

INTRODUCTION

Thank you for choosing the Superchef, a multifunctional one-pot cooker which can be used for various types of cooking including frying, steaming, boiling, baking and stewing. To help you make the most of your purchase, please take a few moments to read these instructions before using the Superchef for the first time, and keep them in a safe place for future reference.

FEATURES



Power 980W
Operating Voltage 240V-60Hz

IMPORTANT SAFEGUARDS

When using the Superchef, please follow these basic safety precautions.

1. Please read all instructions before using.
2. Make sure your electricity supply matches the voltage shown on the appliance.
3. This Superchef is for household use only. It is not suitable for commercial use, or for use outdoors.
4. Using the Superchef with accessories not recommended by the manufacturer may result in fire, electric shock or injury, and should be avoided.
5. Place the Superchef on a level, sturdy and dry surface.
6. Do not let the power cord hang over the edge of your table or worktop, where a child could grab it or people could trip over it. The power cord must not become tangled or touch any hot surfaces.
7. Use caution when opening the lid on the Superchef whilst in use as steam will be emitted.
8. Care should be taken to ensure that the valve is fixed into the SuperChef properly. Do not cover the valve situated on the cover of the machine and care should be taken when removing the valve as it may be hot. When cooking using the following functions - rice, pasta, boil and stew - turn the steam valve to the correct position. When cooking using any of the other functions the steam valve must be open.
9. Do not place ingredients into the bowl unless it is in situ in the machine. Do not also exceed the maximum capacity of the bowl.
10. Use only wooden, silicone or plastic tools with the Superchef. Metal tools may cause damage to the non-stick coating.
11. Do not place the Superchef on or near a hot gas or electric burner, or in or near a heated oven.
12. To protect against electric shock, never immerse the Superchef, power cord or plug in water or any other liquid. Do not let the power cord or plug get wet.
13. The Superchef is not intended for use by children or infirm people unless they have been adequately supervised by a responsible person to ensure they can use it safely. Children should be supervised to ensure they do not play with the Superchef.
14. Do not use the Superchef if the power cord or plug show any signs of damage, or if the appliance is dropped, damaged or working incorrectly. Call the helpline on 015394 88100 to arrange a repair or replacement. Never try to repair the Superchef yourself as this may cause electric shock.



THE CONTROL PANEL



1. OFF/KEEP WARM

This button has three main functions:

- a. Standby mode;
- b. To cancel programmes;
- c. Keep warm function.

2. MENU

When this button is pressed the user can scroll through the cooking functions. The cooking functions are displayed in this order:

RICE → PASTA → STEAM → BOIL

SLOW COOK → FRY → HEAT

BAKE → OVEN (TEMP. & TIME) → STEWS → YOGURT

3. FOOD SELECTION

This button is used when cooking using the steam or fry functions. The user selects which type of food they are cooking: vegetables, meat or fish.

4. CLOCK/TIMER

This button has two main functions:

- a. To set the actual time, used in conjunction with the HR/MIN button (See HOW TO SET THE CLOCK);
- b. For setting a delayed start time on the machine. This can be useful to have a dish ready when returning home from work, for example. Used in conjunction with the HR/MIN button (See HOW TO SET A DELAYED START TIME).

5. HR/MIN

This button has three main functions:

- a. To set the actual time, used in conjunction with the CLOCK/TIMER button (See HOW TO SET THE CLOCK);
- b. For setting a delayed start time on the machine. This can be useful to have a dish ready when returning home from work, for example. Used in conjunction with the CLOCK/TIMER button (See HOW TO SET A DELAYED START TIME);
- c. To set/change the length of time to cook. This is used in conjunction with the COOKING TIME button (See HOW TO SET A PROGRAMME).

6. TEMP.

This button is used to change the cooking temperature when cooking using the OVEN function. This function has a variable cooking temperature from 40-180°C.

7. COOKING TIME

This button is used to set the cooking duration on the following programmes FRY, STEW, SLOW COOK, STEAM, HEAT, BAKE, BOIL and YOGURT. This is used in conjunction with the HR/MIN button (See HOW TO SET A PROGRAMME).

8. START

This button is used to start a cooking programme (See HOW TO SET A PROGRAMME).

9. COOKING STAGE INDICATOR

When cooking using either the rice or pasta function, the cooking stage indicator will show the current cooking stage of the SuperChef. The cooking stage indicator is not displayed using any of the other functions.



THE COOKING FUNCTIONS

SuperChef has 11 cooking functions; please see below for a reference guide to the functions.

COOKING FUNCTION	PRE-SET COOKING TIME	CAN THE TEMPERATURE BE AMENDED?	CAN THE COOKING TIME BE AMENDED?
Rice	40 min	No	No, the cooking time varies dependent on the amount of food being cooked and takes on average 30-40 minutes. The cooking stage indicator will show the current stage of the cooking process.
Pasta	50 min	No	No, the cooking time varies dependent on the amount of food being cooked and takes on average 40-50 minutes. The cooking stage indicator will show the current stage of the cooking process.
Steam (select food type)			
Vegetable	20 min	No	Yes. Can be altered from 5 minutes - 42 minutes.
Fish	20 min	No	Yes. Can be altered from 5 minutes - 30 minutes.
Meat	30 min	No	Yes. Can be altered from 15 minutes - 2 hours.
Boil	10 min	No	Yes. Can be altered from 5 minutes - 30 minutes.
Slow Cook	5 hours	No	Yes. Can be altered from 5 hours -10 hours.
Fry	42 min	No	Yes. Can be altered from 5 minutes - 59 minutes.
Heat	25 min	No	Yes. Can be altered from 8 minutes - 25 minutes.
Bake	45 min	No	No
Oven (temp. & time)	20 min	Yes. Can be altered from 40oC - 180oC.	Yes. Can be altered from 20 minutes - 2 hours.
Stew	1 hour	No	Yes. Can be altered from 20 minutes - 4 hours.
Yogurt	8 hours	No	Yes. Can be altered from 6 hours - 12 hours.

HOW TO SET A PROGRAMME

To cook using the RICE function

- Place ingredients into cooking bowl. To cook perfect, fluffy rice we recommend adding one measuring cup of water to every measuring cup of rice.
- Close the lid and turn the valve to 'Rice/Pasta'.
- Repeatedly press the 'Menu' button to scroll through the cooking functions until you reach RICE.
- Press 'Start'.
- The length of time taken to cook a dish using this setting will vary dependent on the amount of food and liquid added to the cooking bowl. As a general guide, it will normally take 30-40 minutes. The control panel will not show the actual length of time that the dish will take to cook, but will display on the control panel when there are 15 minutes left of cooking time.

COOKING FUNCTION	PRE-SET COOKING TIME	CAN THE TEMPERATURE BE AMENDED?	CAN THE COOKING TIME BE AMENDED?
Rice	40 min	No	No

To cook using the PASTA function

- Place ingredients into cooking bowl. To cook a pasta dish we recommend placing the ingredients into the cooking bowl and then covering the pasta entirely with liquid. You may need to experiment with the amount of water added as this will vary according to personal taste and how 'al dente' you like your pasta. The water will be absorbed during the cooking process.
- Close the lid and turn the valve to 'Rice/Pasta'.
- Repeatedly press the 'Menu' button to scroll through the cooking functions until you reach PASTA.
- Press 'Start'.

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- The length of time taken to cook a dish using this setting will vary dependent on the amount of food and liquid added to the cooking bowl. As a general guide, it will normally take 40-50 minutes. The control panel will not show the actual length of time that the dish will take to cook, but will display on the control panel when there are 8 minutes left of cooking time.

COOKING FUNCTION	PRE-SET COOKING TIME	CAN THE TEMPERATURE BE AMENDED?	CAN THE COOKING TIME BE AMENDED?
Pasta	50 min	No	No, the cooking time varies dependent on the amount of food being cooked and takes on average 40-50 minutes.

To cook using the STEAM function

- Fill the cooking bowl with water up to level 2 and then place the steam tray into the cooking bowl. Place the food onto the steam tray and, when making steamed omelettes, place an ovenproof bowl onto the steam tray.
- Close the lid and turn the valve to 'Open'.
- Repeatedly press the 'Menu' button to scroll through the cooking functions until you reach STEAM.
- Press 'Food selection' to choose from vegetables, meat or fish.
- Press 'Cooking time'.
- Select the length of time the food is to cook by repeatedly pressing the 'Hr/min' button.
- Press 'Start'.

COOKING FUNCTION	PRE-SET COOKING TIME	CAN THE TEMPERATURE BE AMENDED?	CAN THE COOKING TIME BE AMENDED?
Steam (select food type)			
Vegetable	20 min	No	Yes. Can be altered from 5 minutes - 42 minutes.
Fish	20 min	No	Yes. Can be altered from 5 minutes - 30 minutes.
Meat	30 min	No	Yes. Can be altered from 5 minutes - 30 minutes.

To cook using the BOIL function

This function is great for boiling vegetables and fruit.

- Fill the cooking bowl with water and then place the ingredients into the cooking bowl. Do not exceed the maximum level.
- Close the lid and turn the valve to 'Boil'.
- Repeatedly press the 'Menu' button to scroll through the cooking functions until you reach BOIL.
- Press 'Cooking time'.
- Select the length of time the food is to cook by repeatedly pressing the 'Hr/min' button.
- Press 'Start'.
- Once you have pressed 'Start' the actual time will appear on the screen. Once the water in the cooking bowl has reached 100oC a noise will be made and the clock will change. The clock will then count down for the boiling period set.

COOKING FUNCTION	PRE-SET COOKING TIME	CAN THE TEMPERATURE BE AMENDED?	CAN THE COOKING TIME BE AMENDED?
Boil	10 min	No	Yes. Can be altered from 5 minutes to 30 minutes.

To cook using the SLOW COOK function

The beauty of slow cooking is that you can add the ingredients, turn on the SuperChef and enjoy a flavourful, moist and tender meal hours later, with next to no effort. Cooks can make the most of cheaper cuts of meat and root vegetables, with little or no pre-cooking required. With a little adjustment here and there you'll find that many of your favourite stovetop or oven-cooked recipes can be adapted to slow cooking.

If you would like to brown your meat before slow cooking, this can be done using the fry function on the SuperChef.

- Add the ingredients to the cooking bowl.
- Close the lid and turn the valve to 'Boil'.

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- Repeatedly press the 'Menu' button to scroll through the cooking functions until you reach SLOW COOK.
- Press 'Cooking time'.
- Select the length of time the food is to cook by repeatedly pressing the 'Hr/min' button.
- Press 'Start'.

COOKING FUNCTION	PRE-SET COOKING TIME	CAN THE TEMPERATURE BE AMENDED?	CAN THE COOKING TIME BE AMENDED?
Slow Cook	5 hours	No	Yes. Can be altered from 5 hours - 10 hours

To cook using the FRY function

This setting is for shallow frying and is great for browning meat, sautéing and frying vegetables.

- Add the ingredients to the cooking bowl. Do not add more than 175ml of oil to the cooking bowl.
- Close the lid and turn the valve to 'Fry'.
- Repeatedly press the 'Menu' button to scroll through the cooking functions until you reach FRY.
- Press 'Food selection' to choose from vegetables, meat or fish.
- Press 'Cooking time'.
- Select the length of time the food is to cook by repeatedly pressing the 'Hr/min' button.
- Press 'Start'.

COOKING FUNCTION	PRE-SET COOKING TIME	CAN THE TEMPERATURE BE AMENDED?	CAN THE COOKING TIME BE AMENDED?
Fry	42 mins	No	Yes. Can be altered from 5 minutes - 59 minutes

To cook using the HEAT function

This setting is great for reheating meals. The valve should be left at 'Open' when heating.

- Add the ingredients to the cooking bowl.
- Close the lid and turn the valve to 'Open'.
- Repeatedly press the 'Menu' button to scroll through the cooking functions until you reach HEAT.
- Press 'Cooking time'.
- Select the length of time the food is to cook by repeatedly pressing the 'Hr/min' button.
- Press 'Start'.

COOKING FUNCTION	PRE-SET COOKING TIME	CAN THE TEMPERATURE BE AMENDED?	CAN THE COOKING TIME BE AMENDED?
Heat	25 min	No	Yes. Can be altered from 8 minutes - 25 minutes

To cook using the OVEN function

This setting is useful for cooking a variety of food, including roasted meats and vegetables, as the cooking temperature can be changed from 40oC – 180oC.

- Add the ingredients to the cooking bowl.
- Close the lid and turn the valve to 'Open'.
- Repeatedly press the 'Menu' button to scroll through the cooking functions until you reach OVEN.
- Repeatedly press 'Temp' to select the cooking temperature.
- Press 'Cooking time'.

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- Select the length of time the food is to cook by repeatedly pressing the 'Hr/min' button.
- Press 'Start'.

COOKING FUNCTION	PRE-SET COOKING TIME	CAN THE TEMPERATURE BE AMENDED?	CAN THE COOKING TIME BE AMENDED?
Oven (temp & time)	20 min	Yes. The temperature can be altered from 40oC - 180°C	Yes. Can be altered from 20 minutes - 2 hours

To cook using the BAKE function

This setting is great for making light and fluffy cakes, and also for some meat dishes. This setting bakes at 180°C and has a cooking time of 45 minutes, neither of which can be changed. The valve should be left at 'Open' when baking.

- Add the ingredients to the cooking bowl.
- Close the lid and turn the valve to 'Open'.
- Press the 'Menu' button to scroll through the cooking functions until you reach BAKE.
- Press 'Start'.

COOKING FUNCTION	PRE-SET COOKING TIME	CAN THE TEMPERATURE BE AMENDED?	CAN THE COOKING TIME BE AMENDED?
Bake	45 min	No	No

To cook using the STEW function

This setting helps make delicious, hearty stews and, with the large capacity cooking bowl, it is perfect for cooking for the whole family.

- Add the ingredients to the cooking bowl.
- Close the lid and turn the valve to 'Open'.
- Repeatedly press the 'Menu' button to scroll through the cooking functions until you reach STEW.



Press 'Cooking time'.

- Select the length of time the food is to cook by repeatedly pressing the 'Hr/min' button.
- Press 'Start'.

COOKING FUNCTION	PRE-SET COOKING TIME	CAN THE TEMPERATURE BE AMENDED?	CAN THE COOKING TIME BE AMENDED?
Stew	1 hour	No	Yes. Can be altered from 20 minutes - 4 hours

To cook using the YOGURT function

To make yogurt in the SuperChef, you will require glass jars that can be closed with an airtight seal.

- Place the yogurt ingredients into the glass jars and seal them. Add two measuring cups of water to the cooking bowl. Place the steam tray into the cooking bowl and then place the sealed jars onto the steam tray.
- Close the lid and turn the valve to 'Open'.
- Repeatedly press the 'Menu' button to scroll through the cooking functions until you reach YOGURT.
- Press 'Cooking time'.
- Select the length of time the food is to cook by repeatedly pressing the 'Hr/min' button.
- Press 'Start'.

COOKING FUNCTION	PRE-SET COOKING TIME	CAN THE TEMPERATURE BE AMENDED?	CAN THE COOKING TIME BE AMENDED?
Yogurt	8 hours	No	Yes. Can be altered from 6 hours - 12 hours

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The Keep Warm setting

When the SuperChef has completed the cooking program, it will automatically switch to the keep warm setting to keep the meal warm. When the SuperChef is in the keep warm setting the display will show the number of hours that the keep warm setting has been operating. To ensure that food is kept fresh we do not recommend using the keep warm setting for more than 2 hours. To cancel the keep warm function, press 'Off/keep warm' and this will put the SuperChef into standby mode.

HOW TO SET THE CLOCK

- In Standby mode, hold the 'Clock/Timer' button for 2 seconds; the display will then start flashing.
- Repeatedly press 'Hr/min' to set the actual hour. Press the 'Clock/Timer' button again and the minute section will start flashing. Repeatedly press the 'Hr/min' button to select the actual minute.
- Next, press 'Off/keep warm' to confirm the time. Alternatively do not press anything on the SuperChef and after 10 seconds it will automatically confirm the time.
NOTE: When adjusting the time, make sure the unit is plugged in.

HOW TO SET A DELAYED START TIME

- Set cooking programme but do not press 'Start'.
- Then press 'Clock/timer' and press 'Hr/min' to set the time that the dish is required to be ready.
- Press 'Start'. The time that the dish will be ready appears on the display.
- When the SuperChef has started to cook, the time that the dish is to be ready will disappear and the display will show a countdown.
- Please note that the delayed start time function is not available when cooking using the fry or oven mode.

TROUBLESHOOTING

NUMBER	FAULT		SOLUTION
1	Indicator light does not work	Heating plate is not working	1. Ensure that the switch, plug, outlet, fuse and power cord are firmly in place and connected correctly. 2. After completing solution one with no resolution call Lakeland 01539488100
		Heating plate is working	Call Lakeland 015394 88100
2	Indicator light works	Heating plate is not working	Call Lakeland 015394 88100
3	LCD screen shows error message E1		1. Allow the machine to cool down then switch on again. 2. After completing solution one with no resolution call Lakeland 015394 88100
4	LCD screen shows error message E2		1. Allow the machine to cool down then switch on again. 2. After completing solution one with no resolution call Lakeland 015394 88100
5	LCD screen shows error message E3		Call Lakeland 015394 88100
6	LCD screen shows error message E4		Call Lakeland 015394 88100
7	The food is not well cooked or the cooking time is too long.		1. Level the bowl to correct position and clean the outside of the bowl and the heating plate. 2. Call Lakeland 015394 88100
8	Automatic keep warm function does not work correctly.		Call Lakeland 015394 88100
9	Liquids boil over too quickly while cooking.		Call Lakeland 015394 88100
10	Irregular long time to reach boiling temperature.		Call Lakeland 015394 88100



CARE AND CLEANING

Before cleaning the SuperChef, ensure it is switched off and the power cord is unplugged from the mains socket. The cooking bowl is dishwasher safe.

How to clean the steam valve

1. Remove the steam valve from the lid of the machine as shown below.



2. To remove, turn the bottom part in an anti-clockwise direction.



3. Rinse the valve in hot, soapy water and dry thoroughly.
NOTE: To reassemble, twist the bottom part of the valve in a clockwise direction, making sure that the two pieces are correctly connected.

How to clean the keep warm plate

1. Push the block clips on both sides of the inner cover with your thumb in the direction indicated by the arrows found in this area.
2. Remove the plate, wash in hot soapy water and dry thoroughly. (Pic. 1)
Note: To return the keep warm plate to the SuperChef, place the plate into the opening of the inner cover on the SuperChef. Push the keep warm plate in place; there will be a 'click' sound to show that the plate is securely in place. (Pic. 2)



Pic. 1



Pic. 2

RECYCLING YOUR ELECTRICALS

Along with many other high street retailers, Lakeland has joined a scheme whereby customers can take their unwanted electricals to recycling points set up around the country. Visit www.recycle-more.co.uk to find your nearest recycling point.



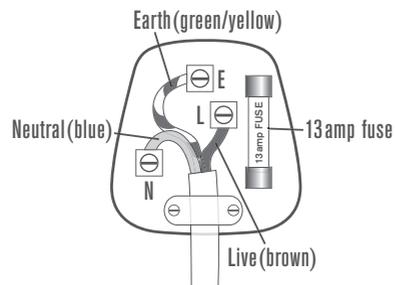
ELECTRICAL CONNECTIONS

THIS APPLIANCE MUST BE EARTHED

This appliance is fitted with a fused three-pin plug to BS1363 which is suitable for use in all homes fitted with sockets to current specifications. If the fitted plug is not suitable for your socket outlets, it should be cut off and carefully disposed of. To avoid an electric shock, do not insert the discarded plug into a socket.

Fitting a new plug

If for any reason you need to fit a new plug, the flexible mains lead must be connected as shown here. The wires in the mains lead fitted to this appliance are coloured in accordance with the following code:



- Connect BLUE to Neutral (N)**
- Connect GREEN & YELLOW to Earth (E)**
- Connect BROWN to Live (L)**
- 13 amp fuse to be used**

If the colours of the wires in the mains lead of this appliance do not correspond with the coloured markings identifying the terminals in your plug, proceed as follows. The wire which is coloured green and yellow **MUST** be connected to the terminal which is marked with the letter E (Earth) or coloured green. The wire which is coloured blue **MUST** be connected to the terminal which is marked with the letter N (Neutral) or coloured black. The wire which is coloured brown **MUST** be connected to the terminal which is marked with the letter L (Live) or coloured red.

Before refitting the plug cover, check that there are no cut or stray strands of wire inside the plug. Use a 13 amp BS1362 fuse. Only BSI or ASTA approved fuses should be used. If you are at all unsure which plug or fuse to use, always refer to a qualified electrician.

Note: after replacing or changing a fuse on a moulded plug which has a fuse cover, the cover must be refitted to the plug; the appliance must not be used without a fuse cover. If lost, replacement fuse covers can be obtained from an electrical shop. This appliance complies with the following EEC Directives: 73/23 EEC (Low Voltage Directive) and 89/336 EEC (EMC Directive).