

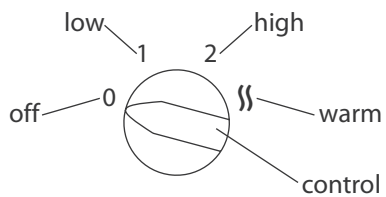
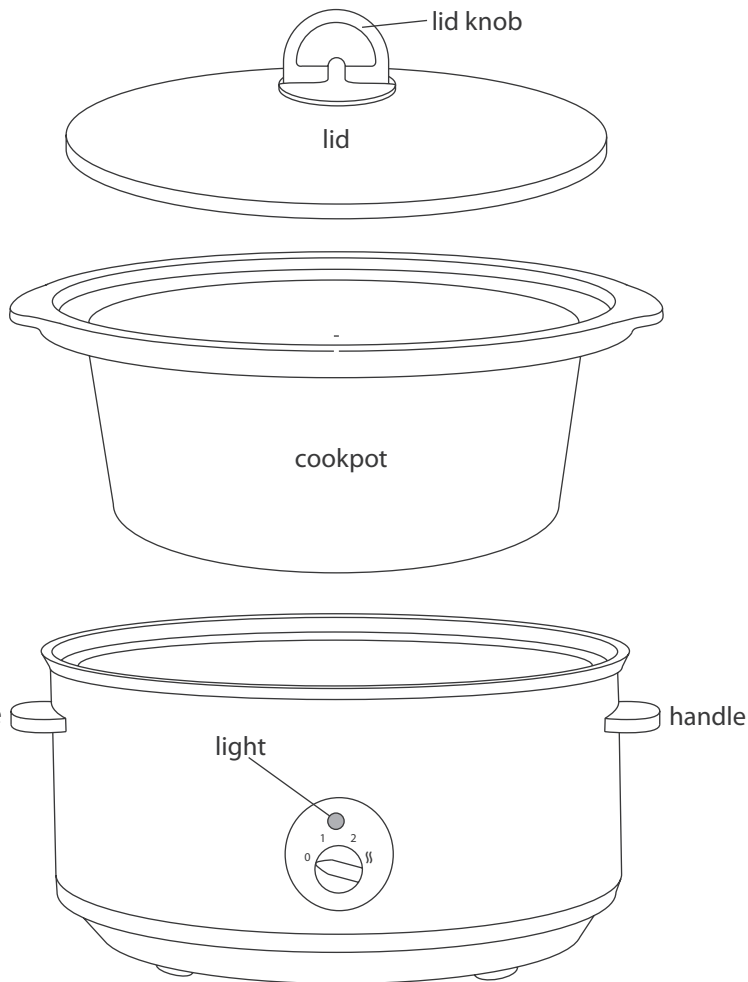


Russell Hobbs



instructions

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Read the instructions, keep them safe, pass them on if you pass the appliance on.
Remove all packaging before use.



IMPORTANT SAFEGUARDS

Follow basic safety precautions, including:

- 1 This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been supervised/instructed and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be done by children unless they are older than 8 and supervised. Keep the appliance and cable out of reach of children under 8 years.
- 2 If the cable is damaged, it must be replaced by the manufacturer, its service agent, or someone similarly qualified, to avoid hazard.
-  Don't immerse the appliance in liquid.
-  The surfaces of the appliance will get hot.
- 3 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 under-cooked.
- 4 Leave a space of at least 50mm all round the appliance.
- 5 Don't cover the appliance or put anything on top of it.
- 6 Don't put a hot cookpot on a cold surface or into cold water, it may crack.
- 7 Don't use the cookpot with any other appliance.
- 8 Unplug the appliance when not in use, before moving and before cleaning.
- 9 Don't use accessories or attachments other than those we supply.
- 10 Don't use the appliance for any purpose other than those described in these instructions.
- 11 Don't operate the appliance if it's damaged or malfunctions.

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

- | | |
|--------------------|---|
| health | The gentle cooking action reduces damage to vitamins and retains more of the nutrients and flavours. |
| economy | Long, slow cooking can tenderise cheaper, tougher cuts of meat, and uses about a quarter of the power of the small ring on the average hob. |
| convenience | 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. |

THE SWITCH

The slow cooker is controlled by a 4-position switch, the positions are:

- 0 off
- 1 (low) for traditional “slow cooking”. You must preheat the cookpot, in the slow cooker, at 2 for at least 20 minutes before cooking at 1.
- 2 (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 1 (the low 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 at 1 without first preheating the cookpot, in the slow cooker, at 2 for at least 20 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 (½pt) 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 Decide when you want to eat and when you want to start cooking.
- 13 If you want to eat at 6 p.m., and you need to start cooking at 8 a.m., find a recipe that takes 8-10 hours. If you’re slow cooking at low power, an extra hour or so at the end of the cooking time doesn’t make much difference, as long as there’s sufficient cooking liquid to prevent the food drying out.
- 14 Prepare the food in accordance with the recipe.
- 15 Sit the slow cooker on a stable, level, heat-resistant surface.
- 16 Check that the slow cooker is off – turn the control to 0.
- 17 Plug the slow cooker into a wall socket (switch the socket on, if it’s switchable).
- 18 Put the cookpot into the slow cooker, and fit the lid.

- 19 Turn the control to 2, and leave the slow cooker to preheat for 20 minutes.
20 Meantime, brown the meat and sauté the vegetables in a pan.
21 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

- 22 When the 20 minutes is up, remove the lid (oven gloves) and put it on a heatproof surface.
23 Put the meat and vegetables into the cookpot and add the boiling cooking liquid.

CHOOSE THE MODE

- 24 Turn the control to 1 for traditional slow cooking, or 2, if you're using it as an electric stewpot.
25 The light will come on, and cooking will start.

FINISHED?

- 26 When the cooking time is over:
a) if you want to serve the food right away, turn the control to 0, unplug the slow cooker (switch the socket off first, if it's switchable)
b) if you're not ready to serve, turn the control to ⏏ , to keep the food warm

SERVING

- 27 Check that the slow cooker is off – turn the control to 0.
28 Using oven gloves, remove the lid, and put it on a heatproof surface.
29 It's best to ladle the food from the slow cooker into serving dishes or plates.
30 Don't carry the slow cooker, the trailing cable may catch on something.
31 You may use oven gloves to lift the cookpot, complete with the lid, but it's hot and it's heavy – so take care.
32 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 Switch off (0), and unplug the slow cooker (switch the socket off first, if it's switchable).
- 2 Using oven gloves, remove the lid and the 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 All other surfaces, internal and external, should be wiped with a damp cloth. You

- may use a little 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 the harsh environment inside the dishwasher may affect the surface finishes. Any damage should be cosmetic, and should not affect the functionality of the cooker.
 - 10 Don’t immerse 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

- Settings and times are in a box next to the recipe. e.g. **minestrone soup**.

This means you can cook it at setting 1 for anything from 7 to 10 hours, or at setting 2 for anything from 4 to 5 hours. Some recipes have only one setting.

set	hours
1	7-10
2	4-5

- Cooking for more than an hour over these times may affect the flavour. Nevertheless, if these times don’t suit you, feel free to experiment. Slow cooking is very forgiving.
- Use metric or imperial measures, don’t mix them, they’re not exact equivalents.
- Use the recipes to familiarise yourself with your slow cooker. Then use them as a guide – vary the ingredients, vary the quantities, taste the results. Keep notes of any 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 don’t repeat them.
- To adapt your own recipes, find a recipe in this booklet that uses similar ingredients, and use that as a guide for timing and liquid quantity, along with the guidelines given earlier. The table at the end also gives rough equivalents.
- Be careful with quantities. After all the ingredients are put into the cookpot, it shouldn’t be more than about threequarters full, to allow for expansion. If you overfill, it may spit hot water, and it may overflow during use.
- Put the cookpot in the slow cooker, fit the lid, then preheat at 2 for 20 minutes before putting anything into the cookpot.
- Slow cooking can leave too much liquid. If you want to adjust this, remove the lid, stir in a teaspoon of flour, and cook at 2, stirring, till the sauce thickens/reduces.

minestrone soup

25g (1oz) butter	½ clove garlic, crushed	set	hours
1 leek, sliced	1 small carrot, chopped small	1	7-10
1 medium potato, chopped	1 small onion, chopped	2	4-5
½ celery stick, thinly sliced	50g (2oz) cabbage, finely shredded		
200g (7oz) canned tomatoes including juice	salt and pepper to taste		
300ml (½pt) chicken stock	1 bay leaf		
1 bouquet garni	25g (1oz) thin cut macaroni		

Heat the butter in a large pan. Add the garlic, leek, carrot, potato, onion and celery. Sauté till the butter is absorbed. Add the other ingredients, except the macaroni. Bring to the boil, transfer to the cookpot and cook for the time shown. 45 minutes before serving, remove the bay leaf and bouquet garni and add the macaroni. Adjust seasoning and serve with grated parmesan.

Scotch broth

175g (6oz) scrag end lamb, cut into pieces	500ml (1pt) water	set	hours
100g (4oz) turnip, cut to small dice	25g (1oz) pearl barley	1	10-14
100g (4oz) carrots, cut into small dice	1 onion, sliced	2	7-9
1 leeks, thinly sliced	chopped parsley to garnish		
salt and pepper to taste			

Put the lamb in a pan, cover with cold water and bring to the boil. Remove scum. Add the other ingredients, except the parsley. Bring to the boil, transfer to the cookpot, and cook for the time shown. Remove the bones, trim off any meat and return it to the broth. Adjust seasoning and sprinkle with parsley.

French onion soup

25g (1oz) butter or margarine	225g (8oz) onions, sliced	set	hours
450ml (¾pt) chicken stock	1 bay leaf	1	6-10
4 slices French bread	75g (3oz) grated cheese	2	3-4
salt and pepper to taste			

Melt the butter/margarine in a large pan and fry the onions till golden brown. Add stock, bay leaf and season to taste. Bring to the boil, transfer to the cookpot, and cook for the time shown. Remove the bay leaf. To serve: sprinkle slices of French bread with grated cheese and float on top of the soup. Remove the cookpot and brown under a hot grill till the cheese bubbles. Alternatively, toast the cheese on the bread and then float on top of the soup.

old fashioned vegetable soup

225g (½lb) mixed vegetables, chopped (potato, onion, carrot, celery etc.)	set	hours
25g (1oz) butter	1	8-10
200ml (½pt) stock	2	4-6
salt and pepper to taste		

Melt the butter in a pan and fry the vegetables gently for 2-3 minutes. Stir in the flour and add the stock. Bring to the boil, season to taste and add mixed herbs. Transfer to the slow cooker.

vegetables

Slow cooking is ideal for vegetables. There's little evaporation, so all the juices and flavours are retained.

Oddly enough, root vegetables like potato, carrot, turnip, and swede, need more slow cooking than meat. Cut them into 5mm (¼") slices, sticks or dice, and immerse in the cooking liquid. Cooking times vary with the type and age of the vegetables. Experience will soon show the best times for your own taste. Quickly cooked vegetables, like frozen peas and sweetcorn, must be thawed, then added half an hour before the end of cooking. Don't slow cook baked potatoes in their jackets.

pulses (beans, peas and lentils)

warning Boil dried beans (e.g. red kidney beans) for at least 10 minutes before adding to the cookpot. They're poisonous if undercooked.

Don't soak lentils. Soak dried peas or beans overnight. Drain and rinse, then boil for 10 minutes, in the cooking liquid, before adding to the cookpot. Season at the end of cooking. For canned beans or peas, simply drain and add them 30 minutes before the end of the cooking time.

ratatouille

1 small aubergine, sliced	50g (2oz) butter
1 green pepper, deseeded and diced	1 onion, chopped
1 red pepper, deseeded and diced	1 clove garlic, crushed
397g can chopped tomatoes	2 courgettes, sliced
salt and pepper to taste	

No.	hours
1	6-8
2	4-5

Slice the aubergine and sprinkle with salt. Leave for half an hour, rinse and pat dry. In a large pan melt the butter and fry the onion and garlic till transparent. Mix in the remaining ingredients, and cook for a further 2 minutes, stirring, then add to the cookpot. Cook for the time shown.

stuffed tomatoes

4 large, firm tomatoes	50g (2oz) fresh bread crumbs
50g (2oz) boiled ham, finely chopped	50g (2oz) cheese, grated
salt and pepper to taste	1 tsp chopped parsley

set	hours
1	3-4
2	1-2

Cut a lid off the top of each tomato and scoop out the pulp. Mix the ham, cheese, breadcrumbs, seasoning, parsley, and a little of the tomato pulp to bind the mixture. Spoon into the tomatoes. Stand the tomatoes in the cookpot, add any extra filling and 1 tbsp water.

vegetarian curry

1 tbsp cooking oil	½ onion, chopped
½ clove garlic, crushed	¼ tsp chilli
¼ tsp turmeric	¼ tsp coriander
¼ tsp cumin	50g (2oz) lentils
300ml (½pt) white stock	½ tsp lemon juice
salt and pepper to taste	1 small carrot, diced
½ apple, peeled, cored and chopped	15g (½oz) sultanas

set	hours
1	6-10
2	3-4

Heat the oil in a pan. Lightly sauté the onion and garlic. Add the turmeric, chilli, coriander, cumin and lentils. Cook gently for a minute. Stir in the stock, lemon juice, salt and pepper. Bring to the boil and boil for 5 minutes. Transfer to the cookpot and stir in the carrots, apple and sultanas.

fish

Cooking fish in the cookpot develops delicate flavours slowly, retains the flavour and nutritive value, and holds the fish together. Don't cook fish for long periods.

- 1 Grease the base of the cookpot with butter or margarine.
- 2 Clean, trim and wash the fish (rolled fillets and steaks are most suitable). Frozen fish should be completely thawed before slow cooking. Dry and place in the cookpot.
- 3 Season well, sprinkle with lemon juice, then add hot stock, water or wine
- 4 Dot some butter over the fish, and cook at 1 for 2-3 hours.

poached cutlets of salmon

1 x 175g-225g (6-8oz) salmon cutlet	100ml (3½ floz) water
3 tbsp white wine	½ tsp salt
1 bay leaf	2 peppercorns
1 thin slice of onion	1 sprig parsley

set	hours
1	2-3

Put the cutlet on a piece of baking parchment and put into the cookpot. Put the other ingredients into a pan, bring to the boil, then pour over the salmon. Replace the lid and cook for the time shown.

Lift from the cookpot, then remove the parchment, bone and skin.

Serve hot with melted butter or hollandaise sauce.

To serve cold, transfer the salmon to a dish and pour over the cooking liquid. When cold, drain and serve with salad or coat with aspic made from the liquid.

stuffed mackerel

- | | |
|--|--------------------------|
| 1 tomato, skinned, deseeded, and chopped | 2 mackerel fillets |
| ½ cooking apple, peeled, cored and chopped | 2 tsp lemon juice |
| ½ slice of bread, crumbled | chopped parsley to taste |

set	hours
1	2-4

Lay the mackerel out, skin side down, season and sprinkle with lemon juice. Mix the other ingredients, and spread thickly over the mackerel. Roll up from head to tail, and secure with a cocktail stick or thread. Butter baking parchment and the bottom of the cookpot, put the parchment in the cookpot and the fish on the parchment. Cook for the time shown.

Portuguese haddock

- | | |
|---|-----------------------------------|
| 25g (1oz) butter | 1 small onion, very thinly sliced |
| 2 haddock or cod steaks or fillets | 1 bay leaf |
| 298g (10½oz) can condensed cream of tomato soup | |
| salt and pepper to taste | |

set	hours
1	2-3
2	

Butter the bottom of the cookpot. Lay the onion on the butter, then the fish and bay leaf. Season. Boil the tomato soup in a pan, stirring well, and pour over the fish. Cook for the time shown. Remove the bay leaf before serving.

meat

Slow cooking tenderises cheaper cuts, and reduces shrinkage and evaporation, retaining flavour and nutritive value. The size and shape of the joint, its quality, and the proportion of lean, fat and bone, all affect cooking times. When testing a dish to see if it's cooked, don't forget that root vegetables usually take longer to cook. Thaw frozen meat completely before cooking.

Recipe times are given only as a guide. Where a different cut of meat is used cooking times may need to be adjusted. Avoid meat with a high proportion of fat, or trim the excess fat. Small joints, up to 800g (1½lb), can be cooked, depending on shape and fit. The meat mustn't force the lid up.

- Season the meat, then brown on all sides in a frying pan.
- Transfer to the cookpot and cook at 2 for the time shown.
- Pork joints with rind may be grilled for 10 minutes to crisp.
- If possible, turn joints once during cooking, to ensure even tenderness.

joint	weight	setting	time
beef, lamb, pork	500-800 (1-1½lb)	2	5-7 hours

beef and vegetable casserole with dumplings

- | | |
|---|-------------------------|
| 450g (1lb) stewing beef (shin/shoulder/chuck) | 2 tbsp flour |
| 1 tbsp cooking oil | 1 small onions, sliced |
| 275ml (½pt) beef stock | 1 carrot, thinly sliced |
| salt and pepper to taste | |

set	hours
1	7-10
2	4-6

Cut the meat in cubes and toss in seasoned flour. Heat the oil in a pan and brown the meat. Transfer to the cookpot. Fry the onions lightly in the pan. Stir in the remaining flour, gradually add the stock and carrots. Bring to the boil, transfer to the cookpot, and cook.

dumplings

- | | |
|------------------------------|------------------------|
| 25g (1oz) self-raising flour | ¼ tsp salt |
| 12g (½oz) shredded suet | 1 tbsp chopped parsley |
| 5 tsp cold water | |

set	mins
2	45

Make the dumplings by mixing flour, salt, suet and parsley. Add water and mix to a soft dough. Shape into 4 balls. Add to the casserole and cook at 2 for 45 minutes with the lid on.

Irish stew

1 carrot, thinly sliced
115g (4oz) potatoes, thinly sliced
250ml (8 floz) chicken stock
salt and pepper to taste
1 small onion, thinly sliced
2 neck of lamb chops
1 bay leaf

set	hours
1	9-14
2	6-8

Put the vegetables into the cookpot. Trim the chops of excess fat and lay on top. Add the seasoning, bay leaf and boiling stock. Cook for the time shown.

braised liver and onions

225g (½lb) lambs liver, thinly sliced
25g (1oz) plain flour
300ml (½pt) beef stock
2 tbsp cooking oil
1 large onion, thinly sliced

set	hours
1	5-7
2	2-4

Heat the oil in a frypan. Coat the liver in the flour and fry till sealed. Transfer to the slow cooker. Add the onions to the pan and fry till golden. Stir in the remaining flour and stock. Bring to the boil, stirring. Pour over the liver and cook for the time shown. Serve with grilled bacon.

bolognese sauce

1 tbsp cooking oil
1 clove garlic, crushed
200g (8oz) tinned chopped tomatoes + juice
100ml - 200ml (¼ -½pt) beef stock
1 tsp dried basil
1 bouquet garni
1 small onion, finely chopped
350g (¾lb) minced beef
100g (4oz) tomato purée
60g (2oz) button mushrooms, sliced
1 bay leaf
1 tbsp dried mixed peppers

set	hours
1	6-10
2	3-4

Heat the oil in a pan, and fry the onion and garlic lightly. Add the beef, and fry till brown. Stir in the other ingredients. Bring to the boil, transfer to the cookpot, and cook for the time shown. Remove the bay leaf and bouquet garni. Serve with spaghetti or noodles, and grated parmesan.

lasagne

100g (4oz) lasagne
1 medium onion, chopped finely
400g (1lb) mince
salt and freshly ground black pepper
25g (1oz) butter
1 large clove garlic, crushed
2 tsp oregano
2 tbsp tomato purée or paste

set	hours
1	4-6

cheese sauce

15g (½oz) butter
150ml (¼pt) milk
parmesan cheese for topping
15g (½oz) flour
75g (3oz) grated cheese
salt and pepper to taste

Grease the cookpot. Boil the lasagne in lightly salted water for 4-5 minutes. Dry on paper towels. Heat the butter in a pan, fry the onion and garlic till transparent, add the mince and oregano and fry for 3-4 minutes, stirring. Season with salt and pepper and add the tomato purée. To make the cheese sauce, heat the butter in a pan and stir in the flour. Gradually stir in the milk. Bring slowly to the boil, still stirring. Season with salt and pepper and add the cheese. Layer the mince, pasta, and cheese sauce in the cookpot, finishing with a layer of cheese sauce. Sprinkle parmesan on top and cook at 1 for 4-6 hours.

boiled bacon in apple juice

500g (1lb) collar of bacon
1 small onion, sliced
freshly ground black pepper to taste
275ml (½pt) apple juice
1 tbsp cornflour

set	hours
2	4-5

Put the bacon in a large pan, cover with cold water, and bring to the boil. Put the bacon in the cookpot, and discard the water. Put the apple juice and onion in the pan, bring to the boil, and pour over the bacon. Add pepper. Cook for the time shown. Remove the bacon to a serving dish, and keep hot. Put the cornflour in a small pan and blend with a little cold water. Gradually stir in the apple juice. Bring to the boil and simmer for 2 minutes. Serve with the bacon.

braised brisket of beef

750g (1½lb) brisket

25g (1oz) butter

1 carrot, finely chopped

1 bay leaf

salt and pepper to taste

1 onion, chopped

150ml (½pt) beef stock

flour or cornflour to thicken

set	hours
2	6-8

Season the meat. Heat the butter in a pan and brown the meat. Transfer to the slow cooker. Fry the onion and carrot till the onion is transparent. Add stock and bay leaf and bring to the boil. Pour round the meat. Cook for the time shown. Remove the meat to a serving dish. Keep hot. Strain the stock. In a pan, blend a little flour with cold water to make a paste. Gradually add the stock. Bring to the boil, stirring. Adjust the seasoning. Serve the gravy with the meat.

blanquette of veal

450g (1lb) lean veal, cut in 2cm (1") cubes

2 small carrots, scraped and diced

25g (1oz) flour

bouquet garni

1 egg yolk

2 medium onions, finely minced

25g (1oz) butter

1½ tsp lemon juice

salt and pepper

3 tbsp single cream

set	hours
1	see
2	recipe

garnish

chopped parsley

thinly sliced lemon

Time = 30 min preparation + 6-7h at 1 + 15 min reheat

Put the meat, vegetables, bouquet garni, seasonings and lemon juice in a large pan, add just enough water to cover, and bring to the boil. Transfer to the slow cooker. Cook at 2 for 30 minutes, then 1 for 6-7 hours.

Lift the cookpot out of the slow cooker, and strain the cooking liquid into a bowl.

Reserve 300ml (½pt) of the cooking liquid for stock.

Return the cookpot containing the meat and vegetables to the slow cooker, and set it to {{.

Melt the butter in a pan over a low heat, stir in the flour, and cook gently for 3 minutes, stirring constantly. Gradually stir in the 300ml stock, then bring to a rolling boil, cook for a further 3 minutes, stirring constantly, then remove the pan from the heat.

Whisk the egg yolk and cream together, then whisk in 1 tbsp of the hot sauce. Stir this mixture into the remaining stock, then pour over the meat and vegetables.

Reheat at 1 for about 15 minutes, then it's ready to serve. Garnish with parsley and lemon.

beef in Guinness

675g (1½lb) shin of beef

2 medium onions, sliced

3 tbsp soy sauce

seasoned flour

300ml (½pt) Guinness

1 tbsp oil

1 tbsp mushroom ketchup

set	hours
1	6-8

Cut the beef into 4 pieces, and toss in the seasoned flour. Heat the oil in a pan, brown the beef all over, then transfer to the slow cooker. Add the Guinness, soy sauce, and mushroom ketchup to the pan, and bring to the boil. Pour over the meat, then cook at 1 for 6-8 hours.

savoury pork casserole

1 tbsp cooking oil

1 small onion, sliced

150ml (¼pt) white wine

2 tbsp tomato purée

75g (3oz) button mushrooms

½ tsp dried sage

250g (½lb) lean pork, cubed

1 tbsp flour

90ml (3 fl oz) chicken stock

½ green pepper, deseeded and chopped

salt and pepper to taste

1 tomatoes, skinned, deseeded, and sliced

set	hours
1	6-10
2	3-4

Heat the oil in a large pan and lightly brown the pork. Add the onions. Stir in the flour and add the wine, stock and tomato purée. Add the green peppers and mushrooms. Bring to the boil, season and add sage and tomatoes. Transfer to the cookpot and cook for the time shown.

boeuf bourguignonne

1 tbsp cooking oil	500g (1lb) stewing steak, cubed
50g (2oz) streaky bacon, chopped	1 tbsp flour
150ml (¼pt) red wine	1 tbsp brandy
150ml (¼pt) stock	good pinch thyme
1 bay leaf	1 clove garlic, crushed
6-8 shallots or tiny onions, whole	salt and pepper to taste

set	hours
1	7-10
2	4-6

Heat the oil in a pan, lightly brown the beef and bacon, add the flour, stir in the wine and brandy. Add the other ingredients and season. Bring to the boil, transfer to the cookpot, and cook for the time shown. Remove the bay leaf before serving.

pork and pineapple curry

500g (1lb) lean pork (cut into cubes)	25g (1oz) flour
1 tsp salt	2 tbsp cooking oil
1 large onion, chopped	1 tbsp curry powder
1 tbsp paprika pepper	300ml (½pt) chicken stock
1 dried red chillies	1 tbsp mango chutney
1 tsp worcester sauce	225g (½lb) tinned pineapple cubes + juice
2 bay leaves	

set	hours
1	6-8
2	3-4

Toss the pork in the flour and salt. In a large pan heat the oil and brown the meat. Lift out on to a plate with a draining spoon. In the same pan, fry the onions till soft. Stir in the curry powder and paprika pepper. Fry for 2 minutes then return meat to the pan. Stir well and cook for a few minutes. Add remaining ingredients, bring to the boil and transfer to slow cooker. Cook for the recommended time. Remove bay leaves before serving.

poultry

Cook poultry up to 750g (1½lb). The lid mustn't be raised by the meat. Thaw frozen poultry before cooking. Cook whole poultry unstuffed, at 2.

- 1 Wash and dry the poultry and season inside and out.
- 2 Brown the skin in its own fat or a little cooking oil, in a large frying pan.
- 3 Transfer to the cookpot and cook at 2 for the time shown.

poultry	weight	setting	time
chicken/poussin	750g (1½lb)	2	3½-4 hours
pheasant	small	2	3-4 hours

country chicken casserole

200g (7oz) tinned tomatoes, including juice	2 chicken joints, skinned
100g (3½oz) tinned sweet corn, drained	1 stick celery, finely chopped
1 small onion, finely chopped	25g (1oz) white cabbage, finely shredded
1 bay leaf	½ tsp mixed herbs
160ml (¼pt) chicken stock, boiling	salt and freshly ground black pepper to taste

set	hours
1	8-10
2	5-7

Put all the ingredients into the cookpot making sure that the fresh vegetables are covered by the boiling hot stock. Cook for the time shown.

chinese chicken and mushroom

1 tbsp cooking oil	2 chicken joints
1 onion, roughly chopped	2 tbsp cornflour
150ml (¼pt) chicken stock	225g (8oz) button mushrooms, halved
2 tbsp soy sauce	juice of 1 lemon
1 tsp sugar	salt and pepper to taste

set	hours
1	8-10
2	3½-5

Heat the oil in a large pan and fry the chicken till golden brown. Transfer to the cookpot. In the remaining oil, fry the onions till transparent, stir in the cornflour, then gradually stir in the stock. Add the other ingredients, bring to the boil, pour over the chicken, and cook for the time shown.

chicken with barbecue sauce

750g (1½lb) chicken breast or thigh meat	30g (1oz) butter
1 small onion, finely chopped	2 tbsp tomato ketchup
1 tbsp vinegar	3 tbsp mango chutney, chopped
¼ tsp French mustard	½ tsp caster sugar
1½ tsp worcestershire sauce	salt and pepper to taste

set	hours
1	
2	4½-5

Rub inside the cookpot with a little of the butter. Season the chicken. Heat the remaining butter in a large pan and brown the chicken pieces all over. Transfer to the cookpot. Put the onion in the pan and fry for 2-3 minutes, without colouring. Add the other ingredients and bring to the boil. Pour over the chicken and cook for the time shown.

coq au vin

2 chicken joints, skinned	1 tbsp cooking oil
100g (4oz) streaky bacon, chopped	40g (1½oz) flour
1 onion, chopped	200ml (8 floz) chicken stock
200ml (8 floz) red wine	100g (4oz) button mushrooms, sliced
1 bay leaf	1 cloves
1 bouquet garni	salt and pepper to taste

set	hours
1	8-10
2	3½-5

Heat the oil in a pan. Coat the chicken in seasoned flour and brown all over. Transfer to the cookpot. Put the bacon and onion in the pan and soften but don't brown. Stir in the remaining flour and add the other ingredients. Bring to the boil, stirring, and pour over the chicken. Cook for the time shown. Remove the bay leaf, clove and bouquet garni before serving.

puddings

To poach fruit, follow the methods for pears in red wine or rhubarb and orange. If you want a topping on poached fruit, use an ovenproof bowl. Don't put the cookpot in an oven.

Egg custards cook gently, with little risk of overcooking or curdling. Steamed puddings won't fill the kitchen with steam, or need constant topping up. Use a heatproof pudding basin, which fits the cookpot without touching the sides.

Make a lifting strap to lower the pudding basin into the cookpot. Fold a 45cm (18") long piece of aluminium cooking foil till it's about 5cm (2") wide. Stand the basin on the strap and lower into the cookpot. Leave in place during cooking and use it to remove the hot basin. Half fill the cookpot with water. When cooking steamed puddings or those containing a raising agent, pre-heat the cookpot for 20 minutes and cook at 2 for the time shown.

pears in red wine

75g (3oz) sugar	400ml (¾pt) red wine
rind and juice of 2 lemons	2 cloves
2 medium or 1 large ripe pear(s)	1-2 drops cochineal

set	hours
1	6-8
2	3-5

Put the sugar, wine, lemon rind, juice and cloves in a pan.

Heat gently, stir till the sugar dissolves, then take off the heat and add the cochineal.

Peel the pears, leaving them whole, complete with stalks.

Stand them in the cookpot, stalks upwards, and pour over the syrup.

Cook for the time shown, turning the pears occasionally, so they're evenly coated with the syrup and colour evenly.

Remove the cloves, and serve hot or chilled with cream.

rhubarb and orange

500g (1lb) rhubarb	75g (3oz) sugar
grated rind and juice of 1 medium orange	300ml (½pt) water

set	hours
1	3-4
2	2-2½

Wash the rhubarb and cut into 2.5cm (1") pieces. Put the ingredients into the cookpot and cook for the time shown.

baked stuffed apple

1 knob butter
25g (1oz) sultanas
150ml (¼pt) boiling water

50g (2oz) soft brown sugar
1 large cooking apple, cored

set	hours
1	4-6
2	2-3

Grease the cookpot with the butter. Core the apple. Use a sharp knife to score the skin round the equator on the apple. Mix the sugar and sultanas and pack tightly inside the apple. Fold a square of foil to form a saucer. Put the foil in the cookpot, sit the apple on the foil, and pour the boiling water round it. Cook for the time shown. The cooking time for this recipe may vary with different types of apples.

creamy rice pudding

15g (½oz) butter
150ml (¼pt) evaporated milk
25g (1oz) sugar

400ml (¾pt) milk
50g (2oz) pudding Rice

set	hours
1	5-7
2	4-4½

Butter the inside of the cookpot. Add all the ingredients and stir. Cook for the time shown.

brandy and orange punch

150g (5oz) sugar
6 cloves
zest and juice of 1 lemon
1 orange, sliced
¼ bottle white wine

300ml (½pt) boiling water
1 tsp cinnamon
juice of 1 orange
2 tbsp orange squash
150ml (¼pt) brandy

set	hours
1	3-5
2	1-2

Put the sugar and boiling water into the cookpot. Stir in the other ingredients except the brandy. Heat for the time shown. Stir in the brandy just before serving.

apple chutney

750g (1¾lb) apples, peeled & finely chopped
350g (12oz) light brown sugar
150ml (¼pt) white wine vinegar
2 tsp salt
pinch cayenne pepper
½ tsp ground ginger

225g (8oz) onions, finely chopped
100g (4oz) sultanas
2 tbsp cornflour
1 clove garlic, crushed
½ tsp ground cinnamon

set	hours
1	8-9
2	3-5

Put the apples, onions, brown sugar and sultanas into the slow cooker. Mix the cornflour and vinegar together in a small bowl till completely smooth. Add the cornflour/vinegar mix to the slow cooker with the salt, garlic, cayenne pepper, cinnamon and ginger. Stir well. Cook for the time shown. Pour into heated jars and cover in the usual way. Alternatively, store in a container in the refrigerator for up to 2 weeks.

cheese fondue

300ml (½pt) dry white wine
225g (8oz) gruyere cheese, grated
225g (8oz) emmenthal cheese, grated
grated nutmeg to taste

1 clove garlic, cut in half
4 tsp cornflour
pepper to taste

set	hours
1	2+10m

Have a heatproof plate to have, to rest the lid on when serving the fondue, as the lid will be both hot and wet (with condensation).

Rub the inside of the cookpot with garlic. Add the wine and cook for 40 minutes at 1. Mix the cheese with the cornflour and seasonings. Stir this mixture into the wine. Cook for 1½ hours at 1, stirring after 30 minutes. The fondue may now be left in the cookpot.

To serve, remove the lid, spear cubes of crusty bread with forks and dip in the fondue, then replace the lid.

caution the cooker and the cookpot will be hot – don't touch

slow cooker cooking times (rough guide)			
food	quantity	time at 1 (in hours)	time at 2 (in hours)
fish	whole	1-2	— — —
beef	500-800g	7-10	5-7
lamb	500-800g	6-9	4-6
poultry	500-800g	8-10	3½-4
stew	500-800g	9-14	6-8
vegetable soup	800-1000ml	6-10	3-4
beef soup	800-1000ml	10-14	7-9
converting recipes from a traditional oven to a slow cooker (very rough guide)			
oven cooking time		time at 1 (in hours)	time at 2 (in hours)
15-30 minutes		4-6	1-2
30-60 minutes		6-8	2-4
1-3 hours		8-12	4-7



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