

CROCK·POT®

EXPRESS
MULTI-COOKER

Recipe Book



INTRODUCTION



THE FAST PRESSURE COOKER WITH SLOW-COOKER CONVENIENCE

In today's fast-paced world, you need a Multi-Cooker that can keep up with your lifestyle. Let the Crock-Pot® brand handle the pressure of mealtime with the new Crock-Pot® Express Multi-Cooker. **Crock-Pot® Express can cook meals up to 70% faster than traditional cooking**, so you can spend less time in the kitchen and more time with family.

PROMPT OR PATIENT

When you're in a hurry, choose from 8 pre-set pressurized settings for the same slow-cooked taste you love in under an hour. Of course, if you're not ready to eat now, you can choose the **SLOW COOK** setting – just set the cook time and come back later to a delicious, hot meal that's ready to eat when you are.

INSPIRED FAMILY MEALS

In this user-friendly recipe book, we walk you through some of the many flavor-packed meals that are easy to make in your Crock-Pot® Express. To make this recipe book simple to use, we color-coded each dish so that you can quickly see which function is being used (pressure cook, slow cook, steam, or brown/sauté). We have also grouped the dishes according to meal type, so you can easily search for the dish that you are craving. We hope that you and your loved ones enjoy these recipes as much as we have!

VERSATILITY & CONVENIENCE

Easily prepare any recipe on the menu – whether it's slow cooked, steamed, sautéed or pressure cooked – using one convenient appliance. The non-stick cooking pot resists stuck-on food and is dishwasher safe, making clean-up a breeze.

TRUSTED

For over 35 years, the Crock-Pot® brand has been your trusted brand for cooking convenience. We strive to provide you with the most innovative and dependable products to make your life easier. The Crock-Pot® brand is a leader in one-pot cooking, and we're confident that Crock-Pot® Express will be the perfect addition to your kitchen.

Let's eat!

TABLE OF CONTENTS

Quick Start Guide.....4-5



Breakfast.....6-7



Soups.....8-10



Main Course.....11-17



Vegetarian.....18-19



Dessert.....20-21



QUICK START GUIDE*



ASSEMBLY

- Place Cooking Pot into the Heating Base.
- Place Lid onto Multi-Cooker, and align ▼ with 🔒. To lock, twist counterclockwise, aligning ▼ with 🔒.

HOW TO USE YOUR CROCK-POT® EXPRESS

1. Add ingredients to the Cooking Pot and secure the Lid.
2. Press the function you would like to use.
3. Adjust Temperature and/or Pressure, if needed.
4. Use the Time Selection Buttons to set the desired cook time.
5. Rotate the Steam Release Valve into the position needed for the chosen function (see chart).
6. Press **START/STOP**.
7. Once cooking is complete, wait at least 10 minutes, allowing pressure to release naturally.
8. Use a kitchen utensil to gradually rotate the Steam Release Valve into the “Release”  position.

FUNCTION	PRESSURE COOK	LID REQUIRED	STEAM RELEASE VALVE POSITION
MEAT/STEW	Yes	Yes	Seal
BEANS/CHILI	Yes	Yes	Seal
RICE/RISOTTO	Yes	Yes	Seal
YOGURT	No	Yes (in some steps)	Release
POULTRY	Yes	Yes	Seal
DESSERT	Yes	Yes	Seal
SOUP	Yes	Yes	Seal
MANUAL	Yes	Yes	Seal
SLOW COOK	No	Yes	Release
BROWN/SAUTÉ	No	No	Do not use Lid
STEAM	Yes	Yes	Seal



DELAY TIMER

If you want your Crock-Pot® Express to start cooking later, use the **DELAY TIMER** function, and select the amount of time you want your Multi-Cooker to wait before beginning the cooking cycle (not available on **BROWN/SAUTÉ**, **KEEP WARM**, or **YOGURT** settings).

Natural Yogurt/Greek Yogurt



COURSE:
BREAKFAST

COOK TIME:
8-12 HOURS

SERVES:
4 SERVINGS

INGREDIENTS:

- 1 litre of whole or semi skimmed milk (whole milk makes thicker Greek Style Yogurt).
- 1 sachet of bought natural yogurt or Greek yogurt starter culture or 2 tbsp “starter” yogurt, made with whole milk and live active cultures.

TIP:

For this recipe, you will need a digital thermometer.

DIRECTIONS:

Tip – if you have been using your Crockpot® Express for lots of savoury foods you might like to pressure clean your pot before use. Place 500ml of water into your inner pot add a slice of lemon and select the **MANUAL** function. Add a time of 10 minutes and allow the unit to finish. Rinse with clean water and dry.

Pour the milk into the inner pot, select the **YOGURT** function and set the temperature to **HIGH**. Fit and seal the lid ensuring the steam release valve is in the open position.

Whisk frequently during heating. When the cooking cycle ends check the temperature has reached 82°C.

Fill your sink with cold water. Wearing an oven glove, carefully remove the inner pot and allow this to stand in the cold water, this will speed up the cooling process. The milk will need to cool to 35-40°C, whisking frequently will speed this process up. If the yogurt culture is added to the hot milk too soon, this will kill the culture, so the cooling process is an essential step.

Ladle a small amount of the cooled milk into a separate bowl, whisk in the culture, then combine with the rest of the milk in the pot.

Place the pot into the cooking base and secure the lid.

Make sure the pressure release valve is in the open position, select the **YOGURT** function and set the temperature to **LOW**. Add in a time of 8-12 hours depending on your taste. The longer the incubation process the more tart the yoghurt will be.

Once your yogurt has reached the desired taste, remove the pot from the heating base and decant into suitable storage containers to refrigerate.

Yoghurt can also be passed through a muslin cloth to remove excess whey. This will give a thicker consistency.

Please note that the YOGURT function does not operate under pressure.



Porridge

COURSE:
BREAKFAST

COOK TIME:
8 MINUTES

SERVES:
2 SERVINGS

INGREDIENTS:

130g jumbo or whole oats
800ml milk of your choice
Pinch of salt

DIRECTIONS:

Place the 3 ingredients into the inner bowl and stir to combine.

Fit and seal the lid, place the Pressure release valve into the closed position and select the **MANUAL** function.

Add a time of 8 minutes and allow to cook.

Once the unit has finished cooking, wearing an oven glove, carefully vent the unit and remove the lid.

Ladle into warm bowls.

Serve with a selection of fresh berries, chopped nuts, dried fruits and or honey.

French Onion Soup

COURSE:
SOUP

COOK TIME:
10 MINUTES

SERVES:
4 SERVINGS

INGREDIENTS:

4 large white onions, evenly sliced
50g butter
1.2 litres vegetable stock
1 handful of fresh sage leaves
2 bay leaves
Salt and pepper

TO SERVE:

4 thick slices of french bread
4 slices of gruyere cheese
Fresh thyme sprigs

DIRECTIONS:

Remove the lid from your Crockpot® Express and select the **BROWN/SAUTÉ** function.

Adjust the time to 20 minutes. Allow to preheat.

Add the butter, then the onions and sauté, stirring regularly until the onions are evenly browned and softened.

Add the remaining ingredients, stir and cover with the lid. Seal and cook on the **SOUP** programme for 10 minutes.

Once the unit has finished cooking, allow the unit to have a natural pressure release time of 10 minutes. Wearing an oven glove, carefully release any pressure left inside before opening.

Ladle into ovenproof soup bowls, top with a slice of French bread and cheese, grill until golden and melted.

Garnish with the thyme sprigs and serve immediately.

TIP: This soup gets its lovely nutty brown colour from sautéing the onions beforehand, although this does take some time, its well worth it.

Chicken, Chorizo and Kale Soup

COURSE:
SOUP

COOK TIME:
10 MINUTES

SERVES:
4 SERVINGS

INGREDIENTS:

225g chorizo, remove the casing and dice
1 large onion, diced
2 large cloves of garlic, finely chopped
300g boneless, skinless chicken fillets
1 tsp smoked paprika
2 bay leaves
175g red lentils, rinsed
2 tbsp tomato puree
400g tin chopped tomatoes
400g tin chickpeas, drained and rinsed
100g shredded kale
1 litre hot chicken stock
Salt and pepper

DIRECTIONS:

Remove the lid from your Crockpot® Express and select the **BROWN/SAUTÉ** function.

Adjust the time to 12 minutes. Allow to preheat.

Place the chorizo into the inner bowl and sauté, stirring regularly for a couple of minutes.

Add the onions, garlic, chicken and paprika, continue to sauté, and stir for the remaining minutes.

Add the remaining ingredients and stir well.

Cover with the lid, seal and cook on the **SOUP** programme for 10 minutes.

Once the unit has finished cooking, allow the unit to have a natural pressure release time of 5 minutes. Wearing an oven glove, carefully release any pressure left inside before opening.

Stir well, adjust the seasoning and ladle into warm bowls. Garnish with some chopped parsley, a dollop of natural yoghurt and a sprinkle of chilli seeds.

Speedy Lentil and Vegetable Soup

COURSE:
SOUP

COOK TIME:
10 MINUTES

SERVES:
4 SERVINGS

INGREDIENTS:

1 tbsp vegetable oil
1 large onion, finely diced
2 carrots, peeled and diced
2 celery sticks, diced
2 bay leaves
½ tsp dried thyme
1.3 litres hot vegetable stock
200g dried brown or puy lentils,
rinsed
200g dried red lentils, rinsed
200g frozen sweetcorn
1 large potato, peeled and diced
Salt and pepper

DIRECTIONS:

Remove the lid from your Crockpot® Express and select the **BROWN/SAUTÉ** function.

Adjust the time to 3 minutes. Allow to preheat.

Add the oil and sauté the onions, carrots and celery until softened.

Add the remaining ingredients and stir well.

Cover with the lid and seal, cook on the **SOUP** programme for 10 minutes.

Once the unit has finished cooking, allow the unit to have a natural pressure release time of 10 minutes. Wearing an oven glove, carefully release any pressure left inside before opening.

Stir well, adjust the seasoning and ladle into warm bowls. Serve with some chunky granary bread for a tasty healthy meal.

Chilli Con Carne

COURSE:
MAIN COURSE

COOK TIME:
10 MINUTES

SERVES:
4 SERVINGS

INGREDIENTS:

1 tbsp vegetable oil
500g minced beef
1 medium onion, diced
2 cloves of garlic, finely chopped
1 red pepper, diced
1 tbsp chilli powder, or to taste
2 tsp ground cumin
½ tsp chilli seeds
1 tbsp Worcestershire sauce
2 x 400g tins of chopped tomatoes
3 tbsp tomato puree
2 x 400g tins of red kidney beans, rinsed and drained
½ tsp salt
250ml beef stock

DIRECTIONS:

Remove the lid from your Crockpot® Express and select the **BROWN/SAUTÉ** function. Add a time of 8 minutes and allow preheating.

Add the vegetable oil to the inner pot along with the minced beef and brown, stirring regularly.

Remove the beef to a separate bowl.

Add the onions and garlic to the pot, adding a little more vegetable oil if needed. Sauté for approx. 3-4 minutes until softened.

Stir in the remaining ingredients, fit and seal the lid and select the **BEANS/CHILI** function.

Add a cook time of 10 minutes.

Once the unit has finished cooking, allow a natural release time of 5-10 minutes before carefully venting the remaining pressure before opening. Wearing an oven glove.

Adjust the seasoning.

Why not try serving with some steamed rice, tortilla chips, guacamole, fiery salsa and sour cream.

Lamb Shank Cassoulet



COURSE:
MAIN COURSE

COOK TIME:
45 MINUTES

SERVES:
2 SERVINGS

INGREDIENTS:

- 50g plain flour, seasoned with salt and pepper
- 2 lamb shanks 4-500g approx. weight
- 2 tbsp vegetable oil
- 2 Toulouse or herby sausages
- 1 large onion, thinly sliced
- 50g smoked back bacon, diced
- 2 cloves of garlic, finely chopped
- 1 large bay leaf
- 2 tbsp sundried tomato paste
- 125ml dry white wine
- 125ml chicken or lamb stock
- 1 tin, rinsed and drained haricot beans
- 1 large sprig of fresh thyme

DIRECTIONS:

Remove the lid from your Crockpot® Express and select the **BROWN/SAUTÉ** function. Allow to preheat.

Place the flour and seasoning into a suitable bowl and dust the lamb shanks with the flour until coated.

Add the oil and lamb into the Crockpot® Express and brown on all sides, this will take 6-7 minutes to gain good colour. If you have room add in the sausages and brown these alongside the lamb, if not you will need to do this once the lamb is removed.

Set the browned lamb aside and add the remaining oil into the pot.

Sauté the onion, bacon and garlic for a few minutes until just turning brown. Add the remaining ingredients and stir well.

Cut up the browned sausages into chunky pieces; place these into the sauce along with the lamb. Secure the lid.

Select the **MEAT/STEW** function and set the time for 45 minutes.

Once the unit has finished cooking, allow the unit to have a natural pressure release time of 10 minutes. Wearing an oven glove, carefully release any pressure left inside before opening.

Serve on warmed plates with some crusty bread, or alternatively creamy mashed potato and green beans.

Cheats Pulled Pork



COURSE:
MAIN COURSE

COOK TIME:
75 MINUTES

SERVES:
4-6 SERVINGS

INGREDIENTS:

1.5-2kg pork shoulder, trimmed slightly and cut in half (this will cook evenly)
1 tbsp vegetable oil
2 x 340g bottles of your favourite BBQ sauce
240ml water

DIRECTIONS:

Remove the lid from your Crockpot® Express and select the **BROWN/SAUTÉ** function. Allow to preheat.

Add the oil and the pork pieces and brown on all sides (you may need to do this in 2 batches). Pour in the bottled sauce, add the water and stir well.

Fit the lid and seal. Select the **MEAT/STEW** function and set the time to 1 hour and 15 minutes.

Once the unit has finished cooking, allow the unit to have a natural pressure release time of 15 minutes. Wearing an oven glove, carefully release any pressure left inside before opening.

Remove the pork to a suitable serving dish, trimming off any fatty bits. (If you prefer a crispier pulled pork, place onto a baking tray and place into a hot oven for 10 minutes). Pull the pork apart using 2 forks.

Thicken the cooking sauce with a little cornflour mixed with water if required and spoon a little over the pulled pork.

Serve with pasta or potatoes, or serve on crusty rolls with coleslaw and jalapenos.

Paper Wrapped Steamed Seabass Fillet



COURSE:
MAIN COURSE

COOK TIME:
6 MINUTES

SERVES:
2 PARCELS

INGREDIENTS:

2 skinless sea bass fillets
2 small potatoes, very thinly sliced
1 small fennel bulb, thinly sliced
Extra virgin olive oil
Salt and pepper
Small handful of fresh parsley
2 slices of lemon

DIRECTIONS:

Using the steaming rack, measure some baking/greaseproof parchment over the top of the rack allowing a 3cm excess on each side; fold the paper to fit the tray so you have the creases formed for a parcel.

Drizzle the parcel base with a little olive oil. Place a single layer of the sliced potatoes onto the oil add a drizzle of olive oil and some seasoning. Top with the fish, a thin layer of fennel, a drizzle of oil and season again. Top with the fresh parsley and a slice of lemon.

Fold over the creases to encase the parcel. Wrap the parcel snugly in a piece of foil. Repeat to make the second parcel.

Pour 300ml of water into the base of the Crockpot® Express bowl.

Add the rack and place the parcels on top allowing a little room between them.

Fit and seal the lid and select the **STEAM** function. Set the time for 6 minutes.

Once the unit has finished cooking, wearing an oven glove, carefully release the pressure following the recommended guidelines. Allow the unit to sit untouched for 5 minutes before opening. Remove each parcel onto a warmed plate, remove the foil and serve the fish in its packet.

Sticky Spare Ribs

COURSE:
MAIN COURSE

COOK TIME:
15 MINUTES

SERVES:
4 SERVINGS

INGREDIENTS:

1.5 kg pork spare ribs
2 tbsp vegetable oil
3 tbsp dark soy sauce
2 tbsp sweet chilli sauce
1 tbsp dark brown soft sugar
2 garlic cloves, finely chopped
1 red chilli, finely chopped
Thumb sized piece of ginger, finely chopped
3 tbsp tomato ketchup
2 tbsp Worcestershire sauce
2 tbsp honey
1 bunch spring onions, shredded

TO SERVE:

Toasted sesame seeds
Shredded spring onions
Chopped coriander

DIRECTIONS:

Remove the lid from your Crockpot® Express and select the **BROWN/SAUTÉ** function. Adjust the time to 15 minutes. Allow to preheat.

Add 1 tbsp vegetable oil and start browning the ribs, you will need to do this in batches so add a little more oil if required.

Mix the remaining ingredients in a small bowl.

Once all the ribs have been browned, wipe out the inner bowl with some kitchen paper to remove any excess oil.

Place the ribs and sauce back into the bowl and stir well to coat.

Fit the lid and seal. Select the **MEAT/STEW** function and set the time for 15 minutes.

Once the unit has finished cooking, allow the unit to have a natural pressure release time of 10 minutes. Wearing an oven glove, carefully release any pressure left inside before opening.

Carefully remove the ribs and place into a warmed serving bowl, select the **BROWN/SAUTÉ** function and allow the sauce to bubble and reduce slightly, this should thicken the sauce.

Garnish with the above serving suggestions.

Whole Roast Chicken

COURSE:
MAIN COURSE

COOK TIME:
30 MINUTES

SERVES:
4 SERVINGS

INGREDIENTS:

1 whole chicken, 1.3-1.6kg
1 tsp paprika
1 tsp dried thyme
Salt and pepper
1 tbsp vegetable oil
4 cloves of garlic, peeled
2 tbsp lemon juice
250ml hot chicken stock
1 large sprig of fresh thyme

DIRECTIONS:

Remove the lid from your Crockpot® Express and select the **BROWN/SAUTÉ** function. Adjust the time to 6 minutes. Allow to preheat.

Place the paprika, thyme and seasoning into a small bowl and mix together.

Rub over the outside of the chicken.

Add the oil to the Crockpot® Express and place the chicken into the pot breast side down to brown. Turn half way through and continue browning. Add the garlic, lemon juice and chicken stock.

Seal the lid and cook on the **POULTRY** setting for 30 minutes.

Once the unit has finished cooking, allow the unit to have a natural pressure release time of 10 minutes. Wearing an oven glove, carefully release any pressure left inside before opening.

Carefully lift out the chicken and place on a warmed plate. Cover loosely with foil to keep warm.

To make gravy - strain the cooking liquid to remove the garlic and thyme.

Select the **BROWN/SAUTÉ** function, heating the stock to boiling point.

Stir in a little cornflour mixed with water or sprinkle in some gravy granules to thicken.

Serve alongside the chicken with some potatoes and vegetables.

Thai Green Curry



COURSE:
MAIN COURSE

COOK TIME:
15 MINUTES

SERVES:
2-3 SERVINGS

INGREDIENTS:

600g skinless, boneless chicken thighs cut into strips
3 shallots, peeled
2 cloves of garlic, peeled
1 green finger chilli
1 thumb sized piece of ginger, peeled
1 lime, zest and juice
1 stem of lemon grass, woody end and outer removed
1 small bunch of Thai basil
1 tbsp coconut or vegetable oil
400g tin of light coconut milk
3 Kaffir lime leaves
1 tsp brown sugar
Fish sauce

DIRECTIONS:

Place the shallots, garlic, chilli, ginger, lime zest and juice, lemongrass and most of the Thai basil into a food processor. Blend until a paste is achieved.

Remove the lid from your Crockpot Express and select the **BROWN/SAUTÉ** function. Adjust the time to 5 minutes. Allow to preheat.

Add the oil, then stir in the paste and cook for approx. 1-2 minutes until fragrant. Stir in the chicken and continue cooking for a further 2-3 minutes to seal.

Pour in the coconut milk, add the lime leaves and sugar, and stir well.

Seal the lid and cook on the **POULTRY** setting for 15 minutes.

Once the unit has finished cooking, allow the unit to have a natural pressure release time of 10 minutes. Wearing an oven glove, carefully release any pressure left inside before opening.

Season with the fish sauce to taste and thicken slightly with a little cornflour and water if required.

Serve with some steamed rice, scatter with the remaining Thai basil leaves.

TIP: This recipe requires the use of a food processor to make the paste; alternatively, you can buy ready-made paste from larger supermarkets.

Vegetable Risotto

COURSE:
VEGETARIAN

COOK TIME:
8 MINUTES

SERVES:
2-3 SERVINGS

INGREDIENTS:

1 tbsp olive oil
15g butter (optional)
1 medium onion, diced
3 cloves of garlic, finely chopped
1 red pepper, finely chopped
1 green pepper, finely chopped
1 tsp paprika
200g Arborio rice
650ml vegetable stock
100g frozen peas defrosted.
2 large handfuls of baby spinach leaves
30g Parmesan cheese, grated
Fresh basil leaves

DIRECTIONS:

Remove the lid from your Crockpot® Express and select the **BROWN/SAUTÉ** function. Adjust the time to 5 minutes. Allow to preheat.

Add 1 tbsp vegetable oil and the butter to the pot, along with the onions, garlic and peppers, sauté for 5 minutes, stirring often. Add the paprika and rice and stir well.

Pour in the stock. Fit the lid and seal. Select the **RICE/RISOTTO** function and set the time for 8 minutes.

Once the unit has finished cooking, allow the unit to have a natural pressure release time of 5 minutes. Wearing an oven glove, carefully release any pressure left inside before opening.

Stir in the peas, spinach and parmesan and adjust the seasoning.

Ladle into warm bowls and serve with freshly grated parmesan and some torn basil leaves.

Vegetable Tagine



COURSE:
VEGETARIAN

COOK TIME:
10 MINUTES

SERVES:
4 SERVINGS

INGREDIENTS:

1 tbsp vegetable oil
1 medium red onion, diced
2 cloves of garlic, finely chopped
½ tsp ground cinnamon
½ tsp ground cumin
½ tsp ground coriander
1 red pepper, diced
2 courgettes, diced
1 medium aubergine, diced
1 medium tin chopped tomatoes
400g tin chickpeas, rinsed and drained
2 tbsp tomato puree
100g dried apricots, quartered
1 tbsp harissa
300ml hot vegetable stock
2 cinnamon sticks

TO SERVE:

Cous cous
Chopped parsley
Natural yoghurt

DIRECTIONS:

Remove the lid from your Crockpot® Express and select the **BROWN/SAUTÉ** function. Add a time of 8 minutes and allow preheating.

Add the oil to the inner pot, along with the onion and garlic and sauté for 3-4 minutes, stirring regularly until softened.

Stir in the spices and continue cooking for a further minute. Add the remaining ingredients, stir well and fit and seal the lid.

Select the **BEANS/CHILI** function with a cook time of 10 minutes.

Once the unit has finished cooking, allow a natural release time of 5 minutes. Wearing an oven glove, carefully vent the unit to remove any further pressure. Remove the lid and stir the contents.

Take out the cinnamon sticks and adjust the seasoning.

Ladle into warm bowls, scatter with chopped parsley, a touch of natural yoghurt and accompany with a fragrant cous cous.

Lemon Cheesecake



COURSE:
DESSERT

COOK TIME:
25 MINUTES

SERVES:
6 SERVINGS

INGREDIENTS:

30g butter, melted
225g shortbread biscuits,
crushed to crumbs
500g full fat soft cheese
100g castor sugar
60ml sour cream
1 lemon, zest and juice
2 large eggs

TO SERVE:

4 Tbsp lemon curd
Lemon thyme leaves
Dusting of icing sugar

TIP:

For this recipe, you will need an 18cm springform baking tin, the base lined with baking parchment.

DIRECTIONS:

Prepare a strip of foil roughly 45cm in length, fold this twice lengthways, this will make a sling which will enable you to remove the hot cheesecake once cooked.

In a suitable bowl, combine the melted butter and biscuit crumbs mix well together. Press crumbs evenly and firmly into the base of the baking tin, refrigerate.

Place the soft cheese and sugar into a bowl and whisk together until smooth. Add the sour cream, lemon zest and juice, mixing well.

Gently mix the eggs into the filling until just combined, do not overmix.

Pour the filling onto the cheesecake base.

Add approx. 250ml of water to the inner bowl. Fit the trivet into the bowl and lay the foil strip across the trivet and up the sides of the bowl. Ensure the foil strip is clear of the lid fastening.

Carefully place the cheesecake onto the trivet, fasten the lid and seal. Select the **DESSERT** function and set the time for 25 minutes.

Once the unit has finished cooking, allow the unit to have a natural pressure release time of 10 minutes. Wearing an oven glove, carefully release any pressure left inside before opening.

Remove the baked cheesecake carefully from the unit using the foil sling to lift out the tin.

Place onto a wire rack to cool. When completely cool, remove from the tin, peel the parchment from the base and refrigerate 2-3 hours.

Before serving, spoon 3-4 tbsps lemon curd into a small bowl and mix well to soften.

Swirl over the cheesecake, add a scattering of lemon thyme and a dusting of icing sugar.

Chocolate and Orange Volcano Pudding



COURSE:
DESSERT

COOK TIME:
3 HOURS

SERVES:
6-8 SERVINGS

INGREDIENTS:

100g butter, melted, plus a little extra for the dish
225g self-raising flour
150g caster sugar
75g cocoa, sifted
5g baking powder
Zest and juice of 1 orange
Salt
3 medium eggs
150ml milk
100g orange flavoured milk chocolate, chopped

SAUCE:

300g light brown soft sugar
40g cocoa powder

DIRECTIONS:

Lightly grease the inner pot with a little butter

Mix the flour, caster sugar, cocoa, baking powder, orange zest and a pinch of salt in a bowl.

Whisk together the orange juice, eggs, melted butter and milk in a separate bowl, then pour onto the dry ingredients and mix until smooth. Stir in the chocolate chunks then pour into the cooking bowl.

Make the sauce by mixing 420ml of boiling water with the brown sugar and cocoa powder. Pour the sauce carefully over the mixture in the cooking pot. Cover and cook on **SLOW COOK HIGH** for 3 hours until firm and risen. Wearing an oven glove, ensure the steam release valve is set to open.

Serve hot with pouring cream or vanilla ice cream.





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Stay connected:    

IMPORTANT NOTES:

- Please refer to your Crock-Pot® Express instruction book for directions on using your specific multi-cooker.
- Cook times are based on the approximate amount of time required to cook the recipe. Always ensure food is cooked thoroughly before consuming.
- Visit the Crock-Pot® website at www.crockpot.co.uk for special offers, additional recipes, hints, tips and more.

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