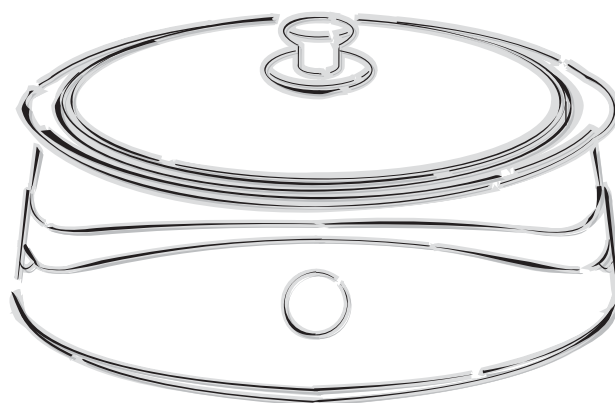


instructions



Slow Cooker

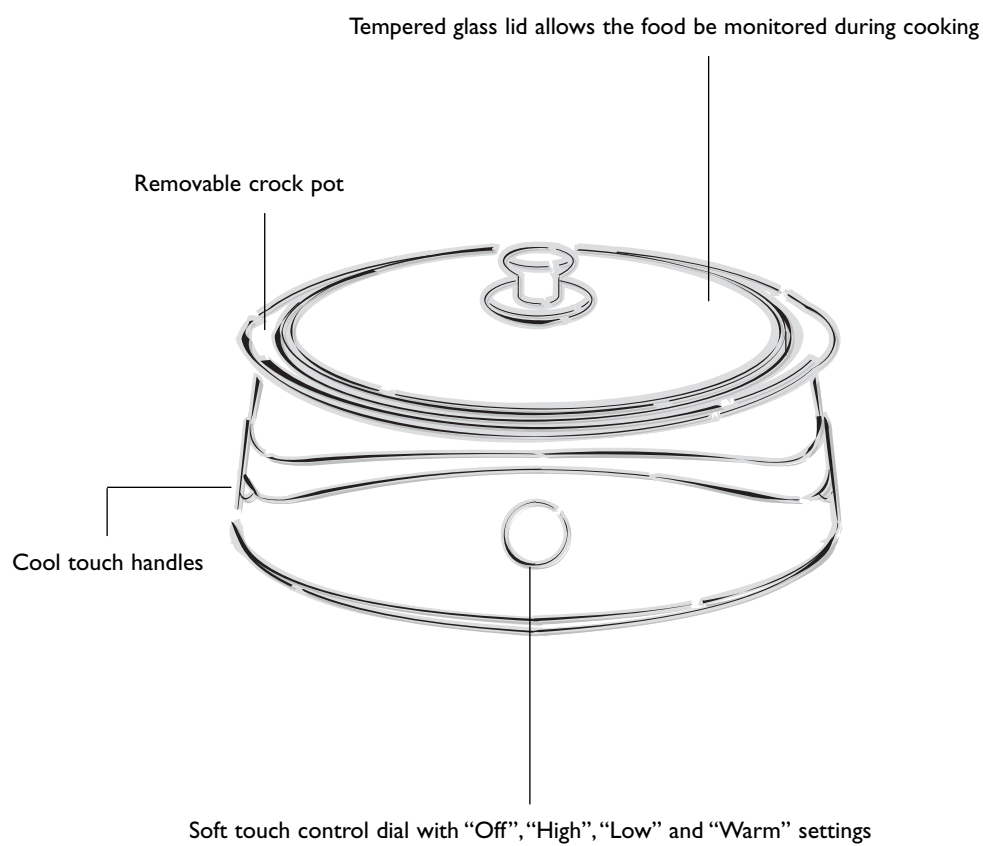
CKS400



Living innovation

Description of appliance

The following terms are used throughout the instruction manual



Thank you for choosing this De'Longhi appliance. To get the best results it is advisable to read these instructions before using the appliance. This is the only way to ensure optimum results and maximum safety.

Before using the Slow cooker for the first time

Remove all labels and wash the crock pot and glass lid in hot soapy water, rinse thoroughly and dry.

Do not immerse the slow cooker base in water.

Important

- Always use the appliance on a dry, level surface.
- Do not operate without food and liquid in the crock pot.
- Do not operate without the crock pot positioned in the plastic housing.
- Always place the glass lid in position on the crock pot during use unless the recipe advises differently.
- Do not place the removable crock pot when hot on any surface that may be affected by heat.
- **The suggested maximum quantity to be used is 3.0 litre.**
- **The minimum quantity of liquid to be used is 1 litre.**

Using your Slow cooker

1. Before placing the removable crock pot in the plastic housing, ensure that its exterior is clean. This will ensure proper contact with the inner cooking surface.
2. Place the prepared food into the crock pot, ensuring that denser foods are spread evenly across the bottom of the pot and not heaped to one side.
3. Place the glass lid into position.
4. With the temperature control dial turned to the Off position, plug the appliance into a 230/240V power outlet.
5. Set the temperature control dial to the desired setting, or as recommended in the recipe section.
6. When cooking is complete, turn the temperature control dial to the Off position, and then unplug.

Always lift and remove the glass lid carefully and angled away from yourself to avoid scalding from escaping steam.

Using the temperature control settings

Low setting

The Low setting gently simmers food for an extended period of time without overcooking or burning. 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. When cooking with this setting, some foods may boil; if so, extra liquid may need to be added.

Occasional stirring of stews and casseroles will improve flavour distribution.

Warm setting

The 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 Low or High setting. It is not recommended to keep food on the Warm setting for more than 4 hours.

A beginner's guide to slow cooking

In years gone by, food cooked in large pots and allowed to simmer for hours was full of flavour, moist and tender. The Slow cooker is designed to produce these same results, whilst leaving you the time to do other things, making it perfect for today's busy lifestyles. Here is a guide to help simplify the process of slow cooking, allowing you to obtain maximum satisfaction from your Slow cooker.

Timing

Always allow sufficient time for the food to cook. It is almost impossible to overcook in the Slow cooker, particularly when using the Low setting.

Most of the recipes contained within this book can be cooked on the High or Low 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 in power may slightly effect the cooking times in the Slow cooker.

Adapting cooking times

Your favourite traditional recipes can be adapted easily by halving the amount of liquid and increasing the cooking time considerably. The following is a guide to adjusting your favourite recipes.

Note: These times are approximate. They can vary depending on ingredients and quantities in recipes.

Traditional recipe time	Slow cooker recipe time
13-30 minutes	4-6 hours on Low setting
60 minutes	6-8 hours on Low setting
1-3 hours	8-12 hours on Low setting

Adapting liquid amounts

When food is cooking in your Slow cooker, most moisture is retained. It is recommended to put less liquids than used in traditional recipes.

However, after cooking if the liquid content is excessive, remove the lid and operate the 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 setting ensures 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 from the fat.

For casserole-type recipes, cut the meat into cubes, approximately 2.5cm to 3cm.

Slow cooking allows less tender cuts of meats to be used.

Suitable meat cuts for slow cooking

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.

Browning before slow cooking

Pre-browning meat and poultry, prior to slow cooking, seals in the moisture, intensifies the flavour and provides more tender results, whilst producing richer flavours in other food, such as onions, cap-sicums and leeks. Pre-browning may take a little extra time, and whilst not strictly necessary, the rewards are evident in the end results. Use a non-stick pan to reduce the amount of oil required.

Roasting

Roasting meats in the Slow cooker creates tender, flavoursome result 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 a frying pan 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.

Suitable cuts for roasting

Beef	Blade, rump, rib roast, sirloin, fresh silverside, topside.
Lamb	Leg, mid loin, rack, crown roast, shank, shoulder, mini roasts.
Veal	Leg, loin, rack, shoulder/forequarter.
Pork	Loin, neck, leg, remove skin and fat, racks.

Pot roasting

For pot roasting it is necessary to add liquid to cover up to a third of the meat. Meat will not brown during the pot roasting process. For browner results, seal in a frying pan before pot roasting.

Suitable cuts for pot roasting

Beef	Beef topside, blade, silverside roasts, rolled brisket.
Lamb	Forequarter, shank, shoulder
Veal	Shoulder/forequarter
Pork	Loin, neck.

Preparing vegetables

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

When cooking vegetables and meat together, take note that vegetables cook slower than meat; To gain the best results, position the vegetables on the base and sides of the Slow cooker and place the meat on top.

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.

Hints and tips

- Always thaw frozen meat and poultry before cooking
- Trim all visible fat from meat or poultry
- Meat and poultry require at least 6-7 hours of cooking on Low setting
- Ensure that the food or liquid to be cooked fills half or more of the removable crock pot.
- On completion of cooking, if there is too much liquid remove the lid, turn the temperature control dial to the High setting and cook for 30-45 minutes until the liquid reduces.

Do s

- Ensure the removable crock pot is at room temperature when placing into the plastic housing prior to cooking.
- Avoid extreme temperature changes to the crock pot and glass lid. Handle the crock pot and glass lid with care.
- Use oven mitts when lifting the crock pot containing hot liquids.
- Place the removable crock pot onto a heat proof placemat when serving from the crock pot at the table.

Don'ts

- Do not place removable crock pot or glass lid into or under cold water while still hot.
- Do not use the removable crock pot or glass lid if chipped or cracked.
- Do not operate the Slow cooker without the removable crock pot in position.
- Do not place the hot removable crock pot onto a wet surface.
- Do not cook with frozen meats or poultry.

Never

- Place water or liquids into the plastic housing of the Slow cooker.
- Immerse the base, cord or plug of the Slow cooker in water.
- Touch hot surfaces with bare hands, always use the cool touch handles.

Care and cleaning

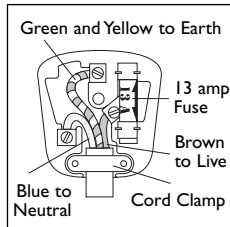
- Before cleaning switch the temperature control dial to Off, switch off the Slow cooker at the power point and then unplug.
- Always allow the unit to cool before cleaning.
- To remove stubborn, cooked-on foods in the removable crock pot, soften by filling with warm, soapy water and allow to soak for 20-30 minutes. Remove by lightly scrubbing with a soft nylon kitchen brush.
- The removable crock pot and glass lid can be washed in hot, soapy water using a mild household detergent. Rinse and dry thoroughly.
- Do not use abrasive cleaners, steel wool, or metal scouring pads as these can damage the surfaces.
- The removable crock pot and glass lid are dishwasher safe, however care should be taken not to chip or crack the crock pot or lid.
- The plastic housing can be wiped over with a soft damp cloth and then dried thoroughly.

Do not immerse plastic housing or power cord in water or any other liquid as this may cause electrocution.

Important safeguards

Read all instructions before operating and save for future reference

- Do not immerse appliance, cord or power plug in water or any other liquid.
- Always use the appliance on a dry, level surface.
- Do not let the cord hang over the edge of a table or bench, touch hot surfaces or become knotted.
- Do not place this appliance on or near a hot gas burner, an electric element or a heated oven. Use the Slow cooker well away from walls.
- Do not touch hot surfaces. Use handles to move Slow cooker and pot holders or oven mitts to remove the removable cooking pot.
- Do not place the removable cooking pot when hot on any surface that may be affected by heat.
- Never plug in or switch on the Slow cooker without having the removable crock pot placed inside the plastic housing.
- Do place food or liquid into stainless steel housing. Only the removable crock pot is designed to contain food or liquid.
- Lift and remove the glass lid carefully and angled away from yourself to avoid scalding from escaping steam. Do not allow water from the lid to drip into the plastic housing, only into the removable crock pot.
- Avoid sudden temperature changes. Do not place frozen or very cold foods into the removable crock pot when it is hot.
- Switch off the appliance when finished by turning the temperature control dial to the Off position, switch off at the power outlet and then unplug. Allow all parts to cool before disassembling for cleaning.
- The appliance is not intended for use by young children or infirm persons without supervision.
- Young children should be supervised to ensure they do not play with the appliance.
- Regularly inspect the power supply cord, plug and actual appliance for any damage. If found damaged in any way, immediately cease use of the appliance and return the entire unit to the nearest authorized Service Centre for examination, replacement or repair.
- Do not use a damaged or cracked removable crock pot. Replace before use.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use outdoors.
- 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 30 mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.



Electrical requirements

Before using this appliance ensure that the voltage indicated on the product corresponds with the main voltage in your home, if you are in any doubt about your supply contact your local electricity company. The flexible mains lead is supplied connected to a B.S. 1363 fused plug having a fuse of 13 amp capacity. Should this plug not fit the socket outlets in your home, it should be cut off and replaced with a suitable plug, following the procedure outlined below.

Note: Such a plug cannot be used for any other appliance and should therefore be properly disposed of and not left where children might find it and plug it into a supply socket - with the obvious consequent danger.

N.B. We recommend the use of good quality plugs and wall sockets that can be switched off when the machine is not in use. important: the wires in the mains lead fitted to this appliance are coloured in accordance with the following code:

green and yellow	earth
blue	neutral
brown	live

As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

The wire which is coloured green and yellow must be connected to the terminal in the plug which is marked with the letter E or by the earth symbol $\perp$ or coloured green or green and yellow.

The wire which is coloured blue must be connected to the terminal which is marked with the letter N or coloured black.

The wire which is coloured brown must be connected to the terminal which is marked with the letter L or coloured red.

When wiring the plug, ensure that all strands of wire are securely retained in each terminal. Do not forget to tighten the mains lead clamp on the plug. If your electricity supply point has only two pin socket outlets, or if you are in doubt, consult a qualified electrician. Should the mains lead ever require replacement, it is essential that this operation be carried out by a qualified electrician and should only be replaced with a flexible cord of the same size.

After replacement of a fuse in the plug, the fuse cover must be refitted. If the fuse cover is lost, the plug must not be used until a replacement cover is obtained. The colour of the correct replacement fuse cover is that of the coloured insert in the base of the fuse recess or elsewhere on the plug. Always state this colour when ordering a replacement fuse cover. Only 13amp replacement fuses which are approved to B.S. 1362 should be fitted.

This appliance conforms to the Norms EN 55014 regarding the suppression of radio interference.

warning - this appliance must be earthed

Recipes

Soups

Minestrone

- 40g butter
- 70g streaky bacon, chopped
- 1 onion, finely chopped
- 1 clove garlic, crushed
- 4 sticks celery, chopped
- 350g potatoes, peeled and cubed
- 3 carrots, peeled and diced
- 3 cabbage leaves, shredded
- 4 tomatoes, skinned and roughly chopped
- 1.50 litres chicken stock
- 2 tbsp tomato puree
- 2 tsp worcestershire sauce
- Salt and freshly ground black pepper
- 2 tbsp parsley, finely chopped
- 75g pasta shells
- 2-3 tbsp parmesan cheese, grated

Melt the butter in a pan and fry bacon and vegetables until soft. Make up stock and add stock, bacon and vegetables to the 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 on the Low setting for approx. 8-12 hours (or on the High setting for approx. 4-6 hours). 45 minutes before serving add the pasta shells and parsley. Adjust the seasoning if necessary and sprinkle with parmesan cheese. Serve with crusty french bread.

Lentil soup

125g smoked bacon, chopped
1 large onion, finely chopped
3 carrots, finely diced
2 sticks of celery, finely sliced
200g orange lentils
400g can of chopped tomatoes
1100ml chicken stock
3 tsp worcestershire sauce
pinch nutmeg
1 bayleaf
1 tsp basil
Salt and freshly ground black pepper
1 tbsp parsley, finely chopped

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 on the Low setting for approx. 8-16 hours (or on the High setting for approx. 4-8 hours). If a smoother consistency is required liquidise the soup after cooling and then reheat the soup in a pan. Sprinkle with parsley and serve with crusty french bread.

Vegetable soup

40g butter
1.50kg mixed vegetables, e.g. potato, onion, carrot, parsnips, celery, leek, tomato
40g flour
1100ml stock
Salt and freshly ground black pepper
2tsp mixed herbs

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 on the Low setting for approx. 12-16 hours (or on the High setting for approx. 6-8 hours). Cool and liquidise the soup and then reheat in a pan on the hob. Thicken it with the flour.

Tomato and herbs

1 medium red onion, roughly chopped
 1 yellow bell pepper seeded and chopped
 1 medium carrot julienned
 1 cup prepared tomato and basil pasta sauce
 280 g package frozen spinach defrosted and drained
 400 g can tomatoes undrained and crushed
 230 g can tomato sauce
 1 shallot minced
 2 cloves garlic minced
 1/2 tsp crushed red pepper
 1 tsp salt
 1/2 tsp freshly ground black pepper
 1/2 tsp sugar
 1/2 tsp ground thyme
 1/2 tsp ground sage
 3 Tbs fresh italian parsley chopped
 1 cup lowfat mozzarella cheese grated
 450 g ziti pasta cooked al dente and drained

Combine all of the ingredients, except for the mozzarella cheese and pasta, in the Slow cooker. Cover: cook on the Low setting for 6 to 8 hours (or on High setting for 3 to 4 hours). For each individual serving, place a serving of the pasta, sprinkled with the mozzarella cheese, in a pasta bowl, and then ladle the pasta sauce over the top. Makes 6 servings: 2 grams of fat per serving.

Poultry

Chicken paprika

4 chicken portions
 30g butter
 50g seasoned flour
 3 large onions, chopped
 4 carrots peeled and sliced
 1 green pepper, de-seeded and chopped
 1 tsp paprika
 1 tsp tomato puree
 500ml chicken stock
 salt and freshly ground black pepper

Clean, wipe and dry chicken, coat in seasoned flour. Using a pan, fry the chicken in the butter until brown all over. Add onions and carrots and fry until soft. Add pepper, paprika, tomato puree, and the remaining flour; stir well. Gradually mix in 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 on the Low setting for approx. 8-14 hours (or on the High setting for approx. 4-7 hours).

Caribbean chicken

2 tbsp vegetable oil
 2 small onion, chopped
 2 sticks celery, chopped
 2 carrots, sliced
 250g mushrooms, sliced
 1 red pepper, de-seeded and sliced
 4 chicken joints, skinned
 200g can sliced peaches
 400g can pineapple chunks
 5 tbsp cornflour
 1 tsp paprika
 1 tbsp soy sauce
 1 tbsp worcestershire sauce
 4 tbsp malt/wine vinegar
 1/2 litre boiling water

Salt and freshly ground black pepper

Fry onions, celery, carrot, mushrooms and pepper in a pan. Add chicken joints and fry until 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 on the Low setting for approx. 10-14 hours (or on the High setting for approx. 5-7 hours).

Chicken in white wine sauce

4 chicken joints, skinned
 30g butter
 1 large onion, finely chopped
 125g mushrooms, sliced
 2 tbsp cornflour
 500ml dry white wine
 1 tsp mixed herbs
 salt and freshly ground black pepper
 2 egg yolks
 5 tbsp double cream

Place the chicken joints and butter in a pan and gently fry until all the juices are sealed in. Add the onion and fry until softened but not browned. Add the mushrooms and cook for a minute on low heat. Blend the cornflour with a little of the wine. Pour the remaining wine into the pot with the blended cornflour, mixed herbs and seasoning. Bring to the boil, stirring continuously until thickened. Transfer all ingredients to the crock pot, place in the base of the slow cooker and place the lid on the slow cooker. Cook on the Low setting for approx. 10-16 hours (or on the High setting for approx. 5-8 hours). Just before serving beat together the egg yolk and cream. Beat in a few tablespoons of hot sauce mix well together. Pour this mixture into the slow crock pot and stir until the sauce thickens.

Chicken and mushroom casserole

6 chicken quarters
40g butter
3 tbsp flour
1 large onions, finely chopped
3 sticks celery, thinly sliced
300g mushrooms, thinly sliced
1 clove of garlic, crushed
375ml chicken stock
salt and freshly ground black pepper
5 tbsp cream (optional)

Toss the chicken in the flour, place in a pan and fry in the butter until golden brown on all sides. Add the onion and celery and gently fry until softened but not browned. Add the mushrooms and garlic and stir in the stock. Bring to the boil and season. Transfer all ingredients to the slow cook pot and place pot in the base unit. Place lid on the slow cooker. Ensure that the chicken and vegetables are immersed. Cook on the Low setting for approx. 10-14 hours (or on the High setting for approx. 5-7 hours). Before serving, stir in the cream.

Fricassee of Turkey

4 turkey portions
1 large onions, finely chopped
30g butter
125g mushrooms, sliced
bouquet garni
sliver of zest of lemon
salt and freshly ground black pepper
400ml stock
2 tbsp cornflour
4 tbsp milk

In a pan gently fry the onions in the butter until softened but not browned. Cube the turkey meat and add to the pan. Add the remaining ingredients, except the milk and cornflour, and bring to the boil. Transfer all the ingredients to the crock pot. Place the crock pot in the slow cooker base unit. Place the lid over the slow cooker. Cook on the Low setting for approx. 8-12 hours (or on the High setting for approx. 4-6 hours). Remove the bouquet garni and lemon half an hour before serving. Pour the liquid into a pan. Blend the cornflour with the milk and pour into the pan. Stir well and leave to thicken.

Meat**New England beef**

1 kg	piece of topside
1	bouquet garni
1 tsp	thyme
1 tsp	black peppercorns
4	shallots
225g	carrots, sliced
100g	swede, diced

Put the beef into a pan and cover with cold water. Add all the remaining ingredients, cover and bring to a simmer. Season well and then transfer all the ingredients to the slow cook pot. Place the crock pot in the slow cooker base. Place the lid over onto the low cooker. Cook on the Low setting for approx. 10-14 hours (or on the High setting for approx. 5-7 hours). Take the beef out of the slow cooker with a slotted spoon and allow to cool for 10 minutes. The cooking liquid can be used as a base to make gravy. Cut the beef into slices and spoon a little of the cooking liquid over. Serve with vegetables and garnish with fresh parsley.

IMPORTANT: When buying a joint of meat, make sure that it will fit 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.

Beef stew

50g	lard
2	onions, finely chopped
350g	carrots, thinly sliced
450g	potatoes, thinly sliced
2	sticks celery, thinly sliced
1	tablespoon flour
700g	stewing beef, cubed
1	teaspoon tomato purée
1	litre beef stock

In a large saucepan gently fry the vegetables in half the lard until brown. Using a slotted spoon transfer the vegetables to the Slow cooker. Toss the meat in the flour. Add the remaining fat to the saucepan and brown the meat on all sides. Add all the remaining ingredients and bring to the boil, stirring continuously. Transfer to the Slow cooker and cook on the Low setting for approx. 8 hours (or on the High setting for approx. 4 hours). Before serving stir well to mix the meat and vegetables.

Note: If you wish to prepare this recipe without pre-browning put the vegetables at the bottom of the Slow cooker to ensure thorough cooking.

Steak and kidney ragout

700g	stewing steak
200g	kidney
2 tbsp	flour
2	large onions, quartered
600ml	hot beef stock
200ml	red wine
3 tbsp	tomato puree
1 1/2 tsp	worcestershire sauce
125g	button mushrooms

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 on the Low setting for approx. 10-14 hours (or on the High setting for approx. 5-7 hours). Add the button mushrooms one hour before serving. This recipe can be used as a base for steak and kidney pie.

Chicken Curry

3 tbsp	Vegetable oil
3	cooking apple, peeled, cored and sliced
3	large onions, chopped
5	chicken portions
3 tsp	curry powder
3 tbsp	plain flour
500ml	chicken stock
Salt and freshly ground black pepper	
3 tbsp	mango chutney
80g	sultanas
200g	tin tomatoes, chopped
2 tbsp	lemon juice

Fry the apple and onion in a pan until soft. Coat the chicken 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 on the Low setting for approx. 8-14 hours (or on the High setting for approx. 4-7 hours). At the end of the cooking time it may be necessary to thicken the sauce.

Paprika beef

700g stewing steak
 30g seasoned flour
 2 large onions, chopped
 1 clove of garlic, crushed
 30g 7 cooking fat
 500g tomatoes
 400ml brown stock
 1½ tsp paprika
 1½ tbsp tomato puree
 2 bay leaves
 1½ tsp mixed herbs

Salt and freshly ground black pepper

Cut the meat into cubes and toss in seasoned flour. In a pan fry onions and garlic until softened, then add the meat and continue to fry until the meat is slightly browned. Skin and chop tomatoes finely, add to meat with the stock, (blended with the paprika) tomato puree, bay leaves and mixed herbs. Season to taste and bring to a simmer. Transfer all ingredients to the crock pot and place pot in the base unit. Cover with the lid. Cook on the Low setting for approx. 10-16 hours (or on the High setting for approx. 5-8 hours). Before serving remove the bay leaves and thicken the sauce if necessary.

Beef in red wine

2 tbsp oil
 1 large onions, chopped
 700g stewing beef, cubed
 8 black olives
 1 clove garlic, crushed (optional)
 5 tomatoes skinned, de-seeded and roughly chopped
 125g mushrooms
 400ml dry red wine

Salt and freshly ground black pepper

1 leaf

Freshly chopped parsley

In a pan gently fry the onion in the oil until softened. Add the beef and brown on all sides. Add all the remaining ingredients except the parsley and bring to a simmer. Transfer all the ingredients into the crock pot and place the pot into the slow cooker base. Place the lid into the slow cooker. Cook on the Low setting for approx. 8-16 hours (or on the High setting for approx. 4-8 hours). Before serving remove the bay leaf and sprinkle with parsley.

Hungarian Goulash

500g stewing steak, cut into cubes
 30g seasoned flour
 3 tbsp vegetable oil
 1 large onions, finely chopped
 1 green pepper, de-seeded and chopped
 2 carrot, peeled and chopped
 1 sticks celery chopped
 1tsp paprika
 3 tbsp tomato puree
 pinch of grated nutmeg
 3 tsp mixed herbs
 Salt and freshly ground black pepper
 200ml beef stock
 200g can of tomatoes, roughly chopped
 200ml red wine (optional)
 3 tsp worcestershire sauce

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 on the Low setting for approx. 10-14 hours (or on the High setting for approx. 5-7 hours)

Chilli con carne

3 tbsp vegetable oil
 3 large onions, chopped
 3 cloves garlic, crushed
 1 green pepper de-seeded and chopped
 700g minced beef
 400g can of tomatoes, chopped
 2 tsp chilli powder
 2 tbsp 4flour
 2 tsp brown sugar
 5 tbsp tomato puree
 Salt and freshly ground black pepper
 425g can red kidney beans, drained

Fry onions, garlic and pepper in a pan until soft. Add minced beef and fry until lightly browned. Blend together chilli powder, flour, brown sugar and tomato puree. Stir in tomatoes, chilli paste and seasoning. Transfer all ingredients to the crock pot and place pot in slow cooker base. Place lid on the slow cooker. Cook on the Low setting for approx. 6-14 hours (or on the High setting for approx. 3-7 hours) One hour before serving add the kidney beans. Serve with boiled rice or baked potatoes.

Bolognese sauce

1 kg minced beef
 1 large onions, finely chopped
 4 sticks celery, thinly sliced
 2 cloves garlic, crushed
 5 tbsp tomato puree
 2 tbsp flour
 400g can of tomatoes including juice
 400ml beef stock
 150g mushrooms, sliced
 2 tsp mixed herbs
 Salt and freshly ground black pepper

In a pan gently brown the mince without adding any fat or oil. When the fat has started to run from the meat add the onion, celery and garlic. Fry for a couple of minutes and then add the tomato puree. Blend some of the tomato juice with 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 on the Low setting for approx. 6-16 hours (or on the High setting for approx. 3-8 hours). (Note: a slight 'crust' of brown meat may appear on the top. It soon disappears if stirred into the sauce).

Pork goulash

2 tbsp oil
 1 onion, finely chopped
 4 tbsp flour
 1½ tsp paprika
 Salt and freshly ground black pepper
 750g stewing pork, cubed
 1 red pepper de-seeded and diced
 1 tsp oregano
 3 tbsp tomato puree
 450ml stock
 1 small carton of soured cream or yoghurt

In a pan gently fry onion in the oil until soft. Blend together the flour, paprika, salt and pepper. Toss the pork in the seasoned flour and add to the pan, fry until brown on all sides. Add red pepper, oregano, puree and stock. Bring to the boil, stirring continuously until thickened. Transfer all the ingredients to the crock pot and place into the slow cooker base. Place the lid on the pot and cook on the Low setting for approx. 8-16 hours (or on the High setting for approx. 4-8 hours). Just before serving swirl the cream or yoghurt into the goulash.

Oriental honeyed pork

550g	pork fillet
4 tbsp	seasoned cornflour
4 tbsp	corn oil
1	onion, chopped
1	cloves garlic, crushed
1	green peppers, de-seeded and chopped
400g	pineapple chunks, drained (reserve juice)
6	mushrooms, sliced
4	ripe tomatoes quartered

SAUCE

600ml	chicken stock
4 tbsp	honey
2 tbsp	soy sauce
4 tbsp	cornflour

pineapple juice (reserved from chunks)

Cut pork into cubes and toss in seasoned cornflour. Heat oil in a pan and fry garlic and onion. Add pork and 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 on the Low setting for approx. 10-16 hours (or on the High setting for approx. 5-8 hours). Serve with rice and fresh green vegetables.

Pork and pineapple curry

1.25kg	lean pork, cubed
50g	flour
1 tsp	salt
3 tbsp	oil
1	large onions, chopped
1 1/2 tsp	curry powder
1 1/2 tsp	paprika
400ml	chicken stock
2 tbsp	mango chutney
2 tsp	worcester sauce
225g	can pineapple cubes, with juice
2	bay leaves

Toss the pork in the flour and salt. In a pan heat the oil and brown the meat. Add the onions and fry until soft. Stir in the curry powder and paprika. Stir well and cook for a few minutes. Add remaining ingredients, bring to a simmer and transfer to the crock pot. Place crock pot into the base unit. Cook on the Low setting for approx. 8-14 hours (or on the High setting for approx. 4-7 hours). Remove bay leaves before serving.

Boiled ham

2.5 litre up to 1 kg. Gammon joint

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 on the Low setting for approx. 10-14 hours (or on the High setting for approx. 5-7 hours). Drain and cool slightly before removing the skin. Allow to cool. Wrap tightly in kitchen foil. Place in the refrigerator until well chilled. Coat fat with toasted breadcrumbs before serving.

IMPORTANT

When buying a joint of meat, make sure that it will fit the size of the slow 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

4	lamb chops
2 large	onions, sliced
1 1/2 tsp	mixed herbs
1	large parsnip
550g	carrots, thickly sliced
750g	potatoes, quartered
750ml	hot vegetable stock
2	leeks, sliced

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 on the Low setting for approx. 10-16 hours (or on the High setting for approx. 5-8 hours).

Lamb with lentils

425g carrots, sliced
125g parsnips, sliced
1 cloves garlic, crushed
1 bay leaf
125g orange lentils, soaked for 1 hour
salt and freshly ground black pepper
200ml red wine
750g lamb leg fillet cubed
3 tbsp soy sauce
200g button mushrooms
parsley sprigs to garnish

Place the carrots, parsnips, garlic, bay leaf and drained lentils in the 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 on the Low setting for approx 12-16 hours (or on the High setting for approx. 6-8 hours). Add the mushrooms for the last 30 minutes. Discard the bay leaf. Garnish with parsley and serve with a crisp green salad.

Sausage Pot

2 tbsp oil
750g sausage
1 large onions, finely chopped
3 carrots, thinly sliced
2 leek, sliced
3 tbsp flour
400ml beef stock
3 tbsp chutney
2 tbsp worcestershire sauce
Salt and freshly ground black pepper

In a pan quickly brown the sausages on all sides in the oil. Add the onions, carrots and leeks and gently saute until softened, but not browned. Stir in the flour and cook on a 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 crock pot and place into the slow cooker base. Cover with the lid and cook on the Low setting for approx. 10-16 hours (or on the High setting for approx. 5-8 hours). If the sausages contain a lot of fat, any excess can be removed from the surface of the finished dish with kitchen paper.

Vegetarian curry

3 tbsp cooking oil
2 large onions, chopped
1 cloves garlic, crushed
3 tsp curry powder
275g lentils
200ml white stock
2 tsp lemon juice
Salt and freshly ground black pepper
3 carrots, diced
2 apple, peeled, cored and chopped
50g sultanas

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 on the Low setting for approx. 10-16 hours (or on the High setting for approx. 5-8 hours).. Ensure that the vegetables are immersed during cooking.

Dessert**Rice pudding**

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

Butter the inside of the slow crock pot. Add all ingredients and stir. Place crock pot into slow cooker base and cover with the lid. Cook on the Low setting for approx. 6-8 hours (or on the High setting for approx. 3-4 hours).

Fruit compote

275g dried mixed fruit, such as apples, prunes, pears, apricots and peaches.
30g sultanas
30g raisins
20g flaked almonds
3 tbsp caster sugar
625ml water
3 tbsp cointreau

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 on the Low setting for approx. 10-14 hours (or on the High setting for approx. 5-7 hours). Transfer the fruit to a serving dish and allow to cool. Cool the fruit first before putting into a cut-glass dish. Stir in the cointreau and serve chilled.

