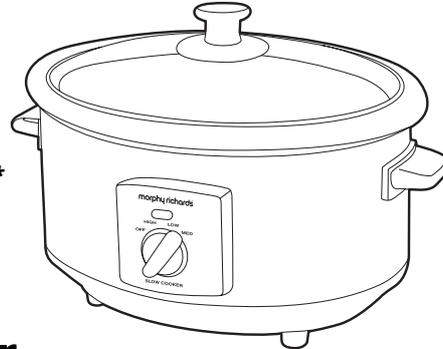


**morphy richards®**

**Up to 44% energy saving, with  
no compromise on performance \***



## **ecoelectric slow cooker**



Please read and keep these instructions

### ***The slow cooker that not only works brilliantly...***

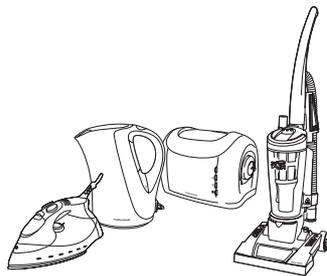
*Slow cooking has always had certain advantages - it fits with busy lifestyles, produces flavoursome melt in your mouth meals and is incredibly versatile, allowing you to cook casseroles, soups, curries and even desserts and our ecoelectric slow cooker is no exception. Simply put all your ingredients in that morning and slow cook throughout the day so you come home to a delicious home cooked meal.*

### ***...it helps you do your bit to save the planet***

*Environmentally, slow cooking has even greater advantages - slow cookers use low levels of energy, making them economical to run (rather than heating a large conventional oven). But ecoelectric goes even further, with extra low energy consumption and an insulated lid for even greater efficiency. So you can be sure you're helping slow down climate change too.*

### ***Meet the family***

*Every product in the ecoelectric family is packaged in materials that are both recycled and 100% recyclable. Naturally, that makes them better for the environment.*



For replacement parts, help with using your Morphy Richards product, problems and lots more, contact us by phone or through our website.

SC48790 MUK Rev 1



UK Helpline: 0844 871 0956  
Replacement Parts: 0844 873 0722  
Ireland Helpline: 1800 409 119

*\* all products tested against Morphy Richards or competitor standard equivalent.*

[www.morphyrichards.com](http://www.morphyrichards.com)

## GETTING THE BEST FROM YOUR NEW SLOW COOKER

**Safety:** Never touch the outer enclosure of the slow cooker during its operation or before it has cooled down. Use oven gloves when removing the lid or crock pot.

**Efficiency:** Removing the lid will allow valuable heat to escape, reducing the efficiency of your slow cooker and increasing the cooking time. If you remove the lid more than a couple of times to stir or add ingredients then you will need to allow 10-15 minutes extra cooking time each time you remove the lid.

**Enjoy the benefits:** Slow cooking gives you convenient, versatile and flavoursome food. Longer cooking times allow better distribution of flavours, giving them time to blend and season the food. A slow cooker heats food gently, making it a great way to cook meats, in particular less-expensive cuts, such as stewing beef, which are tenderised through the long cooking process. Remember, there are no limits to the potential uses of your slow cooker, only your imagination!

## IMPORTANT SAFETY INSTRUCTIONS

### Location

- Always locate your appliance away from the edge of the worktop.
- Keep your appliance away from any hot burners and heated ovens.
- Ensure that the appliance is used on a firm, flat, heat resistant surface.
- Ensure that sufficient space is left above and around all sides of your appliance to allow air to circulate.

- Do not use the appliance outdoors or near water.
- **IMPORTANT:** Do not use too close to curtains, draperies, walls, cupboards and other flammable materials.
- **WARNING: Do not use underneath cupboards.**
- Never leave the appliance connected to the socket outlet when not in use.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

### Personal safety

- **WARNING: Do not touch the top of the appliance or other hot parts during or after use, use handles or knobs.**
- Do not touch hot surfaces. Use oven gloves or a cloth when removing lid or handling hot containers.
- Extreme caution must be used when moving an appliance containing hot food, water, or other hot liquids.
- To protect against the risk of electrical shock do not put base in water or in any other liquid.
- This 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.

### Mains lead

- The mains lead should reach from the socket to the appliance without straining the connections. Reduce the length of the excess lead by using the cord storage facility.
- Do not let the mains lead hang over the edge of the worktop where a child could reach it.
- Do not let the lead run across an open space e.g. between a low socket and table.
- Do not let the lead run across a cooker or hot area which might damage the cable.

### Children

- Never allow a child to operate this appliance.
- Children are vulnerable in the kitchen, particularly when unsupervised and if appliances are being used or cooking is being carried out.
- Teach children to be aware of dangers in the kitchen, particularly when of the dangers of reaching up to areas where they cannot see properly or should not be reaching.
- Children should be supervised to ensure that they do not play with the appliance.

### Other safety considerations

- Never touch the outer enclosure of the slow cooker during its operation or before it cools. Use the handles or knobs.
- Do not switch on the cooker if the ceramic pot is empty.
- Allow lid and crock pot to cool before immersing in water.
- Never cook directly in the base unit. Use the ceramic pot.
- Do not use crock pot or lid if cracked or chipped.
- Do not switch on the appliance when it is upside down or laid on its side.
- The lid and ceramic pot are fragile. Handle them with care.
- Do not operate with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Contact Morphy Richards for advice.

- Do not attempt repairs - the appliance contains no user-serviceable parts. Call our helpline for advice.
- The use of attachments or tools not recommended by Morphy Richards may cause fire, electric shock or injury.
- Do not place on or near a hot gas electric burner or in a heated oven.
- Only use for intended purpose.
- Unplug from the socket when not in use, before putting on or taking off attachments, and before cleaning.
- Do not move the appliance whilst hot.

### **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.

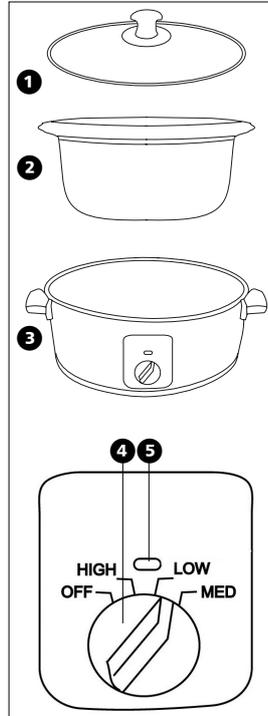
**WARNING: The plug removed from the mains lead, if severed, must be destroyed, as a plug with a bared flexible cord is hazardous if engaged into a live socket outlet.**

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**

- ❶ See-through lid
- ❷ Ceramic crock pot
- ❸ Base
- ❹ Control knob
- ❺ Power indicator



### **Control knob and temperature settings**

The control knob on the slow cooker offers a low, medium and high temperature setting for cooking. This setting allows you to adapt the cooking time to your convenience.

The MED (MEDIUM) setting is the standard setting for slow cooking with this product. This gives you an average of 5½ - 7½ hours cooking time.

However, if you wish to extend the cooking period, can use the LOW setting, and if you wish to shorten the cooking period, you can use the HIGH setting.

### **Cooking capacity**

The 3.5 litre Slow Cooker has a maximum working capacity of 2.5 litres.

### **Before first use**

- Remove all labels and tags from the product.
- Wash the crock pot and lid in hot soapy water, with a sponge or a dish cloth, rinse thoroughly and dry.

**IMPORTANT: 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 ❸ on a dry, level, heat resistant surface, away from the edge of the work surface. Do not use on the floor.
- 2 Place ingredients into the ceramic crock pot ❷, and place the pot into the base. Cover with the 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 the slow cooker.
- 3 With the control knob ❹ set to the OFF position, plug the unit into the mains socket.
- 4 Set the heat control to low, medium or high and cook for the recommended time given in the recipes, or use the cooking guide in page 6.
- 5 Switch off and unplug the slow cooker after cooking and remove the crock pot using oven gloves.

Always place the crock pot on a heat proof mat or surface.

**CAUTION: 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 a nutritious hot meal with minimum preparation and maximum free time away from the kitchen.
- Slow cooking gives you convenient, versatile and flavoursome food. The longer cooking times allow better distribution of flavours, giving them time to blend and season the food. A slow cooker heats food gently, making it a great way to cook meats - in particular, less-expensive cuts, such as stewing beef, which are tenderised through the long cooking process. Remember, there are no limits to the potential uses of your slow cooker, only your imagination!

**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 see-through lid allows you to monitor the cooking progress without interrupting the cooking time.

### **Suitable foods for slow cooking**

- 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 for 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 do not's for the crock pot**

- Authentic stoneware is fired at high temperatures, therefore, the crock pot may have minor surface blemishes, the 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 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.



### Tips for slow cooking

- The slow cooker must be at least half full for best results.
- Slow cooking retains moisture. If you wish to reduce this, remove the lid after cooking and turn the control to high (if set to low or medium) and reduce the moisture by simmering for 30 to 45 minutes.
- Removing the lid will allow valuable heat to escape, reducing the efficiency of your slow cooker and increasing the cooking time. If you remove the lid more than a couple of times to stir or add ingredients, then you will need to allow 10-15 minutes extra cooking time each time you remove the lid.
- If cooking soups, leave 5 cm space between the top of the cook pot and the food surface to allow for simmering.
- Many recipes will take several hours to cook. If you don't have time to prepare food in the morning, prepare it the night before, storing the food in a covered container in the fridge. Transfer the food to the crock pot and add boiling liquid/stock. In most of the recipes in this book, the meat ingredients are browned first to improve their appearance and flavour.
- If you are short on preparation time and would prefer to skip the browning stage, simply add your meat and other ingredients into the slow cooker and cover with boiling liquid/stock. You will need to increase the recipe cooking time as follows: High setting +1 hour, Medium setting +1-2 hours, Low Setting +2-3 hours.
- Most meat and vegetable recipes require 7 1/2 - 9 1/2 hours on low, 4 1/2 - 6 1/2 hours on medium, and 3 1/2 - 5 1/2 hours on high.

- 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 optimise 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.
- After food is cooked, switch off and leave covered with the lid. There will be enough heat in the crock pot to keep warm for 30 minutes. If you require longer to keep warm, switch to the low setting.
- 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 in 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.
- 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 2/3 of the pot and fully cover with water. If necessary, cut into two pieces. Joint weight should be kept within the maximum limit of 1kg for this slow cooker.

### COOKING GUIDE

The cooking times given in the following recipes are for the 'MEDIUM' setting. Should you want to increase or reduce the time, please refer to the cooking guide in the table below **A**. Please note that these cooking times are for guidance only and may vary depending on food type and personal tastes. For your convenience, a conversion table for weight and volume has been included on page 19.

Eg. If the recipe says cook for 3 1/2 - 5 1/2 hours (MED) and you require this to be a shorter time, cook on HIGH, which will reduce the cooking time to 3-4 hours. Increasing the time, choose LOW which will give 6-8 hours.

The recipes are based on MAXIMUM WORKING VOLUMES.

#### 3.5 litres:

This slow cooker has a working capacity of 2 1/2 litres / 4 1/2 pts. This allows a 2cm space between the top of the crock pot and the food.

#### **A** Equivalent cook times for low and high settings

Cook on MEDIUM	Cook on LOW	Cook on HIGH
3 1/2 - 5 1/2 hours	5 1/2 - 7 1/2 hours	2 1/2 - 3 1/2 hours
5 1/2 - 7 1/2 hours	7 1/2 - 9 1/2 hours	4 1/2 - 5 1/2 hours
7 1/2 - 9 1/2 hours	9 1/2 - 11 1/2 hours	6 1/2 - 7 1/2 hours

## RECIPES

Visit our website for more delicious recipes.

### Soups

#### Minestrone soup

	2.5 litres
Butter	30g
Streaky bacon, chopped	60g
Onion, finely chopped	1 large
Clove garlic, crushed	1
Celery, chopped	3 sticks
Potatoes, peeled and cubed	300g
Carrots, peeled and diced	2 medium
Cabbage leaves, shredded	3
Tomatoes, skinned and roughly chopped	3 medium
Chicken stock	1.25 litres
Tomato puree	1 1/2 tbsp
Worcestershire sauce	1 1/2 tsp
Salt and freshly ground black pepper	
Parsley, finely chopped	1 1/2 tbsp
Pasta shells	75g
Parmesan cheese, grated	2-3 tbsp

#### Method

Melt the butter in a pan and fry bacon and vegetables until soft. Make up stock and add stock, bacon and vegetables to the crock pot. Add remaining ingredients except the parsley, pasta shells and parmesan cheese. Place the crock pot in the base unit, cover with lid and cook for approximately 3 1/2 - 5 1/2 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

	2.5 litres
Smoked bacon, chopped	125g
Onion, finely chopped	1 large
Carrots, finely diced	3
Celery, finely sliced	2 sticks
Orange lentils	200g
Can of chopped tomatoes	400g
Chicken stock	1100ml
Worcestershire sauce	3 tsp
Pinch of nutmeg	
Bay leaf	1
Basil	1 tsp
Salt and freshly ground black pepper	
Parsley, finely chopped	1 tbsp

#### Method

In a pan, gently fry the bacon until the fat begins to run. Add the onion, carrot and celery and fry until soft. Add all the remaining ingredients except the parsley and bring to the boil. Simmer for 2 minutes. Transfer to the crock pot. Place crock pot into the slow cooker base, cover with the lid. Cook for approximately 3 1/2 - 7 1/2 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**

	2.5 litres
Butter	30g
Mixed vegetables, e.g. potato, onion, carrot, parsnips, celery, leek, tomato	1.25kg
Flour	30g
Stock	1100ml
Salt and freshly ground black pepper	
Mixed herbs	1tsp

**Method**

Peel, wash and cube or slice all 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 the lid and cook for approximately 5½ - 7½ hours. Cool and liquidise the soup and then reheat in a pan on the hob. Thicken it with the flour.

**Poultry****Chicken paprika**

	2.5 litres
Chicken portions	4
Butter	30g
Seasoned flour	50g
Onions, chopped	3 large
Carrots peeled and sliced	4
Green pepper, de-seeded and chopped	1
Paprika	1tsp
Tomato puree	1tsp
Chicken stock	500ml
Salt and freshly ground black pepper	

**Method**

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 the chicken stock. Bring to the boil and season. Transfer all ingredients to the crock pot and place in the base unit. Cover with the lid and cook for approximately 3½ - 6½ hours.

**Caribbean chicken**

	2.5 litres
Vegetable oil	2 tbsp
Onion, chopped	2 small
Celery, chopped	2 sticks
Carrots, sliced	2
Mushrooms, sliced	250g
Red pepper, de-seeded and sliced	1
Chicken joints, skinned	4
Can sliced peaches	200g
Can pineapple chunks	400g
Cornflour	5 tbsp
Paprika	1 tsp
Soy sauce	1 tbsp
Worcestershire sauce	1 tbsp
Malt/wine vinegar	4 tbsp
Boiling water	1/2 litre
Salt and freshly ground black pepper	

**Method**

Fry onions, celery, carrot, mushrooms and pepper in a pan. Add chicken joints and fry until browned 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 approximately 4 1/2 - 6 1/2 hours.

**Chicken in white wine sauce**

	2.5 litres
Chicken joints, skinned	4
Butter	30g
Onion, finely chopped	
1 large	
Mushrooms, sliced	125g
Cornflour	2 tbsp
Dry white wine	500ml
Mixed herbs	1tsp
Salt and freshly ground black pepper	
Egg yolks	2
Double cream	5 tbsp

**Method**

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 the slow cooker. Cook for approximately 4 1/2 - 7 1/2 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**

	2.5 litres
Chicken quarters	4
Butter	30g
Flour	2 tbsp
Onions, finely chopped	1 large
Celery, thinly sliced	3 sticks
Mushrooms, thinly sliced	250g
Clove of garlic, crushed	1
Chicken stock	375ml
salt and freshly ground black pepper	
Cream (optional)	4 tbsp

**Method**

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 mushrooms and garlic and stir in the stock. Bring to the boil and season. Transfer all ingredients to the slow crock pot and place pot in the base unit. Place lid on the slow cooker. Ensure that the chicken and vegetables are immersed. Cook for approximately 4½ - 6½ hours. Before serving, stir in the cream.

**Fricasse of Turkey**

	2.5 litres
Turkey portions	4
Onions, finely chopped	
	1 large
Butter	30g
Mushrooms, sliced	125g
Bouquet garni	
Sliver of zest of lemon	
Salt and freshly ground black pepper	
Stock	400ml
Cornflour	2 tbsp
Milk	4 tbsp

**Method**

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 the ingredients to the crock pot. Place the crock pot in the slow cooker base unit. Place the lid over the slow cooker. Cook for approximately 3½ - 5½ 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

	2.5 litres
Piece of topside	1 kg
Bouquet garni	1
Thyme	1tsp
Black peppercorns	1tsp
Shallots	4
Carrots, sliced	225g
Swede, diced	100g

#### Method

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 then transfer all the ingredients to the crock pot. Place the crock pot in the slow cooker base. Place the lid onto the slow cooker. Cook for approximately 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 the slow cook pot. It should 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.

### Paprika beef

	2.5 litres
Stewing steak	700g
Seasoned flour	30g
Onions, chopped	2 large
Clove of garlic, crushed	1
Cooking fat	30g
Tomatoes	500g
Brown stock	400ml
Paprika	1 1/2 tsp
Tomato puree	1 1/2 tbsps
Bay leaves	2
Mixed herbs	1 1/2 tsp
Salt and freshly ground black pepper	

#### Method

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 approximately 4 1/2 - 7 1/2 hours. Before serving, remove the bay leaves and thicken the sauce if necessary.

**Beef in red wine**

	2.5 litres
Oil	2 tbsp
Onions, chopped	1 large
Stewing beef, cubed	700g
Black olives	8
Clove garlic, crushed (optional)	1
Tomatoes skinned, de-seeded and roughly chopped	5
Mushrooms	125g
Dry red wine	400ml
Salt and freshly ground black pepper	
Bay leaf	1
Freshly chopped parsley	

**Method**

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 approximately 3 1/2 - 7 1/2 hours. Before serving, remove the bay leaf and sprinkle with parsley.

**Hungarian Goulash**

	2.5 litres
Stewing steak, cut into cubes	500g
Seasoned flour	30g
Vegetable oil	3 tbsp
Onions, finely chopped	1 large
Green pepper, de-seeded and chopped	1
Carrot, peeled and chopped	2
Sticks celery chopped	1
Paprika	1 tsp
Tomato puree	3 tbsp
Pinch of grated nutmeg	
Mixed herbs	3 tsp
Salt and freshly ground black pepper	
Beef stock	200ml
Can of tomatoes, roughly chopped	200g
Red wine (optional)	200ml
Worcestershire sauce	3 tsp

**Method**

Toss the meat in seasoned flour. Heat the oil in a 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 2 minutes. Add stock, tomatoes, red wine and worcestershire sauce. Bring to a simmer. Transfer all the ingredients into the crock pot and place the pot into the slower cooker base. Place the lid onto the slow cooker. Cook for approximately 4 1/2 - 6 1/2 hours.

**Chilli con carne**

	2.5 litres
Vegetable oil	2 tbsp
Onions, chopped	2 large
Garlic, crushed	2 cloves
Green pepper de-seeded and chopped	1
Minced beef	500g
Can of tomatoes, chopped	400g
Chilli powder	1 1/2 tsp
Flour	1 1/2 tbsp
Brown sugar	1 1/2 tsp
Tomato puree	4 tbsp
Salt and freshly ground black pepper	
Can red kidney beans, drained	425g

**Method**

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 in slow cooker base. Place lid on the slow cooker. Cook for approximately 2 1/2 - 6 1/2 hours. One hour before serving, add the kidney beans. Serve with boiled rice or baked potatoes.

**Steak and kidney ragout**

	2.5 litres
Stewing steak	700g
Kidney	200g
Flour	2 tbsp
Onions, quartered	2 large
Hot beef stock	600ml
Red wine	200ml
Tomato puree	3 tbsp
Worcestershire sauce	1 1/2 tsp
Button mushrooms	125g

**Method**

Using a sharp knife, trim the beef and cut into 1 inch (2.5cm) cubes. Cut the kidney into bite size 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 ingredients to the crock pot and place in the base unit. Place the lid on the slow cooker. Cook for approximately 4 1/2 - 6 1/2 hours. Add the button mushrooms one hour before serving. This recipe can be used as a base for steak and kidney pie.

**Beef Curry**

	2.5 litres
Vegetable oil	3 tbsp
Cooking apple, peeled, cored and sliced	2 medium
Onions, chopped	2 large
Stewing steak, cubed	700g
Curry powder	3 tsp
Plain flour	3 tbsp
Beef stock	400ml
Salt and freshly ground black pepper	
Mango chutney	3 tbsp
Sultanas	75g
Tin tomatoes, chopped	200g
Lemon juice	2 tbsp

**Method**

Fry the apple and 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 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 approximately 3½ - 6½ hours. At the end of the cooking time, it may be necessary to thicken the sauce.

**Bolognese sauce**

	2.5 litres
Minced beef	700g
Onions, finely chopped	1 large
Celery, thinly sliced	3 sticks
Cloves garlic, crushed	1
Tomato puree	3 tbsp
Flour	1 tbsp
Can of tomatoes including juice	400g
Beef stock	250ml
Mushrooms, sliced	125g
Mixed herbs	1 tsp
Salt and freshly ground black pepper	

**Method**

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 the 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 approximately 2½ - 7½ hours. (Note: a slight 'crust' of brown meat may appear on the top. It soon disappears if stirred into the sauce).

**Pork goulash**

	2.5 litres
Oil	2 tbsp
Onion, finely chopped	
1	
Flour	4 tbsp
Paprika	1 1/2 tsp
Salt and freshly ground black pepper	
Stewing pork, cubed	750g
Red pepper de-seeded and diced	
1	
Oregano	1 tsp
Tomato puree	3 tbsp
Stock	450ml
Small carton of soured cream or yoghurt	
1	

**Method**

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 into the slow cooker base. Place the lid on the pot and cook for approximately 3 1/2 - 7 1/2 hours. Just before serving, swirl the cream or yoghurt into the goulash.

**Oriental honeyed pork**

	2.5 litres
Pork fillet	550g
Seasoned cornflour	4 tbsp
Corn oil	4 tbsp
Onion, chopped	1 large
Cloves garlic, crushed	
1	
Green peppers, de-seeded and chopped	
1	
Pineapple chunks, drained (reserve juice)	
400g	
Mushrooms, sliced	6
Ripe tomatoes quartered	4
<b>SAUCE</b>	
Chicken stock	600ml
Honey	4 tbsp
Soy sauce	2 tbsp
Cornflour	4 tbsp
Pineapple juice (reserved from chunks)	

**Method**

Cut pork into cubes and toss in seasoned cornflour. Heat oil in a pan and fry garlic and onion. Add pork and fry until lightly browned on all sides. Lower 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 approximately 4 1/2 - 7 1/2 hours. Serve with rice and fresh green vegetables.

**Pork and pineapple curry**

	2.5 litres
Lean pork, cubed	1.25kg
Flour	50g
Salt	1 tsp
Oil	3 tbsp
Onions, chopped	1 large
Curry powder	1 1/2 tsp
Paprika	1 1/2 tsp
Chicken stock	400ml
Mango chutney	2 tbsp
Worcester sauce	2 tsp
Can pineapple cubes, with juice	
225g	
Bay leaves	2

**Method**

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 remaining ingredients, bring to a simmer and transfer to the crock pot. Place crock pot into the base unit. Cook for approximately 3 1/2 - 6 1/2 hours. Remove bay leaves before serving.

**Boiled ham**

Gammon joint  
2.5 litre slow cooker up to 1 kg.

**Method**

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 approximately 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 crock pot. It should 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.

**Irish stew**

	2.5 litres
Lamb chops	4
Onions, sliced	2 large
Mixed herbs	1 1/2 tsp
Large parsnip	1
Carrots, thickly sliced	550g
Potatoes, quartered	750g
Hot vegetable stock	750ml
Leeks, sliced	2

**Method**

Remove any excess fat from the chops and then place in a pan with the onions. Brown chops on each side. Sprinkle over the mixed herbs. Add parsnip, 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 approximately 4 1/2 - 7 1/2 hours.

**Lamb with lentils**

	2.5 litres
Carrots, sliced	425g
Parsnips, sliced	125g
Cloves garlic, crushed	
	1
Bay leaf	1
Orange lentils, soaked for 1 hour	
	125g
Salt and freshly ground black pepper	
Red wine	200ml
Lamb leg fillet cubed	750g
Soy sauce	3 tbsp
Button mushrooms	200g
Parsley sprigs to garnish	

**Method**

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 crock pot into the slow cooker base and replace the lid. Cook for approximately 5 1/2 - 7 1/2 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**

	2.5 litres
Oil	2 tbsp
Sausage	750g
Onions, finely chopped	1 large
Carrots, thinly sliced	3
Leek, sliced	2
Flour	3 tbsp
Beef stock	400ml
Chutney	3 tbsp
Worcestershire sauce	2 tbsp
Salt and freshly ground black pepper	

**Method**

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 low 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 ingredients to the slow crock pot and place into the slow cooker base. Cover with the lid and cook for approximately 4½ - 7½ 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**

	2.5 litres
Cooking oil	3 tbsp
Onions, chopped	2 large
Cloves garlic, crushed	
	1
Curry powder	3 tsp
Lentils	275g
White stock	200ml
Lemon juice	2 tsp
Salt and freshly ground black pepper	
Carrots, diced	3
Apple, peeled, cored and chopped	
	2
Sultanas	50g

**Method**

Heat the oil in a pan. Saute the onion, carrots and garlic lightly. Add the curry powder. Cook gently for one 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 into the slow cooker base. Stir in the apples and sultanas. Place lid on the slow cooker. Cook for approximately 4½ - 7½ hours. Ensure that the vegetables are immersed during cooking.

## Desserts

### Pears in Red Wine

Strong red wine (Shiraz/Syrah)	500 ml
Firm pears	6
Cinnamon stick	1
Vanilla pod	1
Peel of half an orange	
Water	200 ml
Fructose	150g

#### Method

Pour the wine into your crock pot and then place in the pears, making sure that they are sitting upright. Add the remaining ingredients and cook for 4½ hours. Once cooked, remove pears, set a side while you put the liquid into a frying pan and briskly reduce by half or until you have a consistency of double cream. Bear in mind that the more you reduce the liquid, the sweeter it will become. Serve with vanilla ice cream or a blob of fromage frais.

#### Great because...

Pears are rich in soluble fibre which helps to control blood sugar and blood cholesterol levels. It is a low calorie pudding with almost a third of your day's fibre per serving.

### Rice pudding

	2.5 litres
Butter	25g
Pudding rice	100g
Sugar	100g
Milk	1 litre
Pinch of nutmeg	

#### Method

Butter the inside of the crock pot. Add all ingredients and stir. Place crock pot on the slow cooker base and cover with the lid. Cook for approximately 2½ - 3½ hours.

### Fruit compote

	2.5 litres
Dried mixed fruit, such as apples, prunes, pears, apricots and peaches	
	275g
Sultanas	30g
Raisins	30g
Flaked almonds	20g
Caster sugar	3 tbsp
Water	625ml
Cointreau	3 tbsp

#### Method

Place all ingredients, except the cointreau, in the crock pot. As the apple rings tend to float to the surface and may discolour, put them at the bottom. Cook for approximately 4½ - 6½ 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

<b>g</b>	<b>oz</b>
5	0.2
10	0.35
100	3.5
500	17.6
1000 (1Kg)	35

<b>ml</b>	<b>floz</b>
50	1.7
100	3.4
200	7
500	17
1000 (1L)	35

### 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 lid in hot soapy water, using a sponge or dishcloth. Rinse and dry thoroughly.

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 are 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 as shown on the underside of the appliance.
- Serial number as shown on the underside of the appliance.

**UK Helpline**  
**0844 871 0956**

**Replacement Parts**  
**0844 873 0722**

**Ireland Helpline**  
**1800 409 119**

## YOUR TWO YEAR GUARANTEE

It is important to retain the retailer's receipt as proof of purchase. Staple your receipt to this back cover for future reference.

Please quote the following information if the product develops a fault. These numbers can be found on the base of the product.

### Model no.

### Serial no.

All Morphy Richards products are individually tested before leaving the factory. In the unlikely event of any appliance proving to be faulty within 28 days of purchase, it should be returned to the place of purchase for it to be replaced.

If the fault develops after 28 days and within 24 months of original purchase, you should contact the Helpline number quoting model number and serial number on the product, or write to Morphy Richards at the address shown.

You may be asked to return a copy of proof of purchase.

Subject to the exclusions set out below (see Exclusions), the faulty appliance will then be repaired or replaced and dispatched usually within 7 working days of receipt.

If, for any reason, this item is replaced during the 2 year guarantee period, the guarantee on the new item will be calculated from the original purchase date. Therefore, it is vital to retain your original till receipt or invoice to indicate the date of initial purchase.

To qualify for the 2 year guarantee, the appliance must have been used according to the instructions supplied. For example, crumb trays should have been emptied regularly.

## EXCLUSIONS

Morphy Richards shall not be liable to replace or repair the goods under the terms of the guarantee where:

- 1 The fault has been caused or is attributable to accidental use, misuse, negligent use or used contrary to the manufacturer's recommendations or where the fault has been caused by power surges or damage caused in transit.
- 2 The appliance has been used on a voltage supply other than that stamped on the products.
- 3 Repairs have been attempted by persons other than our service staff (or authorised dealer).

- 4 The appliance has been used for hire purposes or non domestic use.
- 5 The appliance is second hand.
- 6 Morphy Richards are not liable to carry out any type of servicing work, under the guarantee.
- 7 Plastic filters for all Morphy Richards kettles and coffee makers are not covered by the guarantee.
- 8 Batteries and damage from leakage are not covered by the guarantee.

- This guarantee does not confer any rights other than those expressly set out above and does not cover any claims for consequential loss or damage. This guarantee is offered as an additional benefit and does not affect your statutory rights as a consumer.
- This guarantee is valid in the UK and Ireland only.



For electrical products sold within the European Community. At the end of the electrical products useful life, it should not be disposed of with household waste. Please recycle where facilities exist. Check with your Local Authority or retailer for recycling advice in your country.

**morphy richards®**

**The After Sales Division  
Morphy Richards Ltd**  
Mexborough, South Yorkshire,  
England, S64 8AJ

Helplines (office hours)  
UK 0844 871 0956  
Spare Parts 0844 873 0722  
Republic of Ireland 1800 409 119

Morphy Richards products are intended for household use only.

Morphy Richards has a policy of continuous improvement in product quality and design. The company, therefore reserves the right to change the specification of its models at any time.

SC48790 MUK Rev 1 05/08

For details of other products in the Morphy Richards range, please see our website . . .