

morphyrichards[®]

Digital slow cooker

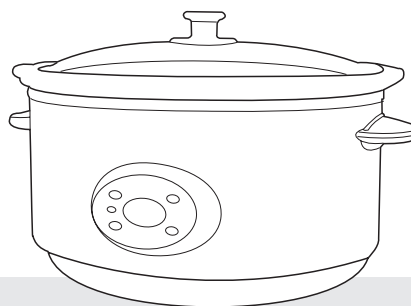


Please read and keep these instructions



UK
Helpline 0870 060 2612
Replacement parts 0870 167 6643

Ireland
1800 409119



getting the best from your new digital slow cooker...

- **Safety first**
Do not immerse the electrical base in water or in any other liquid.
- Do not touch hot surfaces. Use oven gloves or a cloth when removing lid or handling hot containers. Use handles or knobs.

2year
guarantee



www.morphyrichards.co.uk

Important safety instructions

The use of any electrical appliance requires the following of basic common sense safety rules.

Primarily there is danger of injury or death and secondly the danger of damage to the appliance. These are indicated in the text by the following two conventions:

WARNING: Danger to the person!

IMPORTANT: Damage to the appliance!

In addition we offer the following essential safety advice.

Your safety

- Never touch the outer enclosure of the slow cooker during its operation or before it cools. Do not touch hot surfaces. Use oven gloves or a cloth when removing the lid or handling hot containers as hot steam will escape.
- To protect against fire, electric shock and personal injury do not immerse cord, plugs, or appliance in water or other liquid.
- Unplug from the socket when not in use, before putting on or taking off attachments, and before cleaning.
- Do not operate any appliance with a damaged lead or plug, or after an appliance has malfunctioned, or has been dropped or damaged in any way. Contact Morphy Richards for advice on examination, repair or electrical or mechanical adjustment.
- Do not switch on the cooker if the ceramic pot is empty.
- Never cook directly in the base unit. Use the ceramic pot.

Location

- Do not use outdoors.
- Ensure that this appliance is situated out of reach of children.
- Do not place directly under kitchen wall cupboards when in use as it produces large amounts of steam. Avoid reaching over the slow cooker when in use.

Mains lead

- The mains lead should reach from the socket to the base unit without straining the connections.
- Do not let the cord hang over the edge of the table or counter and keep it away from any hot surfaces, including the slow cooker itself.
- Do not let the lead run across an open space e.g. between a low socket and table.

Children

- Never allow a child to operate this appliance. Teach children to be aware of dangers in the kitchen, warn them of the dangers of reaching up to areas where they cannot see properly or should not be reaching.

Other safety considerations

- Do not use attachments or tools not recommended by Morphy Richards as this may cause fire, electric shock or injury.
- Extreme caution must be used when moving the cooker when containing hot food, water, or other hot liquids.
- To open, lift the lid off towards yourself but tilted away from you.
- Do not use any slow cooker parts in a microwave or on any cooking/heated surfaces.
- Do not place on or near a hot gas or electric burner, or in a heated oven.
- Do not use the appliance for other than intended use.
- Never leave the appliance connected to the socket outlet when not in use.
- Do not switch on the appliance when it is upside down or laid on its side.
- The glass lid and ceramic pot are fragile. Handle them with care.
- Allow the lid and the crock pot to cool before immersing in water.
- Do not use crock pot or glass lid if cracked or chipped.

Electrical requirements

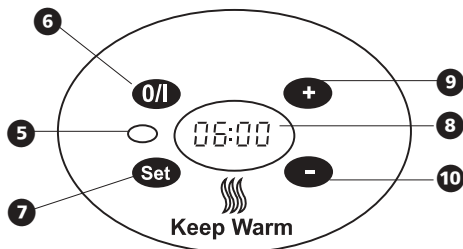
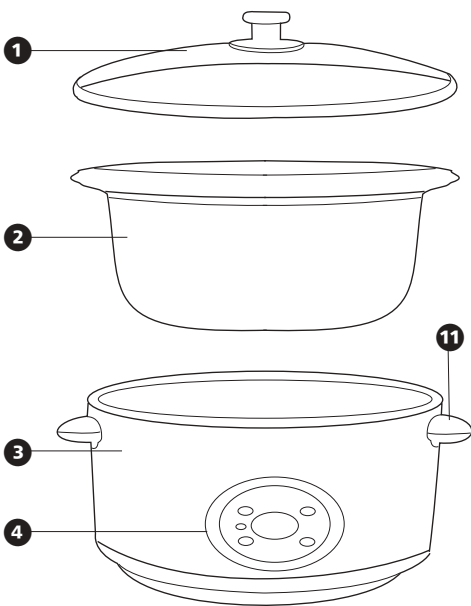
Check that the voltage on the rating plate of your appliance corresponds with your house electricity supply which must be A.C. (Alternating Current).

If the socket outlets in your home are not suitable for the plug supplied with this appliance, the plug should be removed and the appropriate one fitted.

WARNING: The plug removed from the mains lead, if severed, must be destroyed as a plug with bared flexible cord is hazardous if engaged into a live socket outlet.

Should the fuse in the 13 amp plug require changing, a 3 amp BS1362 fuse must be fitted.

WARNING: This appliance must be earthed.



Features

- 1 Glass lid
- 2 Ceramic crock pot
- 3 Base
- 4 Control panel
- 5 Power indicator

- 6 Power on/off button
- 7 Timer set button
- 8 LCD display
- 9 Increase cooking time button
- 10 Decrease cooking time button
- 11 Handles

Cooking capacity

The 6.5 litre digital slow cooker has a maximum working capacity of 4.5 litres.

Before using the digital slow cooker for the first time

- 1 Remove all labels and tags from the product.
- 2 Wash the crock pot and glass lid in hot soapy water, with a sponge or a dish cloth, rinse thoroughly and dry.
Warning : Do not immerse the slow cooker base in water.

Please note

During initial use you may notice a slight odour due to the burning off of manufacturing residues. This is completely normal and will disappear after a few uses.

Instructions for use

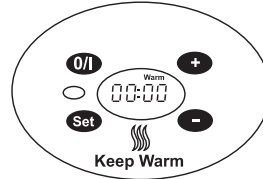
- 1 Place the base **3** on a dry, level, heat resistant surface, away from the edge of the work surface. Do not use on the floor.
- 2 Place the ingredients into the ceramic crock pot **2**, and place the pot into the base. Cover with the glass lid. If you need to pre-cook or brown foods prior to slow cooking, this must be done in a pan. Do not try to brown or pre-cook food in a slow cooker.
- 3 Plug the slow cooker into the mains socket.



Unit is plugged in and the default cooking time is showing.



Unit is cooking and there is 2 hours and 30 minutes left to cook.



The unit has finished cooking and is on keep warm. The meal is ready.

Quick start

- When plugged in, the red LED will glow and the unit will display " 06:00 " as the default cooking time.
- If the recipe calls for 6 hours cooking time, simply press **O/I** and cooking will begin. The green LED will glow to show that cooking has begun.
- During the cooking process, the display will count down minute by minute to the keep warm time when your meal is ready to eat. "**WARM**" will then be displayed, to indicate that the cooking process has stopped and the unit is on keep warm.
- Please follow the timings in the recipes provided for recommended cooking durations.

Adjusting the cooking time

- If the recipe calls for an alternative cooking time, follow this procedure to adjust the cooking time.

Please note:

Cooking time can be adjusted to between 4 and 12 hours.

- 4 Press the **SET** button, (numbers will flash).
- 5 Press **+** to increase the cooking time in hours or **-** to decrease cooking time until the desired cooking time is shown.
- 6 Press the **SET** button again to adjust the cooking time by minutes in the same way as above, (time advances in 10 minute increments).
- 7 Press the **SET** button again, (numbers stop flashing) and press **O/I** when you are ready for cooking to begin. The LED will glow green to indicate that cooking has begun.

Keep warm

- At the end of the cooking time the unit will go onto the keep warm function.
 - “WARM” will then be displayed on the digital display showing that the cooking process has stopped and the unit is on keep warm.
- 8 Switch off and unplug the slow cooker after cooking and remove the crock pot from the oven gloves.

Warning: Be careful not to touch the base unit after cooking as it remains hot.

About slow cooking

- Slow cooking has always been the best way to prepare nutritious hot meal with minimum preparation and maximum free time away from the kitchen. Morphy Richards has brought this style of cooking right up to date with this modern, cooking system.
- Traditionally slow cooking has centred on soups and casseroles but with this oval ceramic cook pot you can also produce most modern family meals and dinner party dishes. This pot is convenient as well as looking good enough to take straight to the table for serving. (Always place crock pot on a heat proof mat or surface).
- This method of cooking is ideal for preparing tougher cuts of meat, giving them the long, gentle simmering that ensures that they become tender and full of flavour.

IMPORTANT

The slow cooker works by building up heat and maintaining an even temperature. To get the best cooking results, do not remove the lid during cooking, since this will lose heat and therefore slow down the cooking time. The glass lid allows you to monitor the cooking progress without interrupting the cooking time. Each time you remove the lid allow 10 minutes extra cooking time.

Suitable foods

- Most foods are suited to slow cooking methods, however there are a few guidelines that need to be followed.
- Make sure all frozen ingredients are well thawed out.
- Cut root vegetables into small, even pieces, as they take longer to cook than meat. They should be gently sauted 2-3 minutes before slow cooking. Ensure that root vegetables are always placed at the bottom of the pot and all ingredients are immersed in the cooking liquid.
- Trim all excess fat from meat before cooking, since the slow cooking method does not allow fat to evaporate.
- If adapting an existing recipe from conventional cooking, you may need to cut down on the amount of liquid used. Liquid will not evaporate from the slow cooker to the same extent as with conventional cooking.
- Never leave uncooked food at room temperature in the slow cooker.
- Do not use the slow cooker to reheat food.
- Uncooked red beans must be soaked and boiled for at least 10 minutes to remove toxins before use in a slow cooker.
- Insert a meat thermometer into joints of roasts, hams, or whole chickens to ensure they are cooked to the desired temperature.

Do's and Don'ts for crock pot

- Authentic stoneware is fired at high temperatures therefore the crock pot may have minor surface blemishes, the glass lid may rock slightly due to these imperfections. Low heat cooking does not produce steam so there will be little heat loss. Due to normal wear and tear through the products life, the outer surface may start appearing 'crazed'.
- Do not put the crock pot or glass lid in an oven, freezer, microwave or on a gas/electrical hob.
- Do not pre-heat before adding ingredients.
- Do not subject the crock pot to sudden changes in temperature. Adding cold water to a very hot pot could cause it to crack.
- Do not allow the pot to stand in water for a long time (You can leave water in the pot to soak). There is an area on the base of the crock pot that has to remain unglazed for manufacturing purposes. This unglazed area is porous, therefore will soak up water, this should be avoided.
- Do not switch the cooker on when the crock pot is empty or out of the base.
- Many recipes require all day cooking, if you do not have time to prepare food that morning prepare it the night before and store the food in a covered container in the fridge. Transfer the food to the crock pot and add boiling liquid / gravy.
- Most meat and vegetable recipes require 4-6 hours.
- Do not use frozen meat or poultry unless it is thoroughly thawed out first.
- Some ingredients are not suitable for slow cooking. Pasta, seafood, milk and cream should be added towards the end of the cooking time. Many things can affect how quickly a recipe will cook, water and fat content, initial temperature of the food and the size of the food.
- Pieces of food cut into small pieces will cook quicker, a degree of 'trial and error' will be required to fully optimize the potential of your slow cooker.
- Vegetables usually take longer to cook than meat, so try and arrange vegetables in the lower half of the pot.
- All food should be covered with a liquid, gravy or sauce. In a separate pan or jug prepare your liquid, gravy or sauce and completely cover the food in the crock pot.
- Pre-brown meat and onions in a pan to seal the juices. This also reduces the fat content if separated before adding to the crock pot. This is not necessary if the time is limited, but improves the flavour.

Tips for slow cooking

- The slow cooker must be at least half full for best results.
- The lid is not a sealed fit. Don't remove unnecessarily as the built up heat will escape. Each time you remove the lid allow 10 minutes extra cooking time.
- If cooking soups, leave 5cm space between the top of the cook pot and the food surface to allow simmering.
- When cooking joints of meat, ham, poultry etc the size and shape of the joint is important. Try to keep the joint in the lower $\frac{2}{3}$ of the pot and fully cover with water. If necessary cut in two pieces. Joint weight should be kept within the maximum limit.

1.5 kg Large sized slow cooker

Cooking guide

- The recipes are based on **MAXIMUM WORKING VOLUMES** which are:

6.5 Litres

Working capacity 4¹/₂ litres / 8 pts

This allows a 3cm space between the top of the cook pot and the food.

Recipes

Soups

Minestrone Soup

55g	butter
100g	streaky bacon chopped
2	onions, finely chopped
2	cloves garlic, crushed
4	sticks celery, chopped
500g	potatoes, peeled and cubed
2 large	carrots, peeled and diced
4	cabbage leaves, shredded
4 large	tomatoes, skinned and roughly chopped
2.25	litres chicken stock
3 tbsp	tomato puree
3 tsp	worcestershire sauce
Salt and freshly ground blackpepper	
2 tbsp	parsley, finely chopped
150g	pasta shells
3 tbsp	parmesan cheese, grated

Melt the butter in a pan and fry bacon and vegetables until soft. Make up stock and add stock, bacon and vegetables to the crockpot. Add remaining ingredients except the parsley, pasta shells and parmesan cheese. Place the crockpot in the base unit, cover with the lid and cook for approx 4-6 hours. 45 minutes before serving add the pasta shells and parsley. Adjust the seasoning if necessary and sprinkle with parmesan cheese. Serve with crusty french bread.

Lentil soup

200g	smoked bacon, chopped
2	large onions, finely chopped
4	carrots finely diced
4	sticks of celery, finely sliced
400g	orange lentils
2x400g	cans of chopped tomatoes
2 litres	chicken stock
4 tsp	worcestershire sauce
pinch	nutmeg
1	bayleaf
2 tsp	basil
salt and freshly ground black pepper	
2 tbsp	parsley, finely chopped

In a pan gently fry the bacon until the fat begins to run. Add all the remaining ingredients except the parsley and bring to the boil. Simmer for 2 minutes. Transfer to the crock pot. Place the crock pot into the slow cooker base, cover with the lid. Cook for approx 4-8 hours. If a smoother consistency is required liquidise the soup after cooling and then reheat the soup in a pan. Sprinkle with parsley and serve with crusty french bread.

Vegetable Soup

60g	butter
2.2kg	mixed vegetables, e.g potatoes, onion, carrot, parsnips, celery, leek, tomato
60g	flour
Salt and freshly ground black pepper	
2 tsp	mixed herbs

Peel, wash and cube or slice the vegetables. Melt butter in a pan and gently fry the vegetables for 2-3 minutes. Add the hot stock. Stir well and bring to the boil. Season to taste and add mixed herbs. Transfer all ingredients to the crock pot and place pot in the slow cooker base. Cover with lid and cook for approx 6-8 hours. Cool and liquidise the soup and then reheat in a pan on the hob. Thicken it with flour.

Poultry

Chicken Paprika

8	chicken portions
60g	butter
60g	seasoned flour
4	large onions, chopped
6	carrots peeled and sliced
2	green pepper, de-seeded and chopped
3 tsp	paprika
3 tsp	tomato puree
1 litre	chicken stock
	Salt and freshly ground black pepper

Clean, wipe and dry chicken, coat in seasoned flour. Using a pan, fry the chicken in the butter until brown all over. Add onions and carrots and fry until soft. Add pepper, paprika, tomato puree, and the remaining flour, stir well. Gradually mix in chicken stock. Bring to the boil and season. Transfer all the ingredients to the crock pot and place in the base unit. Cover with the lid and cook for approx. 4-7 hours.

Caribbean chicken

3 tbsp	vegetable oil
2	large onions, chopped
4	sticks celery, chopped
3	carrots, sliced
500g	mushrooms, sliced
2	red peppers, de-seeded and sliced
8	chicken joints, skinned
400g	can sliced peaches
400g	can pineapple chunks
10 tbsp	cornflour
3 tsp	paprika
3 tsp	soy sauce
3 tbsp	worcestershire sauce
8 tbsp	malt/wine vinegar
1 litre	boiling water
	Salt and freshly ground black pepper.

Fry onions, celery, carrot, mushrooms, and pepper in a pan. Add chicken joints and fry until brown all over. Drain peaches, and pineapple, reserving juice, and add them to the pan. To make the sauce, blend cornflour and paprika with soy sauce, worcestershire sauce, vinegar and reserved juice, add seasoning, boiling water and pour into pan. Bring the sauce to the boil, stirring continuously. Transfer all ingredients to the slow crock pot and place pot into the base unit. Cover with the lid and cook for approx. 5-7 hours.

Chicken in white wine sauce

8	chicken joints, skinned
75g	butter
2	large onions, finely chopped
250g	mushrooms, sliced
3 tbsp	cornflour
1 litre	dry white wine
3 tsp	mixed herbs
	Salt and freshly ground black pepper
2	egg yolks
9 tbsp	double cream

Place the chicken joints and butter in a pan and gently fry until all the juices are sealed in. Add the onion and fry until softened but not browned. Add the mushrooms and cook for a minute on low heat. Blend the cornflour with a little of the wine. Pour the remaining wine into the pot with the blended cornflour, mixed herbs and seasoning. Bring to the boil, stirring continuously until thickened. Transfer all ingredients to the crock pot, place in the base of the slow cooker and place the lid on. Cook for approx. 5-8 hours. Just before serving beat together the egg yolk and cream. Beat in a few tablespoons of hot sauce, mix well together. Pour this mixture into the slow crock pot and stir until the sauce thickens.

Chicken and mushroom casserole

8	chicken quarters
75g	butter
3 tbsp	flour
2	large onions, finely chopped
3	sticks celery, thinly sliced
500g	mushrooms, thinly sliced
2	cloves garlic, crushed
1 litre	chicken stock
	Salt and freshly ground black pepper
7 tbsp	cream (optional)

Toss the chicken in the flour, place in a pan and fry in the butter until golden brown on all sides. Add the onion and celery and gently fry until softened but not browned. Add the mushroom and garlic and stir in the stock. Bring to the boil and season. Transfer all the ingredients into the slow crock pot and place the pot in the base unit. Place lid on the slow cooker. Ensure that the chicken and vegetables are immersed. Cook for Approx. 5-7 hours. Before serving, stir in the cream.

Fricasse of Turkey

8	turkey portions
2	large onions, finely chopped
75g	butter
225g	mushrooms, sliced
	Bouquet garni
	Sliver of zest of lemon
	Salt and freshly ground black pepper
1	litre stock
5 tbsp	cornflour
9 tbsp	milk

In a pan gently fry the onions in the butter until softened but not browned. Cube the turkey meat and add to the pan. Add the remaining ingredients, except the milk and cornflour, and bring to the boil.

Transfer all ingredients to the crock pot. Place the crock pot in the slow cooker base unit. Place the lid over the slow cooker. Cook for approx. 4-6 hours. Remove the bouquet garni and lemon, half an hour before serving. Pour the liquid into a pan. Blend the cornflour with the milk and pour into the pan, stir well and leave to thicken.

Meat**New England beef**

1.5kg	piece of topside
1	bouquet garni
1 1/2 tsp	thyme
1 1/2 tsp	black peppercorns
8	shallots
400g	carrots, sliced
200g	swede, diced

Put the beef into a pan and cover with cold water. Add all the remaining ingredients, cover and bring to a simmer. Season well and transfer all the ingredients to the slow crock pot. Place the crock pot into the slow cooker base. Place the lid on to the slow cooker. Cook for approx. 5-7 hours. Take the beef out of the slow cooker with a slotted spoon and allow to cool for 10 minutes. The cooking liquid can be used as a base to make gravy. Cut the beef into slices and spoon a little of the cooking liquid over. Serve with vegetables and garnish with fresh parsley.

IMPORTANT

When buying a joint of meat, make sure that it will fit into the crock pot so that when it is covered with liquid it will still be 2.5cm below the rim of the pot. The joint must not stick out above the rim and there should be enough room to cover the meat with water. The shape of the meat is just as important as the weight.

Steak and kidney ragout

1.5kg	stewing steak
300g	kidney
3 tbsp	flour
4	large onions, quartered
1 litre	hot beef stock
400 ml	red wine
5 tbsp	tomato puree
2 tsp	worcestershire sauce
225g	button mushrooms

Using a sharp knife to trim the beef and cut into 1 inch (2.5)cm cubes. Cut the kidney into bite sized pieces. Coat the beef with the flour. Place into a pan with onions, stock, wine and tomato puree. Bring to a simmer. Add the worcestershire sauce and season. Transfer all the ingredients to the crock pot and place into the crock pot and place in the base unit. Place the lid on the slow cooker. Cook for approx. 5-7 hours. Add the button mushrooms one hour before serving. This recipe can be used as a base for steak and kidney pie.

Beef Curry

5 tbsp	vegetable oil
2 large	cooking apples, peeled, cored and sliced
4	large onions, chopped
1.5 kg	stewing steak, cubed
5 tsp	curry powder
5 tbsp	plain flour
1 litre	beef stock
Salt and	freshly ground black pepper
5 tbsp	mango chutney
125g	sultanas
400g	tin tomatoes, chopped
2 tbsp	lemon juice

Fry the apple and the onion in a pan until soft. Coat the meat in seasoned flour, add to the pan and fry until lightly browned. Stir in the stock and bring back to a simmer. Add remaining ingredients and bring back to a simmer. Transfer all the ingredients to the crock pot and place pot in the slow cooker base. Place the lid onto the slow cooker. Cook for approx. 4-7 hours. At the end of the cooking time it may be necessary to thicken the sauce.

Paprika beef

1.5kg	stewing steak
75g	seasoned flour
4	large onions, chopped
2	cloves of garlic, crushed
75g	cooking fat
1kg	tomatoes
1 litre	brown stock
3 tsp	paprika
3 tbsp	tomato puree
4	bay leaves
3 tsp	mixed herbs
	Salt and freshly ground black pepper.

Cut the meat into cubes and toss in seasoned flour. In a pan fry onions and garlic until softened, then add the meat and continue to fry until the meat is slightly browned. Skin and chop tomatoes finely, add to meat with the stock, (blended with the paprika) tomato puree, bay leaves and mixed herbs. Season to taste and bring to a simmer. Transfer all ingredients to the crock pot and place pot in the base unit. Cover with the lid. Cook for approx. 5-8 hours. Before serving remove the bay leaves and thicken the sauce if necessary.

Beef in red wine

3 tbsp oil
 2 large onions, chopped
 1.5kg stewing steak, cubed
 16 black olives
 2 cloves garlic, crushed (optional)
 10 tomatoes skinned, deseeded and roughly chopped
 800g mushrooms
 1 litre dry red wine
 Salt and freshly ground black pepper
 2 bay leaves
 Freshly chopped parsley

In a pan gently fry the onion in the oil until softened. Add the beef and brown on all sides. Add all the remaining ingredients except the parsley and bring to a simmer. Transfer all the ingredients into the crock pot and place the pot into the slow cooker base. Place the lid into the slow cooker. Cook for approx. 4-8 hours. Before serving remove the bay leaf and sprinkle with parsley.

Hungarian Goulash

1kg stewing steak, cut into cubes
 75g seasoned flour
 5 tbsp vegetable oil
 2 large onions, finely chopped
 1 green pepper, deseeded and chopped
 2 carrot, peeled and chopped
 2 sticks celery chopped
 3 tsp paprika
 5 tbsp tomato puree
 Pinch of grated nutmeg
 5 tsp mixed herbs
 Salt and freshly ground black pepper
 400 ml beef stock
 400g can of tomatoes, roughly chopped
 400 ml red wine (optional)
 5 tsp worcestershire sauce

Toss the meat in seasoned flour. Heat the oil in the pan and fry onions, pepper, carrot and celery until soft. Add the meat and fry until browned. Add the paprika, tomato puree, nutmeg, mixed herbs and seasoning and cook for a further two minutes. Add stock, tomatoes, red wine and worcestershire sauce. Bring to a simmer. Transfer all ingredients into the crock pot and place the pot into the slow cooker base. Place the lid onto the slow cooker. Cook for approx. 5-7 hours.

Chilli con carne

3 tbsp vegetable oil
 2 large onions chopped
 4 cloves garlic, crushed
 1 green pepper, de-seeded and chopped
 1 kg minced beef
 2 x 400g can of tomatoes, chopped
 3 tsp chilli powder
 3 tbsp flour
 3 tsp brown sugar
 7 tbsp tomato puree
 Salt and freshly ground black pepper
 2 x 400g can red kidney beans, drained

Fry onions, garlic and pepper in a pan until soft. Add minced beef and fry until lightly browned. Blend together chilli powder, flour, brown sugar and tomato puree. Stir in tomatoes, chilli paste and seasoning. Transfer all ingredients to the crock pot and place pot into the slow cooker base. Place lid on the slow cooker. Cook for approx. 3-7 hours. One hour before serving add the kidney beans. Serve with boiled rice or baked potatoes.

Bolognese sauce

1 kg	minced beef
2	large onions, finely chopped
4	sticks celery, thinly sliced
2	cloves garlic, crushed
5 tbsp	tomato puree
3 tbsp	flour
2x400g	can of tomatoes including juice
400ml	beef stock
200g	mushrooms, sliced
1 tsp	mixed herbs
	Salt and freshly ground black pepper

In a pan gently brown the mince without adding any fat or oil. When the fat has started to run from the meat add the onion, celery and garlic. Fry for a couple of minutes and then add the tomato puree. Blend some of the tomato juice with flour to make a smooth pouring cream. Add to the meat with remaining tomatoes and juice and bring to the boil stirring continuously until thickened. Add the remaining ingredients and mix well. Transfer all the ingredients to the crock pot and place in the base of the slow cooker. Place the lid on the slow cooker. Cook for approx. 3-8 hours (Note: A slight crust of brown meat may appear on the top. It soon disappears if stirred into the sauce).

Pork goulash

3 tbsp	oil
2	onions, finely chopped
7 tbsp	flour
2 tsp	paprika
	Salt and freshly ground black pepper
1.5kg	stewing pork, cubed
2	red peppers de-seeded and diced
1 tsp	oregano
5 tbsp	tomato puree
1 litre	stock
2	small cartons of soured cream or yoghurt

In a pan gently fry onion in the oil until soft. Blend together the flour, paprika, salt and pepper. Toss the pork in the seasoned flour and add to the pan, fry until brown on all sides. Add red pepper, oregano, puree and stock. Bring to the boil, stirring continuously until thickened. Transfer all the ingredients to the crock pot and place in the slow cooker base. Place lid on the pot and cook for approx. 4-8 hours. Just before serving swirl the cream or yoghurt into the goulash.

Oriental honeyed pork

1kg	pork fillet
6 tbsp	seasoned cornflour
6 tbsp	corn oil
1	large onion, chopped
2	cloves garlic, crushed
2	green peppers, de-seeded and chopped
2x 400g	pineapple chunks (reserve juice)
8	mushrooms, sliced
6	ripe tomatoes quartered

Sauce

1 litre	chicken stock
5 tbsp	honey
3 tbsp	soy sauce
5 tbsp	cornflour
	Pineapple juice (reserved from chunks)

Cut pork into cubes and toss in seasoned cornflour. Heat oil in a pan and fry garlic and onion. Add pork and lightly fry until lightly browned on all sides. Lower the heat and add pepper, pineapple, mushrooms and tomatoes, leave on gentle heat whilst preparing sauce. To make the sauce, mix together chicken stock, honey and soy sauce. Blend cornflour with pineapple juice and add to the mixture. Add sauce to the pan and stir whilst bringing to the boil. Transfer all ingredients to the crock pot, place in the slow cooker base and cover with the lid. Cook for approx 5-8 hours. Serve with rice and fresh green vegetables.

Pork and pineapple curry

2kg	lean pork, cubed
100g	flour
2 tsp	salt
3 tbsp	oil
2	large onions, chopped
3 tsp	curry powder
2 tsp	paprika
1 litre	chicken stock
3 tbsp	mango chutney
3 tsp	worcester sauce
400g	can pineapple cubes, with juice
4	bay leaves

Toss the pork in the flour and salt. In a pan heat the oil and brown the meat. Add the onions and fry until soft. Stir in the curry powder and paprika. Stir well and cook for a few minutes. Add the remaining ingredients, bring to a simmer and transfer to the crock pot. Place crock pot into the base unit and cook for approx. 4-7 hours. Remove bay leaves before serving.

Boiled ham**Gammon joint up to 1.5 Kg**

Put the gammon in a pan, cover with cold water and bring to the boil, drain and rinse. Place in the crock pot and cover with boiling water. Place the crock pot in the slow cooker base unit and cover with the lid. Cook for approx. 5-7 hours. Drain and cool slightly before removing the skin. Allow to cool. Wrap tightly in kitchen foil. Place in the refrigerator until well chilled. Coat fat with toasted breadcrumbs before serving.

IMPORTANT

When buying a joint of meat, make sure that it will fit the size of the slow cooker crock pot. It should fit into the crock pot so that when it is covered with liquid it will still be 2.5 cm below the rim of the pot. The joint must not stick out above the rim and there should be enough room to cover the meat with water. The shape of the meat is just as important as the weight.

Irish stew

8	lamb chops
4	onions, sliced
3 tsp	mixed herbs
2	large parsnips
1 kg	carrots, thickly sliced
1.5 kg	potatoes quartered
1 litre	hot vegetable stock
3	leeks, sliced

Remove any excess fat from the chops and then place in a pan with the onions. Brown chops on both sides. Sprinkle over the mixed herbs. Add parsnips, carrots, potatoes, leeks and pour over the stock. Bring to a simmer. Transfer all the ingredients to the crock pot and place into the slow cooker base. Place the lid onto the crock pot. Cook for approx. 5-8 hours.

Lamb with lentils

800g	carrots, sliced
225g	parsnips, sliced
2	cloves garlic, crushed
2	bay leaves
250g	orange lentils, soaked for 1 hour
	Salt and freshly ground black pepper
400ml	red wine
1.5 kg	lamb leg fillet cubed
4 tbsp	soy sauce
300g	button mushrooms
	parsley sprigs to garnish

Place the carrots, parsnips, garlic, bay leaf and drained lentils in the slow crock pot and season with salt and pepper. Pour in the wine after bringing to simmering point in a pan. Brush the meat all over with the soy sauce and sprinkle with salt and pepper. Place on top of the vegetables. Place the crock pot into the slow cooker base and replace the lid. Cook for approx. 6-8 hours. Add the mushrooms for the last 30 minutes. Discard the bay leaf. Garnish with parsley and serve with a crisp green salad.

Sausage pot

3 tbsp oil
 1.5kg sausage
 2 large onions, finely chopped
 4 carrots, thinly sliced
 2 leeks, sliced
 5 tbsp flour
 1 litre beef stock
 5 tbsp chutney
 3 tbsp worcestershire sauce
 Salt and freshly ground black pepper

In a pan quickly brown the sausages on all sides in the oil. Add the onions, carrots and leeks and gently saute until softened, but not browned. Stir in the flour and cook on a slow heat until the oil is absorbed. Slowly add the stock, and bring to the boil, stirring continuously until thickened. Stir in the chutney, worcestershire sauce and seasoning. Transfer all the ingredients to the crock pot and place in the slow cooker base. Cover with the lid and cook for approx. 5-8 hours. If the sausages contain a lot of fat, any excess can be removed from the surface of the finished dish with kitchen paper.

Vegetarian curry

5 tbsp cooking oil
 4 large onions, chopped
 2 cloves garlic, crushed
 5 tsp curry powder
 600g lentils
 2 litres white stock
 3 tsp lemon juice
 Salt and freshly ground pepper
 4 carrots, diced
 2 apples, peeled, cored and chopped
 125g sultanas

Heat the oil in a pan. Saute the onion, carrots and garlic lightly. Add the curry powder. Cook gently for 1 minute. Stir in the stock, lemon juice, salt, pepper and lentils. Bring to the boil and continue to boil for 3 minutes. Transfer all ingredients to the crock pot and place in the slow cooker base. Stir in the apples and sultanas. Place lid on the slow cooker. Cook for approx. 5-8 hours. Ensure that the vegetables are immersed during cooking.

Desserts

Rice Pudding

40g butter
 150g pudding rice
 150g sugar
 1 1/2 litres milk
 Pinch of nutmeg

Butter the inside of the slow crock pot. Add all the ingredients and stir. Place crock pot on the slow cooker base and cover with the lid. Cook for approx 3-4 hours.

Fruit compote

500g dried mixed fruit, such as apples, prunes, pears, apricots and peaches
 60g sultanas
 60g raisins
 35g flaked almonds
 5 tbsp caster sugar
 1 litre water
 5 tbsp cointreau

Place all the ingredients, except the cointreau, in the slow crock pot. As the apple rings tend to float to the surface and discolour, put them at the bottom. Cook for approx. 5-7 hours. Transfer the fruit to a serving dish and allow to cool. Cool the fruit first before putting into a cut-glass dish. Stir in the cointreau and serve chilled.

Weight/Volume conversion table

g	to	oz
5		0.2
10		0.35
100		3.5
500		17.6
1000 (1Kg)		35
ml	to	floz
50		1.7
100		3.4
200		7
500		17
1000 (1L)		34

Cleaning your slow cooker

The crock pot may be washed in a dishwasher or washed by hand in hot soapy water. Do not use harsh abrasive cleaners.

Wash the glass in hot soapy water, using a sponge or dish cloth. Rinse and dry thoroughly.

Warning : Do not immerse the electrical base in water or any other liquid.

The base may be wiped clean as follows. Unplug the base from the mains. Wipe the base over gently with a dish cloth.

Ensure that the plug and electrical connections remain dry at all times.

Helpline

If you have any difficulty with your appliance, do not hesitate to call us. We're more likely to be able to help than the store from where you bought it.

Please have the following information ready to enable our staff to deal with your query quickly:

- Name of the product
- Model number and serial number as shown on the underside of the appliance.

