

*Sunbeam*

# Slow Cooker

INSTRUCTION/RECIPE BOOKLET.



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HP003D

# Sunbeam's Safety Precautions.

## SAFETY PRECAUTIONS FOR YOUR SLOW COOKER.

- Ensure your Slow Cooker is used at least 500mm (half a metre) away from a gas flame or electric element.
- Do not cover the Slow Cooker when in use.
- Do not block or cover air vent holes on the base of the Slow Cooker.
- Do not immerse the base of the Slow Cooker in water or other liquid.
- Use your Slow Cooker well away from walls.
- Do not use in confined spaces.

## SAFETY PRECAUTIONS FOR ALL ELECTRICAL APPLIANCES

Sunbeam are very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- Close supervision is necessary when your appliance is being used near children or infirm persons.
- Never leave an appliance unattended while in use.
- Young children should be supervised to ensure that they do not play with the appliance.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven. Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- For safety reasons and to avoid maintenance by unskilled persons, some appliances are 'sealed' using tamperproof screws. Such appliances should always be returned to the nearest Sunbeam Appointed Service Centre for adjustment or repair if required.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been dropped or damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.

If you have any concerns regarding the performance and use of your appliance, please ring our Toll Free number (Australia only) 1800 025 059. New Zealand - contact the Sunbeam Office in Auckland on 09 912 0747.

## Ensure the above safety precautions are understood.

تأكد من تفهم احتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich daß die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώστε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری بکنید کہ احتیاطهای بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığından emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

# Introduction to your Sunbeam Slow Cooker.

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Slow cooking is the secret to flavoursome foods and tender moist meats cooked to perfection. The Slow Cooker is designed to do just that. Meals are cooked over a long period of time, about 6-10 hours. Ideally food can be placed in the Slow Cooker in the morning and left all day, arriving home to a delicious hot dinner!

It's easy with the Sunbeam Slow Cooker. Take the time to read through this book, and you will soon discover how easy it is to prepare delicious meals and how to get the most from your Sunbeam Slow Cooker.

## **It's versatile.**

The Slow Cooker will cook soups, stews, casseroles, roasts, bake cakes and steam puddings.

## **It's economical.**

The Slow Cooker uses little power, especially on the Low setting. Once the Slow Cooker reaches temperature, the food also cooks on retained heat. The Slow Cooker is ideal for cooking cheaper cuts of meat, as the slow, moist cooking tenderises the meat and develops the flavour of foods.

## **No fuss cooking.**

The internal heating element evenly cooks food without the need to stir. Food also cooks slowly so you can leave it to attend to other things.

Keep in mind that food does not overcook in the Slow Cooker, so a few additional hours of cooking will not burn foods.

## **It's easy to clean.**

The Crock-Insert is removable and dishwasher safe.

## **It's safe for cooking.**

Slow cooking is a safe way to cook foods because the Low and High settings reach temperatures high enough to prevent bacterial growth.

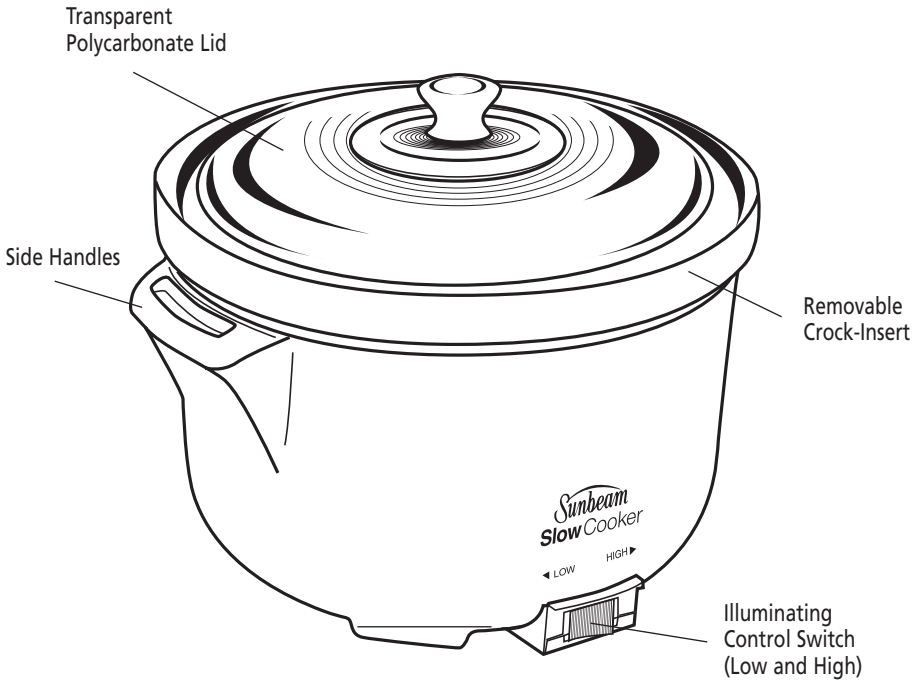
## **Guaranteed reliability.**

Your new Sunbeam Slow Cooker will give you years of reliable service, backed by Sunbeam's 12 month Replacement Guarantee.

**If you have any questions about your Sunbeam frypan or any other Sunbeam appliance, please phone the Sunbeam Consumer Service Line on 1800 025 059 or the Sunbeam office in your state. In New Zealand - call the Sunbeam office in Auckland on 09 912 0747.**

# Features of your Sunbeam Slow Cooker.

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## **Removable Crock-Insert.**

The stylish Temuka Crock-Insert is removable for serving food at the table, storing leftovers in the fridge and for ease of cleaning.

## **Transparent Lid.**

This fits neatly onto the Crock-Insert, retaining moisture and heat within the Slow Cooker. It allows food to be visible during cooking. Made from durable polycarbonate.

## **Illuminating Control Switch.**

This indicates that the power is ON and the Slow Cooker is operating.

## **Internal Heating Element.**

The internal heating element heats the food evenly. It eliminates food sticking to the base and the need to stir. It is not visible as it is positioned behind the aluminium liner.

## **Side Handles.**

The handles allow the Slow Cooker to be easily lifted and carried when filled to maximum capacity.

**Note:** Glass lids are available as an optional extra from your nearest Sunbeam Service Centre.

# Using your Sunbeam Slow Cooker.

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## Before first use.

Before using your Sunbeam Slow Cooker for the first time, remove the Crock-Insert and lid. Wash both in warm soapy water using a mild household detergent, rinse and dry thoroughly.

1. Prepare the food and place in the Crock-Insert. Place the Crock-Insert into the Slow Cooker and cover with lid.
2. Insert the power plug into a 230/240 Volt power outlet and turn the power ON.

3. Select temperature setting by depressing the switch to either Low or High.

The Illumination of the switch will show that the power is ON.

**Note:** Depressing the switch to the left indicates that you have selected the **low** heat setting. Depressing the switch to the right indicates that you have selected the **high** heat setting.

*Sunbeam is a registered trademark. Slow Cooker is a trademark of the Sunbeam Corporation. Made in New Zealand. Due to minor changes in design or otherwise, the product may differ from the one shown in this leaflet. Approved by the appropriate Electrical Regulatory Authorities. Backed by Sunbeam's 12 Month Replacement Guarantee and National Service Network.*

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For more information or advice on this or any other Sunbeam appliance, visit [www.sunbeam.com.au](http://www.sunbeam.com.au) or contact the Sunbeam Consumer Service Line.

Australia 1800 025 059  
New Zealand (09) 912 0747.

# A guide to slow cooking.

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## Low heat setting.

The Low heat setting provides controlled heat for gentle slow cooking of food.

This setting is ideally used if you would like meals to be ready after an extended period of time.

## High heat setting.

One hour on high is equivalent to about 2½ hours on low.

When baking, cooking dried beans or pulses and soups, the high setting must be used. Cooking times can be adapted as a recipe can be started on High for the first 2 hours and then turned to Low for the remainder of the time.

## Timing.

All recipes indicate whether to use the Low or High settings, with a suggested variation in cooking times.

On the Low setting, timing is not critical, making it almost impossible to overcook food in the Slow Cooker.

A couple of extra hours will not ruin the food because of the slow cooking process.

## Lifting the lid.

The temperatures in the Slow Cooker build up slowly, therefore avoid lifting the lid whilst cooking.

Constant removal of the lid will result in a loss of heat and moisture extending cooking time.

**Note:** Each time the lid is lifted, extend cooking time by 30 minutes.

## Stirring.

Stirring food is seldom necessary. The internal heating element will heat the food evenly and prevent food from sticking to the base.

## Pre-heating.

It is essential to pre-heat the Slow Cooker for at least 20 minutes when baking. You may also pre-heat the Slow Cooker while preparing ingredients for cooking.

**Important:** DO NOT PLACE FROZEN FOOD INTO A HEATED SLOW COOKER - as this may damage the Crock-Insert.

## Pre-browning.

To seal in flavours and juices, it is recommended to pre-brown meats and poultry in a frypan before placing in the Slow Cooker.

Fat cuts of meat and mince should be pre-browned and drained thoroughly to remove any excess fat.

## Roasting.

Roasting in a Slow Cooker is the process whereby meat cooks slowly in the moist heat of a closed casserole.

Cheaper cuts of meat are especially suitable for roasting as the slow cooking process breaks down the tough muscle in meats. If you want to keep meat out of the juice and allow for fat drainage when roasting, place the meat on a wire rack.

When roasting whole pieces of lamb, beef or chicken, liquid is not required.

Pot roasts, corned meats etc. need to be barely covered with liquid.

Oven bags can be used when roasting lamb, beef and chicken.

## Liquid.

The lid will stop steam from escaping, so it is normal for at least one cup of liquid to form in the Slow Cooker.

In most recipes additional liquid is not needed, however an extra cup of liquid may be added if desired.

# A guide to slow cooking (Cont).

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## Beans and pulses.

Soak dried beans and pulses overnight. Place in the Slow Cooker and cover with double their volume of water.

Cover and cook on High for 5-6 hours or until tender.

## Casseroles.

When preparing meat casseroles, best results are achieved when the meat is lightly coated in flour and browned in a frypan before adding to the Slow Cooker. This helps seal in juices, giving a more flavoursome, tender result.

To thicken a casserole, simply set the slow cooker to high and stir through a thickening agent such as cornflour with water. Replace lid and allow to simmer until thickened.

**Note:** Remember to increase cooking time by 30 minutes each time the lid is lifted.

## Vegetables.

Cut vegetables into small even size pieces for even cooking results.

Root vegetables such as potatoes should be cooked on High.

Frozen vegetables should be thawed before adding to a casserole.

When cooking meat and vegetables together, place vegetables on the bottom and sides of Slow Cooker, and place the meat on top. This will encourage even cooking of both.

## Baking.

The High setting must be used when baking cakes. The Slow Cooker should be pre-heated with Crock-insert and lid in place for at least 20 minutes.

Cake tins should be covered with foil to prevent steam droplets from falling on top of the cake. Place the tin on top of a wire rack that has been positioned in the Slow Cooker. Do not lift the lid until the cooking time has nearly elapsed. Insert a skewer in the centre of the cake to test doneness.

## Adapting favourite recipes.

Old favourite recipes can be adapted to slow cooking. Reduce liquid to half the amount and cook for the following times recommended below.

If recipe says:	Cook in Slow Cooker:
15 to 30 minutes	1½ - 2½ hours on HIGH 4 - 8 hours on LOW
35 to 40 minutes	2 - 4 hours on HIGH 6 - 10 hours on LOW
50 minutes to 2 hours	4 - 6 hours on HIGH 8 - 12 hours on LOW

**Note:** The times given above are an estimate. Times may vary depending on some ingredients and amounts in recipes.

# Care and Cleaning.

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## **Cleaning after use.**

Always turn the power OFF and remove the plug before cleaning.

Wash the Crock-Insert and lid in warm soapy water using a mild household detergent, rinse and dry thoroughly.

If food is cooked onto the Crock-Insert and is difficult to clean, soak in warm water and lightly scrub with a plastic brush.

The Crock-Insert is also dishwasher safe. Care should be taken to avoid breaking, chipping or cracking the Crock-Insert or lid.

## **Cleaning the exterior.**

The exterior of the Slow Cooker and aluminium liner may be wiped over with a damp cloth.

**Note:** Do not use harsh abrasives or metal scourers to clean any part of your Slow Cooker.

**Caution:** Do not immerse the Slow Cooker body into water or any other liquids.

Do not place frozen or very cold food in a pre-heated Slow Cooker.

Avoid placing the hot Crock-Insert or lid under cold water.



# Recipes.

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## SOUPS

### Consomme

Serves 6

*1kg lean beef on the bone*  
*1 leek, washed and sliced*  
*1 large onion, peeled and sliced*  
*2 bay leaves*  
*1 clove garlic, peeled and crushed*  
*1 celery stalk, sliced*  
*salt and pepper to taste*  
*2 litres water*  
*dry sherry*  
*4 sprigs parsley, finely chopped*

1. Place all ingredients except sherry and parsley into the Slow Cooker.
2. Cover and cook on High for 4 - 5 hours.
3. Allow to stand until cold.
4. Carefully remove fat, then strain through gauze.
5. To serve: Reheat on High for 1 - 2 hours. Pour into serving bowls, add 2 teaspoons of sherry and a sprinkle of parsley to each bowl.

### Curried Pumpkin Soup

Serves 6

*1 large (1.75kg) butternut pumpkin, peeled and cut into pieces*  
*1 clove garlic, peeled and chopped*  
*1 large onion, peeled and roughly chopped*  
*2 teaspoons curry powder*  
*1 cup milk*  
*3 cups chicken stock*  
*salt and pepper to taste*  
*1 cup cream, optional*

1. Place all ingredients except cream into the Slow Cooker.
2. Cover and cook on High for 4 - 6 hours.
3. Allow to cool, then puree in a food processor or blender.
4. Return soup to the Slow Cooker and reheat on High for 1 - 2 hours.

5. Stir through cream prior to serving.

### Carrot and Celery Soup

Serves 6-8

*1kg carrots, peeled and roughly sliced*  
*1/2 bunch celery, sliced*  
*2 cloves garlic, peeled and chopped*  
*2 onions, peeled and roughly chopped*  
*1 potato, peeled and roughly chopped*  
*6 shallots, sliced*  
*3 cups chicken stock*  
*1/2 cup parsley sprigs*  
*ground black pepper to taste*  
*1 cup cream, optional*

1. Place all ingredients except cream into the Slow Cooker.
2. Cover and cook on High for 4 - 5 hours.
3. Allow to cool, then puree in a food processor or blender.
4. Return soup in the Slow Cooker and reheat on High for 1 - 2 hours.
5. Stir through cream pour to serving.

### French Onion Soup

Serves 4-6

*1 tablespoon butter or margarine*  
*4 large onions, peeled and finely sliced*  
*1 large clove garlic, peeled and crushed*  
*5 cups beef stock*  
*1/2 cup white wine*  
*2 tablespoons brandy*  
*1 tablespoon sugar*  
*salt and pepper to taste*  
*100g tasty cheese, grated*

1. Melt butter or margarine in a frypan. Add onion and garlic and saute until onion becomes transparent.
2. Place onions and garlic into the Slow Cooker. Add stock, wine brandy and sugar.
3. Cover and cook on High for 4 - 5 hours.
4. Season to taste and serve topped with cheese.

# Recipes.

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## Lentil Vegetable Soup

Serves 6-8

2 cups brown or yellow lentils  
4½ cups water  
2 rashers bacon, rind removed and finely chopped  
1 medium onion, peeled and finely chopped  
1 carrot, peeled and thinly sliced  
1 clove garlic, peeled and crushed  
½ teaspoon salt  
¼ teaspoon pepper  
½ teaspoon oregano  
1 bay leaf  
1 x 425g tin peeled tomatoes, roughly chopped  
2 tablespoons wine vinegar

1. Place all ingredients into the Slow Cooker. Cover and cook on High for 6 - 7 hours.
2. Remove bay leaf and serve very hot with croutons if desired.

## Split Pea Soup

Serves 6-8

500g dry green split peas, soaked overnight  
6 cups water  
500g meaty ham bones or ham pieces  
¼ teaspoon salt  
5 peppercorns  
1 celery stalk, sliced  
1 onion, peeled and chopped  
1 bay leaf

1. Place all ingredients into the Slow Cooker. Cover and cook on High for 5 - 6 hours.
2. Remove bones, peppercorns and bay leaf prior to serving.

## Vichyssoise

Serves 4-6

60g butter or margarine  
3 leeks, washed and sliced  
2 onions, peeled and slice  
3 large potatoes, peeled and cubed  
5 cups chicken stock  
salt and pepper to taste  
1 cup cream  
chives, finely chopped (enough to garnish)

1. Melt butter or margarine in a frypan, add leeks and onions and saute until tender.
2. Place leeks, onion, potatoes and stock into the Slow Cooker.
3. Cover and cook on High for 5 - 6 hours.
4. Allow to cool, then puree in food processor to blender. Chill.
5. To serve: Stir through cream and garnish with chives

**Note:** This soup is also delicious served hot.

# Recipes.

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## Tomato Soup

Serves 6

*1kg tomatoes, fresh or canned, roughly chopped*

*4 cups beef stock*

*1 small onion, peeled and chopped*

*3 tablespoons sugar*

*½ teaspoon basil*

*1 tablespoon Worcestershire sauce*

*fresh ground pepper to taste*

*½ cup cream*

1. Place all ingredients except cream into the Slow Cooker.
2. Cover and cook on High for 4 - 5 hours.
3. Allow to cool, then puree in a food processor or blender.
4. Return soup to the Slow Cooker and reheat on High for 1 - 2 hours.
5. Stir through cream prior to serving.

**Note:** If you prefer a thicker soup, blend 1 tablespoon of cornflour with ¼ cup water. Stir through soup before adding cream and cook on High until thickened.

**Note:** Stock cubes or powered stock dissolved in water can be used in place of stock.

## Beef Stock

Makes 8 cups

*1.5kg beef bones*

*1 celery stalk, sliced*

*1 parsnip, peeled and sliced*

*4 peppercorns*

*1 onion, peeled and sliced*

*2 cloves garlic, peeled and sliced*

*bouquet garni*

*6 cups water*

1. Ask your butcher to crack the bones. Remove any large pieces of meat and chop finely.
2. Wash the bones and place into the Slow Cooker with the chopped meat, vegetables, bouquet garni and remaining ingredients.
3. Cover and cook on High for 4 - 6 hours.
4. Strain and allow to cool. Skim off any solidified fat. Use as desired.

**Note:** Bouquet Garni – This is a French cookery term, and means a bunch of herbs consisting of a bay leaf, sprig of thyme, tarragon, chervil (or other fresh herbs available), 3 or 4 parsley sprigs, half a carrot and a small stick of celery, tied together. You can make a few and keep them in the refrigerator ready to add flavour to stocks, stews and casseroles. A bouquet is easier to remove from the finished dish than stray leaves.

## Chicken Stock

Makes 8 cups

*Raw or cooked chicken carcass, skin, chicken pieces (such as wings, backs, etc)*

*1 onion, peeled and roughly chopped*

*1 carrot, peeled and roughly sliced*

*1 celery stalk, sliced*

*fresh thyme*

*1 bay leaf*

*6 cups water*

1. Place all ingredients into the Slow Cooker. Cover and cook on High for 4 - 6 hours.
2. Strain and allow to cool. Skim off any solidified fat. Use as desired.

# Recipes.

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## MAIN COURSES

### BEEF

#### Roasting Beef

Place meat into the Slow Cooker.

Cover and cook to desired doneness.

Approximate cooking times for well done:

Low 2½ - 3 hours per 500g

High 1 - 2 hours per 500g

#### Beef and Red Wine Casserole

Serves 4-6

2 tablespoons butter or margarine

2 tablespoons oil

2 small onions, peeled and quartered

2 cloves garlic, peeled and crushed

3 rashers bacon, rind removed and chopped

1kg chuck or round steak, cut into 2cm cubes

1 teaspoon thyme

1 teaspoon oregano

1 tablespoon tomato paste

1½ cups beef stock

1½ cups red wine

250g mushrooms, sliced

1. Heat butter or margarine and oil in a frypan. Add onions, garlic, bacon and saute until onions are tender.
2. Add meat and brown.
3. Transfer to the Slow Cooker and add remaining ingredients. Cover and cook on Low for 8 - 10 hours or on High for 5 - 6 hours. Adjust seasoning to taste.
4. Serve with rice or buttered noodles.

#### Beef Curry

Serves 4-6

2-3 tablespoons flour

3 tablespoons curry powder } combined

750g rump steak, cut into 2cm cubes

1 tablespoon butter

1 tablespoon oil

2 cloves garlic, peeled and crushed

5 rashers bacon, rind removed and chopped

2 large carrots, peeled and sliced

200g mushrooms, sliced

2 large zucchini, sliced

1 cup beef stock

1. Toss meat in combined flour and curry powder.
2. Heat butter and oil in a frypan. Add garlic and coated meat. Brown meat all over.
3. Transfer to the Slow Cooker. Cook bacon in frypan for 1 - 2 minutes. Add to meat.
4. Add remaining ingredients. Cover and cook on Low for 8 - 9 hours or on High for 4 - 5 hours.
5. Serve with rice.

#### Beef Stroganoff

Serves 4-6

1kg chuck or round steak, cut into thin strips

2 tablespoons flour

2 tablespoons oil

2 cloves garlic, peeled and crushed

200g mushrooms, sliced

¼ teaspoon pepper

1 cup beef stock or consomme

3 tablespoons tomato paste

1 x 300ml carton sour cream

1. Toss meat in flour. Heat oil in a frypan and brown meat.
2. Transfer to the Slow Cooker, and add remaining ingredients except sour cream. Cover and cook on Low for 8 - 10 hours or High for 5 - 6 hours.
3. In the last 30 minutes of cooking stir through sour cream. Serve with hot buttered noodles.

# Recipes.

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## Spicy Wine Pot Roast

Serves 6-8

*2kg topside roast, trimmed of fat*  
*1 large onion, peeled and chopped*  
*4 tablespoons brown gravy mix*  
*1 cup water*  
*1/4 cup tomato sauce*  
*1/4 cup dry red wine*  
*2 teaspoons French mustard*  
*1 teaspoon Worcestershire sauce*  
*2 teaspoons mixed herbs*  
*1/2 teaspoon mixed spice*

1. Place meat into the Slow Cooker. Add onion.
2. Combine the remaining ingredients and pour over meat.
3. Cover and cook on Low for 8 - 10 hours or High for 5 - 6 hours.
4. When meat is cooked as desired, remove and cover with foil to keep warm.
5. Turn Slow Cooker to High and thicken the gravy with a little flour mixed with water. Cook until the gravy simmers and thickens.
6. To Serve: Slice meat and serve with gravy.

## Bolognese Sauce

Serves 4-6

*1kg lean minced beef*  
*2 small onions, peeled and finely chopped*  
*2 cloves garlic, peeled and crushed*  
*2 x 425g can peeled tomatoes*  
*2 tablespoons tomato paste*  
*1 cup water*  
*2 celery stalks, sliced*  
*1 1/2 teaspoons dried oregano*  
*1 teaspoon dried basil*  
*1 bay leaf*  
*fresh ground pepper*

1. Place all ingredients into the Slow Cooker. Stir to combine.
2. Cover and cook on Low for 6 - 8 hours or High for 4 - 5 hours.
3. Serve with pasta and grated Parmesan cheese.

## Chilli Con Carne

Serves 6

*1 onion, peeled and finely chopped*  
*1 clove garlic, peeled and crushed*  
*500g lean minced beef*  
*1 x 425g can tomatoes, roughly chopped*  
*1 x 425g can red kidney beans*  
*1/2 tablespoon Worcestershire sauce*  
*1 tablespoon chilli powder (add more or less if desired)*

1. Heat a little oil in a frypan. Saute onions and garlic until tender.
2. Add meat and cook until just brown.
3. Transfer meat and onions to the Slow Cooker and add remaining ingredients.
4. Cover and cook on Low for 6 - 8 hours or on High for 4 - 5 hours.

## Brandy Veal

Serves 4-6

*60g butter or margarine*  
*1 onion, peeled and chopped*  
*1 clove garlic, peeled and crushed*  
*1kg stewing veal, cut into 2cm cubes*  
*1/4 cup flour*

*pepper*  
*1 tablespoon tomato paste*  
*3 tomatoes, peeled and quartered*  
*1 1/2 cups chicken stock*  
*1/4 cup brandy*  
*1 teaspoon paprika*  
*1 bay leaf*  
*fresh ground pepper to taste*  
*1/2 cup sour cream*

1. Heat butter or margarine in a frypan. Saute onions and garlic until tender.
2. Toss veal in flour seasoned with pepper. Add veal to frypan and brown.
3. Transfer to the Slow Cooker and add remaining ingredients except sour cream. Cover and cook on Low for 8 - 10 hours or on High for 5 - 6 hours. Adjust seasonings to taste.
4. Remove bay leaf and stir through sour cream prior to serving. Serve with noodles or rice.

# Recipes.

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## Mushroom Beef

Serves 6

2 tablespoons oil  
2 tablespoons butter or margarine  
1 onion, peeled and chopped  
1kg chuck steak, trimmed and cut into thin strips  
1/2 cup beef stock  
1 1/2 cups white wine  
250g mushrooms, sliced  
1/3 cup cornflour  
1/2 cup water } combined  
300ml cream

1. Heat oil and butter or margarine in a frypan. Add onions and saute until tender.
2. Add meat and brown.
3. Transfer to the Slow Cooker. Add stock, wine and mushrooms. Cover and cook on Low for 8 - 10 hours or on High for 5 - 6 hours.
4. For the last hour of cooking, add combined cornflour and water and cook on High.
5. To Serve: Stir through cream and adjust seasonings.

## Corned Beef

Serves 6

1.5kg corned silverside  
water  
1 onion, peeled and finely chopped  
10 peppercorns  
2 bay leaves  
2 tablespoons brown sugar

1. Place silverside into the Slow Cooker and barely cover with water. Add remaining ingredients.
2. Cover and cook on Low for 8 - 10 hours or on High for 5 - 6 hours.

## Meatloaf

Serves 4-6

1 egg, lightly beaten  
1/2 cup tomato chutney  
1/2 cup fresh breadcrumbs  
750g minced beef  
1 small onion, peeled and finely chopped  
1 celery stalk, finely chopped

1 small green pepper, finely chopped  
1 tablespoon mixed herbs  
salt and pepper to taste  
2 potatoes, thickly sliced

1. Combine all ingredients except potatoes. Shape into a large round meatloaf, approximately 2cm smaller than the Slow Cooker. Place into the base of the Slow Cooker.
2. Place potatoes around edges of the meatloaf. Cover and cook on Low for 7 - 8 hours or High for 4 - 5 hours.
3. Serve with potato slices.

## Swedish Meatballs

Serves 4-6

1 1/2 cups fresh breadcrumbs  
1 cup milk  
500g minced steak  
250g minced pork or veal  
2 eggs, lightly beaten  
1 medium onion, peeled and finely chopped  
3/4 teaspoon chopped dill  
1/4 teaspoon allspice  
1/4 teaspoon nutmeg  
3 teaspoons butter or margarine  
1 cup beef stock  
fresh ground pepper  
1 tablespoon tomato paste  
1 cup cream

1. Soak breadcrumbs in milk for 5 minutes. Add meats, eggs, onion, herbs and spices. Mix well, cover and refrigerate for 1 hour.
2. Shape mixture into balls about the size of walnuts.
3. Heat margarine or butter in a frypan and brown meatballs. Place meatballs into the Slow Cooker as they are browned.
4. Add beef stock, pepper and tomato paste. Cover and cook on Low for 5 - 6 hours or on High for 3 - 4 hours.
5. To Serve: Stir through cream and serve with rice.

# Recipes.

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## LAMB

### Roasting Lamb

Cut away excess fat. Place meat into the Slow Cooker. Cover and cook to desired doneness.

Approximate cooking times for well done:

Low 2½ - 3 hours per 500g

High 1 - 2 hours per 500g

No need to turn meat during cooking.

**Note:** When cooking pork or other fatty meats, place meat on a small wire rack to allow excess fat to drain.

### Lamb with Yoghurt Sour Cream

Serves 4-6

1kg stewing lamb, cut into thin strips

2 small onions, peeled and quartered

2 teaspoons ground ginger

2 teaspoons ground coriander

¼ teaspoon cayenne pepper

250g carton natural yoghurt

⅓ cup sour cream

2 tablespoons flour

Spiced Butter: 2 tablespoons butter

1 tablespoon oil

1 clove garlic, crushed

1 teaspoon ground cummin

1 teaspoon ground coriander

½ teaspoon garam marsala

⅓ cup cream

1. Place all ingredients except spiced butter and cream into the Slow Cooker. Stir to combine.
2. Cook on Low for 8 - 10 hours or on High for 5 - 6 hours. Add spiced butter during last hour of cooking. Spiced butter: Heat butter and oil in a frypan. Add remaining ingredients and saute for 2 - 3 minutes.
3. To Serve: Stir through cream just prior to serving.

### Spicy Lamb with Apricots

Serves 4-6

2 tablespoons oil

1 onion, peeled and chopped

1 clove garlic, peeled and crushed

1kg stewing lamb, cubed

⅓ cup flour

1 teaspoon lumeric

1 teaspoon cummin

1 teaspoon coriander

freshly ground pepper

3 cups chicken stock

100g dried apricots, chopped

salt and pepper to taste

1. Heat oil in a frypan. Saute onions and garlic until tender.
2. Toss lamb in combined flour and spices. Add to frypan and brown.
3. Transfer to the Slow Cooker and add remaining ingredients. Cover and cook on Low for 8 - 10 hours or on High for 5 - 6 hours.
4. Adjust seasonings if necessary. Serve with rice.

### Roast Lamb with Garlic & Rosemary

Serves 6-8

1 leg of lamb, approximately 1.8kg (cut or boned to fit the Slow Cooker)

1 clove garlic, peeled and sliced

several sprigs fresh rosemary

1 tablespoon French mustard

1. Trim excess fat from lamb.
2. Cut several slits in the meat and insert slices of garlic and sprigs of rosemary.
3. Brush the outside with mustard.
4. Place meat into the Slow Cooker. Cover and cook on Low for 2 - 3 hours or High for 1 - 2 hours per 500g.

**Note:** Meat can be placed on a wire rack to allow the fat to drain.

# Recipes.

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## Spicy Lamb Shanks

Serves 4

*4 lamb shanks*

*1 cup dried apricots*

*1 cup prunes, pitted*

*1/4 cup sugar*

*1 cup water*

*1/4 cup tomato paste*

*2 tablespoons white vinegar*

*1 teaspoon mixed spice*

1. Place lamb shanks into the Slow Cooker. Add apricots and prunes.
2. Combine sugar, water, tomato paste and vinegar. Pour over the lamb shanks.
3. Sprinkle over mixed spice. Cover and cook on Low for 8 - 10 hours or High for 5 - 6 hours. Serve with rice.

## CHICKEN

### Roasting Chicken

*Wash chicken and pat dry. Stuff as desired and truss. Place chicken into the Slow Cooker and cover.*

*Approximate cooking times:*

*Low 2 - 2 1/2 hours per 500g*

*High 1 - 2 hours per 500g*

*Dot with butter and sprinkle with paprika to add extra colour.*

### Lemon Honey Chicken Casserole

Serves 4-6

*1.5kg chicken wings and drumsticks*

*2-3 tablespoons flour*

*2 tablespoons oil*

*2 cloves garlic, peeled and finely chopped*

*3 large onions, peeled and cut into eight wedges*

*8 shallots, cut into 2cm pieces*

*4 celery stalks, cut into 2cm strips*

*1 large red capsicum, cut into 2cm strips*

*zest of 2 lemons, cut into thin strips*

*3/4 cup chicken stock*

*1/3 cup honey*

1. Toss chicken in flour.
2. Heat oil in a frypan. Add chicken and brown all over. Place into the Slow Cooker.
3. Lightly saute garlic and onion. Add to the Slow Cooker.
4. Add remaining ingredients. Cover and cook on Low for 5 - 6 hours or on High for 3 - 4 hours.
5. Serve with fried or boiled rice.

### Curried Chicken

Serves 6

*1 size 15 chicken*

*1 large onion, peeled finely chopped*

*1 clove garlic, peeled and crushed*

*2 celery stalks, sliced*

*1 red capsicum, seeded, cut into strips*

*1 x 425g can pineapple pieces, drained*

*1 tablespoon curry powder*

1. Place chicken into the Slow Cooker and barely cover with water. Cover and cook on Low for 7 - 9 hours or on High for 4 - 5 hours.
2. Remove chicken from the Slow Cooker. Remove flesh from the bones and roughly cut into pieces. Reserve 2 cups of stock. Add 1 chicken stock cube for more flavour if desired.
3. Return the chicken and 2 cups of stock to the Slow Cooker. Add remaining ingredients.
4. Cover and cook on Low for 2 - 3 hours or High for 1 - 1 1/2 hours.
5. Turn to High. Thicken by adding 1 tablespoon of cornflour mixed with 1/4 cup water. Stir through and cook until mixture thickens. Serve with rice.



# Recipes.

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## Roast Chicken

1 size 16 chicken

butter, melted

parsley, finely chopped

paprika

Stuffing: 2 cups fresh breadcrumbs  
 $\frac{1}{3}$  cup crushed pineapple, drained  
1 rasher bacon, rind removed  
and finely chopped

4 shallots, finely sliced

1 egg, lightly beaten

1 teaspoon mixed herbs

1. Combine all ingredients for stuffing. Place into cavity of chicken and truss.
2. Pat chicken dry and place into the Slow Cooker. Brush chicken with butter and sprinkle with parsley and paprika. Cover and cook on Low for 7 - 9 hours or High for 4 - 5 hours.

## Easy Chicken with Mushrooms and Cream Serves 6

6 chicken thigh pieces (skin removed if desired)

300g mushrooms, sliced

1 can condensed cream of chicken soup

1 cup sour cream

$\frac{1}{2}$  cup dry white wine

1 teaspoon paprika

1. Place chicken in the Slow Cooker. Top with mushrooms.
2. Combine soup, sour cream and wine. Pour over mushrooms.
3. Sprinkle paprika over chicken. Cover and cook on Low for 6 - 8 hours or on High for 4 - 5 hours.

**Note:** If cooking on High, do not add the sour cream until the last 30 minutes of cooking. Serve with pasta shells.

## SEAFOOD

### Seafood Hot Pot

Serves 4-6

1 blue swimmer crab, cut in half and claws cracked

500g mussels, cleaned

500g squid rings

500g green King prawns, peeled with tails intact

250g scallops

1 tablespoon oil

2 cloves garlic, peeled and crushed

2cm piece ginger, peeled and finely grated

3 onions, peeled and sliced

$\frac{1}{2}$  cup water

1 cup dry white wine

2 x 425g can tomatoes, undrained

4 tablespoons tomato paste

2 tablespoons Worcestershire sauce

1 tablespoon sugar

$\frac{1}{2}$  teaspoon chilli powder or 1 chilli, finely chopped (reduce quantity if desired)

4 tablespoons chopped parsley

1. Prepare seafood
2. Heat oil in a frypan. Add garlic, ginger, onions and lightly saute until onion is tender.
3. Place onion mixture, seafood and remaining ingredients except parsley into the Slow Cooker.
4. Cover and cook on Low for 4 - 5 hours or on High for 2 - 3 hours.
5. Serve sprinkled with parsley and crusty bread.

# Recipes.

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## VEGETABLES

### Curried Scalloped Potatoes Serves 6

4-5 large potatoes, washed (peeled if desired)  
4 rashers bacon, rind removed and finely chopped  
2 medium onions, peeled and finely sliced  
½ cup milk  
½ cup sour cream } combined  
1 teaspoon curry powder  
fresh ground pepper }  
1 cup grated tasty cheese

1. Grease base and sides of the Crock-Insert.
2. Place alternate layers of potato, a sprinkle of bacon, onion rings, combined milk, sour cream, curry powder and fresh ground pepper into the Slow Cooker.
3. Cover and cook on Low for 6 - 8 hours or on High for 4 - 5 hours.
4. Sprinkle with cheese during the last ½ hour of cooking.

### Ratatouille Serves 4-6

2 medium eggplants, sliced 1cm thick  
salt  
2 onions, peeled and cut into wedges  
2 cloves garlic, peeled and crushed  
3 medium zucchini, sliced  
4 large ripe tomatoes, peeled and sliced  
2 green capsicum, seeds removed and sliced  
1 teaspoon basil  
1 teaspoon oregano  
1 teaspoon thyme

1. Sprinkle eggplant with a little salt. Leave a few minutes then pat dry with paper towel.
2. Heat a little oil in a frypan. Saute onion, garlic and egg plant until the onion is just tender.
3. Place the onion and eggplant into the Slow Cooker. Add remaining ingredients.
4. Cover and cook on Low for 6 - 8 hours or on High for 4 - 5 hours.

### Fresh Corn on the Cob

1. Remove outer husks and silks.
2. Cut to fit in the Slow Cooker if necessary.
3. Cover with water. Cover and cook on High for 3 - 4 hours. Drain. Serve with butter, chopped ham and fresh ground pepper if desired.

**Frozen Corn:** Cover with water and cook on High for 4 - 5 hours.

### Baked Potatoes

1. Scrub potatoes clean. Brush each potato with melted butter and sprinkle very lightly with salt.
2. Cover and cook on High for 6 - 7 hours, or until tender.

### Zucchini and Tomato Casserole Serves 6

4 large tomatoes, chopped  
4 large zucchinis, sliced  
3 medium onions, peeled and sliced  
2 tablespoons tomato paste  
2 teaspoons Worcestershire sauce  
2 teaspoons mixed herbs  
2 teaspoons brown sugar  
fresh ground pepper to taste

1. Place all ingredients into the Slow Cooker and stir to combine.
2. Cover and cook on Low for 8 - 9 hours or on High for 4 - 5 hours. Serve with steak.

# Recipes.

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## CAKES

The Slow Cooker bakes deliciously moist cakes.

### Hints:

- Ring tins are best used, as they cook quicker and more evenly.
- Results are not as brown or crisp as baked in a conventional oven.

Cakes are best baked on a small wire rack. This elevates the cake to allow better heat circulation.

### Apple Tea Cake

*125g butter or margarine*

*¾ cup caster sugar*

*1 teaspoon vanilla essence*

*2 eggs*

*2 cups self raising flour*

*pinch salt*

*½ cup milk*

*1 Granny Smith apple, peeled, cored and sliced*

*cinnamon*

*brown sugar*

1. Pre-heat the Slow Cooker on High for 15 minutes. Grease and line an 18cm round or ring cake tin.
2. Using a food processor or mixer, cream butter and sugar with vanilla essence until light and creamy. Gradually add eggs.
3. Fold in flour alternatively with the milk. Place into prepared tin and arrange apple slices on top of batter. Sprinkle with cinnamon and sugar.
4. Place into the Slow Cooker elevated on a wire rack. Cover and cook on High for 3 - 3½ hours or until cooked through.

### Dundee Cake

*250g butter or margarine*

*¾ cup caster sugar*

*grated rind of two oranges*

*5 eggs*

*2½ cups plain flour*

*1 teaspoon baking powder*

*¼ teaspoon salt*

*½ cup almonds, roughly chopped*

*¾ cup sultanas*

*¾ cup currants*

*¼ cup cherries, halved*

*¼ cup orange juice*

*extra whole almonds*

1. Pre-heat the Slow Cooker on High for 15 minutes. Grease an 18cm round cake tin and line with two thicknesses of greaseproof paper.
2. Using a food processor or mixer, cream butter and sugar with the orange rind until light and creamy. Gradually add eggs.
3. Combine flour, baking powder and fruit and add to creamed mixture alternatively with the orange juice.
4. Place into prepared tin and decorate the top with whole almonds.
5. Place into the Slow Cooker elevated on a wire rack. Cover and cook on High for 4 - 5 hours.

# Recipes.

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## **Melt'n'Mix Chocolate Cake**

*1½ cups self raising flour*

*¼ cup cocoa*

*1 cup caster sugar*

*125g butter, melted*

*2 eggs*

*1 teaspoon vanilla essence*

*½ cup milk*

1. Pre-heat the Slow Cooker on High for 15 minutes. Grease and line base of an 18cm round or ring cake tin.
2. Using a food processor or mixer, combine flour, cocoa and sugar. Add butter and mix until combined.
3. Add eggs, vanilla and milk. Mix until smooth. Do not over mix. Place into prepared tin.
4. Place tin into the Slow Cooker elevated on a wire rack.
5. Cover and cook on High for 3 - 4 hours, or until cooked through. Cool before icing as desired.

## **Walnut Yoghurt Cake**

*125g butter*

*1 cup caster sugar*

*3 eggs*

*2 cups self raising flour*

*¼ cup lemon juice*

*1 x 200g carton plain yoghurt*

*1 cup chopped walnuts*

*grated rind of 1 lemon*

1. Pre-heat the Slow Cooker on High for approximately 20 minutes. Grease and line base of an 18cm round or ring cake tin.
2. Using a food processor or mixer, cream butter and sugar until light and creamy.
3. Add eggs, one at a time, mixing until just combined.
4. Add flour, lemon juice, yoghurt, walnuts and lemon rind. Mix until just combined. Place into prepared tin.

5. Place tin into the Slow Cooker, elevated on a wire rack.
6. Cover and cook on High for 3 - 4 hours, or until cooked through. Cool before icing as desired.

## **Lemon Coconut Cake**

*125g butter*

*1 cup caster sugar*

*2 eggs*

*grated rind of 1 lemon*

*½ cup coconut*

*1¾ cups self raising flour*

*1 cup milk*

1. Pre-heat the Slow Cooker on High for 15 minutes. Grease and line base of an 18cm round or ring cake tin.
2. Using a food processor or mixer, cream butter and sugar until light and creamy.
3. Add eggs and lemon rind, and mix until combined.
4. Add coconut, flour and milk. Mix until just combined. Place into prepared tin.
5. Place tin into the Slow Cooker elevated on a wire rack.
6. Cover and cook on High for 3 - 4 hours or until cooked through. Cool before icing as desired.

# Recipes.

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## DESSERTS

### Apple Crumble

4 cups fresh breadcrumbs

$\frac{1}{2}$  cup melted butter

$\frac{1}{2}$  teaspoon cinnamon

$\frac{1}{4}$  teaspoon nutmeg

$\frac{3}{4}$  cup brown sugar

5 Granny Smith apples, peeled and sliced

1. Mix breadcrumbs with butter, cinnamon, nutmeg and brown sugar.
2. Arrange in alternate layers with apple in the Slow Cooker. Cover and cook on High for 3 - 4 hours, or until apple is tender.
3. Serve warm, with cream or ice cream.

### Baked Apples

5 Granny Smith apples, peeled and cored  $\frac{2}{3}$  of the way through

$\frac{1}{2}$  cup raisins

1 cup brown sugar

1 cup boiling water

2 tablespoons butter or margarine

$\frac{1}{2}$  teaspoon ground cinnamon

$\frac{1}{4}$  teaspoon ground nutmeg

1. Fill apple centres with raisins. Place apples into the Slow Cooker.
2. Combine sugar, water, butter, cinnamon and nutmeg. Pour over apples. Cover and cook on Low for 4 - 6 hours, depending on the size of the apples.
3. Serve warm with whipped cream or ice cream.

### Baked Custard

3 eggs

2 tablespoons sugar

2 cups milk

$\frac{1}{2}$  teaspoon vanilla

nutmeg

1. Beat eggs and sugar, add remaining ingredients.
2. Place into a greased heat proof dish (select a dish that will fit into the Slow Cooker).
3. Cover custard with foil and place into the Slow Cooker. Pour 1 cup of water into the Slow Cooker. Cover and cook on Low for 8 - 10 hours.
4. Serve warm or cold.

### Poached Pears in Red Wine

2 cups dry red wine

1 cup sugar

6 - 8 medium pears, peeled

4 thick strips lemon rind

1. Place wine and sugar into the Slow Cooker. Cover and cook on High until sugar is dissolved.
2. Place pears into the Slow Cooker, turning to coat well with sugar syrup. Add lemon peel. Cover and cook on Low for 5 - 6 hours, or on High for 3 - 4 hours, turning occasionally to coat.
3. To Serve: Remove pears from the Slow Cooker and place onto a serving plate. Pour syrup over pears. Serve with whipped cream if desired.

# Recipes.

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## Rice Custard

*1/2 cup cooked rice*  
*3 eggs*  
*3 tablespoons sugar*  
*3 cups milk*  
*1/2 teaspoon vanilla*  
*30g butter*  
*nutmeg*  
*1/2 cup raisins*

1. Place rice into a greased heat-proof dish that will fit into the Slow Cooker.
2. Beat eggs and sugar, add remaining ingredients and add to the rice. Cover bowl with foil and place into the Slow Cooker.
3. Pour 1 cup water into the Slow Cooker. Cover and cook on Low for 8 - 9 hours or on High for 4 - 6 hours.
4. Serve warm with cream or ice cream.

## Spiced Rhubarb

*750g rhubarb, cut into 2cm pieces*  
*3/4 cup sugar*  
*1/4 teaspoon cinnamon*  
*3 whole cloves*  
*1 teaspoon grated orange or lemon rind*

1. Combine rhubarb, sugar, cinnamon, cloves and rind in the Slow Cooker. Cover and cook on Low for 4 - 6 hours.
2. Serve hot with whipped cream or ice cream.

## Steamed Christmas Pudding

*1kg mixed fruit*  
*1 cup brown sugar, firmly packed*  
*185g butter or margarine*  
*1/2 cup water*  
*2 tablespoons sherry*  
*1 tablespoon bi-carbonate of soda*  
*3 eggs, lightly beaten*  
*1 cup plain flour*  
*1 cup self raising flour*  
*1 teaspoon mixed spice*

1. In a saucepan, combine mixed fruit, brown sugar, butter, water and sherry. Heat until butter is melted and mixture begins to boil.
2. Remove from the heat, add bi-carbonate of soda and allow to cool completely.
3. Grease and line base of a 10 cup pudding bowl.
4. Add eggs to the cooked mixture and mix until well combined. Fold through flour and spices.
5. Pour mixture into the prepared bowl, cover with a double layer of foil and tie firmly with string to form a good seal.
6. Place into the Slow Cooker. Pour in sufficient water to come two thirds of the way up the sides of the pudding bowl. Cover and cook on High for 7 - 9 hours.
7. To Serve: Re-heat pudding on High for 2 - 3 hours prior to serving and accompany with whipped cream or hard sauce.

# Recipes.

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## EXTRAS

### Rice

The Slow Cooker will prepare up to 3 cups (250ml) of uncooked rice.

To every cup (250ml) of rice, use 2 cups of water.

1. Wash rice thoroughly.
2. Place rice and water in the Slow Cooker and cook on Low for 7 - 8 hours or on High for 4 - 5 hours. Stir once during cooking.

**Note:** For best results par boiled rice should be used.

### Variations

Rice can be cooked with stock or wine in place of water.

Add some lightly sauteed onion and bacon, or finely chopped capsicum for added flavour. To make Turmeric rice, (yellow rice) add 1 teaspoon Turmeric for every 2 cups of rice.

### Porridge

*1 cup of rolled oats*

*2 cups cold water*

*pinch salt (optional)*

1. Lightly grease the Crock-Insert with butter.
2. Place all ingredients into the Slow Cooker.
3. Cook on Low for 7 - 9 hours or overnight.
4. Stir well before serving.

Serve with cream or milk and a sprinkle of brown sugar

**Quick Cooking Oats:** Cook on Low for 4 - 6 hours or on High for 2 - 3½ hours.