2. Remove the cooking bowl from the hob and place into the heating base. Add the remaining ingredients and stir well to combine.
 3. Cover and cook on Low for 7–8 hours or High for 5–6 hours. Thicken the mixture if required using a little cornflour and water.

Delicious served with some spicy roasted root vegetables and buttery couscous.

Asian sticky style lamb Serves 5

- 800g–1kg half leg of lamb (this will need to fit into your cooking bowl)
- 1 tbsp vegetable oil

Sauce ingredients:

- Thumb-sized piece of ginger, peeled and finely chopped
- 2 large cloves of garlic, finely chopped
- 1 red chilli, finely chopped (use chilli to your preference of heat)
- 2 star anise
- 1 lemon grass stalk, bashed
- 200ml sweet chilli sauce
- 100ml rice wine vinegar
- 150ml dark soy sauce
- 1 tbsp sesame oil

To serve:

Shredded spring onions, toasted sesame seeds, rice noodles or fried rice, steamed Asian greens.

1. Mix all the sauce ingredients together in a bowl and set aside.
2. Place the removable cooking bowl into the heating base and add the lamb. Pour over the sauce, cover and cook on Low for 6–7 hours or High for 5–6 hours until tender.
3. When the lamb has finished cooking, carefully remove from the bowl and set aside to keep warm (if you like your lamb brown and crispy, place on a baking sheet and cook in a hot oven for 10 minutes).
4. Remove the star anise and lemon grass from the sauce, adjust seasoning, and thicken if required with a little cornflour mixed with water.

Serve the lamb on a warmed plate with 2 forks for shredding, a separate jug of the sauce and some of the serving suggestions.

Caribbean style lamb Serves 4-5

Marinate the lamb overnight to add real depth of flavour to this tasty dish.

- 1kg diced lamb
 - 1 tbsp vegetable oil
 - 1 large onion, roughly chopped
 - 3 garlic cloves, finely chopped
 - 2 vine tomatoes, chopped
 - ½ green pepper, diced
 - ½ red pepper, diced
 - 1 bunch spring onions, sliced
 - 2.5cm piece of root ginger, peeled and finely chopped
 - Juice of ½ lime
 - 1 tbsp all purpose seasoning
 - 1 tbsp medium curry powder
 - 1 hot red chilli
 - 15 juniper berries
 - 200ml lamb or vegetable stock
 - 1 tbsp chopped parsley and coriander (to garnish)
1. Add the lamb, lime juice, all purpose seasoning and curry powder to a large bowl and mix well. Cover and refrigerate for about 4 hours (or overnight).
 2. When marinated, heat the removable cooking bowl on your hob until hot. Add the vegetable oil and sauté the marinated lamb over a medium heat until browned on all sides.
 3. Place the cooking bowl into the heating base and add the lamb and remaining ingredients, except for the chopped parsley and coriander.
 4. Stir well to combine, cover and cook on Low for 6–7 hours or High for 4–5 hours.

Serve sprinkled with the chopped herbs, delicious with steamed rice. Tip: The lamb can be substituted with diced beef if you prefer.

Quick and easy spicy ribs Serves 4

- 800g–1kg meaty pork ribs
 - 350ml of your favourite, spicy BBQ sauce
 - 1 tsp mustard seeds, lightly crushed (optional)
 - 1 tsp coriander seeds, lightly crushed (optional)
 - 100ml pork or beef stock, made from 1 stock cube
1. Put the BBQ sauce, pork stock, mustard, and coriander seeds into your removable cooking bowl and mix well.
 2. Cut the ribs up into portions and place them into the cooking bowl.
 3. Cover and cook on High for 4½ hours.
 4. For crispy textured ribs: remove the ribs from the sauce with a slotted spoon and place them into a hot oven (200°C / Gas 6 / 400°F) and bake for 10 minutes until they start to crisp.

Serve with a baked potato topped with homemade coleslaw and a jug of the hot sauce.

5 spice caramelised belly pork Serves 6 as a starter or 4 with accompaniments

- 1kg pork belly, cut into 3cm pieces
- 2 tbsp vegetable oil
- 10 shallots, finely chopped
- 2 cloves of garlic, finely chopped
- 80ml soy sauce
- 125g palm sugar
- 3 star anise
- 2 tsp Chinese 5 spice paste
- 2 tbsp fish sauce

To serve:

Freshly chopped coriander, steamed jasmine rice, and shredded spring onions.

1. Place the removable cooking bowl onto your hob and heat until hot, add the vegetable oil. Brown the belly pork in batches. Remove each batch with a slotted spoon and set aside.
2. Wipe out the cooking bowl with some kitchen paper and place into the heating base. Add the shallots, garlic and pork to the bowl.
3. Into a small bowl, add the soy sauce, palm sugar, star anise, 5 spice paste and fish sauce. Mix well until combined.
4. Pour over the pork belly, cover and cook on Low for 6–7 hours or High for 5–6 hours until tender.
5. To achieve a sticky texture, remove the pork from the sauce and place onto an oven tray. Cook in a hot oven for 5–10 minutes until crisp.

Serve with a jug of the sauce and top with some shredded spring onions.

BBQ pulled pork Serves 4-5

- 1 tsp smoked paprika
 - 1 tsp salt
 - ½ tsp freshly ground black pepper
 - 1 tsp cayenne pepper
 - ½ tsp garlic powder or 2 cloves of garlic, finely chopped
 - 1 tsp dried thyme
 - 125ml runny honey
 - 60ml red wine vinegar
 - 1 tbsp olive oil
 - 1 medium onion, peeled and cut into quarters
 - 800g–1kg boneless pork shoulder (halve the pork if it's too big for the bowl)
1. In a medium size mixing bowl, mix together the first six ingredients. Stir in the honey, vinegar and olive oil and mix together to form a paste.
 2. Place the onion in the bottom of the removable cooking bowl. Place the pork on top of the onion quarters then pour the honey paste over all sides of the pork.
 3. Cover and cook on Low for 8–9 hours or until the meat is tender enough to be easily pulled apart.
 4. Remove the pork and shred it using two forks. If you are using the sauce, thicken it slightly with a little cornflour mixed with water.

Delicious served warm on crusty rolls with a handful of crunchy salad leaves, homemade coleslaw and a spoonful of the hot sauce.

Chicken and smoked bacon cacciatore Serves 4

- 1 medium chicken (approx. 1.75kg) jointed into 8 small pieces. Alternatively, use chicken pieces.
 - 1 tbsp vegetable oil
 - Flour
 - 3 rashers smoked streaky bacon, chopped
 - 1 large onion, sliced
 - 2 cloves of garlic, finely chopped
 - 400g tin chopped tomatoes
 - 2 tbsp tomato purée
 - 2 tbsp balsamic vinegar
 - 200ml chicken stock
 - 1 rosemary sprig, bruised
 - 1 tsp smoked paprika
 - 10 green or black pitted olives
 - Seasoning
 - Small bunch parsley, chopped (optional)
1. In a suitable bowl, mix together two large handfuls of flour, some seasoning and the paprika.
 2. Coat the chicken pieces all over with the flour. Shake off any excess flour and set aside.

3. Heat the removable cooking bowl on your hob and add the oil. Brown the chicken pieces in batches until golden brown. Remove the pieces with a slotted spoon and set aside.
4. Reduce the heat then add the bacon pieces, onions, garlic and rosemary sprigs. Stir fry for a few minutes until the onions begin to soften.
5. Remove the cooking bowl from your hob and place into the heating base.
6. Stir in the tomatoes, tomato purée, vinegar, chicken stock and olives. Add the chicken pieces and stir gently so that the chicken pieces get covered in the sauce.
7. Cover and cook on Low for 6–7 hours or High for 4–5 hours.

Adjust the seasoning and sprinkle over the chopped parsley. Serve with sautéed potatoes and steamed green vegetables.

Creamy chicken and mushrooms Serves 4

- 1 medium chicken jointed into 8 pieces, or a pack of 8 chicken pieces (i.e. drumsticks and thighs). Alternatively just use skin on, boneless thighs/fillets
 - 4 rashers streaky bacon, finely sliced
 - 1 tbsp olive oil
 - 25–30g plain flour, seasoned with salt and pepper
 - 1 large onion, finely sliced
 - 200g shallots, peeled and left whole
 - 2 garlic cloves, finely chopped
 - 200g chestnut mushrooms, sliced
 - Few sprigs fresh thyme, leaves picked
 - 200ml chicken stock
 - 2 bay leaves
 - 100ml double cream
 - Large handful fresh parsley, chopped
1. Place the removable cooking bowl onto your hob and heat until hot. Add the oil and the bacon and fry until just crisp, remove with a slotted spoon and set aside.
 2. Dust the chicken in the seasoned flour, patting to remove any excess. Brown the chicken on all sides for about 5 minutes, you may need to do this in batches.
 3. Remove from the cooking bowl and set aside.
 4. Add the sliced onion, shallots, garlic, mushrooms and thyme to the cooking bowl and sauté for 5 minutes, until softened. Sprinkle over a couple of spoonfuls of the flour and continue to cook for a further minute stirring continuously. Pour over the stock and allow to bubble. Add the bay leaves.
 5. Remove from the heat and place the cooking bowl into the heating base. Add the chicken and the bacon back into the bowl, mixing to gently coat in the sauce.
 6. Cover and cook on Low for 5–6 hours or High for 3–4 hours until the chicken is cooked through.
 7. Remove the bay leaves. Stir in the cream, warm through then sprinkle with the chopped parsley.

Serve with baked potatoes or steamed rice.

Spicy chicken madras Serves 5

You can brown your chicken pieces before adding to the sauce. Simply add 1 tbsp of vegetable oil to the removable cooking bowl, heat on your hob until hot and sauté the chicken pieces until browned.

- 4 chicken breasts, diced
- 4 boneless chicken thighs, diced
- 2 tbsp vegetable oil
- 1 large onion, diced
- 3 cloves garlic, finely chopped
- 1 large red chilli finely chopped (adjust amount to personal taste)
- 1 thumb-sized piece of fresh ginger, finely chopped
- 1 tbsp garam masala
- 1 tsp cayenne pepper

- 1 tsp ground cumin
 - 1 tsp ground coriander
 - 1 tsp turmeric
 - 3 tbsp tomato purée
 - 200g chicken stock
 - 500g passata
 - Juice of ½ lemon
 - Chopped coriander (to garnish)
1. Place the removable cooking bowl onto your hob and heat until hot. Add the oil to heat, then sauté the onions for about 5 minutes until starting to soften.
 2. Reduce the heat, add the garlic, chilli and ginger and cook for a further minute.
 3. Stir in the spices and cook for 2–3 minutes, stirring regularly to prevent the spices from burning.
 4. Remove from the heat and place the cooking bowl into the heating base.
 5. Add the tomato purée, chicken stock, passata and diced chicken.
 6. Stir well, cover and cook on Low for 4–5 hours or High for 3–4 hours. Stir in the lemon juice.
- Serve topped with a handful of freshly chopped coriander and steamed basmati rice.

Enchiladas Serves 4

- 1 large onion, finely diced
 - 1 red pepper, finely diced
 - 325g tinned sweet corn, drained
 - 380g carton/tin black beans, rinsed then drained
 - 1 tbsp spicy chipotle paste or 1 tbsp hot chilli powder
 - 2 tsp ground cumin
 - Salt to taste
 - 2 large handfuls chopped coriander
 - 1 large lemon, zest only
 - 300g grated mature Cheddar
 - 300g salsa
 - 8 floury tortillas wraps
1. Place the onion, pepper, sweet corn, black beans, chipotle paste, cumin, salt, coriander and lemon zest into a large bowl. Add a large handful of the grated cheese and mix well together.
 2. Grease the removable cooking bowl using a little vegetable oil.
 3. Place some of the salsa into the base of the cooking bowl, this should just cover the base. Start to assemble the enchiladas, roughly divide the filling mixture between the tortillas, spooning this into the middle of each one.
 4. Roll up the tortillas quite tightly, loosely folding over each end to keep the filling inside.
 5. Place 1 on top of the salsa in the base of the bowl roughly in the middle. Make sure you place seam-side down. Place another tortilla at the side, again seam-side down. Fit another either side, again seam-side down.
 6. Spread a spoonful of salsa over each, and sprinkle with grated cheese.
 7. Repeat with the remaining filled tortillas, again finishing with salsa and cheese.
 8. Cover and cook on Low for 3–4 hours until cooked through.

Tips:

Adding shredded cooked meat or chicken to the mixture is delicious.

If your oven is fitted with a grill: heat until hot, then remove the bowl from the slow cooker when cooking is complete, add a little extra grated cheese, and grill until golden.

Make some creamy guacamole dip by mashing ripe avocados, chilli and lime with a touch of coriander, serve chilled with the enchiladas and some crunchy tortilla chips.

Vegetable tagine Serves 4–5

- 1 tbsp vegetable oil
 - 1 medium onion, diced
 - 2 garlic cloves, finely chopped
 - 1 tbsp paprika
 - 1 tsp ground ginger
 - 1 tsp ground cumin
 - ½ red pepper, deseeded and thickly diced
 - ½ yellow pepper, deseeded and thickly diced
 - 1 small butternut squash, peeled, deseeded and cut into bite-sized pieces
 - 1 courgette, cut into bite-sized pieces
 - 10 dried apricots
 - 400g tin chickpeas, drained and rinsed
 - 2 tbsp tomato purée
 - 500g passata
 - 1 tbsp honey, plus a drizzle to serve
 - 1 tbsp harissa paste
 - Handful of coriander, chopped
 - Thick Greek-style yoghurt, to serve
 - Salt and pepper
1. Place the removable cooking bowl onto your hob and heat until hot. Reduce the heat and add the oil.
 2. Sauté the onion for about 5 minutes, until softened.
 3. Add the garlic and spices, stirring continuously for a further minute until fragrant.
 4. Remove the cooking bowl from the hob and place into the heating base.
 5. Add the peppers, squash, courgettes, apricots and chickpeas to the bowl. Season with salt and some freshly ground black pepper.
 6. Stir in the tomato purée, passata, honey and harissa paste.
 7. Cook on Low for 5–6 hours or High for 3–4 hours.

When cooked, stir in the coriander and serve with some couscous and a dollop of the yoghurt.

Chocolate orange pudding Serves 5-6

- 100g butter, melted, plus a little extra for greasing the dish
- 225g self-raising flour
- 150g caster sugar
- 75g cocoa, sifted
- 1 tsp baking powder
- Zest and juice of 1 orange
- 3 medium eggs
- 150ml milk
- 100g orange-flavoured milk chocolate, broken into pieces

For the sauce:

- 300g light brown soft sugar
 - 50g cocoa
1. Lightly grease the removable cooking bowl with a little butter.
 2. Place the flour, caster sugar, cocoa, baking powder, orange zest and a pinch of salt into a mixing bowl and mix together.
 3. Whisk the orange juice, eggs, melted butter and milk, then add to the dry ingredients and mix together until smooth. Stir in the chocolate pieces then place the mixture into the removable cooking bowl.
 4. Make the sauce by mixing the sugar and cocoa with 280ml of boiling water then pour this over the pudding mixture.
 5. Place the removable cooking bowl into the heating base, cover and cook on High for 2 hours until the mixture has risen and is firm to the touch.

Serve with pouring cream or vanilla ice cream.

Jam sponge pudding Serves 5

This recipe uses a 1-litre ovenproof pudding basin.

- 100g softened butter
 - 100g caster sugar
 - 100g self raising flour
 - 2 eggs
 - Zest of 1 lemon (optional)
 - 50g jam of your choice
1. Using a little butter, grease the ovenproof pudding basin.
 2. In a separate bowl, cream the butter and sugar until light and fluffy.
 3. Beat in the eggs, one at a time, mixing well.
 4. Fold in the flour and zest of lemon.
 5. Spoon the jam into the bottom of the greased pudding basin.
 6. Pour in the cake batter.
 7. Make a lid top out of some foil and secure this in place with some string.
 8. Place the pudding basin into the removable cooking bowl.
 9. Pour in some warm water, this should come half-way up the pudding basin.
 10. Cover and cook on High for 2–3 hours.

Delicious served hot with some creamy homemade custard.

Creamy rice pudding Serves 4-5

- 150g pudding rice
 - 75g sugar
 - 1 litre whole milk
 - 30g butter
 - ½ tsp nutmeg
1. Grease the removable cooking bowl with a little of the butter.
 2. Add all the ingredients and stir them together.
 3. Cover and cook on Low for 4–5 hours or High for 3 hours.

Delicious served with some fresh berries or fruit compote.

Triple hot chocolate Serves 6

- 50g sugar
- 30g unsweetened cocoa powder
- 1 litre whole milk
- ½ tsp vanilla extract
- 300ml cream
- 100g milk chocolate, chopped
- 100g white chocolate, chopped

To serve: Whipped cream, chocolate shavings, mini marshmallows.

1. Mix the sugar, cocoa and 200ml of the milk in a small bowl. Whisk until smooth.
2. Pour the mixture into the removable cooking bowl. Add the remaining milk and the vanilla.
3. Cover and cook on Low for 2 hours.
4. Turn the temperature up to High and add the chopped chocolate and stir until the chocolate has melted.
5. Pour in the cream, replace the lid and cook for a further 30 minutes until hot.

Serve in coffee cups topped with whipped cream, marshmallows and chocolate shavings.

CLEANING

ALWAYS unplug your slow cooker from the electrical outlet, and allow it to cool before cleaning.

CAUTION: Never immerse the heating base, power cord or plug in water or any other liquid.

Wash the glass lid and removable bowl with hot, soapy water. Do not use abrasive cleaning compounds or scouring pads. A cloth, sponge, or rubber spatula will usually remove any food residue.

We recommend that you wash the removable cooking bowl by hand only, with a non-abrasive cleaning product and cloth, to preserve the DuraCeramic™ coating.

The outside of the heating base may be cleaned with a soft cloth and warm, soapy water. Wipe dry. Do not use abrasive cleaners.

No other servicing should be performed.

NOTE: After cleaning by hand allow the cooking bowl to air dry before storing.

FITTING A PLUG

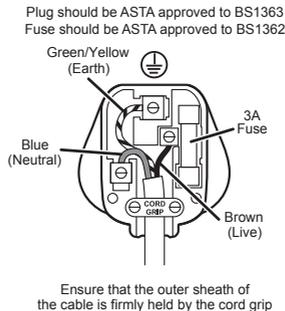
This appliance must be earthed.

If the plug is not suitable for the socket outlets in your home, it can be removed and replaced by a plug of the correct type.

If the fuse in a moulded plug needs to be changed, the fuse cover must be refitted. The appliance must not be used without the fuse cover fitted.

If the plug is unsuitable, it should be dismantled and removed from the supply cord and an appropriate plug fitted as detailed. If you remove the plug it must not be connected to a 13 amp socket and the plug must be disposed of immediately.

If the terminals in the plug are not marked or if you are unsure about the installation of the plug please contact a qualified electrician.



AFTER SALES SERVICE

These appliances are built to the very highest of standards. There are no user serviceable parts. Follow these steps if the appliance fails to operate:

1. Check that the instructions have been followed correctly.
2. Check that the fuse has not blown.
3. Check that the mains supply is functional.

If the appliance will still not operate, return it to the place it was purchased for a replacement. To return the appliance to the Customer Service Department, follow the steps below:

1. Pack it carefully (preferably in the original carton). Ensure the appliance is clean.
2. Enclose your name and address and quote the model number on all correspondence.
3. Give the reason why you are returning it.
4. If within the guarantee period, state when and where it was purchased and include proof of purchase (e.g. till receipt).
5. Send it to our Customer Service Department at the address below:

Customer Service Department
Jarden Consumer Solutions (Europe) Limited
Middleton Road, Royton, Oldham
OL2 5LN, UK.
Telephone: 0161 621 6900 Fax: 0161 626 0391
e-mail: enquiriesEurope@jardencs.com

GUARANTEE

Please keep your receipt as this will be required for any claims under this guarantee.

This appliance is guaranteed for 2 years after your purchase as described in this document.

During this guaranteed period, if in the unlikely event the appliance no longer functions due to a design or manufacturing fault, please take it back to the place of purchase, with your till receipt and a copy of this guarantee.

The rights and benefits under this guarantee are additional to your statutory rights, which are not affected by this guarantee. Only Jarden Consumer Solutions (Europe) Limited ("JCS (Europe)") has the right to change these terms.

JCS (Europe) undertakes within the guarantee period to repair or replace the appliance, or any part of appliance found to be not working properly free of charge provided that:

- you promptly notify the place of purchase or JCS (Europe) of the problem; and
- the appliance has not been altered in any way or subjected to damage, misuse, abuse, repair or alteration by a person other than a person authorised by JCS (Europe).

Faults that occur through, improper use, damage, abuse, use with incorrect voltage, acts of nature, events beyond the control of JCS (Europe), repair or alteration by a person other than a person authorised by JCS (Europe) or failure to follow instructions for use are not covered by this guarantee. Additionally, normal wear and tear, including, but not limited to, minor discoloration and scratches are not covered by this guarantee.

The rights under this guarantee shall only apply to the original purchaser and shall not extend to commercial or communal use.

If your appliance includes a country-specific guarantee or warranty insert please refer to the terms and conditions of such guarantee or warranty in place of this guarantee or contact your local authorized dealer for more information.

Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. E-mail us at enquiriesEurope@jardencs.com for further recycling and WEEE information.

Jarden Consumer Solutions (Europe) Limited
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Cheadle Royal Business Park
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UK





CROCK·POT®

◆ THE ORIGINAL SLOW COOKER ◆



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