

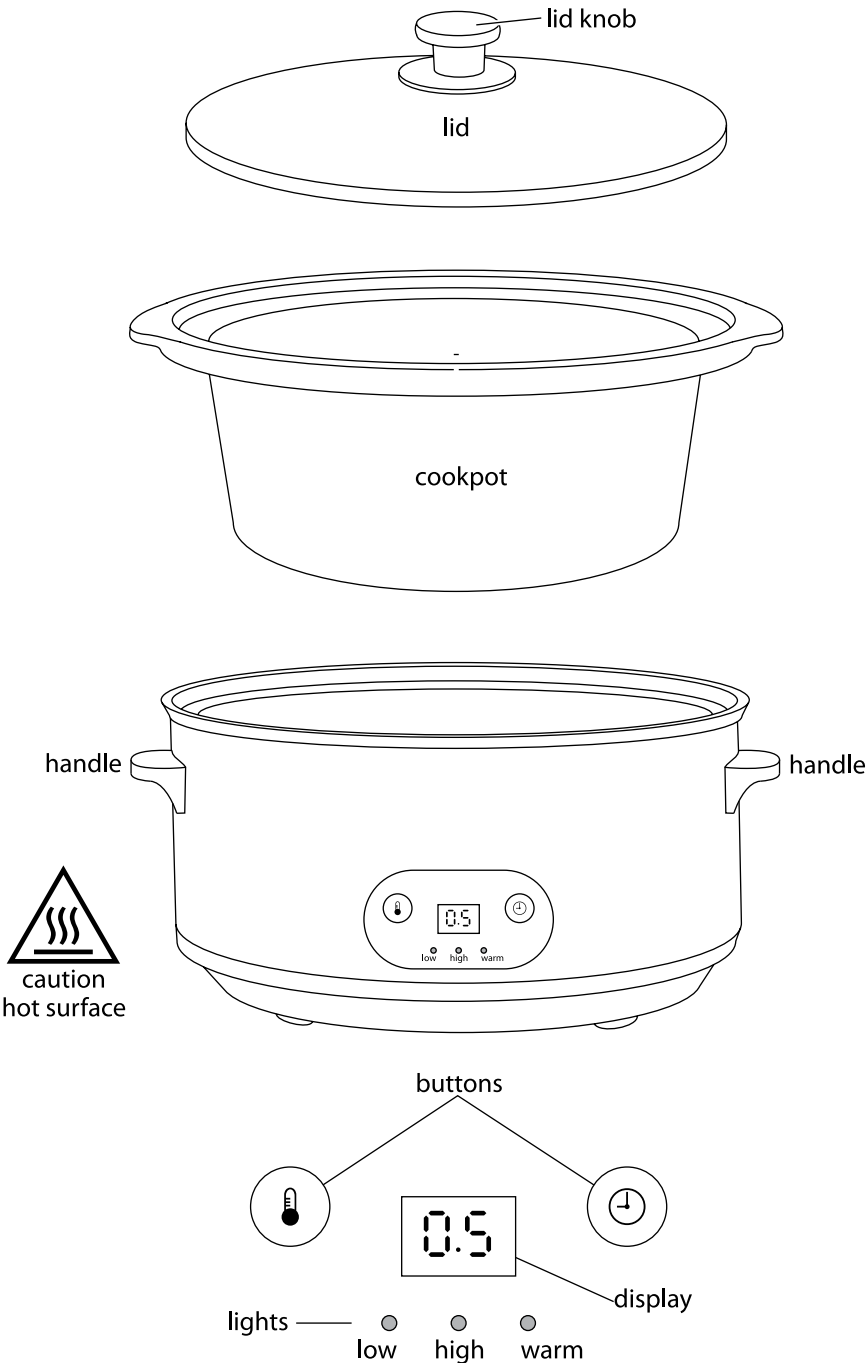


# Russell Hobbs



instructions

Read the instructions, keep them safe, pass them on if you pass the slow cooker on. Remove all packaging, but keep it in case you ever need to return the slow cooker.



## important safeguards

- 1 The slow cooker must only be used by or under the supervision of a responsible adult. Use and store it out of reach of children.
- 2 Don't put the slow cooker in liquid, don't use it in a bathroom, near a source of water, or outdoors.
- 3 Don't cook on **low** without first preheating the cookpot, in the slow cooker, on **high** for at least 18 minutes.
- 4 Don't cook on **warm** – it must only be used for keeping food warm after cooking.
- 5 Don't use the slow cooker to re-heat food.
- 6 You must boil dried beans (e.g. red kidney beans) for at least 10 minutes before adding them to the slow cooker. They're poisonous if eaten raw or undercooked.
- 7 Don't touch hot surfaces (including the outside of the slow cooker). Use the handles and lid knob, and wear oven gloves.
- 8 Keep clear of steam issuing from the edge of the lid.
- 9 Don't touch internal surfaces till the slow cooker has cooled down fully.
- 10 Sit the slow cooker on a stable, level, heat-resistant surface.
- 11 Leave a clear space of at least 5cm (2 inches) all round it.
- 12 Route the cable so it doesn't overhang, and can't be caught or tripped over.
- 13 Unplug the slow cooker when not in use, before moving, and before cleaning. Let it cool down fully before cleaning or storing away.
- 14 Don't try to cook in the slow cooker without using the cookpot.
- 15 Don't cover the slow cooker or put anything on top of it while in use.
- 16 Don't use the slow cooker near or below curtains or other combustible materials.
- 17 Keep the cable, slow cooker, and cookpot away from hotplates, hobs and burners.
- 18 Don't put a hot cookpot on a cold surface, or in cold water – it may crack.
- 19 Don't put cold water in a hot cookpot, or hot water in a cold cookpot – it may crack.
- 20 Don't use the cookpot with any appliance other than the slow cooker.
- 21 Don't use accessories or attachments other than those we supply.
- 22 Don't use the slow cooker for any purpose other than that described in these instructions.
- 23 Don't connect the slow cooker to an external timer or remote control system.
- 24 Don't use the slow cooker if it's damaged or malfunctions.
- 25 If the cable is damaged, return the slow cooker, to avoid hazard.



## household use only

### before using for the first time

Remove all packaging and clean the slow cooker, to remove manufacturing dust, etc.

### the benefits of slow cooking

- |                    |   |
|--------------------|---|
| <b>health</b>      | The gentle cooking action reduces damage to vitamins and retains more of the nutrients and flavours.  |
| <b>economy</b>     | Long, slow cooking can tenderise the cheaper, tougher cuts of meat, and uses about a quarter of the power of the small ring on the average hob.                               |
| <b>convenience</b> | Prepare the ingredients the night before, put them in the slow cooker in the morning, before you leave for work, and have a delicious meal waiting for you when you get home. |

## cooking modes

The slow cooker has three cooking modes:

- low** for traditional “slow cooking”. You must preheat the cookpot, in the slow cooker, on **high** for at least 18 minutes before cooking at **low**.
- high** for “fast cooking”, using the slow cooker as an electric stewpot. Keep an eye on it, to make sure that the food doesn’t dry out. If it looks like drying out, **add hot water**, not cold water – you might crack the cookpot.
- warm** for keeping food warm – but only after it has been cooked to readiness in the slow cooker.

**caution** Don’t use the **warm** setting to heat food up – you won’t kill the bugs.

## general

- 1 Thaw frozen food completely before adding it to the cookpot.
- 2 Brown the meat and sauté the vegetables in a pan, not in the cookpot.
- 3 Don’t use the cookpot for cooking anywhere other than inside the slow cooker.
- 4 Don’t cook on the **low** setting without first preheating the cookpot, in the slow cooker, on the **high** setting for at least 18 minutes.
- 5 Soak dried peas and beans for 8 hours (or overnight) before cooking, to soften them.



**warning** boil dried beans (e.g. red kidney beans) for at least 10 minutes before adding to the slow cooker. They’re poisonous if eaten raw or undercooked.








- 6 You don’t need to soak lentils overnight.
- 7 Store ingredients prepared beforehand (e.g. the night before) in containers in the fridge. Don’t put the slow cooker or the cookpot into the fridge.
- 8 Root vegetables, tubers, and bulbs (carrots, potatoes, onions) take much longer to cook than meat, so cut them down to about 5mm (¼ inch) thick slices, sticks or dice, and sauté them gently for 2-3 minutes before adding to the cookpot.
- 9 All vegetables (including dried veg) must be immersed in the cooking liquid.
- 10 When cooking with rice, use at least 150ml (¼pt) of cooking liquid for each 100g (4oz) of rice. We’ve found that “easy-cook” rice gives the best results.
- 11 Pasta isn’t suitable for slow cooking, it becomes too soft. If your recipe requires pasta, it should be stirred in 30-40 minutes before the end of the cooking time.

## preparation


- 12 Set the slow cooker before you leave for work – come home to a fully cooked meal.
- 13 The slow cooker will cook for up to 10 hours, then keep warm for another 10 hours, so time shouldn’t be a problem.
- 14 Sit the slow cooker on a stable, level, heat-resistant surface.
- 15 Put the plug into a wall socket (switch the socket on, if it’s switchable).
- 16 The display and lights will flash, then the lights will go out, and the display will settle at two flashing dashes “– –”.

## preheat




- 17 Put the cookpot into the slow cooker, and fit the lid.
- 18 Press and release the  button
  - a) the **low** light will glow
  - b)  (hours) will flash on the display

- 19 Press and release the  button again
  - a) the **low** light will go out
  - b) the **high** light will glow
  - b)  (hours) will flash on the display
- 20 Press and release the  button till the display shows 
  - a) the display increases in  hour jumps, till it reaches . then it changes to 0,5
  - b) holding the button down will “fast forward” the display
- 21 Leave the slow cooker to preheat for at least 18 minutes – till the display counts down to 
- 22 Meantime, brown the meat and sauté the vegetables in a pan.
- 23 Boil the cooking liquid in a pan. If you use a tinned cooking sauce, add it to the pan before bringing it to the boil.



## fill the cookpot

- 24 When the 18 minutes is up, and the display has counted down to 
  - a) remove the lid (oven gloves) and put it on a heatproof surface
  - b) put the meat and vegetables into the cookpot
  - c) add the boiling cooking liquid
  - d) replace the lid


## choose the mode

- high** leave the setting at **high** when using the slow cooker as an electric stewpot (if you miss the change to  and the countdown drops below 0.1, don't worry, you can use the  button to change the light to **high**)
- low** use the  button to change the light to **low** for traditional slow cooking


## set the time

- 25 Use the  button to set the display to the recipe time – the maximum is 10 hours.
- 26 When the recipe time is over
  - a) the display will change to “– –”
  - b) the display and **high** light will flash for 1 minute
  - c) the **high** light will go out and the warm light will glow
  - d) the display will show . (hours), then count down
  - e) the slow cooker will keep your food warm for up to 10 hours from this point

## finished?

- 27 When the cooking time is over:
  - a) if you want to serve the food right away, use the  button to turn all the lights out, then unplug the slow cooker (switch the socket off first, if it's switchable)
  - b) if you're not ready to serve, leave it on **warm** till you're ready to serve

## serving

- 28 Check that the slow cooker is off – turn the control to .
- 29 Using oven gloves, remove the lid, and put it on a heatproof surface.
- 30 It's best to ladle the food from the slow cooker into serving dishes or plates.
- 31 Don't carry the slow cooker, the trailing cable may catch on something.
- 32 Don't try lifting the cookpot – it could weigh over 7kg/over 15lb.
- 33 You'll find that cleaning the cookpot is much easier if you remove all the food as soon as it's cooked, then fill the cookpot with warm water.

## gravy/sauce

Slow cooking retains more of the juices than normal cooking. This tends to increase the volume of cooking liquid, and thin the sauce or gravy. To allow for this, sauces should initially be thicker than normal. Anything to be sautéed could be tossed in seasoned flour beforehand, to thicken the gravy/sauce.

## care and maintenance

- 1 Unplug the slow cooker (switch the socket off first, if it's switchable).
- 2 Use oven gloves – remove the lid and cookpot and put them on a heatproof surface.
- 3 If you don't intend to wash up right away, fill the cookpot with warm water, otherwise residual heat may bake food debris on to the cookpot, making its eventual removal more difficult.
- 4 Don't soak the exterior of the cookpot in water. The base is porous, so it may soak up water, which may then expand, and crack the cookpot when it's heated.
- 5 Wash the lid and cookpot in hot soapy water, using a cloth or sponge, then rinse and dry thoroughly. Don't use scouring pads.
- 6 Wipe all other surfaces, internal and external, with a damp cloth. You may use a little mild washing-up liquid, if necessary.
- 7 Dry all surfaces thoroughly before re-using the slow cooker or storing it away.
- 8 After some time in use, the glaze on the cookpot may develop "crazing", a network of small cracks. This marking is superficial, and should not be a cause for concern.
- 9 You may wash the cookpot and lid in a dishwasher, but we don't recommend this. The harsh environment inside the dishwasher may affect the surface finishes. Any damage should be cosmetic, and shouldn't affect the functionality of the cooker.
- 10 Don't put the body of the slow cooker in water or any other liquid.
- 11 Don't put the body of the slow cooker in a dishwasher.
- 12 Don't use harsh or abrasive cleaners or solvents.

## a few recipes to start you off

- Recommended cooking times and temperature settings are given after the title of each recipe – e.g. **boeuf bourguignonne high** 4-5 hours/**low** 7-8 hours. This means you can cook it on **high** for anything from 4 to 5 hours, or on **low** for 7 to 8 hours.
- Use the longer time if you're going to be eating the food as soon as it's ready.
- Use the shorter time if there's going to be a significant "**warm**" time after cooking.
- The metric and imperial measures in these recipes aren't exact equivalents. Use either metric or imperial measures, don't mix the two.
- Use the recipes initially to familiarise yourself with the slow cooker, then as a guide. Vary the ingredients, vary the quantities, taste the results. Keep notes, write down what changes you make, and you'll build up a range of recipes that suit your taste.
- Keep notes of the not so successful ones too, so you know what not to do next time.
- To adapt your own recipes, we suggest you find a recipe in this booklet which uses similar ingredients, and use that as a guide for timing and liquid quantity, along with the food preparation guidelines given earlier.
- Be careful with quantities. To allow for expansion, the cookpot shouldn't be more than threequarters full when you start cooking. If you overfill, it may spit hot water or overflow.

## **boeuf bourguignonne**

serves 3-4

cooking time: **high** 4-5 hours / **low** 7-8 hours

15ml (1 tbsp) oil  
500g (1lb 2oz) stewing steak, cubed  
50g (2oz) streaky bacon  
15ml (1 tbsp) flour  
275ml (½pt) red wine  
275ml (½pt) beef stock  
15ml (1tbsp) brandy (optional)  
2 cloves garlic crushed  
5ml (1 x tsp) dried thyme  
8 shallots or tiny onions, peeled  
seasoning  
1 bay leaf

Preheat the cookpot for 18 minutes on **high**.

Heat the oil in a large non stick pan and lightly brown the beef and bacon. Stir in the flour and then blend in the wine, stock and brandy (if using). Bring to the boil stirring. Add the remaining ingredients and then transfer to the cookpot.

Cook for the time required on the chosen setting. Remove the bay leaf before serving.

## **savoury pork casserole**

serves 3-4

cooking time: **high** 3-5 hours / **low** 6-7 hours

15ml (1tbsp) oil  
500g (1lb 2oz) lean casserole pork, cubed  
1 large onion, finely sliced  
15ml (1tbsp) flour  
300ml (½pt) white wine  
425ml (¾pt) chicken stock  
15ml (1tbsp) tomato purée  
1 green pepper deseeded and chopped  
75g (3oz) button mushrooms  
5ml (1tsp) dried sage  
3 tomatoes, skinned and sliced  
seasoning

Preheat the cookpot for 18 minutes on **high**.

Heat the oil in a large non stick pan and lightly brown the pork. Add the onions and cook for a couple of minutes. Stir in the flour and then blend in the wine and the stock. Add the tomato purée and then bring to the boil stirring.

Stir in the remaining ingredients and then transfer to the cookpot. Cover and cook for the required time.

## country chicken casserole

serves 2-4

cooking time: **high** 4-5 hours / **low** 7-9 hours

- 4 skinless chicken thighs (bone in)
- 1 x 397g (14oz) tin chopped tomatoes
- 2 sticks celery, finely chopped
- 1 small onion, peeled and chopped
- 75g (3oz) mushrooms, sliced
- 75g (3oz) canned or frozen sweetcorn
- 5ml (1tsp) mixed herbs
- 275ml (½pt) chicken stock, boiling
- 15ml (1tbsp) tomato purée
- seasoning
- 1 bay leaf

Preheat the cookpot for 18 minutes on **high**.

Put all the ingredients into the cookpot, and mix, ensuring that the vegetables and chicken are covered by the liquid.

Cover and cook for the time required on the chosen setting.

Remove the bay leaf before serving. Delicious served with rice.

Saute the vegetables before adding to the cookpot if desired, this will reduce the cooking time by about 1 hour (**high** setting).

Add extra tomato purée towards the end of cooking for thicker sauce if desired.

## spicy golden vegetable soup

serves 4-6

cooking time: **high** 3-4 hours / **low** 5-6 hours

- 15ml (1tbsp) oil
- 1 onion peeled and chopped
- 2 sweet potatoes, peeled and finely chopped
- 3 carrots, peeled and sliced
- 3 parsnips, peeled and sliced
- 2 sticks celery, sliced
- 10ml (2tsp) curry powder
- 1.2 litres (2pts) vegetable stock, hot
- 400g (14oz) tin low fat coconut milk
- 15ml (1tbsp) fresh coriander, chopped (optional)

Preheat the cookpot for 18 minutes on **high**.

Heat the oil in a large pan and cook the vegetables and curry powder for a few minutes.

Transfer to the cookpot. Add the hot vegetable stock and coconut milk and stir. Cover and cook for the required time on the chosen setting.

Stir in the coriander (if using) and blend the soup with a hand blender (allow to cool a little beforehand).

Serve garnished with coriander and fresh crusty bread.

Increase the amount of curry powder if a spicier soup is required.



### thai green fish curry

serves 4

cooking time: **high** 2-2¼ hours / **low** 3-3½ hours

15ml (1tbsp) oil

1 onion, peeled and chopped

30ml (2tbsp) thai green curry paste

400ml (14floz) tin reduced fat coconut milk

1 small red pepper deseeded and finely chopped

2 tomatoes cut into chunks

450g (1lb) white fish fillets, cut into chunks (coley loins are very good for this recipe)

2 kaffir lime leaves

30ml (2tbsp) coriander, chopped

Preheat the cookpot for 18 minutes on **high**.

Heat the oil in a non stick pan and fry the onion for a few minutes until softened, stir in the thai green curry paste and continue to cook for a further minute stirring.

Blend in the coconut milk and bring to the boil. Stir in the red pepper, tomatoes, kaffir lime leaves and coriander.

Put the fish in the cookpot and cover with the thai green curry sauce.

Cover and cook for the required amount of time.

Remove the lime leaves before serving and garnish with freshly chopped coriander.

This recipe is best cooked on **low**.

If kaffir lime leaves are unavailable, add a squeeze of lime juice instead.

Serve with rice.

### chilli con carne

serves 8-10

cooking time **high** 3-4 hours / **low** 6-7 hours

15ml (1tbsp) oil

1 onion, peeled and chopped

1kg (2¼lb) lean minced beef

15ml (1tbsp) chilli powder

2 cloves garlic, crushed

400g (14oz) tin chopped tomatoes

200g (7oz) tin kidney beans, drained

1 green pepper, chopped (optional)

275ml (½pt) beef stock

2x15ml (2tbsp) tomato purée

15ml (1tbsp) mixed herbs

seasoning

Preheat the cookpot for 18 minutes on **high**.

Heat the oil in a large non stick pan and cook the onions for a couple of minutes.

Add the mince and cook until browned stirring. Drain off the excess fat.

Stir in the remaining ingredients and transfer to the cookpot.

Cover and cook for the required time on the chosen setting.

## beef stew with herby dumplings

serves 4-6

cooking time: **high** 4-5 hours / **low** 7-8 hours

### stew

15ml (1tbsp) vegetable oil  
675g (1½lb) stewing steak  
25g (1oz) flour  
2 medium carrots, peeled and thinly sliced  
2 sticks celery, thinly sliced  
100g (4oz) mushrooms, sliced  
1 onion, peeled and finely chopped  
400g (14oz) tin chopped tomatoes  
275ml (½pt) beef stock, hot  
150ml (¼pt) red wine  
5ml (1tsp) mixed herbs  
seasoning  
1 bay leaf

### dumplings

175g (6oz) self raising flour  
75g (3oz) shredded suet  
5ml (1tsp) mixed herbs  
2.5ml (½tsp) salt  
30-45ml (2-3tbsp) cold water

Preheat the cookpot for 18 minutes on **high**.

Heat the oil in a large non stick pan and brown the steak. Coat with flour and transfer to the cookpot.

Add the carrots, celery, mushrooms and onion to the cookpot and then stir in the remaining stew ingredients ensuring that the meat and vegetables are covered with liquid.

Cover and cook for the required time on the chosen setting.

To make the dumplings, mix the flour, suet, salt and herbs together and stir in enough water to make a soft elastic dough. Roll into small balls.

Add the dumplings to the stew and cook on **high** setting for 30-35 minutes.

Alternatively, when preparing the stew, blend the stock and wine in with the floured steak and bring to the boil and then transfer to the cookpot.

## vegetable tikka masala rice

serves 4

cooking time:

**high** 2 hours + 45-50 minutes for the rice

**low** 4 hours + 45-50 minutes on **high** for the rice

15ml (1tbsp) oil

1 onion, peeled and chopped

225g (8oz) sweet potato, peeled and diced

225g (8oz) cauliflower, cut into small florets

30ml (2tbsp) tikka masala paste

550ml (1pt) vegetable stock

100g (4oz) tinned chick peas, drained

75g (3oz) spinach

150g (6oz) easy cook long grain rice

Preheat the cookpot for 18 minutes on **high**.

Heat the oil in a non stick pan and fry the vegetables for a few minutes. Stir in the tikka masala paste and continue to cook, stirring so that the vegetables are coated in the paste.

Blend in the vegetable stock and bring to the boil.

Remove from the heat and transfer to the cookpot. Stir in the chick peas.

Cover and cook for the required length of time.

Stir in the rice and spinach and cover and cook for a further 45-50 minutes on **high** setting until the rice is tender.

Alternatively, add the spinach for the last hour of cooking and cook and serve the rice separately.

## connection

The product must be earthed. It has a 13A BS1362 fuse in a 13A BS1363 plug. To replace the plug, fit the green/yellow wire to ⊕ or E, the blue wire to N, and the brown wire to L. Fit the cord grip. If in doubt, call an electrician. Don't use a non-rewireable plug unless the fuse cover is in place. If you remove the plug, dispose of it.

## wheelie bin symbol

To avoid environmental and health problems due to hazardous substances in electrical and electronic goods, appliances marked with this symbol mustn't be disposed of with unsorted municipal waste, but recovered, reused, or recycled.

## service

If you ring Customer Service, please have the **Model No.** to hand, as we won't be able to help you without it. It's on the rating plate (usually underneath the product).

The product isn't user-serviceable. If it's not working, read the instructions, check the plug fuse and main fuse/circuit breaker. If it's still not working, consult your retailer.

If that doesn't solve the problem – ring Customer Service – they may be able to offer technical advice.

If they advise you to return the product to us, pack it carefully, include a note with your name, address, day phone number, and what's wrong. If under guarantee, say where and when purchased, and include proof of purchase (till receipt). Send it to:

**Customer Service, Russell Hobbs Ltd, Fir Street, Failsworth, Manchester M35 0HS**

email: [service@russellhobbs.com](mailto:service@russellhobbs.com)

telephone: 0845 658 9700 (local rate number)

## guarantee

Defects affecting product functionality appearing within one year of purchase will be corrected by replacement or repair provided the product is used and maintained in accordance with the instructions. Your statutory rights are not affected.

Documentation, packaging, and product specifications may change without notice.

## online

[www.russellhobbs.co.uk](http://www.russellhobbs.co.uk) for more products

