

KAMBROOK

THE SMARTER CHOICE



**Super
Sear Cooker**
KSC700

Instruction Booklet

Kambrook - Australia

Building 2, Port Air Industrial Estate
1A Hale Street
Botany NSW 2019
Australia
Customer Service Line 1300 139 798
Customer Service Fax 1800 621 337

www.kambrook.com.au

Kambrook - New Zealand

Private Bag 94411
Botany, Manukau
Auckland 2163
New Zealand
Customer Service Line/
Spare Parts 0800 273 845
Customer Service Fax 0800 288 513

www.kambrook.co.nz

KAMBROOK
THE SMARTER CHOICE

Due to continual improvement in design or otherwise, the product you purchase may differ slightly from the illustration in this book. Issue B11

Contents

Kambrook Recommends Safety First	p4
Your Kambrook Super Sear Slow Cooker	p7
Using Your Kambrook Super Sear Slow Cooker	p8
Guide to Slow Cooking	p12
Hints and tips	p14
Care, Cleaning and Storage	p15
Recipes	p16

Important

Please retain your instruction book for future use.

In the event that you need some assistance with your Kambrook appliance, please contact our Customer Service Department on 1300 139 798 (Australia) or 0800 273 845 (New Zealand). Alternatively, visit us on our website at www.kambrook.com.au or www.kambrook.co.nz.

Kambrook Recommends Safety First

IMPORTANT: Please retain your instruction book for future use.

At Kambrook, we believe that safe performance is the first priority in any consumer product, so that you, our valued customer can confidently use and trust our products. We ask that any electrical appliance that you use be operated in a sensible fashion with due care and attention placed on the following important operating instructions.

Important Safeguards For Your Kambrook Super Sear Cooker

- Carefully read all instructions before operating the slow cooker for the first time and save for future reference.
- Remove and safely discard any packaging material and promotional labels before using the slow cooker for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this slow cooker.
- Do not place the slow cooker near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water and other substances.
- High humidity, altitude, cold tap water, ingredients and minor fluctuations may slightly affect the cooking times in the slow cooker.
- These times are approximate. Times can vary depending on ingredients and quantities in recipes.
- Always ensure the slow cooker is properly assembled before use. Follow the instructions provided in this book.
- Always operate the slow cooker on a stable and heat resistant surface.
- Do not operate the slow cooker on a sink drain board.
- Do not place anything on top of the lid when assembled, when in use and when stored.
- Do not use chemicals, steel wool, metal scouring pad or abrasive cleaners to clean the outside of the slow cooker housing or cooking pot as these can damage the housing or the coating of the cooking pot.
- Keep the slow cooker clean. Follow the cleaning instructions provided in this book.
- Use the removable cooking pot supplied with the slow cooker. Do not use any other cooking pot inside the slow cooker housing.
- Do not use a damaged or dented removable cooking pot. If damaged or dented, replace pot before using.
- Never plug in or switch on the slow cooker without having the removable cooking pot placed inside the slow cooker housing.
- Do not place food or liquid in the slow cooker housing. Only the removable cooking pot is designed to contain food or liquid.
- Never operate the slow cooker without food and liquid in the removable cooking pot. Ensure the cooking pot is at least ½ to ¾ full of food or liquid before switching on the slow cooker.
- Do not touch hot surfaces. Use the handle for lifting and carrying the slow cooker and use oven mitts to remove the lid and or removable cooking pot. Lift and remove the lid carefully and away from you to avoid scalding from escaping steam.

- Do not allow water from the lid to drip into the slow cooker housing, only into the removable cooking pot.
- Always have the glass lid placed correctly into position on the removable cooking pot throughout operation of the slow cooker unless states in the recipe to have it removed.
- The glass lid has been specially treated to make it stronger, more durable and safer than ordinary glass, however it is not unbreakable. If struck extremely hard, it may break or weaken, and could at a later time shatter into many small pieces without apparent cause.
- Do not leave the slow cooker unattended when in use.
- Do not place anything, other than the lid, on top of the slow cooker when assembled, when in use and when stored.
- Extreme caution must be used when the slow cooker contains hot food and liquids.
- The temperature of accessible surfaces will be high when the slow cooker is operating and for some time after use.
- We recommend the slow cooker is not placed on a stone bench top when cooking. This is due to bench tops being sensitive to uneven heat and may crack if heated locally. If you would like to cook with the slow cooker on the bench top, place a chopping board or heat proof matt underneath the slow cooker.
- Do not place the removable cooking pot when hot on any surface that may be affected by heat.
- Avoid sudden temperature changes. Do not place frozen or very cold foods into the removable cooking pot when it is hot. Do not place hot removable cooking pot into cold water.
- Do not use the removable cooking pot for food storage. The removable cooking pot is not suitable for storing food in the freezer.
- Do not use the removable cooking pot in a microwave oven.
- Do not reheat food using your removable cooking pot.
- Always slow cook with the glass lid on for the recommended time.
- To prevent scratching the non-stick surface of the removable cooking pot, always use wooded or plastic utensils.
- Ensure the removable cooking pot is correctly positioned in the slow cooker base before you commence cooking.
- While silicone handles and glass lid are heat resistant to 250°C. It is not recommended to use for extended periods above 200°C in oven.
- For cleaning, silicone handles should be removed regularly to prevent food buildup.
- Only remove silicone handles once cooking pot is cool. Only position silicone handles on a cooled pan.
- Silicone handles should remain in position while using the cooking pot on stovetop, oven and in slow cooker.
- If you are not home during the slow cooking process and the power goes out, throw away the food even if it looks done.
- If you are at home, finish cooking the ingredients immediately by some other means: on a gas stove, on the outdoor grill or at a house where the power is on.
- When you are at home, and if the food was completely cooked before the power went out, the food should remain safe up to two hours in the cooker with power off.
- To avoid an electrical overload, it is recommended that no other appliances are plugged into the same circuit as your slow cooker when it is in use.
- Do not operate the slow cooker on an incline plane. Do not operate the slow cooker unless the element is fully immersed. Do not move while the slow cooker is switched on.

Important Safeguards For All Electrical Appliances

- Fully unwind the power cord before use.
 - Connect only to 230V or 240V power outlet.
 - Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
 - To protect against electric shock, do not immerse the power cord, power plug or appliance in water or any other liquid, unless it is recommended in the cleaning instructions.
 - The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance, by a person responsible for their safety.
 - Children should be supervised to ensure that they do not play with the appliance.
 - It is recommended to inspect the appliance regularly. Do not use the appliance if the power supply cord, plug, connector or appliance becomes damaged in anyway. Return the entire appliance to the nearest authorised Kambrook Service Centre for examination and/or repair.
 - Any maintenance other than cleaning should be performed at an authorised Kambrook Service Centre.
 - This appliance is for household use only. Do not use this appliance for other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. **Misuse may cause injury.**
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.
 - Always turn the appliance to the OFF position, switch off at the power outlet and unplug at the power outlet when the appliance is not in use.
 - Before cleaning, always turn the appliance to the OFF position, switch off at the power outlet, unplug at the power outlet and remove the power cord, if detachable, from the appliance and allow all parts to cool.
 - Do not place this appliance on or near a heat source, such as hot plate, oven or heaters.
 - Position the appliance at a minimum distance of 20cm away from walls, curtains and other heat or steam sensitive materials and provide adequate space above and on all sides for air circulation.

Your Kambrook Super Sear Slow Cooker

1. Glass lid allows you to monitor food during cooking
2. Non-stick searing cooking pot with 5L capacity
3. Cool touch handles (on both the Super Sear Cooker housing and the removable cooking pot)
4. Durable stainless steel housing
5. Temperature control dial with 'Low', 'High', 'Auto' and 'Keep Warm' functions.
6. Power 'On' Light



Using Your Kambrook Super Sear Slow Cooker

Before First Use

Before first use remove all promotional stickers and packaging material.

Wash the removable cooking pot and glass lid in hot soapy water, rinse and dry thoroughly.

Ensure the interior of the stainless steel housing is clean and clear of any debris.

To Use the Searing Function

Remove the removable cooking pot from the slow cooker and place onto a large burner or hotplate on a gas, electric or ceramic stovetop (see Fig. 1).



1. Coat the inside of the removable cooking pot with oil or butter.
2. Heat the removable cooking pot on a hotplate using medium to high heat depending on the recipe.
3. Place food to be seared and/or sautéed into the removable cooking pot in batches.

4. When searing/sautéing is finished, use oven mitts and carefully place the removable cooking pot back into the searing slow cooker base (see Fig. 2).



IMPORTANT: The removable cooking pot is suitable for use on most electric, gas and ceramic stovetops, however it is not suitable for use on induction stovetops.



IMPORTANT: Do not place the removable cooking pot in an oven that is hotter than 250°C.

How to Slow Cook

1. Insert the removable cooking pot which is either hot from searing on the stovetop or at room temperature into the slow cooker base. Add all ingredients into the removable cooking pot, ensuring denser foods are spread evenly across the bottom of the pot and not heaped to one side (see Fig. 3).



2. Place the glass lid into position (see Fig. 4).



Using Your Kambrook Super Sear Slow Cooker continued

- With the Temperature Control Dial positioned in the 'OFF' position, plug the power cord into a 230V or 240V power outlet and switch the power on at the power outlet
- Turn the Temperature Control Dial to the desired setting, or as recommended in the recipe directions (see Fig. 5).



- When cooking is complete, turn the Temperature Control Dial to the 'OFF' position, switch off at the power outlet and remove the power plug from the power outlet.



IMPORTANT: Always use oven mitts to remove the removable cooking pot and the glass lid when hot.



IMPORTANT: Do not place the removable cooking pot or glass lid when hot on any surface that may be affected by heat.



IMPORTANT: Always lift and remove the glass lid carefully using an oven mitt and angled away from yourself to avoid scalding from escaping steam.

Using The Temperature Control Settings

This searing slow cooker has four settings: 'Low', 'High', 'Auto' and keep 'Warm'. Use the recommended guidelines below to determine cooking time and heat setting and use recipes in this instruction book. Dishes can be prepared well in advance of mealtime and cooking time regulated so that food is ready to serve at a convenient time.

NOTE: The Keep Warm function is only used to keep the meal at serving temperature. It is not for cooking.

A general rule of thumb for most slow cooked meat and vegetable recipes is:

Setting	Approximate Cooking Time
LOW	6 -12 hours
HIGH	4 - 8 hours
AUTO	6 -10 hours

Adapting Cooking Time

Your favourite traditional recipes can also be easily adapted to the searing slow cooker. Simply halve the amount of liquid and increase the cooking time. The following is a guide to adjusting your favourite recipes.

NOTE: These times are approximate. Times can vary depending on ingredients and quantities in recipes.

Traditional Cooking Time	Slow Cooker Time (Without Searing)		
	LOW	HIGH	AUTO
35 - 60 mins	8 -10 hours	4 - 8 hours	6 -10 hours
1 - 3 hours	8 -12 hours	6 - 8 hours	8 -10 hours

Low Setting

The 'LOW' setting gently cooks food for an extended period of time without overcooking or burning. Generally no stirring is required when using this setting.

High Setting

The 'HIGH' setting is used when cooking dried beans or pulses and will cook food in half the time required for the 'LOW' setting. Some foods may boil when cooked on the 'HIGH' setting, so it may be necessary to add extra liquid. This will depend on the recipe and the amount of time in which it is cooked. Occasional stirring of stews and casseroles will improve the flavour distribution.

Auto Setting

The AUTO setting will first cook on a high temperature for a period of time to bring the food quickly to the desired temperature, then it will automatically reduce to a lower temperature. This setting is ideal for slow cooking when you require variable temperature and a have approximately 4 to 6 hours to cook your recipe.

Keep Warm Setting

The keep 'WARM' setting is used to keep cooked foods at serving temperature. It is not a cooking setting and should only be used after first cooking on the 'HIGH' setting. It is not recommended to keep food on the keep 'WARM' setting for more than 4 hours.

NOTE: We recommend only using the keep 'WARM' setting after using the 'HIGH' setting.

Guide to Slow Cooking

Timing

Always allow sufficient time for the food to cook. It is almost impossible to over-cook in the slow cooker particularly when using the Low setting.

Most of the recipes contained within this book can be cooked on the High, Low or Auto settings, however the cooking times will vary accordingly. Each recipe will give specific instructions indicating the appropriate settings and suggested cooking times.

NOTE: High humidity, altitude, cold tap water and ingredients and minor fluctuations may slightly affect the cooking times in the slow cooker.

Adapting Liquid Amounts

When food is cooking in your slow cooker, most moisture is retained. To allow for this when using traditional recipes it is advisable to halve the liquid content.

However, after cooking if the liquid quantity is excessive, remove the lid and operate the searing slow cooker on the High setting for 30–45 minutes or until the liquid reduces by the desired amount. Alternatively, the liquid can be thickened by adding a mixture of cornflour and water.

Stirring the Food

Little or no stirring is required when using the Low setting. However, stirring the food when using the High and Auto setting ensures more even flavour distribution.

Preparing Meat and Poultry

Select the leanest cuts when purchasing meat. Trim the meat or poultry of any visible fat. If possible, purchase chicken portions without the skin. Otherwise, the slow cooking process will result in extra liquid being formed from the fat as it melts.

For casserole-type recipes, cut the meat into cubes, approximately 2.5cm to 3cm. Slow cooking allows less tender cuts of meat to be used.

Suitable Meat Cuts for Slow Cooking

Type of Meat	Cut of Meat
Beef	Beef Chuck, Skirt, Round Steak, Boneless Shin (Gravy) Beef, Bone-In Shin (Osso Bucco).
Lamb	Lamb Shanks, Drumsticks (Frenched shanks) Neck Chops, Best Neck Chops, Boned Out Forequarter or Shoulder.
Veal	Diced Leg, Shoulder/Forequarter Chops and Steaks, Neck Chops, Knuckle (Osso Bucco).
Pork	Leg Steaks, Diced Belly, Diced Shoulder, Boneless Loin Chops.

Roasting

Roasting meats in the slow cooker creates tender, flavoursome results that are easy to slice. The long, slow, covered cooking process breaks down and softens the connective and muscle tissue within the meat.

Cheaper cuts of meat can be used to provide perfect results cooked by this method.

Meat will not brown during the roasting process, so for browner results seal in the removable cooking pot before roasting. The addition of liquid is not required for roasting.

Elevate the meat to be roasted on an inverted, heatproof saucer or plate. This will assist in keeping the surface of the meat dry and free from any fat released throughout the cooking process.

Pot Roasting

The addition of liquid is required for pot roasting. Place sufficient liquid into the removable cooking pot to cover up to a third of the meat. Meat will not brown during the pot roasting process. For browner results, seal in the removable cooking pot before pot roasting.

Preparing Vegetables

Vegetables should be cut into even sized pieces to ensure more even cooking. Frozen vegetables must be thawed before adding to other foods cooking in the slow cooker.

Preparing Dried Beans and Pulses

If time permits, overnight soaking of dried beans and pulses is preferable. After soaking, drain and place in the slow cooker and cover with sufficient water to reach double their volume.

Cook beans on the 'HIGH' setting for 2–4 hours or until tender. Pre-soaked beans and pulses will cook a little faster.

Searing and Browning Before Slow Cooking

Searing and browning in the removable cooking pot on the stovetop may take a little extra time and whilst not strictly necessary, the rewards are evident in the end result.

The removable cooking pot keeps the heat stable and uniform allowing the meat to brown and form an even crust. Plus searing and browning seals in the moisture, intensifies the flavour and provides more tender results.

Once searing and browning is complete, return the removable cooking pot to the searing slow cooker base with all of the caramelised ingredients still inside.

Hints and Tips

- Trim all visible fat from meat or poultry.
- If a recipe calls for browning the meat, it may be browned in the removable cooking pot on a gas, electric or ceramic stovetop.
- Ensure that the food or liquid to be cooked fills half to $\frac{3}{4}$ of the removable cooking pot.
- If after cooking, the liquid quantity is excessive, remove the lid and operate the searing slow cooker on the High setting for 30 to 45 minutes or until the liquid reduces by the desired amount. Alternatively, the liquid can be thickened by adding a mixture of cornflower and water and cooking on High setting without the lid until sauce has thickened.
- Do not cook with frozen meats or poultry.
- Do not remove the glass lid from the slow cooker unnecessarily as this will result in major heat loss.
- Stirring is not necessary when slow cooking. However, if cooking on the High or Auto setting, stirring occasionally will help to distribute flavours throughout the recipe.
- Do not use High setting if you intend on being away from home for more than 3 hours.

Never

- Place water or other liquids into slow cooker base.
- Immerse the searing slow cooker base, power cord, or power plug in water or any other liquid.
- Touch hot surfaces with bare hands.
- Deep fry in the removable cooking pot.

Do's

- Always thaw frozen meat and poultry before cooking.
- Use oven mitts when lifting the glass lid or removable cooking pot after searing or slow cooking.
- Place the removable cooking pot onto a heat proof mat if serving from the removable cooking pot at the table.
- To keep foods warm for serving, turn the temperature control to the Keep Warm setting until ready to serve.

Dont's

- Do not operate the slow cooker without the removable cooking pot in position, in the searing slow cooker base.

Care, Cleaning and Storage

Before cleaning the slow cooker switch the temperature control dial to the 'OFF' position, switch off at the power outlet, and unplug the power cord from the power outlet.

Remove the removable cooking pot and allow to cool completely.

To remove stubborn, cooked-on foods in the removable cooking pot, soften by filling $\frac{3}{4}$ with water, bring to a slow boil on medium heat on the stove top, add detergent and simmer for 15 minutes.

Remove by lightly scrubbing with a soft nylon kitchen brush.

The removable cooking pot and glass lid can be washed in the dishwasher. However, to maintain the non-stick coating, it is recommended to wash the removable cooking pot in hot, soapy water using a mild household detergent. Rinse and dry thoroughly.

Do not use abrasive cleaners, steel wool, or scouring pads as these can damage the surfaces and non-stick coating.

To prevent damage to the appliance, do not use alkaline cleaning agents, use a soft cloth and a mild detergent.

The brushed stainless steel slow cooker base can be wiped over with a soft, damp cloth and then dried thoroughly.



IMPORTANT: Do not immerse the slow cooker base or power cord in water or any other liquid as they may cause electrocution.



WARNING: Do not use chemicals, steel wool, metal scouring pad or abrasive cleaners to clean the outside of the slow cooker housing or cooking bowl as these can damage the housing or the coating of the cooking bowl.

Recipes

Vegetable Soup

Serves 4-6

2 tablespoons/40g butter
3 large carrots, peeled and diced
6 large potatoes, peeled and diced
2 sticks celery, diced
3 large onions, diced
10 cups/2.5 litres chicken or beef stock
¾ cup/190ml cream
2 tablespoons parsley, finely chopped
Salt and pepper, to taste

1. Place the removable cooking pot onto a stovetop and turn to a medium heat. Melt butter and add vegetables and cook for 10 minutes, stirring occasionally.
2. Pour stock and seasonings into removable crockery pot, cover with lid.
3. Place removable cooking pot into the slow cooking base and cook on 'LOW' setting for 6-8 hours.
4. Just before serving, stir in cream and top with parsley.

Vichyssoise

Serves 4-6

2 tablespoons/40g butter
3 leeks, thinly sliced
1 onion, diced
3 medium potatoes, peeled and diced
5 cups/1 1/4 litres chicken stock
1 ½ cups/375ml milk
1 cup/250ml cream
1/3 cup sour cream
2 tablespoons chives, chopped
Salt and pepper, to taste

1. Place the removable cooking pot onto a stovetop and turn to a medium heat. Melt butter, add leeks and chopped onion and sauté over low heat until lightly browned.
2. Add seasonings and potatoes to removable cooking pot, stir in stock and cover with lid.
3. Place removable cooking pot into the slow cooking base and cook on 'LOW' setting for 5-6 hours or 'HIGH' setting for 2-3 hours or 'AUTO' setting for 3-4 hours.
4. Stir in milk, allow to cool then puree in a blender or food processor. Stir in cream then chill.
5. Serve topped with a spoonful of sour cream and sprinkled with chives.

NOTE: Vichyssoise may also be served hot.

Cream of Mushroom Soup

Serves 4-6

2 tablespoons/40g butter or margarine
700g mushroom, sliced
1 large onion, diced
5 cups/1 1/4 litres chicken stock
1 cups/250ml cream
2 cups/500ml milk
2 tablespoons cornflour
2 tablespoons parsley, finely chopped
Salt and pepper, to taste

1. Place the removable cooking pot onto a stovetop and turn to a medium heat. Melt butter, add mushrooms and onion, sauté lightly.
2. Place chicken stock into the removable cooking pot, stir well and cover with lid.
3. Place removable cooking pot into the slow cooking base and cook on 'LOW' setting for 5-6 hours or 'HIGH' setting for 2-3 hours or 'AUTO' setting for 3-4 hours. 30 minutes before serving, turn to 'HIGH' setting then stir in cream and milk. Blend cornflour with 2 tablespoons of the hot soup and blend until smooth. Stir flour mixture into the soup and cook until thickened.
4. Serve topped with parsley.

French Onion Soup

Serves 4-6

6 cups/1 ½ litres beef stock
5 tablespoons/100g butter
5 onions, thickly sliced
1 teaspoons/5g salt
1 tablespoons/20g sugar
½ cup/75g flour
1 cups/80g grated Parmesan cheese

1. Place the removable cooking pot onto a stovetop and turn to a low heat. Melt butter and sauté the onions for 20 minutes, stirring regularly. Add the salt and sugar and stir until caramelised. Add the flour and cook for 3 minutes.
2. Pour stock into the removable cooking pot, stir well until combined and cover with lid.
3. Place the removable cooking pot into the slow cooking base and cook on 'LOW' setting for 5-6 hours or 'HIGH' setting for 2-3 hours or 'AUTO' setting for 3-4 hours.
4. Sprinkle with Parmesan cheese to serve.

Swiss Steak

Serves 4-6

1.5kg round steak, cubed
½ cup/75g flour
1 teaspoon/5g salt
1 teaspoon/5g pepper
2 tablespoons/40g butter
2 stalks celery, diced
3 carrots, peeled and chopped
1 onions, diced
1 teaspoons/5g worcestershire sauce
2 x 425g cans tomatoes
1 cup/125g cheddar cheese, grated

1. Toss steak in flour and salt and pepper.
2. Place the removable cooking pot onto a stovetop and turn to a medium heat. Melt butter and seal the cubed steak.
3. Place meat, vegetables, worcestershire sauce and tomatoes into the removable cooking pot, stir well until combined and then cover with lid.
4. Place the removable cooking pot into the slow cooking base and cook on 'LOW' setting for 6-8 hours or 'HIGH' setting for 3-4 hours or 'AUTO' setting for 4-5 hours.
5. Sprinkle with grated cheese to serve.

Chilli Con Carne

Serves 4-6

750g dry red kidney beans
750g round steak, cut into thin strips
1/3 cup/50g flour
2 teaspoons/10g salt
2 teaspoons/10g chilli powder
2 tablespoons/40g butter
1 large onions, diced
1 x 425g can tomatoes
3 cups/750ml water
3 cloves garlic, minced

1. Wash the beans well. Toss the steak in flour mixed with salt and chilli powder.
2. Place the removable cooking pot onto a stovetop and turn to a medium heat. Melt butter and seal the steak.
3. Place all ingredients into the removable cooking pot, stir well and cover with lid.
4. Place the removable cooking pot into the slow cooking base and cook on 'LOW' setting for 6-8 hours.

Chicken in a Pot

Serves 4-6

3 carrots, peeled and sliced
3 onions, sliced
3 stalks celery, sliced
2kg chicken pieces
1 teaspoon/5g salt
1 teaspoon/5g ground black pepper
2 cups/500ml chicken stock
1 ½ cups/375ml white wine
2 teaspoons dried basil

1. Place half of the carrots, onion and celery into the removable cooking pot. Add the chicken pieces, salt, pepper, stock, wine and remaining vegetables. Sprinkle with herbs. Stir well until combined and cover with lid.
2. Place the removable cooking pot into the slow cooking base and cook on 'LOW' setting for 6-8 hours or 'HIGH' setting for 3-4 hours or 'AUTO' setting for 4-5 hours.

Beef in Red Wine

Serves 4-6

2 kg blade or chuck steak, cubed
1 cup/150g flour
Salt and pepper, to taste
2 tablespoons/40g butter
2 onions, diced
1 leek, finely chopped
2 carrots, chopped
2 cloves garlic, minced
2 tablespoons parsley, chopped
2 tablespoons chives, chopped
1 x 750ml red wine

1. Toss meat in flour and seasonings.
2. Place the removable cooking pot onto a stovetop and turn to a medium heat. Melt butter and seal the cubed steak.
3. Add the onions, leek, carrots, garlic, parsley and chives, cook for 2 minutes and then pour over the red wine and stock. Simmer for 2 minutes and cover with lid.
4. Place the removable cooking pot into the slow cooking base and cook on 'LOW' setting for 6-8 hours or 'HIGH' setting for 5-6 hours or 'AUTO' setting for 6-7 hours.

Chicken Marengo

Serves 4-6

2kg chicken pieces or drumsticks
2 tablespoons/20g flour
Salt and pepper, to taste
2 tablespoons/40ml vegetable oil
2 tablespoons/40g butter
3 cloves garlic, minced
6 cups/1 ½ litres chicken stock
½ cup/125ml white wine
3 large tomatoes, diced
16 mushrooms, sliced
2 tablespoons finely chopped parsley
½ cup black olives, to serve

1. Cut chicken into serving pieces, pat each piece dry and toss in flour mixed with seasonings.
2. Place the removable cooking pot onto a stovetop and turn to a medium heat. Heat oil and butter, add the chicken pieces and cook until golden.
3. Add the garlic, stock, wine, tomatoes and mushrooms, stir well until combined, cover with lid.
4. Place the removable cooking pot into the slow cooking base and cook on LOW setting for 6-8 hours or 'HIGH' setting for 3-4 hours or 'AUTO' setting for 4-5 hours.
5. Serve on a bed of steamed potatoes and sprinkle with parsley and olives.

Irish Stew

Serves 4-6

2kg lamb neck chops
3 medium onions, diced
1 ¼ kg potatoes, peeled and sliced
Salt and pepper, to taste
4 cups/1 litres water
1 teaspoon mixed herbs
3 bay leaves

1. Trim any excess fat from chops. Place all ingredients into the removable cooking pot. Cover with lid and cook on 'LOW' setting for 6-8 hours or 'HIGH' setting for 3-4 hours or 'AUTO' setting for 4-5 hours.

Coq Au Vin

Serves 4-6

1/3 cup/84ml olive oil
2kg chicken pieces
5 slices bacon, trimmed and diced
6 small onions, diced
6 small onions, peeled and quartered
400g mushrooms, sliced
1 clove garlic, minced
Salt and pepper, to taste
2 teaspoons dried thyme
12 baby potatoes, halved
1 ½ cups/375ml red wine
5 cups/1¼ litres chicken stock
Finely chopped parsley

1. Place the removable cooking pot onto a stovetop and turn to a medium heat. Heat oil and lightly fry the chicken until golden brown and crisp. Drain chicken on paper towel and set aside to cool.
2. Add the bacon and sliced onions to the pan and cook until browned, drain off excess fat and set aside with chicken.
3. Place all remaining ingredients, except parsley, into the removable cooking pot, stir well until combined and cover with lid.
4. Place the removable cooking pot into the slow cooking base and cook on 'LOW' setting for 6-8 hours or 'HIGH' setting for 3-4 hours or 'AUTO' setting for 4-5 hours.
5. Serve garnished with chopped parsley.

Beef Curry

Serves 4-6

2kg blade or chuck steak, 2.5cm cubes
½ cup/75g flour
1/3 cup/84ml vegetable oil
2 large onions, diced
6 cloves garlic, minced
1 small pieces fresh ginger, peeled and grated
1 teaspoon ground chilli powder
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon ground cardamom
1 teaspoon salt
1 tablespoons vinegar
1 x 425g cans whole tomatoes
2 strips lemon rind
6 cups/1 ½ litres beef stock

1. Toss the meat in the flour.
2. Place the removable cooking pot onto a stovetop and turn to a medium heat. Heat oil and seal the cubed steak. Add onions, garlic and ginger to the pot, cook for 5 minutes then place into the removable cooking pot with remaining ingredients, stir well until combined and cover with lid.
3. Place the removable cooking pot into the slow cooking base and cook on 'LOW' setting for 6-8 hours or 'HIGH' setting for 3-4 hours or 'AUTO' setting for 4-5 hours.
4. Serve with fluffy steamed rice.

Meatballs in Creamy Mushroom

Serves 4-6

Mushroom Sauce

3 x 440g cans mushrooms in butter sauce
2 cups/750ml beef stock
¼ cup/40g flour
½ cup/125ml sherry
1 teaspoons paprika
1 ½ cups sour cream

Meatballs

1.5kg minced beef
400g pork mince
2 x 60g eggs, lightly whisked
¼ cup parsley, chopped
Salt and pepper, to taste
2 ½ cups/315g fresh breadcrumbs
1/3 cup/84ml olive oil
2 tablespoons/40g butter

1. Mix all ingredients for meatballs together in a bowl and shape into tablespoon sized balls. Place the removable cooking pot onto a stovetop and turn to a medium heat. Heat oil and butter and lightly fry meatballs. Set aside.
2. Place all the mushroom sauce ingredients except sour cream into the removable cooking pot and stir well until combined, add meatballs and cover with lid.
3. Place the removable cooking pot into the slow cooking base and cook on 'LOW' setting for 6-8 hours or 'HIGH' setting for 3-4 hours or 'AUTO' setting for 4-5 hours. At 15 minutes before serving, switch to HIGH setting and stir in the sour cream.
4. Serve with spaghetti or penne pasta.

Chicken Parisienne

Serves 4-6

8 chicken breast fillets
Salt and pepper, to taste
2 teaspoons paprika
2 tablespoons/40g olive oil
1 tablespoons/20g butter
1 ½ cups/375ml dry white wine
2 x 440ml cans cream of chicken soup
2 x 440g can sliced mushrooms, drained
1 cups sour cream

1. Sprinkle chicken breasts lightly with salt, pepper and paprika. Place the removable cooking pot onto a stovetop and turn to a medium heat. Heat oil and butter and lightly fry the chicken pieces.
2. Mix together wine, soup, mushrooms and sour cream. Pour over chicken breasts, sprinkle with paprika and cover with lid.
3. Place the removable cooking pot into the slow cooking base and cook on 'LOW' setting for 6-8 hours or 'HIGH' setting for 3-4 hours or 'AUTO' setting for 4-5
4. Serve with steamed seasonal vegetables.

NOTE: If cooking on HIGH, do not add sour cream until the last 30 minutes of cooking time.

Glazed Corned beef

Serves 4-6

2 bay leaves
1 large onion, sliced
2 strips orange peel
6 cups/1 ½ litres water
2 kg corned beef
10 whole cloves

Glaze

½ cup orange juice
½ cup/190g honey
2 tablespoons dijon mustard

1. Place bay leaves, onion, orange peel and water into the removable cooking pot and mix well. Add corned beef with the fat side facing upwards and cover with lid.
2. Place the removable cooking pot into the slow cooking base and cook on 'LOW' setting for 6-8 hours or 'HIGH' setting for 3-4 hours or 'AUTO' setting for 4-5 hours or until tender.
3. Remove meat from the liquid. Score (cut) the top of the corned beef in criss-cross diamond or triangle shapes. Insert cloves into the centre of each diamond if desired. Place corned beef on an oven proof platter. Mix the glaze ingredients together until smooth then spoon over the corned beef. Bake in a preheated oven at 200°C for 20-30 minutes, basting occasionally with glaze.
4. Serve hot or cold.

Old Fashioned Sago Pudding

Serves 4-6

¾ cup/150g sago
1 ½ cups/375ml milk
1 ½ cups/375g sugar
1 ½ cups/230g sultanas
1 ½ cups/150g fresh breadcrumbs
2 tablespoons/40g melted butter
3 teaspoon/15g bi-carbonate of soda
2 x 60g egg

1. Soak sago in milk overnight. Add remaining ingredients and mix thoroughly. Place mixture into a heatproof pudding bowl or casserole dish that fits in the removable cooking pot.
2. Cover the bowl or dish with foil and secure around the edge with kitchen string. Place a small trivet or upturned heatproof saucer into the removable cooking pot and add 1-2 litres of water. Place the prepared pudding bowl onto the trivet.
3. Cover with lid and place the removable cooking pot into the slow cooking base and cook on 'HIGH' setting for 3-4 hours. Serve hot or warm with thickened cream and a sprinkle of cinnamon or nutmeg.

NOTE: Replenish water in the removable crockery bowl during the cooking time if required. Ensure the water does not ingress into the pudding bowl or dish.

Rice Custard

Serves 4-6

3 cups/150g rice
6 cups/1 ½ litres boiling water
4 x 60g eggs
1 ½ cups/375g sugar
5 cups/11¼ litres milk
1 teaspoon/5g vanilla essence
2 tablespoons/40g butter
Nutmeg, to taste
¾ cup/120g raisins

1. Wash rice thoroughly under cold running water, drain well. Cook rice in boiling water for 20 minutes. Drain well and put into a greased heatproof pudding bowl or dish that will fit in the removable cooking pot. Beat eggs with sugar, add remaining ingredients then stir into the rice.
2. Cover pudding bowl or dish with foil and secure edge with kitchen string. Place a small trivet or upturned heatproof saucer into the removable crockery bowl and add 1-2 litres of water. Place the prepared pudding bowl onto the trivet.
3. Cover with lid and place the removable cooking pot into the slow cooking base and cook on 'LOW' setting for 4-5 hours.
4. Serve warm.

NOTE: Replenish water in the removable crockery bowl during the cooking time if required. Ensure the water does not ingress into the pudding bowl or dish.

Baked Apples

Serves 4-6

½ cup/77g dried fruits
½ cup/125g brown sugar
1 teaspoons/5g cinnamon
2 tablespoons/40g butter, melted
6 small Granny Smith apples, washed and cored
3 cups/750ml water
2 tablespoons/40g sugar

1. Mix together the dried fruits, brown sugar, cinnamon and butter. Fill the centre of each apple with the dried fruit mixture and place upright in the removable cooking pot.
2. Combine water and sugar and pour into the removable crockery bowl, cover with lid and cook on 'LOW' setting for 4-5 hours.
3. Serve warm with custard, cream or ice-cream.

Poached Pears in Red Wine

Serves 4-6

3 cups/750ml dry red wine
1 ½ cups/375g brown sugar
6 medium pears, carefully peeled
Peel of 1 lemon, cut in strips.

1. Mix together the dried fruits, brown sugar, cinnamon and butter. Fill the centre of each apple with the dried fruit mixture and place upright in the removable cooking pot.
2. Combine water and sugar and pour into the removable cooking pot and cover with lid.
3. Place the removable cooking pot into the slow cooking base and cook on 'LOW' setting for 4-5 hours.
4. Serve warm with custard, cream or ice-cream.

