



# Russell Hobbs



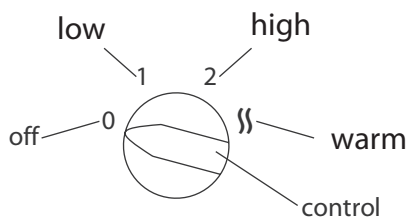
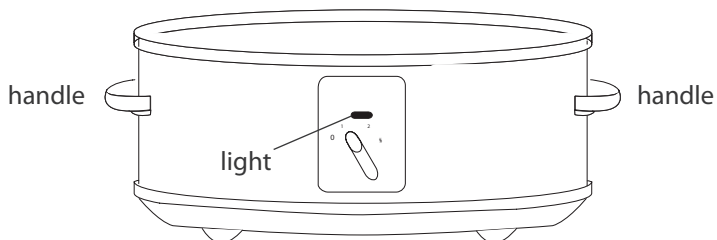
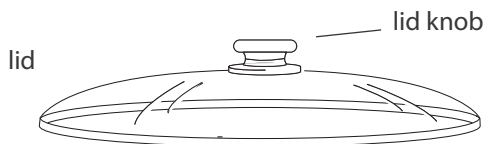
instructions

**£10,000 prize draw**  
**EXTRA year guarantee**  
**FREE rewards gallery**

[www.russellhobbs.co.uk/productregister/](http://www.russellhobbs.co.uk/productregister/)  
Register online now!  
See back for details



caution  
hot surface





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 Cooking pot is only suitable for gas and electric hobs. Not suitable for induction hobs.
  - 7 Do not leave the cooking pot unattended when cooking on the hob
  - 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**

- |                    |   |
|--------------------|---|
| <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 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. |

## 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 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 or the cookpot.
- 3 You can use the cookpot for searing browning, sautéing or frying, suitable for gas and electric hobs only, prior to using the slow cooker.
- 4 Don’t cook on low without first preheating the cookpot, in the slow cooker, at high 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 low.
- 17 Plug the slow cooker into a wall socket (switch the socket on, if it’s switchable).

- 18 For recipes without searing put the cookpot in the slow cooker, fit the lid.  
19 Turn the control to high, and leave the slow cooker to preheat for 20 minutes.  
20 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**

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

### **CHOOSE THE MODE**

- 23 Turn the control to low for traditional slow cooking, or high, if you're using it as an electric stewpot or the auto setting, this setting is ideal for slow cooking when you require variable temperature and have approximately 4 to 6 hours to cook your recipe.  
24 The light will come on, and cooking will start.

### **FINISHED?**

- 25 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)

### **SERVING**

- 26 Check that the slow cooker is off – turn the control to 0.  
27 Using oven gloves, remove the lid, and put it on a heatproof surface.  
28 It's best to ladle the food from the slow cooker into serving dishes or plates.  
29 Don't carry the slow cooker, the trailing cable may catch on something.  
30 You may use oven gloves to lift the cookpot, complete with the lid, but it's hot and it's heavy – so take care.

### **TIP**

Cleaning can be made much easier if you immediately remove all the cooked food from the cooking pot, then fill it with warm water.

### **SEARING**

For recipes requiring ingredients to be seared, browned, sautéed or fried. Always use silicone, heatproof plastic or wood utensils to avoid scratching nonstick surface.  
Never use metal spoons, spatulas, tongs, forks or knives as these will damage the non-stick surface.  
If your recipe calls for searing, browning, sautéing or frying ingredients prior to slow cooking, remove the cooking pot from the slow cooker and place it directly on a hob to cook ingredients as per a normal frypan.  
Hob use is only suitable for gas and electric hobs. Not suitable for induction hobs.  
Do not leave the cooking pot unattended when cooking on the hob.  
Do not use the lid when searing on the stove top, otherwise ingredients will not sear or brown.

Once food is seared or browned as required, add other ingredients and stir though. Using oven mitts grasp both handles and carefully place the cooking pot back into the slow cooker.

## **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 Don't immerse the body of the slow cooker in water or any other liquid.
- 9 Don't put the body of the slow cooker in a dishwasher.
- 10 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 low for anything from 7 to 10 hours, or at setting high for anything from 4 to 5 hours. Some recipes have only one setting.
- 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.
- For recipes requiring ingredients to be seared, browned or sautéed. Remove the food, clean the cook pot, Put the cookpot in the slow cooker, fit the lid, then preheat at high for 20 minutes before putting anything back into the cookpot.
- For recipes without searing put the cookpot in the slow cooker, fit the lid, then preheat at high 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 high, 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      | low  | 7-10  |
| 1 medium potato, chopped                   | 1 small onion, chopped             | high | 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 the cookpot. 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 the cookpot to the slow cooker 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     | low  | 10-14 |
| 100g (4oz) carrots, cut into small dice    | 1 onion, sliced            | high | 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.

### old fashioned vegetable soup

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

Melt the butter in the cook pot 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 cookpot 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           |                         |

| set  | hours |
|------|-------|
| low  | 6-8   |
| high | 4-5   |

Slice the aubergine and sprinkle with salt. Leave for half an hour, rinse and pat dry. In the cooking pot 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 return the cook pot to the slow cooker. 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 |
|------|-------|
| low  | 3-4   |
| high | 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 |
|------|-------|
| low  | 3-4   |
| high | 1-2   |
|      |       |

Heat the oil in the cook pot. 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 the cookpot to the slow cooker 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 |
|-----|-------|
| low | 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 |
|-----|-------|
| low | 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 |
|-----|-------|
| low | 2-3   |
|     |       |

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.

- 1 Season the meat, then brown on all sides in the cook pot.
- 2 Transfer the cook pot to the slow cooker and cook at high for the time shown.
- 3 Pork joints with rind may be grilled for 10 minutes to crisp.
- 4 If possible, turn joints once during cooking, to ensure even tenderness.

| joint            | weight           | setting | time      |
|------------------|------------------|---------|-----------|
| beef, lamb, pork | 500-800 (1-1½lb) | high    | 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 |
|------|-------|
| low  | 7-10  |
| high | 4-5   |

Cut the meat in cubes and toss in seasoned flour. Heat the oil in the cook pot and brown the meat. Transfer cook pot to the slow cooker. Fry the onions lightly in a 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 |
|------|------|
|      |      |
| high | 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 high for 45 minutes with the lid on.

### Irish stew

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

| set  | hours |
|------|-------|
| low  | 9-14  |
| high | 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 | 2 tbsp cooking oil           |
| 25g (1oz) plain flour                 | 1 large onion, thinly sliced |
| 300ml (½pt) beef stock                |                              |

| set  | hours |
|------|-------|
| low  | 5-7   |
| high | 2-4   |

Heat the oil in the crockpot on a hob. Coat the liver in the flour and fry till sealed. Transfer onto a plate. Add the onions to the cook pot and fry till golden. Stir in the remaining flour and stock. Bring to the boil, stirring. Transfer to a jug. Add the liver to the cook pot, pour the stock over the liver and cook for the time shown. Serve with grilled bacon.

### bolognese sauce

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

| set  | hours |
|------|-------|
| low  | 6-10  |
| high | 3-4   |

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

### 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 |
|------|-------|
| low  | 4-6   |
| high | 2-4   |

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 |
|------|-------|
| high | 6-8   |

Season the meat. Heat the butter in the cook pot and brown the meat. Transfer meat to a plate. Fry the onion and carrot with a little oil in the cook pot till the onion is transparent. Add stock and bay leaf and bring to the boil. Transfer stock to a jug. Add the meat to the cook pot, pour the stock 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.

### 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 |
|-----|-------|
| low | 6-8   |

Cut the beef into 4 pieces, and toss in the seasoned flour. Heat the oil in the cook pot, brown the beef all over, then transfer to a plate. Add the Guinness, soy sauce, and mushroom ketchup to the cook pot, and bring to the boil. Transfer to a jug. Add the beef to the cook pot. Transfer to the slow cooker. 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 floz) chicken stock  
½ green pepper, deseeded and chopped  
salt and pepper to taste  
1 tomatoes, skinned, deseeded, and sliced

| set  | hours |
|------|-------|
| low  | 6-10  |
| high | 3-4   |

Heat the oil in the cook pot 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 the cook pot to the slow cooker and cook for the time shown.

## boeuf bourguignonne

1 tbsp cooking oil  
50g (2oz) streaky bacon, chopped  
150ml (¼pt) red wine  
150ml (¼pt) stock  
1 bay leaf  
6-8 shallots or tiny onions, whole

500g (1lb) stewing steak, cubed  
1 tbsp flour  
1 tbsp brandy  
good pinch thyme  
1 clove garlic, crushed  
salt and pepper to taste

| set  | hours |
|------|-------|
| low  | 7-10  |
| high | 4-6   |

Heat the oil in the cook pot, 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 the cook pot to the slow cooker, and cook for the time shown. Remove the bay leaf before serving.

## pork and pineapple curry

500g (1lb) lean pork (cut into cubes)  
1 tsp salt  
1 large onion, chopped  
1 tbsp paprika pepper  
1 dried red chillies  
1 tsp worcester sauce  
2 bay leaves

25g (1oz) flour  
2 tbsp cooking oil  
1 tbsp curry powder  
300ml (½pt) chicken stock  
1 tbsp mango chutney  
225g (½lb) tinned pineapple cubes + juice

| set  | hours |
|------|-------|
| low  | 6-8   |
| high | 3-4   |

Toss the pork in the flour and salt. In the cook pot heat the oil and brown the meat. Lift out on to a plate with a draining spoon. In the cook pot, fry the onions till soft. Stir in the curry powder and paprika pepper. Fry for 2 minutes then return meat to the cook pot. Stir well and cook for a few minutes. Add remaining ingredients, bring to the boil. Transfer the cook pot to the 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 high.

- 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 the cookpot on a hob.
- 3 Transfer to the slow cooker and cook at high for the time shown.

| set  | hours |
|------|-------|
| low  | 8-10  |
| high | 5-7   |

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

## country chicken casserole

200g (7oz) tinned tomatoes, including juice  
100g (3½oz) tinned sweet corn, drained  
1 small onion, finely chopped  
1 bay leaf  
160ml (¼pt) chicken stock, boiling

2 chicken joints, skinned  
1 stick celery, finely chopped  
25g (1oz) white cabbage, finely shredded  
½ tsp mixed herbs  
salt and freshly ground black pepper to taste

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

| set  | hours |
|------|-------|
| low  | 8-10  |
| high | 3½-5  |

Heat the oil in the cook pot and fry the chicken till golden brown. Transfer to a plate. 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. Transfer stock to a jug. Add chicken to cook pot, pour over the chicken, transfer cook pot to the slow cooker and cook for the time shown.

## chicken with barbecue sauce

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

| set  | hours |
|------|-------|
|      |       |
| high | 4½-5  |

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

## coq au vin

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

| set  | hours |
|------|-------|
| low  | 8-10  |
| high | 3½-5  |

Heat the oil in the cook pot. Coat the chicken in seasoned flour and brown all over. Transfer to a plate. 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. Transfer stock to a jug. Add the chicken to the cook pot and pour the stock over the chicken. Transfer the cook pot to the slow cooker.

Cook for the time shown. Remove the bay leaf, clove and bouquet garni before serving.

| set  | hours |
|------|-------|
| low  | 6-8   |
| high | 3-5   |

## 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 high for the time shown.

| <b>slow cooker cooking times (rough guide)</b>  |                 |                                   |                                    |
|---|-----------------|-----------------------------------|------------------------------------|
| <b>food</b>   | <b>quantity</b> | <b>time at low<br/>(in hours)</b> | <b>time at high<br/>(in hours)</b> |
| 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                                |
| <b>converting recipes from a traditional oven to a slow cooker (very rough guide)</b> |                 |                                   |                                    |
| <b>oven cooking time</b>  |                 | <b>time at low<br/>(in hours)</b> | <b>time at high<br/>(in hours)</b> |
| 15-30 minutes   |                 | 4-6                               | 1-2                                |
| 30-60 minutes   |                 | 6-8                               | 2-4                                |
| 1-3 hours   |                 | 8-12                              | 4-7                                |





## ENVIRONMENTAL PROTECTION

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

Spectrum Brands (UK) Ltd

Fir Street, Failsworth, Manchester M35 0HS

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

telephone: 0845 230 9700 (local rate number)

## ➡ GUARANTEE

Defects affecting product functionality appearing within two years of first retail 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



## REGISTER ONLINE FOR –



£10,000 prize draw,

EXTRA year guarantee,

FREE rewards gallery

Visit [www.russellhobbs.co.uk/productregister/](http://www.russellhobbs.co.uk/productregister/)

You must register within 28 days of purchase.