



# Russell Hobbs



## COOK@HOME MULTI-COOKER

2 YEAR WARRANTY

RHC50

RHMC50\_IB&RB\_FA\_010720  
Part no. T22-9001962

## INSTRUCTIONS & WARRANTY

## IMPORTANT SAFEGUARDS

When using this appliance, basic safety precautions should be followed, including but not limited to:

1. To protect against electrical hazards do not immerse the power cord, plug or Multi-Cooker body in water or any other liquid.
2. Do not use this appliance near bathtubs, showers, basins or other vessels containing water.
3. Do not use outdoors.
4. Do not use the appliance near or below any curtains or other combustible materials.
5. The appliance should be positioned so that escaping steam does not damage overhead or surrounding cupboards.
6. Always use appliance handles and do not touch the hot cooking surfaces. The temperature of accessible surfaces/parts may become very hot when the appliance is operating and heated surfaces are subject to residual heat for some time after the unit has switched off.
7. This appliance generates heat and escaping steam during use. To avoid risk of burns, stay clear of the steam vent while cooking.
8. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
9. Always turn off and unplug from the power outlet when not in use and before cleaning the appliance.
10. To disconnect, turn off the wall power outlet, then grasp the plug and remove from wall power socket. Never pull by the cord.
11. Do not operate this appliance with a damaged cord/plug or after the appliance has malfunctioned, or been dropped or damaged in any manner. Contact Customer service for replacement, examination, repair or adjustment.
12. There are no user serviceable parts. If the power cord or appliance is damaged, it must be replaced or repaired by the manufacturer or similarly qualified person in order to avoid a hazard.
13. Do not use accessories of not specifically designed for use with this product.
14. Do not use on an inclined plane or unstable surface.
15. Do not turn on the Multi-Cooker without first placing the cooking pot inside the interior of the Multi-Cooker.
16. Cook only in the cooking pot. Do not pour liquid or place ingredients directly into the interior. Doing so may result in personal injury from electric shock and/or damage to the appliance.
17. Do not use the cooking pot if it is dented or distorted.
18. Do not overfill or attempt to cook food items too large for the appliance.
19. Do not fill the Multi-Cooker with cooking oil or try to use it as a deep fryer.
20. Do not use keep warm mode to reheat cold rice or other foods.
21. Always take care when removing food after cooking as both the food and accessible surfaces of the appliance will be hot.
22. Keep the appliance and the power cord away from the edge of tables or countertops and out of reach of children and persons with disabilities.



23. Do not move the appliance when in use.
24. Do not cover the appliance when in use.
25. Do not place on or near any heat sources.
26. Always thoroughly clean the appliance after use.
27. Follow the instructions when cleaning this appliance.
28. Do not use appliance for other than its intended purpose as described in this instruction book.
29. This appliance is not a toy. Children should be supervised to ensure they do not play with the appliance.
30. Do not leave the appliance unattended when in use or where it may be touched by children or persons with disabilities.
31. This appliance is not intended to be operated by means of an external timer or separate remote control system.
32. For added safety, electrical appliances should be connected to a power outlet that is protected by a residual current device (RCD), also often referred to as a 'Safety Switch'. Your switchboard may already incorporate an RCD. If unsure, call an electrician for verification and fitting if necessary.
33. This appliance should be placed in a stable situation with the handles positioned to avoid spillage of hot liquids.
34. Misuse may cause potential injury.
35. **WARNING:** Be careful to avoid spillage on the any controls or connectors.
36. **WARNING:** The heating element surface is subject to residual heat after use.

This appliance is intended to be used in household and similar applications such as:

- Staff kitchen areas in shops, offices and other working environments;
- Farm houses;
- By clients in hotels, motels, and other residential type environments;
- Bed & breakfast type environments.

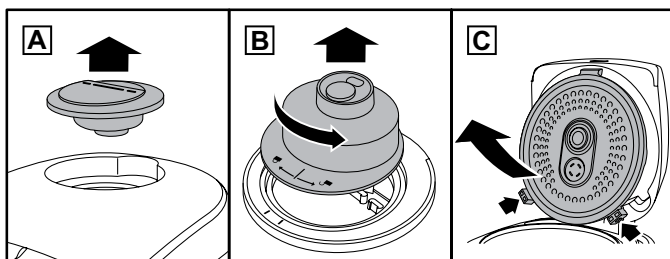
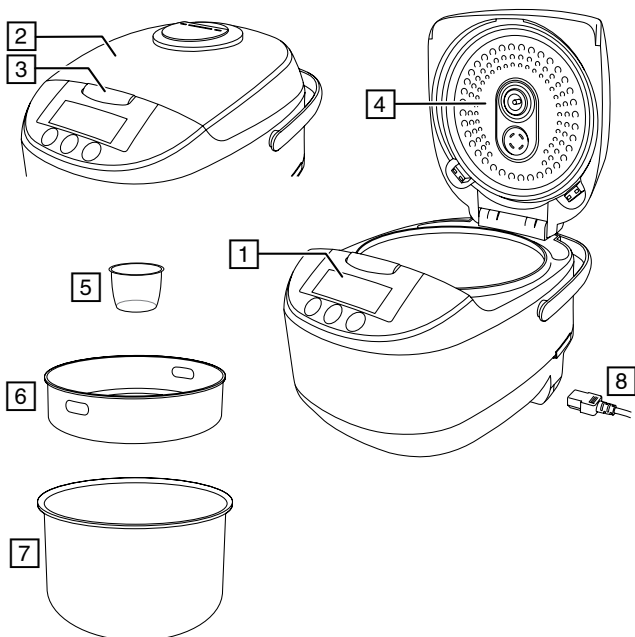


**CAUTION: Hot Surface(s).** This symbol indicates that surfaces of the appliance may be hot and care should be taken to avoid possible burns.

**SAVE THESE INSTRUCTIONS**

Congratulations on the purchase of your new Russell Hobbs COOK@HOME Multi-Cooker. Each unit is manufactured to ensure safety and reliability. **Before using the Multi-Cooker for the first time, please read this instruction booklet carefully and keep it for future reference. Pass it on if you pass on the Multi-Cooker.**

When using this appliance, basic safety precautions should always be followed.



## FEATURES




1. Control panel
2. Lid
3. Lid Lock
4. Inner Lid

5. Measuring cup
6. Basket
7. Bowl
8. Connector




## PREPARATION

1. Sit the appliance on a stable, level, heat-resistant surface.
2. Don't use the appliance near or below curtains, shelves, cupboards, or anything else likely to be damaged by the escaping steam.
3. Use oven gloves or a cloth, and a heat-resistant mat or dinner plate to put the bowl on after cooking.
4. Place the bowl inside the cooker.
5. Give the bowl quarter of a turn each way, to ensure the bottom of the bowl makes good contact with the element.




## RICE

1. Use the measuring cup to put the rice into the bowl.
2. Don't use more than 10 cups of rice.
3. Use the scale on the left, inside the bowl, which is marked from 2 to 10.
4. Fill the bowl with water up to the number corresponding to the number of cups of rice used.
5. Close the lid.
6. Press the  button. The button will light up.
7. The outer segments of the display will blink while the food heats up.
8. The display will then show the remaining cooking time (13 minutes), and count down.
9. At the end of the cooking time, the appliance will go into "keep warm" mode.
10. The  light will come on.
11. Open the lid.
12. Lift out the bowl and set it down on a heat-resistant mat or dinner plate.
13. Press the  button.
14. Use the spatula to turn and mix the rice, to let all the steam escape.
15. Sometimes the layer of rice which is in contact with the bowl will form a crust.
16. If you don't want to use it you can remove the bottom layer with the spatula, after you've served the rice.






## SLOW COOKING

1. Brown meat and vegetables (see "BROWN/SAUTE/SOFTEN/BOIL").
2. Boil the cooking liquid (see "BROWN/SAUTE/SOFTEN/BOIL").
3. Put the solid ingredients into the bowl, then add the cooking liquid.
4. Close the lid.
5. Press the  button. The button will light up.
6. The display will show 8 hours, and count down.
7. At the end of the cooking time, the appliance will go into "keep warm" mode.
8. The  light will come on.
9. Press the  button. Open the lid. Remove the food.

## STEWING






1. Brown meat and vegetables (see “BROWN/SAUTE/SOFTEN/BOIL”).
2. Boil the cooking liquid (see “BROWN/SAUTE/SOFTEN/BOIL”).
3. Put the solid ingredients into the bowl, then add the cooking liquid.
4. Close the lid.
5. Press the  button. The button will come on.
6. The display will show 1 hour, and count down.
7. At the end of the cooking time, the appliance will go into “keep warm” mode.
8. The  light will come on.
9. Press the  button. Open the lid. Remove the food.

## MEAT

1. Rub the meat all over with cooking oil.
2. Rub any seasonings over the surface of the meat.
3. Put a tablespoon of cooking oil in the bowl.
4. Put the meat in the bowl.
5. Close the lid.
6. Time depends on the size of the meat.
7. Don't cook more than about 500g of meat at a time.
8. We suggest cooking times of 10 minutes + 10 minutes per 100g of weight for beef.
9. Don't cook pork or poultry for less than 5, 10, 15, 20, 25, 30 minutes.
10. Use the  button to select  in the menu.
11. Choose the cooking time. The default time is 20 minutes.
12. You can only use the h and min buttons while the display time is blinking.
13. Use the min button to move the display through the options (10, 15, 20, 25, 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, and 55).
14. If you want to cook for 1 hour, press the h button.
15. To undo the 1 hour setting, press the h button again, while the display time is blinking.
  - If you do nothing for 2 minutes, the appliance will revert to standby mode.
16. When you have set the time, press .
17. The timer on the display will count down.
18. At the end of the cooking time, the appliance will go into “keep warm” mode.
19. The  light will come on.
20. Press the  button. Open the lid. Remove the food.

## SOUP

1. Brown meat and vegetables (see “BROWN/SAUTE/SOFTEN/BOIL”).
2. Put the solid ingredients into the bowl, then add the cooking liquid.
3. Close the lid.

4. Use the  button to select  in the menu.
5. Choose the cooking time. The default time is 1 hour.
6. You can only use the h and min buttons while the display time is blinking.
7. Use the min button to move the display through the options (10, 15, 20, 25, 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, and 55).
8. Use the h button to move the display through the options (1, 2, 3, 4, and 5).
9. To undo the 5 hour setting, press the h button again, while the display time is blinking.
  - If you do nothing for 2 minutes, the appliance will revert to standby mode.
10. You have the option of using the timer with this program (see TIMER).
11. Press the  button.
12. The timer on the display will count down.
13. At the end of the cooking time, the appliance will go into “keep warm” mode.
14. The  light will come on.
15. Press the  button. Open the lid. Remove the food.

## YOGHURT

### Yoghurt culture

You may use 5, 10, 15, 20, 25, 30ml (2 tablespoons) of:

- Unflavoured live yoghurt – it must be fresh (look for a long expiry date). Different brands will give different results.

Yoghurt you made previously.

- The bacteria weakens over time, so you can only do this 10 times before using another new culture.

Freeze-dried yoghurt culture from a pharmacy or health food shop




- If the instructions on the culture package differ from this guide, follow the instructions on the package.

### Milk






- You will need 1 litre of milk.
- Whole milk gives thicker yoghurt than low fat milk.
- To make it even thicker, you may add up to 8 tablespoons of powdered milk to the liquid milk.
- You may also use reconstituted powdered milk, or tinned evaporated milk.

### Making yoghurt

1. You need to kill the bacteria in the milk, to prevent them competing with the bacteria in the yoghurt culture.
2. While you are heating the milk, let the yoghurt culture get to room temperature.
3. Open the lid.
4. Use the STEAMING (BROWN/SAUTE/SOFTEN/BOIL) program to heat the milk to just below boiling.
5. Let the milk heat till it begins to bubble at the edges.






6. Let the milk cool to between 37°C and 45°C.
7. Stir the yoghurt culture into the milk.
8. They must be thoroughly mixed, or the yoghurt will be lumpy.
9. Close the lid.
10. Use the  button to select g in the menu.
11. Choose the cooking time. The default time is 8 hours.
12. You can only use the h and min buttons while the display time is blinking.
13. Use the min button to move the display through the options (10, 15, 20, 25, 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, and 55).
14. Use the h button to move the display through the options (6, 7, 8, 9, and 10).
15. To undo the 10 hour setting, press the h button again, while the display time is blinking.
  - If you do nothing for 2 minutes, the appliance will revert to standby mode.
16. You have the option of using the timer with this program (see TIMER).
17. Press the  button.
18. The time on the display will count down.
19. At the end of the cooking time, the appliance will go into standby mode.
20. It will not keep the yogurt warm.
21. Press the  button. Open the lid. Remove the food.

## **BREAD**



1. Defrost frozen dough thoroughly before use.
2. Don't cook more than about 500g of dough at a time.
3. Wipe the bowl with cooking oil.
4. Put the dough into the bowl.
5. Close the lid.
6. Use the  button to select  in the menu.
7. Choose the cooking time. The default time is 3 hours.
8. You can only use the h and min buttons while the display time is blinking.
9. Use the min button to move the display through the options (10, 15, 20, 25, 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, and 55).
10. Use the h button to move the display through the options (1, 2, 3, 4, 5, and 6).
11. To undo the 6 hour setting, press the h button again, while the display time is blinking.
  - If you do nothing for 2 minutes, the appliance will revert to standby mode.
12. You have the option of using the timer with this program (see TIMER).
13. Press the  button.
14. The time on the display will count down.
15. At the end of the cooking time, the appliance will go into “keep warm” mode.
16. The  light will come on.
17. Press the  button. Open the lid. Remove the food.



## FISH




1. Rub the fish all over with cooking oil.
2. Rub any seasonings over the surface of the fish.
3. Put a tablespoon of cooking oil in the bowl.
4. Put the fish in the bowl.
5. Close the lid.
6. Time depends on the size of the fish.
7. Don't cook more than about 500g of fish at a time.
8. We suggest cooking times of 10 minutes per 100g of weight.
9. Use the  button to select  in the menu.
10. Choose the cooking time. The default time is 20 minutes.
11. You can only use the h and min buttons while the display time is blinking.
12. Use the min button to move the display through the options (10, 15, 20, 25, 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, and 55).
13. If you want to cook for 1 hour, press the h button.
14. To undo the 1 hour setting, press the h button again, while the display time is blinking.
  - If you do nothing for 2 minutes, the appliance will revert to standby mode.
15. When you have set the time, press .
16. The time on the display will count down.
17. At the end of the cooking time, the appliance will go into "keep warm" mode.
18. The  light will come on.
19. It's best to remove the fish as soon as it has cooked, to prevent it drying out.
20. Press the  button. Open the lid. Remove the food.

## STEAMING

1. Fill the bowl with cold water up to the 6 mark.
2. Put the basket on top of the bowl and put the food into the basket.
3. For uniform cooking, cut all pieces of food to roughly the same size.
4. For peas, or anything that'll break up or drop into the water, make a parcel with aluminium foil.
5. Take care when removing the parcel – wear oven gloves and use plastic tongs/spoons.
6. Close the lid.
7. Use the  button to select  in the menu.
8. Choose the cooking time. The default time is 30 minutes.

- These should cook within the default time:

Food (fresh)	Quantity
Green beans	200g
Brussels sprouts	200g
Carrots (sliced)	200g
Potatoes (quartered)	400g
Broccoli	200g
Cabbage	Quarter
Corn cobs	2

- You can only use the h and min buttons while the display time is blinking.
- Use the min button to move the display through the options (5, 10, 15, 20, 25, 30, 35, 40, 45, 50, and 55).
- Use the h button to move the display through the options (1, and 2).
- To undo the 2 hour setting, press the h button again, while the time on the display is blinking.
  - If you do nothing for 2 minutes, the appliance will revert to standby mode.
- You have the option of using the timer with this program (see TIMER).
- Press the  button.
- The time on the display will count down.
- At the end of the cooking time, the appliance will go into “keep warm” mode.
- The  light will come on.
- It's best to remove the food as soon as it has cooked, to prevent it going soggy.
- Press the  button. Open the lid. Remove the food.

## BROWN/SAUTE/SOFTEN/BOIL

- You may use the STEAMING S program at its default setting, with the lid open, as a high temperature pan for 5, 10, 15, 20, 25, 30 minutes, prior to cooking with another program.
- Use it with a small amount of oil to brown meat and vegetables, to sauté, to soften onions, celery, leeks, etc.
- Use it with water or stock to pre-heat cooking liquids.
- When you switch to the main program, the appliance is warmed up, and some or all of your ingredients will already be in the bowl.
- You don't have to wash the pan you would have used during preparation.

## PORRIDGE/RISOTTO






Use the measuring cup to put the grain (rice, oats, barley, etc.) into the bowl.

### Porridge

- Use the scale on the right, inside the bowl, which is marked from ½ to 1½.
- Don't fill above max.

### Congee






- Use the scale on the centre, inside the bowl, which is marked from 1 to 3.

- Don't fill above max.
1. Fill the bowl with water up to the number corresponding to the number of cups of grain.
  2. Close the lid.
  3. Use the  button to select  in the menu.
  4. Choose the cooking time. The default time is 1 hour.
  5. You can only use the h and min buttons while the display time is blinking.
  6. Use the min button to move the display through the options (5, 10, 15, 20, 25, 30, 35, 40, 45, 50, and 55).
  7. Use the h button to move the display through the options (1, 2, 3, and 4).
  8. To undo the 4 hour setting, press the h button again, while the display time is blinking.
    - If you do nothing for 2 minutes, the appliance will revert to standby mode.
  9. You have the option of using the timer with this program (see TIMER).
  10. Press the .
  11. The time on the display will count down.
  12. At the end of the cooking time, the appliance will go into "keep warm" mode.
  13. The  light will come on.
  14. Press the  button. Open the lid. Remove the food.



## Risotto

Follow the recipe shown later in this booklet.










## CAKE

1. Defrost frozen dough thoroughly before use.
2. Don't fill the bowl more than about half full.
3. Wipe the bowl with cooking oil.
4. Put the dough into the bowl.
5. Close the lid.
6. Use the  button to select  in the menu.
7. Choose the cooking time. The default time is 40 minutes.
8. You can only use the h and min buttons while the display time is blinking.
9. Use the min button to move the display through the options (5, 10, 15, 20, 25, 30, 35, 40, 45, 50, and 55).
10. Use the h button to move the display through the options (1, and 2).
  - To undo the 2 hour setting, press the h button again, while the display time is blinking.
  - If you do nothing for 2 minutes, the appliance will revert to standby mode.
11. When you have set the time, press .
12. The time on the display will count down.
13. At the end of the cooking time, the appliance will go into "keep warm" mode.
14. The  light will come on.
15. It's best to remove the food as soon as it has cooked, to prevent it going soggy.
16. Press the  button. Open the lid. Remove the food.


## KEEP WARM

- If you want to use the keep warm feature after a program that doesn't support it, then, when the only thing showing on the display is the blinking  light, press .
- Press **w** to exit this feature.

## THE TIMER

- You may use the delay timer with the soup , yoghurt , bread , steam , and porridge  programs.
  - Do this immediately after setting the cooking time, and before pressing start :
1. Press the  button. The  light will come on.
  2. Decide when you want the food to be ready.
  3. For example, if it is 2.00 now, and you want it to be ready at 9.00, you must set the time to 7 hours.
  4. Use the **h** and **min** buttons to set the correct hour and minute.
  5. Press the  button.

## CARE AND MAINTENANCE

1. Unplug the appliance and let it cool.
2. Remove the plug from the power socket, then remove the connector from the power inlet on the appliance.
3. With the lid closed, grip the top of the filter and lever it out of the lid. (FIG A).
4. Turn it over, to expose the markings on the front edge.
5. Hold the filter lid fast, and turn the rest of the filter towards the open padlock  (FIG B).
6. Press on the tabs at the bottom of the inner lid, and pull it off the appliance. (FIG C).
7. Hand wash the removable parts.
8. Wipe all surfaces with a clean damp cloth.
9. Don't put any part of the appliance in a dishwasher.
10. Reassemble the filter, and replace it in the lid.
11. Replace the inner lid in the lid.

Legislation in some localities mandates that e-waste (anything with a plug, battery or cord) is disposed of through controlled recycling facilities and must not be disposed of in general household waste. For more information about recycling of electrical and battery operated appliances, please contact your local council or your local household waste disposal service.

**Spectrum Brands Australia Pty Ltd**

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## **Spectrum Brands Australia Pty Ltd and Spectrum Brands New Zealand Ltd Warranty Against Defects**

In this warranty:

**Australian Consumer Law** means the Australian consumer law set out in Schedule 2 to the Competition and Consumer Act 2010;

**CGA** means the New Zealand Consumer Guarantees Act 1993;

**Goods** means the product or equipment which was accompanied by this warranty and purchased in Australia or New Zealand, as the case may be;

**Manufacturer, We or us** means:

1. for Goods purchased in Australia, Spectrum Brands Australia Pty Ltd ABN, 78 007 070 573; or
2. for Goods purchased in New Zealand, Spectrum Brands New Zealand Ltd, as the case may be, contact details as set out at the end of this warranty;

**Supplier** means the authorised distributor or retailer of the Goods that sold you the Goods in Australia or in New Zealand; and

**You** means you, the original end-user purchaser of the Goods.

1. Our goods come with guarantees that cannot be excluded under the Australian Consumer Law, or the CGA. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.
2. The benefits provided by this Warranty are in addition to all other rights and remedies in respect of the Goods which the consumer has under either the Australian Consumer Law or the CGA. The original purchaser of the Goods is provided with the following Warranty subject to the Warranty Conditions:
3. We warrant the Goods for all parts defective in workmanship or materials for a **(Warranty Period)** period of 2 years from the date of purchase.

If the Goods prove defective within the Warranty Period by reason of improper workmanship or material, we may, at our own discretion, repair or replace the Goods without charge.

## **Warranty Conditions**

4. The Goods must be used in accordance with the manufacturer's instructions. This Warranty does not apply should the defect in or failure of the Goods be attributable to misuse, abuse, accident or non-observance of manufacturer's instructions on the part of the user. As far as the law permits, the manufacturer does not accept liability for any direct or consequential loss, damage or other expense caused by or arising out of any failure to use the Goods in accordance with the manufacturer's instructions.
  5. Exhaustible components (such as batteries, filters and brushes) of the Goods are included under this Warranty only where there is a defect in workmanship or materials used.
  6. The warranty granted under clause 3 is limited to repair or replacement only.
  7. Any parts of the Goods replaced during repairs or any product replaced remain the property of the manufacturer. In the event of the Goods being replaced during the Warranty Period, the warranty on the replacement Goods will expire on the same date as for the Warranty Period on the original Goods which are replaced.
  8. In order to claim under the warranty granted under clause 3 you must:
    - (a) Retain this warranty with your receipt/proof of purchase; and
    - (b) Return the Goods to us at the relevant address or to the Supplier by prepaid freight within the Warranty Period accompanied with (i) the legible and unmodified original proof of purchase, which clearly indicates the name and address of the Supplier, the date and place of purchase, the product name or other product serial number and (ii) this warranty.
  9. This warranty is immediately void if:
    - (a) Any serial number or appliance plate is removed or defaced;
    - (b) The Goods have been serviced or otherwise repaired by a person not authorised to do so by us or where non approved replaced parts are used.
  10. The Goods are designed for domestic use only. The Goods must be connected to the electrical voltage requirements as specified in the ratings label located on the Goods.
  11. This warranty does not cover the cost of claiming under the warranty or transport of the Goods to and from the Supplier or us.
  12. This warranty is only valid and enforceable in Australia against Spectrum Brands Australia Pty Ltd and in New Zealand against Spectrum Brands New Zealand Ltd.
- Contact us or the Supplier for further details.

## **Register your product online**

If you live in Australia please visit: [www.spectrumbrands.com.au/warranty](http://www.spectrumbrands.com.au/warranty)

If you live in New Zealand Please visit: [www.spectrumbrands.co.nz/warranty](http://www.spectrumbrands.co.nz/warranty)

Registration of your warranty is not compulsory, it gives us a record of your purchase AND entitles you to receive these benefits: Product information; Hints and tips; Recipes and news; Information on special price offers and promotions.

**Any questions?** Please contact Customer Service for advice.

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## This image shows a full page of primary-ruled paper. It features approximately 20 horizontal rows, each consisting of two parallel dotted lines with a small gap between them. The paper is otherwise blank, with no margins, text, or other markings.



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# Russell Hobbs



## COOK@HOME MULTI-COOKER

2 YEAR WARRANTY

RHC50

RHMC50\_IB&RB\_FA\_010720  
Part no. T22-9001962

## RECIPE BOOK






## Ingredients:

1 red onion, chopped	1 tbsp olive oil
1 large onion, chopped	1 can butter beans
2 garlic cloves, peeled and chopped	1 can cannellini beans
1 red pepper, deseeded and chopped	1 jar green jalapenos
1 yellow pepper, deseeded and chopped	1 can kidney beans
1 orange pepper, deseeded and chopped	1 can chopped tomatoes
1 tsp ground coriander	2 tsp ground cumin
1 tbsp tomato purée	1 tsp sugar
850ml vegetable stock	2 tbsp chilli powder
2 tbsp hot tomato sauce	2 tbsp dried oregano
120-140g couscous	

## Serving Options:

- grated cheese
- sour cream
- small bunch coriander, chopped

## Method:

1. Open the lid. Add the oil.
2. Select  on the menu, and press .
3. Add the onions and garlic. Cook till the onions soften.
4. Drain the beans and add them.
5. Reserve the couscous and add the remaining ingredients. Press  twice to stop the program. Close the lid and select .
6. Add the couscous 30 minutes before cooking ends. If cooking has already finished, select  on the menu and cook for about 20 minutes more.
7. Serve in a bowl with a handful of cheese, a drizzle of sour cream, and a sprinkle of fresh coriander. For a classic vegetarian chilli, omit the couscous.

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## Ingredients:

- |                              |                           |
|------------------------------|---------------------------|
| 1.15l chicken stock          | 1 onion, finely chopped   |
| 225g split peas              | 1 carrot, chopped         |
| 1 stick of celery, chopped   | 2 garlic cloves (crushed) |
| 1 tbsp thyme, finely chopped | 1 bayleaf                 |
| 1 ham hock                   | Black pepper              |





## Method:

1. Open the lid and add the stock.
2. Select  on the menu, and press .
3. Bring to the boil, stirring. Simmer for 10 minutes, then add the remaining ingredients. Press  twice to stop the program. Close the lid.
4. Select  and wait till the program ends.
5. Remove the ham hock and discard the skin and bones. Dice the meat and discard the bayleaf.
6. Mash the split peas with the back of a wooden spoon and add the meat.
7. Adjust the seasoning, and serve. Heaven in a bowl!

### Ingredients:

1kg brisket  
2 tbsp tomato purée  
2 garlic cloves, peeled and chopped  
2 bayleaf  
50g chorizo sausage, sliced  
2 carrots  
2 red onions, chopped  
3 sticks of celery  
600ml beef stock  
2 sprigs rosemary, chopped  
2 tbsp dried mixed herbs  
1 can of chopped tomatoes  
6-8 potatoes (small)  
Salt and pepper  
2 tbsp Worcestershire sauce

### Method:

1. Leave the skins on the potatoes and cut the potatoes, carrots and celery into chunks.
2. Season the brisket with salt and pepper.
3. Open the lid and select  on the menu, and press . Add the stock. Bring to the boil, stirring. Simmer for 10 minutes. Transfer the stock to a jug.
4. Sauté the chorizo for 2 minutes. Add the meat and brown all over.
5. Add the onions, garlic, potatoes, celery and carrots. If you have any other root vegetables that need using up, add them too. Cook till the onions soften.
6. Add the stock and add the remaining ingredients. Press  twice to stop the program.
7. Select . Wait till the program ends, then serve.

Note: Cooking for 8 hours will do no harm, but it will probably be ready to eat after 5 hours.

### Ingredients:






200ml milk

100ml yoghurt

### Serving Options:

- 50g frozen mixed summer berries
- 1 tbsp honey

### Method:





1. Open the lid and add the milk. Select  on the menu, and press . Let the milk heat till it begins to bubble at the edges. Press  twice to stop the program. Let the milk cool to between 37°C and 45°C.
2. Stir the yoghurt into the milk. They must be thoroughly mixed, or the yoghurt will be lumpy.
3. Close the lid and select  on the menu, and press . Wait till the program ends.
4. Put the yoghurt in the fridge to cool completely.
5. Heat the berries gently in a pan and add the honey.
6. When the berries begin to collapse, remove from the heat, allow to cool, then mix with the yoghurt.

Note: If you want to store your yoghurt you must sterilize the jars you are going to use. Heat them in an oven at 100°C for 10 minutes. The yoghurt will keep for up to 2 of weeks in the fridge.

## Ingredients:

450g braising beef	1 tbsp olive oil
3 garlic cloves, peeled and chopped	2 onions, chopped
2 tbsp ground cumin	2 tbsp chilli powder
1 tbsp cayenne pepper	2 tbsp tomato sauce
1 tbsp smoked paprika/chipotle powder	2 cans tomatoes
1 green pepper	1 bayleaf
1 tbsp salt	1 tsp black pepper
1 handful of basil leaves, roughly chopped	1 can kidney beans

## Method:

1. Open the lid and add the oil.
2. Select  on the menu, and press .
3. Chop the beef, tomatoes and pepper into bite sized chunks. Brown the meat, then remove it.
4. Add the onions, garlic and all the herbs. Cook till the onions soften.
5. Add the meat. Reserve the beans and add the remaining ingredients. Press  twice to stop the program.
6. Close the lid and select . Add the beans 30 minutes before cooking ends.

Note: If the meat is still a little tough at the end of the program, add a cup of water, and run the meat program for an additional 30 minutes.





## Ingredients for the stew:

1.8kg lamb shoulder (cooked)	1 tbsp olive oil
250g streaky bacon	3 garlic cloves (crushed)
950ml lamb stock	Salt and pepper
1 large onion, chopped	2 carrots, chopped
2 sticks of celery, chopped	2 sprigs rosemary, chopped
2 tbsp tomato purée	1 tbsp cornflour

## Ingredients for the dumplings:

100g self raising flour	1 tsp baking powder
50g suet	1 tsp salt
75ml water	1 tsp dried parsley
40g goat's cheese (soft)	1 tsp dried thyme
1 tsp dried marjoram	1 tsp black pepper

## Method for the stew:

1. Remove the meat from the bone. Cut the meat and bacon into bite-sized chunks. Open the lid and select  on the menu, and press .
2. Add the stock. Bring to the boil, stirring. Simmer for 10 minutes.
3. Transfer the stock to a jug.
4. Add the oil. Add the onion and sauté till soft.
5. Add the meat, garlic, herbs and other vegetables, and cook for 5 minutes and add the stock.
6. Add the tomato purée. Press  twice to stop the program. Close the lid. Select .

## Method for the dumplings:

1. Mix all the ingredients by hand. Divide the mixture into 6 balls. Rest for 20 minutes.

## To finish:

1. Make a smooth paste with the cornflower and a little water in a cup. 30 minutes before cooking ends, open the lid.
2. Stir the paste into the stew.
3. Add the dumplings. Close the lid.
4. Wait till the program ends, then serve a fabulous bowl of comfort food!

Note: If you do not have any cooked lamb, you may use raw lamb, with the slow cook program instead of the stew program, then carry on from the dumplings moment.



## PEARL BARLEY AND BORLOTTI BEAN ONE-POT MEAL

STEW 





### Ingredients:

1 tbsp olive oil	1 can of borlotti beans
175g pearl barley	1 onion, finely chopped
1 can of chopped tomatoes	1 tbsp tomato purée
1l vegetable stock	2 handfuls of parsley (chopped)
125ml dry red wine	Salt and pepper

### Serving Options:

- hot chilli oil (optional)




### Method:

1. Open the lid and select  on the menu, and press .
2. Add the stock. Bring to the boil, stirring. Simmer for 10 minutes. Transfer the stock to a jug.
3. Add the oil. Add the onion and sauté till soft.
4. Add the wine and cook for a few minutes.
5. Add the pearl barley, and stir till it begins to take on the colour of the wine.
6. Drain the beans and add them and the tomatoes.
7. Add the stock and press  twice to stop the program.
8. Close the lid and select . 30 minutes before cooking ends, open the lid. Check the amount of liquid in the bowl.
9. Add 150ml of hot water if necessary. Close the lid and wait till the program ends. Serve with fresh crusty bread and a splash of hot chilli oil.

### Ingredients:

2 garlic cloves, peeled and chopped	1 onion, chopped
1 red pepper, deseeded and chopped	2 sticks of celery, chopped
2 chopped tomatoes	1 tsp ground cumin
1 tsp ground ginger	1 tsp turmeric
1 cinnamon stick	1 tbsp harissa paste
120ml white wine	1 tsp tomato purée
120ml fish stock	1 lemon
675g fish (cod/haddock/salmon)	1 handful of green olives
1 small bunch coriander, chopped	Salt and pepper



### Method:

1. Reserve the coriander. Open the lid and add the remaining ingredients.
2. Close the lid and select  on the menu, and press .
3. Cook till the fish becomes flaky (40-60 minutes). Press  twice to stop the program.
4. Add the coriander and adjust the seasoning and serve. This would be great with couscous.

### Ingredients:

2 salmon fillets (with skin)	1 tsp olive oil
1 tsp paprika	1 tsp chilli powder
½ tsp ground cumin	1 pinch of salt and pepper
1 tsp soft brown sugar	1 lemon



### Method:

1. Mix the paprika, chilli powder, cumin, sugar, salt and pepper and sprinkle over the salmon fillets.
2. Open the lid and add the oil.
3. Select  on the menu, and press . Wait a couple of minutes to let the oil heat.
4. Add the fillets, skin down and close the lid.
5. This is a great combination of steaming and pieces of fish but you get a crispy skin. Serve with a wedge of lemon and have a great light meal.

### Ingredients:

1 garlic clove, peeled and chopped	2 globe artichokes
Sprigs of herbs (tarragon, mint, parsley, thyme)	1 lemon



### Method:

1. Slice the lemon and cut the stem flush with the bottom of each artichoke. Cut the top quarter off each artichoke and discard any damaged leaves.
2. Rub the cut surfaces with a slice of lemon and put the lemon slices in the basket.
3. Add the sprigs of herbs and the garlic.
4. Put the artichoke on top. Fill with water to the 2 level on the scale on the left, inside the bowl.
5. Put the basket on top of the bowl. Close the lid and select  on the menu, and press . The artichokes are cooked when the outer leaves can be removed easily. Serve warm or cold with a vinaigrette. Amazing!

### Ingredients:

115g butter	2 eggs
100g caster sugar	¼ tsp vanilla essence
175g self raising flour	2 tbsp milk
4 tbsp golden syrup	

### Method:

1. Beat the eggs in a bowl. Cream the butter and sugar in a bowl. Gradually add the eggs, then the vanilla, then the flour. Stir in the milk.
2. Grease a 1200ml oven-proof bowl and put the syrup in the bottom of the oven-proof bowl and put the mixture on top.
3. Cover with baking parchment then with foil, and tie the top with string.
4. Open the lid and put the oven-proof bowl inside the bowl in the appliance.
5. Add enough boiling water into the bowl in the appliance to reach 3cm below the top of the oven-proof bowl. Close the lid and select  on the menu.
6. Set the cooking time to 1 hour 30 minutes. Press the  button. Wait till the program ends.
7. Invert on to a dish and serve warm. This is a great pudding any time of the year!!

## Ingredients:

1 tbsp golden syrup

320ml milk






500g strong white bread flour

1 tbsp butter

1 sachet dried yeast

1 tsp salt

## Method:

1. Open the lid and add the milk. Select  on the menu, and press . Let the milk heat till it begins to bubble at the edges.
2. Transfer the milk to a jug and press  twice to stop the program. Let the milk cool to between 37°C and 45°C.
3. Melt the butter in a pan over a low heat.
4. Mix the flour and salt in a bowl.
5. Add the yeast, butter, and syrup.
6. Add the milk and knead into a ball. If the mix is very sticky, add a little extra flour.
7. Cover and leave in a warm place for 10 minutes. Knead again.
8. Cover and leave in a warm place for 10 minutes. Open the lid. Select  on the menu, and press .
9. Close the lid and 30 minutes before cooking ends, open the lid.
10. Turn the bread over. This will help to give the top of the loaf a little colour and a crunch. Wait till the program ends. Serve with lashings of butter.



### Ingredients:

1 sachet of soda bread mix

Butter

350ml water

### Method:

1. Open the lid. Grease the bowl with butter. Select  on the menu. Close the lid.
2. Set the cooking time to 2 hours 15 minutes. Press the  button and leave it to warm up.
3. Put the soda bread mix into a bowl and add the water. Mix by hand into a ball.
4. Open the lid and put the dough into the bowl.
5. Divide the dough into quarters with a plastic spatula. Close the lid. 30 minutes before cooking ends, open the lid.
6. Turn the bread over. This will help to give the top of the loaf a little colour and a crunch.
7. Wait till the program ends. Cool on a wire rack. Serve with salted butter on its own or with a meal.

## Ingredients:

2 cups oatmeal

1¼ tsp salt



Water

2tsp sugar

## Serving Options:

- dark brown sugar
- milk / single cream

## Method:

1. Open the lid and add the oatmeal, salt, and sugar.
2. Fill with water to the 1½ level on the scale on the right, inside the bowl. Close the lid and select  on the menu, press . Wait till the program ends.
3. Serve with milk or cream and sprinkle with dark brown sugar.
4. If you wish, you may add chopped dried apricots or halved prunes (without stones) 15 minutes before the end of the cooking time.

Note: Left over porridge may be kept in the fridge for up to 2 days, then reheated.



### Ingredients:



½ cup rolled oats  
120ml milk  
1 tsp ground cinnamon

Water  
3 tbsp desiccated coconut

### Serving Options:

- golden syrup
- nibbed almonds

### Method:

1. Open the lid and add the oats, cinnamon, coconut and milk.
2. Fill with water to the ½ level on the scale on the right, inside the bowl.
3. Close the lid. Select  on the menu, and press . Wait till the program ends.
4. Drizzle golden syrup and sprinkle nibbed almonds on top.






**Ingredients:**

400g beetroot	2 tbsp olive oil
250g arborio/risotto rice	1 onion, finely chopped
250ml white wine	2 garlic cloves, peeled and chopped
900ml vegetable stock / chicken stock	1 tsp thyme, finely chopped

**To finish:**

- 100ml yoghurt
- 1 tbsp parsley (chopped)
- 1 tbsp butter

**Method:**

1. Open the lid. Select  on the menu, and press . Add the stock. Bring to the boil, stirring. Simmer for 10 minutes. Transfer the stock to a jug. Press  twice to stop the program.
2. Select  on the menu, and press . Leave it to warm up.
3. Peel the beetroot, and cut into 1cm cubes. Put the beetroot, garlic, and onion in the bowl. Cook till the onion softens.
4. Stir in the rice. Close the lid and cook for 3-4 minutes.
5. Open the lid. Stir in the wine. Close the lid and cook for 3-4 minutes.
6. Open the lid and add the thyme. Add the stock and close the lid. Wait till the end of program.
7. Check the rice – it should have a slight bite, but should not be hard . If not quite done, add a little water and cook for a few minutes more.
8. Stir in the butter – this gives the risotto its shine. Serve with a dollop of the yoghurt and sprinkle with parsley. This is really good as a starter or as a light lunch.

### Ingredients:

2 cups rice

1 stock cube (vegetable)

1 red pepper, deseeded and chopped

1 pinch turmeric


Water

2 carrots, chopped

2 sticks celery, chopped

1 handful peas (optional)

### Method:

1. Open the lid and put the rice in the bowl.
2. Fill with water to the 2 level on the scale on the left, inside the bowl.
3. Crush the stock cube and stir it into the water.
4. Add the remaining ingredients. Close the lid. Select . Wait till the program ends, then serve.
5. If the rice is not quite done, leave it for a few minutes, with the lid closed, to steam.






## TOMATO BIG SOUP

SOUP 

### Ingredients:

1 onion, chopped	1 tbsp olive oil
1 can chopped tomatoes	2 chopped tomatoes
1 red pepper, deseeded and chopped	2 potatoes
550ml chicken stock	1 tbsp tomato purée
1 tsp dried mixed herbs	1 tsp black pepper

### Method:






1. Open the lid and add the stock. Select  on the menu, and press . Bring to the boil, stirring. Simmer for 10 minutes. Transfer the stock to a jug. Press  twice to stop the program.
2. Peel and dice the potatoes. Select  on the menu, and press .
3. Add the oil, the onion and sweet pepper. Cook till the onion softens.
4. Add the stock, the remaining ingredients and close the lid. Wait till the program ends. Adjust the seasoning. Serve with crusty bread.

### Ingredients:

¼ chorizo sausage, finely chopped  
1 apple  
2 sticks of celery, chopped  
¼ spring cabbage, finely chopped  
2 garlic cloves, peeled and chopped  
1 pinch salt  
850ml vegetable stock

1 onion, finely chopped  
2 carrots, chopped  
2 chopped tomatoes  
1 tbsp tomato purée  
1 tsp cayenne pepper  
1 pinch black pepper

### Method:

1. Open the lid and select  on the menu, and press . Sauté the chorizo for 2 minutes.
2. Add the onion and garlic. Cook till the onion softens.
3. Peel, core and chop the apple. Add the remaining ingredients. Press  twice to stop the program. Close the lid.
4. Select  on the menu, and press . Wait till the program ends. This is a great soup and if you leave it overnight in the fridge, the flavour will develop further.



## CHICKEN WITH TOMATOES AND MUSHROOMS



### Ingredients:

2 chicken breasts, skinned and boned	1 tsp olive oil
450g brown mushrooms, chopped	1 can chopped tomatoes
2 garlic cloves, peeled and chopped	1 tbsp tomato sauce
1 tbsp Worcestershire sauce	1 tsp dried oregano
Salt and pepper	



### Method:

1. Open the lid and select  on the menu, and press . Add the oil.
2. Season the chicken breasts with salt and pepper and put them in the bowl. Turn the meat to seal both sides.
3. Add the garlic and mushrooms. Cook for 3-4 minutes, turning the chicken once.
4. Add the tomatoes, Worcestershire sauce, tomato sauce and oregano.
5. Carry on cooking, turning the chicken once more. Check the chicken is cooked through.
6. Serve with pasta, potatoes or rice. A quick tasty store cupboard meal.

### Ingredients:

1kg belly pork ribs	1 onion, chopped
350ml Guinness / stout	1 tsp olive oil
140ml beef stock / pork stock	3 garlic cloves, peeled and chopped
60ml maple syrup / honey	2 tbsp dark soy sauce

### Method:

1. Open the lid and select  on the menu. Add the oil.
2. Set the cooking time to 1 hour 45 minutes. Press the  button.
3. Add the ribs and brown for 5 minutes – turning occasionally.
4. Remove the ribs and add the onion and garlic. Cook till the onion softens.
5. Return the ribs to the bowl and stir in the Guinness, stock, maple syrup and soy sauce. Close the lid. Wait till the program ends.
6. Adjust the seasoning, and serve. A great starter or as part of a pick and mix lunch.

## Ingredients:

170g unsalted butter

340g sugar

170g cocoa powder

110g milk chocolate drops

3 large eggs

1 tsp vanilla essence



1 pinch of salt

75g plain flour

## Serving Options:

- vanilla ice cream (optional)

## Method:

1. Melt the butter in a pan over a low heat and line the bowl with buttered foil.
2. Whisk the melted butter, sugar, cocoa powder, flour, eggs, vanilla and salt in a dish.
3. Fold in the chocolate drops and put the batter into the foil inside the bowl. Close the lid and select  on the menu.
4. Set the cooking time to 1 hour 30 minutes. Press the  button.

Note: The cake should be firm round the edges and slightly gooey in the centre. Serve the cake warm, topped with ice cream.