



MULTI-COOKER

## **Owner's Guide**

Read and Keep These Instructions

# IMPORTANT SAFEGUARDS

When using your electrical appliances. Basic safety precautions should always be followed to reduce the risk of fire, electric hazard and injury to persons, including the following:

1. **READ ALL INSTRUCTIONS.**
2. Do not touch hot surface. Use handles or button of control panel.
3. **CAUTION:** To reduce the risk of electric shock, cook only in removable container.
4. Do not add food or water higher than 1 inch below the pot rim, otherwise the food or water will flow out during cooking.
5. Close supervision is necessary when the appliance is in use or when water is hot. Do not allow children to use appliance or use near children.
6. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
7. To protect against electrical shock, do not immerse cord, plug, or cooker body in water or other liquid.
8. Do not operate this multi-cooker when the power cord or plug damaged or if the appliance malfunctions, is dropped or has been damaged in any manner. Return it to the Authorized Service Station for examination, repair, electric or mechanical adjustment.
9. The use of accessory attachment not recommended by the appliance manufacturer may result in fire, electric shock or injury to person.

# IMPORTANT SAFEGUARDS

10. Do not use outdoors.
11. Do not let cord hang over edge of table and counter, or touch hot surface.
12. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
13. Prior to first use, please make sure that the electric rating of the appliance is in conformity with the current electric rating.
14. Always attached plug to appliance first, then plug cord into wall outlet. To disconnect, turn any control to "off", then remove plug from wall outlet.
15. DO NOT place unit on or near a hot gas or electric burner, or in a heated oven.
16. DO NOT use the Inner pot in gas stove.
17. Do not use the appliance for other than intended use.
18. To avoid any damage that may bring to the multi-cooker, proper maintenance is necessary.
19. **Do not use for deep frying.**

**THIS UNIT IS INTENDED FOR  
HOUSEHOLD USE ONLY**

**SAVE THESE INSTRUCTIONS**

# IMPORTANT SAFEGUARDS

## EXTENSION CORD USE

A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord. An extension cord may be used if care is exercised in its use. If an extension cord is used, the electrical rating of the cord must be at least as great as the electrical rating of the appliance. The extension cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.

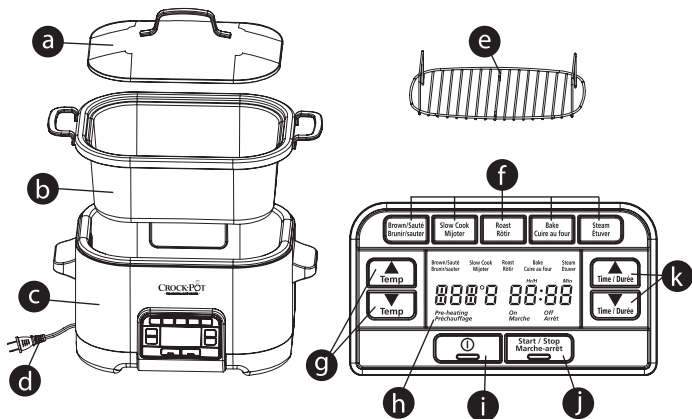
**DO NOT ATTEMPT TO DEFEAT THIS SAFETY FEATURE.**



### POLARIZED PLUG

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way. If the plug fits loosely into the AC outlet or if the AC outlet feels warm do not use that outlet.

# LEARNING ABOUT YOUR MULTI-COOKER



- a** Glass lid
- b** Cooking bowl
- c** Heating base
- d** Power cord
- e** Roast/Steam rack
- f** Function key
- g** Temperature buttons
- h** LCD display
- i** Power button
- j** Start/Stop button
- k** Timer buttons

# HOW TO USE YOUR MULTI-COOKER

## Getting started:

Remove all packaging (including any located between the cooking bowl and heating base) and wash the glass lid, cooking rack and cooking bowl in hot soapy water and dry thoroughly.

Read and save the literature and be sure to read the service and warranty information.

Visit the Crock-Pot® website at [www.crock-pot.ca](http://www.crock-pot.ca) for additional information, hints, tips and recipes or call 1-800-323-9519.

## To assemble:

- Place cooking bowl into the heating base
- Insert Roast/Steam Rack into cooking bowl
- Cover with glass lid

## Learning about Your Product Features and Assembly:

1. Glass lid with handle allows you to follow the progress of the cooking without removing the lid  
**NOTE:** Lifting the lid allows heat to escape and may require as much as an added 15 minutes to cooking time each time the lid is removed.
2. Two position roast/steam rack for versatility
3. Metal handled 6 quart nonstick aluminum cooking bowl with a large even heating surface that makes easy work of browning and sautéing right in the multi-cooker – no need for another pot

# HOW TO USE YOUR MULTI-COOKER (CONT.)

4. Outer metal housing with black plastic stay cool handles
5. Well designed feet that keep the appliance in place on the counter
6. Multi-functional control panel with easy to read LCD display

## Using your product control panel:

1. Press the **Power** button to turn the Multi-Cooker on. The red light remains on until this is pressed to stop any program.
2. **Cooking program buttons** - press to select desired cooking program:
  - Brown / Sauté
  - Slow Cook
  - Roast
  - Bake
  - Steam
3. The **Timer buttons** are used to set the Cooking time. To advance slowly simply press **UP or DOWN** button and release. To advance quickly press and hold the **UP or DOWN** button. If you have passed the desired time, simply press the opposite button to return to the desired time.  
**NOTE:** The timer can be selected for all programs and can be changed at any time during cooking.  
**NOTE:** When using Sauté or Steam there is an always "On" option.
4. The **Temperature buttons** are used to select desired cooking temperature. To advance slowly simply press **UP**

# HOW TO USE YOUR MULTI-COOKER (CONT.)

or **DOWN** button and release. To advance quickly press and hold the **UP** or **DOWN** button.

**NOTE:** You can select a desired temperature when Browning, Sautéing, Roasting and Baking

5. The **Start/Stop button** starts and stops a cooking program. It must be pressed to change from one cooking program to another.
6. The **LCD display** shows:
  - which cooking program is in use
  - how much longer the food needs to cook from the selected time in hours and minutes once the appliance is preheated
  - the temperature setting selected
  - the preheating function

## Getting started:

(NOTE: the appliance Beeps as each button is pressed)

1. Press the **Power** button to turn the appliance On.
2. Select a program you would like to use. The options are:
  - Brown / Sauté
  - Slow Cook
  - Roast
  - Bake
  - Steam
3. The **Start/Stop** button flashes.
4. Select the **Time** and **Temperature** (check appropriate program on page E9 for time and temperature availability).
5. Press the **Start/Stop** Button. The word "Preheating" will



# HOW TO USE YOUR MULTI-COOKER (CONT.)

flash on the LCD until the appliance is fully heated to the selected temperature

6. The time selected will disappear while the appliance is preheating
7. Once preheated, there is an audible signal and the time will re-appear on the LCD and begin counting down. There will be an audible signal at the end of the selected cooking time.
8. If a time has been selected, at the end of the cooking time the LCD will flash until the **Power** button is pressed except on Slow Cook when the appliance will automatically switch to **WARM** which will stay on until the **Power** button is pressed.
9. To end a cooking program press the **Start/Stop** button
10. To turn off the appliance press the **Power** button.  
**Remember:** The metal surfaces get very hot. Always use pot holders when using this appliance. Always lift the lid away from you to avoid the steam.
11. If additional time is needed when the cooking cycle is completed, press desired cooking program. Select time. Press **Start/Stop** and appliance will continue cooking.

## **To change a Setting:**

It's easy to switch programs during cooking.

Press the **Start/Stop** button (it will flash) and then select the desired new cooking program. The new program will be displayed on the LCD. Select the desired time and temperature. Press the **Start/Stop** button and it becomes constant and the new program will begin preheating.

# HOW TO USE YOUR MULTI-COOKER (CONT.)

Do not press the **Power** button. This will turn the appliance OFF.

## Changing the Time and Temperature:

You can change both the Time and Temperature at any time during cooking by pressing the Up and Down buttons for either. Press and release to change slowly. Press and hold to change time quickly.

If you pass the desired temperature or time press the reverse button.

## Cooking without the timer:

When using the Sauté or Steam programs it is not necessary to select a time. Since this is usually a hands on process setting a time is not usually necessary.

## Cooking Guide:

<b>Cooking Program</b>	<b>Auto Setting</b>	<b>Temperature Range</b>	<b>Time Range</b>
Brown/ Sauté	Hi / On	Lo - Hi	5 minutes - 1 ½ hours
Slow Cook	Lo / 6 hours	Warm-Lo-Hi	30 minutes – 12 hours
Roast	150° C / 2 hours	65° C - 230° C	5 minutes – 6 hours
Bake	175° C / 1 hour	65° C - 230° C	5 minutes – 4 hours
Steam	Hi/On	Hi	5 minutes – 1 hour

# HOW TO USE YOUR MULTI-COOKER (CONT.)

## Selecting a Program:

### **Brown/Sauté**

1. Press the **Power** button.
2. Press **Brown/Sauté** button. Hi and On will be displayed on the LCD.
3. To change the temperature, press the **Down** button. Selection ranges from Hi to Lo ( First use – choose M Hi)
4. To select time press **Time** button UP. The time available ranges from 5 minutes to 1 ½ hours. It is not necessary to use a preset time
5. Press **Start/Stop** button.
6. Preheating will flash on LCD until appliance is fully heated then will disappear. If a time has been selected it will re-appear and start counting down. There will be an audible signal.
7. Add ingredients being careful to not overfill.
8. If cooking is complete press **Power** button and remove food (If the timer has been used).
9. To change to another program press **Start/Stop**; all programs will flash on the LCD.
10. Select the desired program button; a preselected time and temperature will appear on the LCD. To change, press the **Up and Down** buttons on time and temperature.
11. Place the Lid on the appliance.
12. Press the **Start/Stop** button.
13. If additional ingredients are required add them.

# HOW TO USE YOUR MULTI-COOKER (CONT.)

14. Appliance will preheat and continue cooking according to the newly selected time and temperature
15. When cooking is complete there is an audible signal. To end a cooking program press the **Start/Stop** button. **(Do not touch any part of the appliance with unprotected hands)**
16. To turn off the appliance press the **Power** button.

## **Tips for Browning and Sautéing:**

1. No need to use a skillet to brown foods before slow cooking. They can be browned using this program right in the multicooker.
2. Because the cooking bowl is nonstick, no oils or fats are necessary. If desired, add a small amount.
3. Do not use aerosol cooking sprays; they form a film on the non stick surface and eliminate the ability of foods to not stick.
4. M Hi is the ideal setting for browning. The cooking surface heats evenly and efficiently.
5. If foods burn on the bottom of the cooking bowl, soak with hot soapy water and use a non-abrasive cleaner or nylon scrubbing pad.
6. If white spots appear, soak a solution of vinegar or lemon juice and water in the cooking bowl.

## **Slow Cook:**

1. Place ingredients in cooking bowl. To avoid under and over cooking, fill cooking bowl  $\frac{1}{2}$  to  $\frac{3}{4}$  full. **(Do not fill over  $\frac{3}{4}$  full to avoid spills.)**

# HOW TO USE YOUR MULTI-COOKER (CONT.)

2. Cover with glass lid.
3. Press **Power** button.
4. Select Slow Cook.
5. Choose Lo or Hi ( see cooking chart on page E13 or follow recipe directions)
6. Set desired cooking time
7. Press **Start/Stop** button to begin. Temperature and time will be displayed  
**NOTE:** If the sauté program was used before this program remember the appliance is hot.
8. When cooking is complete there is an audible signal. The appliance will automatically switch to **WARM** and remain on until the **Power** button is pressed.
9. To manually turn the appliance off at any time, press the **Power** button.

## Slow Cooking Chart

The multi-cooker is the perfect way to cook foods that are enhanced by long, slow simmering, such as less expensive cuts of meat, soups, stews, stock and dried beans.

Once food has cooked to the preset time the appliance will automatically switch to **Warm** and remain on until the **Power** light is pressed.

**(Do not touch any part of the appliance with unprotected hands)**

When using the Lo setting foods will cook about twice as long as when set on Hi.

# HOW TO USE YOUR MULTI-COOKER (CONT.)

Setting	Suggestions	Recipes Ideas
High	Use this setting when time is limited	Ideal for sauces, chili, potato dishes, cheese dishes, chicken wings and meatballs in sauce
Low	Use this setting for recipes that will cook all day. Perfect for less tender cuts of meats	Ideal for less tender cuts of meat, braised meats, dried beans, soups and stews

## Tips for Slow Cooking:

1. Browning meats before slow cooking add flavor and depth to the sauces. In this appliance it can all be done in 2 steps. Trim meat and pat dry before browning.
2. Ground meat should always be browned before slow cooking.
3. Make sure cooking bowl is filled no less than  $\frac{1}{2}$  and no more than  $\frac{3}{4}$ .
4. Meats cooked on the bone take longer than when bone is removed.
5. Beef will take longer to cook than chicken and pork because of the connective tissue.
6. Ingredients such as, fish, dairy products and fresh herbs are best added toward the end of cooking.
7. When using pasta cook the pasta  $\frac{1}{2}$  the suggested cooking time on the pasta package before adding to a recipe in the multi-cooker.
8. Changing the time when using Slow Cooking will only happen in 30 minute increments.

# HOW TO USE YOUR MULTI-COOKER (CONT.)

## **Roast:**

1. Place the rack in the cooking bowl.
2. Press **Power** button.
3. Select Roast.
4. The automatic setting of 150° C and the time of 2 hours will appear on the LCD.
5. To change press Up and Down buttons on time and Temperature.
6. Press **Start/Stop** button to begin.
7. Preheating will flash on LCD until appliance is fully heated then will disappear and the time will start counting down. There will be an audible signal.
8. Carefully lift lid away from you and add ingredients to be roasted using pot holders and spatulas. **(Do not touch any part of the appliance with unprotected hands)**
9. Cover with glass lid.
10. At end of selected time, there is an audible signal and the LCD will flash.
11. Press **Power** to turn off appliance.

## **Tips for Roasting:**

1. Browning of meats before roasting help the browning of the meat and add flavor.
2. Because the heat is well contained, the meats will roast quickly.
3. If roasting with vegetables, place them on the bottom of the rack before adding the meat.

# HOW TO USE YOUR MULTI-COOKER (CONT.)

4. Adding dried herbs and spices to the meats to be roasted add flavor and color. Add them after browning the meat.

## **When roasting poultry:**

1. If a browner skin is desired, start the roasting cycle with the breast side down for the first 30 minutes; turn breast side up.
2. Brush the skin with melted butter and season generously with a mixture of dry herbs and spices, such as rosemary, thyme, paprika and garlic and lemon seasoning.
3. If not using stuffing, fill the cavity in the chicken or game hens with quartered onion, 2 to 3 cloves of garlic and several hearts of celery stalks.
4. Quartered lemons and oranges with a 1-inch piece of fresh ginger can be used for a light citrus, ginger flavoring.
5. Roasting with a triple layer of paper towels just under the lid helps to absorb excess moisture.

## **Bake:**

1. If using the rack, place in cooking bowl.
2. Press **Power** button.
3. Select Bake.
4. Cover with glass lid.
5. LCD displays 175° C and 1 hour.
6. To change press Up and Down buttons on time and Temperature
7. Press **Start/Stop** button to begin.



# HOW TO USE YOUR MULTI-COOKER (CONT.)

8. Preheating will flash on LCD until appliance is fully heated then will disappear and the time will start counting down. There will be an audible signal.
9. Carefully lift lid away from you and add ingredients to be baked using pot holders and spatulas (**Do not touch any part of the appliance with unprotected hands**)
10. At end of selected time, there is an audible signal and the LCD will flash.
11. The **Start/Stop** light is off.
12. Press **Power** to turn off appliance.

## Baking Tips:

1. Because the cooking bowl is dark, we suggest when baking food directly in the cooking bowl lower the suggested temperature by 15° C.
2. The largest baking pan that fits comfortably in the cooking bowl is 7 ½ inches.
3. Baking with a triple layer of paper towels just under the lid helps to absorb excess moisture.
4. When using pasta in a recipe to be baked in the multicooker, cook the pasta ½ the suggested cooking time on the pasta package.
5. When using liqueurs in baked goods the alcohol cooks away leaving only the delicious flavor.

## Steam:

1. Add from 1 ½ cups, if placing the rack down, to 1 ½ quarts, if placing the rack up, of water to cooking bowl.



# HOW TO USE YOUR MULTI-COOKER (CONT.)

2. Press **Power** button.
3. Press **Steam**.
4. Select desired cooking time. (Temperature is preset.)
5. Cover with glass lid.
6. Press **Start/Stop** to begin.
7. Preheating will flash on LCD until appliance is fully heated then will disappear. There will be an audible signal.
8. Carefully lift lid away from you and add ingredients on rack to be cooked, using tongs or spatula. (**Do not touch any part of the appliance with unprotected hands**)
9. Cover with glass lid
10. At end of selected time, there is an audible signal and **OFF** will flash on the LCD.
11. Press **Power** to turn off appliance.

## Steaming Chart

Steaming foods is healthy. It requires no fats or oil; fewer nutrients are lost. Place rack Up or Down depending upon the amount of water used. Keep food on rack above the water.

Food	Amount	Amount of water	Pre-prep	Cooking Time
<b>Vegetables</b>				
Artichokes	4 to 6	1 quart	Whole/ trimmed	40 – 50 minutes

# HOW TO USE YOUR MULTI-COOKER (CONT.)

Asparagus	1 lb	2 ½ cups	Whole/ trimmed	4 to 7 minutes
Broccoli	1 bunch	3 cups	2-inch florets	8 – 10 minutes
Baby carrots or 1 ½ inch pieces	1 lb	3 cups	Peeled and trimmed	9 – 11 minutes
Cauliflower	1 medium head	3 cups	2-inch pieces	10 - 12 minutes
Corn on the cob	4	3 cups	6-inches	13 – 15 minutes
Green beans	1 lb	2 ½ cups	Whole/ trimmed	8 – 10 minutes
Snow peas	1 lb	2 ½ cups	Whole/ trimmed	3 – 4 minutes
Small new Potatoes	1 lb	3 cups	Whole	17 – 20 minutes
White or Yukon Gold potatoes	12 ounces	3 cups	Quartered	18 – 22 minutes
Sweet Potatoes	12 ounces	3 cups	Cut in 1 ½-inch pieces	10 – 15 minutes

# HOW TO USE YOUR MULTI-COOKER (CONT.)

Yellow squash or zucchini	1 lb	2 ½ cups	Thickly sliced	7 – 9 minutes
<b>Poultry</b>				
Chicken breasts	1 ½ lbs	3 ½ cups	Whole	16 – 20 minutes
Eggs	8	3 cups	Whole in shell	25 minutes
<b>Fish</b>				
Lobster tails	Large	2 ½ cups	In shell	6 – 9 minutes
Large Shrimp	1 lb	2 ½ cups	Peeled and deveined	4 – 5 minutes
Salmon	1 lb	2 ½ cups	Cut in serving size pieces	8 – 12 minutes

## Tips and Hints to get the best use of your Multi-cooker:

Go to the Crock-Pot® website at [www.crock-pot.ca](http://www.crock-pot.ca) for additional recipes, hints, tips and much more.

1. Please use your Crock-Pot® multi-cooker owner's manual for using your specific multi-cooker.
2. To avoid over and under cooking, always fill the cooking bowl ½ to ¾ full and refer to recommended cook time.
3. To avoid spillover, do not fill cooking bowl more than ¾ full.

# HOW TO USE YOUR MULTI-COOKER (CONT.)

4. The warm cycle will stay on until the Power button is pressed and the appliance is unplugged.
5. Do not leave appliance plugged in when not in use.
6. Make sure appliance is kept away from cabinets and walls when in use.
7. The cooking bowl is designed to be used only in this appliance. Do not use on stove top.
8. Makes sure lid is placed correctly on cooking bowl to avoid improper cooking time.
9. The steaming rack is designed to be used in this appliance. It will not damage the surface of the cooking bowl.
10. When removing the lid, use a pot holder to grasp the lid and lift away from your body to allow steam to escape.
11. Always place a trivet or pot holder under the cooking pot if it is removed from the outer housing.
12. Lifting the lid allows much of the heat to escape; it increases the cooking time by about 15 minutes.

## Troubleshooting:

Subject	Question	Solution
Power	My appliance will not turn on	Make sure outlet is functioning
		Check that the appliance is plugged in
		To operate the cooking bowl must be properly placed in the appliance

# HOW TO USE YOUR MULTI-COOKER (CONT.)

		Call Customer Service at 1-800-323-9519
Doneness of food	My food was undercooked	Make sure you selected the proper program
		Make sure the lid is properly placed and not removed during cooking
		Be sure to fully preheat the appliance before placing the ingredients in the cooking bowl
		Check the recipe to see that the proper heat and time selection was made
		Be sure the power was not interrupted
		Because the cooking bowl is dark it may be necessary to reduce the baking temperature by 15° C
		Makes sure the cooking bowl was not filled over $\frac{3}{4}$ full
	My food was overcooked	Makes sure the cooking bowl was at least $\frac{1}{2}$ full
		Check that the proper temperature and time were selected

# HOW TO USE YOUR MULTI-COOKER (CONT.)

Multi-cooker turned off	When steaming the cooker turned OFF before the selected time	The cooking bowl may have cooked dry. There is a safety boil dry feature. Add water and start again.
		ON any program other than Slow Cooking, if the selected time has elapsed the appliance will turn off
Programming	Can I set a time for the Sauté/ Brown program	Because sautéing is a function that generally requires your full attention this may not be necessary. However, if desired a time can be selected.
	Can I change the program, time or temperature once the food is cooking	Yes, To change the program press Start/Stop and select a new program. Change the time and temperature as required for the food. Press Start/Stop again. The time and temperature can be changed at any time.
Cooking	Why should I brown the meat before slow cooking	This enhances the flavors and color of the sauce. It is not necessary except for ground meat
	Why does the rack have 2 positions	To add versatility. The higher rack position is ideal when more water is required.

# HOW TO USE YOUR MULTI-COOKER (CONT.)

	Can the cooking bowl be used on top of the stove or in the oven	The cooking bowl is oven safe. But lid is not oven safe. Neither can be used on the stove top.
	I changed the temperature and the appliance is preheating again	If a higher temperature is selected the appliance will go into preheat mode until the newly selected temperature has been reached
Cleaning	How do I clean the outer housing of the appliance	Wipe down with hot soapy water and wipe dry. Do not immerse in any liquid
	Are the cooking bowl, rack and lid dishwasher safe	Yes but hand washing is recommended
	Food is sticking	Although the cooking bowl has a non-stick coating if not cleaned after each use food can burn onto the bottom. Fill with hot soapy water, allow to stand and use a nonabrasive cleaner and a nylon scrubbing pad to remove residue
	With extended use the stainless steel trim pieces are turning slightly yellow	This is a natural seasoning process that ensures high quality materials have been used in producing this appliance



## CARE & CLEANING

1. At end of use, unplug appliance and allow to fully cool before cleaning.
2. Never immerse outer section of appliance in water or any other liquid.
3. To clean outer section use a damp cloth and wipe dry with a soft cloth.
4. Wash cooking bowl, rack and lid in hot soapy water. Rinse and dry with soft cloth.
5. Although cooking bowl is dishwasher safe, we recommend hand washing.
6. Rack and lid are dishwasher safe.
7. If white spots form on surface of cooking bowl soak in a solution of vinegar or lemon juice and warm water for 30 minutes. Rinse and dry.
8. If food sticks or burns on the surface of the cooking bowl fill with hot soapy water and let soak before cleaning. Use a rubber or nylon spatula to remove stubborn residue. If scouring is necessary, use a non abrasive cleaner and a nylon scouring pad or brush.

# RECIPES

## ASIAN CHICKEN SALAD

3 chicken breasts ( about 1 ½ lbs)	2 tbsp hoisin sauce
1 cup shredded purple cabbage	2 tbsp salad oil
1 cup diagonally sliced celery	1 ½ tbsp low sodium soy sauce
1 cup fried Chinese noodles	2 tsp sesame oil
½ cup sliced green onions	1 tbsp grated fresh ginger
2 tbsp chopped cilantro	¼ tsp dried red pepper flakes
1/3 cup rice wine vinegar	Crisp salad greens

Add 3 cups water to cooking bowl. Place rack in cooking bowl in higher position. Press Power button. Select Steam. Select 25 minutes. Press Start/Stop button and allow appliance to preheat. When appliance is preheated it will beep. Add chicken; cover and allow chicken to cook. At end of cooking time appliance will beep and turn off.

Allow chicken to rest in Multi-Cooker for 30 minutes. Lift lid and remove chicken from Multi-Cooker; place in bowl and cover tightly. Refrigerate until ready to use.

Just before serving, cut chicken into bite size pieces. In large bowl, combine with cabbage, celery, noodles, green onions and cilantro.

In small bowl or measuring cup, combine vinegar, hoisin sauce, salad oil, soy sauce, sesame oil, ginger and red pepper flakes. Blend well. Pour over chicken mixture and toss to blend. Arrange on greens on serving platter.

Makes about 6 cups.

# RECIPES

## BEEF STROGANOFF

1 ½ lbs boneless beef sirloin, cut in thin strips	1 tbsp tomato paste
3 tbsp unsalted butter or margarine	½ tsp dried thyme, crushed
1 lb mushrooms thickly sliced	½ tsp salt
1 large sweet onion, cut in thin strips	¼ tsp coarsely ground black pepper
1 cup beef broth	1 cup sour cream
1 ½ tbsp all-purpose flour	2 tbsp chopped parsley or dill
	Hot cooked noodles

Press Power button. Select Brown/Sauté. Press Up button to set temperature at HI. Allow Multi-Cooker to preheat. Add 1 tbsp butter. Brown beef in batches allowing enough space between pieces of meat to avoid steaming. Brown on both sides and remove to bowl and keep warm. Repeat with remaining beef until all is browned.

Add remaining 2 tbsp butter to cooking bowl and brown mushrooms, stirring occasionally. Add onion and cook several minutes until onion is soft.

Meanwhile, blend beef broth and flour, stirring until flour is completely dissolved. Add to mushroom mixture and cook, stirring until sauce is thickened and smooth. Blend in tomato paste, thyme, salt and pepper. Return beef to cooking bowl and heat mixture, stirring occasionally.

Serve over hot cooked noodles and garnish with chopped parsley.

Makes 6 servings

# RECIPES

## BOEUF BOURGUIGNON

4 thick slices bacon, cut in 1-inch pieces	3 medium carrots, sliced
½ cup all-purpose flour	1 lb peeled small boiling onions*
1 tsp salt	1 lb mushrooms, quartered
¼ tsp coarse black pepper	3 large cloves garlic, minced
3 lb chuck cut in 1 ½ inch cubes	2 bay leaves
2 cups burgundy	½ tsp dried thyme
1 ½ cups beef broth	Chopped parsley
2 tbsp tomato paste	5 cups beef broth or stock

Press Power button. Select Brown/Sauté. Press Down button to set temperature at Med. Allow Multi-Cooker to preheat. Add bacon and cook until crisp, turning often. Remove bacon to small bowl. Increase heat to Med Hi.

Place flour, salt and pepper in large plastic bag. Add beef and close bag. Shake to coat all pieces of beef in flour mixture. Add beef cubes in batches (do not overcrowd to avoid steaming) and brown well on all sides. Remove to bowl. Repeat with remaining beef. Add wine and stir to loosen all browned bits. Stir in broth and tomato paste. Return beef and add carrots, onions, mushrooms, garlic, reserved bacon, bay leaves and thyme.

Press Start/Stop and change program to Slow Cook. Cover and cook 12 hours at LO.

At end of set time appliance will switch to WARM until turned OFF. Just before serving add parsley.

If desired, serve with hot cooked broad noodles or baby potatoes.

Makes about 8 cups.

- To remove skins from onions easily, cook in boiling water for 30 seconds. Drain and allow to cool. Cut both ends of onions off and slip skins from onions.

# RECIPES

## CHINESE PORK STIR FRY WITH CASHEWS AND GINGER

1 lb pork tenderloin, sliced	2 baby bok choy, sliced
1 tbsp oil	3 large cloves garlic, minced
¼ lb mushrooms, sliced	1 tbsp grated fresh ginger
¼ lb shitake mushrooms, sliced	1 cup vegetable broth
1 medium green pepper, chopped	3 tbsp low sodium soy sauce
¼ lb snow peas	1 tsp sesame oil
1 cup green onions, cut in 2-inch pieces	2 tsp cornstarch
	½ cup cashews

Press Power button. Select Brown/Sauté. Allow Multi-Cooker to preheat. Add 1 tsp oil. Brown pork in batches allowing enough space between pieces of meat to avoid steaming. Brown on both sides and remove to bowl and keep warm. Repeat with remaining pork until all is browned.

Add remaining 2 tsp oil to cooking bowl and add mushrooms; brown well, stirring occasionally. Add to pork. Add green pepper, snow peas, green onions, bok choy, garlic and ginger. Cook, stirring, until snow peas are just tender. Meanwhile, blend broth, soy sauce, sesame oil and cornstarch, stirring until cornstarch is completely dissolved. Add to cooking bowl and cook, stirring until sauce is thickened and smooth. Return pork and mushrooms to cooking bowl and heat mixture, stirring occasionally.

Serve with hot cooked brown or white rice. Top with cashews.

Makes 6 servings.

# RECIPES

## LEMON CHEESECAKE

- |  |                           |
|--|---------------------------|
| 1 cup finely crushed animal crackers<br>or social tea biscuits | 1 tbsp all-purpose flour  |
| ¼ cup finely chopped toasted<br>almonds                        | 2 tsp grated lemon zest   |
| ¾ cup +1 tbsp sugar  | 2 large eggs              |
| ½ tsp ground cinnamon  | 1 cup sour cream          |
| 2 ½ tbsp melted butter or margarine                            | 1 tsp vanilla extract     |
| 2 pkg (8 oz, ea) cream cheese,<br>softened                     | Dash salt                 |
|  | Lemon curd (recipe below) |

Lightly butter bottom and sides of 7 ½ inch springform pan. Place pan on 12-inch double layer square of heavy duty aluminum foil. Press foil around outside of pan.

In medium bowl, combine cookie crumbs, almonds, 1 tbsp sugar, cinnamon and melted butter; blend well. Press against bottom and up 1-inch on sides of springform pan. Set aside.

In large bowl of electric mixer, combine cream cheese and flour. Beat at low speed to blend. Add remaining ¾ cup sugar and lemon zest and beat at medium speed until mixture is creamy and smooth, about 3 minutes. Scrape down bowl occasionally. Add eggs, one at a time and blend well. Add sour cream, vanilla and salt. Blend well. Gently pour into prepared crust.

Place ½-inch water at bottom of cooking pot of Multi-Cooker. Place rack over water, short side down. Place spring form pan on rack. Cover with 3 layers of paper towels being sure they do not touch top of batter. Place lid on Multi-Cooker. Press Power button. Select Bake. Temperature is at 175° C. Press Up button on time to cook for 2 hours. At end of cooking time appliance will beep and turn off.

# RECIPES

Allow cheesecake to stand for 1 ½ hours before removing cover.

**DO NOT OPEN MULTI-COOKER AT ANY TIME DURING BAKING AND COOLING.**

Remove cheesecake from appliance and cover spring form pan with plastic wrap and refrigerate. Meanwhile, prepare Lemon Curd (recipe below). Once cheesecake is cool, spread lemon curd on top. Cover and refrigerate 6 hours or overnight.

Just before serving, run a thin metal spatula around the edges of the springform pan to release the crust. Remove sides and place cheesecake on serving platter.

Makes 8 servings.

**Note:** If desired, omit lemon curd and serve cheesecake with strawberries and whipped cream.

**Lemon Curd.** Heat 3 tbsp fresh lemon juice in medium saucepan over medium heat (do not allow to boil) to simmer.

Beat 1 large egg and 1 egg yolk in bowl with whisk until smooth. Beat in sugar. Gradually add lemon juice, beating mixture constantly. Return mixture to saucepan and cook, stirring constantly with a wooden spoon until mixture is thickened and registers 85° C. Remove from heat and stir in 2 tbsp. cold butter until melted and mixture is smooth. Stir in 1 tbsp heavy cream and ½ tsp vanilla extract. Pass through fine sieve into a small bowl and place plastic wrap directly on surface. Allow curd to cool.

# RECIPES

## MEXICALI MAC AND CHEESE

- |   |   |
|---|---|
| ½lb ground chuck  | 2 soup cans water   |
| ½ lb chorizo, cut in small pieces                         | 1 box (16 oz) macaroni (follow package directions cooking ½ the cooking time) |
| 1 medium green pepper, chopped                            | 12 ounces shredded Mexican cheese blend                                       |
| 1 medium onion, chopped                                   | ¼ cup chopped cilantro  |
| 3 large cloves garlic, minced                             |   |
| 2 cans (14 ½ oz., ea.) condensed Fiesta Nacho Cheese soup |   |
| 1 can (14 ½ oz) diced tomatoes with green chilies         |   |

Press Power button. Select Brown/Sauté. Press Down button to set temperature at M HI. Allow Multi-Cooker to preheat. Add ground beef and chorizo and brown, stirring to break into small pieces. Add green pepper, onion and garlic and cook until onion is tender, stirring often. Stir in soup, tomatoes and water. Add macaroni, 8 ounces cheese and cilantro.

Press Start/Stop and change program to Bake. Press Down and change temperature to 150° C. Bake for 1 hour. At end of cooking time appliance will beep and turn off. Top with remaining cheese and let stand 5 minutes or until cheese is melted before serving.

Makes 10 to 12 servings



# RECIPES

## ROASTED STUFFED GAME HENS

4 tbsp butter or margarine	2 game hens (about 12 oz., ea)
1 small zucchini, chopped	1 tbsp chopped fresh thyme leaves
2 shallots, chopped	½ tsp salt
2 cups cooked mixed brown rice	¼ tsp paprika
1 tbsp grated orange zest	¼ tsp black pepper
4 tbsp chopped parsley	

Press Power button. Select Brown/Sauté. Press Down button to set temperature at M HI. Allow Multi-Cooker to preheat. Add 2 tbsp. butter. Brown zucchini and shallots in butter, stirring occasionally. Remove to bowl and blend with rice, 2 tbsp. parsley and 1 tsp orange zest. Use to stuff game hens.

Place lid on Multi-Cooker. Press Start/Stop button and change program to Roast. Press Up button to set temperature at 190° C. Press Down button on time to cook for 1 ½ hours. Press Start/Stop and allow appliance to preheat.

Meanwhile, in small bowl, combine remaining 2 tbsp. parsley, 2 tsp. orange zest, thyme, salt, paprika and pepper. Melt remaining 2 tbsp butter and brush over hens. Rub seasoning onto outside of hens. When appliance is preheated it will beep. Add hens. Cover with 3 layers of paper towels being sure they do not touch top of hens. Place lid on Multi-Cooker.

At end of cooking time appliance will beep and turn off. To check for doneness, insert meat thermometer into breast; temperature should register 85° C.

Remove hens to serving platter. Cover loosely with foil and let rest 10 minutes before serving.

Makes 2 to 4 servings

# RECIPES

## SAUSAGE AND POTATO CHOWDER

- |   |                            |
|---|----------------------------|
| 14 oz smoked sausage, cut into bite size pieces | 1 cup sliced celery        |
| 2 tbsp butter or margarine                      | 1 cup julienne cut carrots |
| 1 medium onion, chopped                         | ½ tsp herbs de Provence    |
| 2 large cloves garlic, minced                   | ½ tsp salt                 |
| 4 cups red skin potatoes, cut in ½ inch pieces  | ¼ tsp coarse ground pepper |
| 1 ½ cup cubed pumpkin or butternut squash       | 5 cups beef broth or stock |

Press Power button. Select Brown/Sauté. Press Down button to set temperature at M HI. Allow Multi-Cooker to preheat. Add butter. Brown sausage, stirring occasionally. Add onion and garlic and cook until onion is tender, stirring often.

Press Start/Stop and change program to Slow Cook. Add remaining ingredients; cover and cook 5 hours at LO.

At end of set time appliance will switch to WARM until turned OFF.

Makes about 8 cups.

# RECIPES

## SEASONED ROAST PORK LOIN

½ tsp roasted garlic and herbs seasoning blend  
½ tsp dried rosemary, crushed  
½ tsp salt  
¼ tsp paprika  
¼ tsp coarsely ground pepper  
¼ tsp dried sage  
¼ tsp dried thyme

3 lb boneless pork loin, at room temperature  
2 baking apples, cored and cut in half  
2 pears, cored and cut in half  
1 cup dry white wine  
1 tbsp cornstarch  
¼ cup water

In small bowl, combine all seasonings. Rub well into all the surfaces of the pork. Place rack, short side down inside cooking bowl. Place pork in center of rack. Place apple and pear wedges around pork.

Place lid on Multi-Cooker. Press Power button. Select Roast. Set temperature is 150° C. Press Down button on time to cook for 1 ½ hours. Pork should register 70° C when tested with a meat thermometer. At end of cooking time appliance will beep and turn off.

Remove roast to serving platter. Cover loosely with foil and let stand 10 minutes. Remove apple and pear pieces from cooking bowl to cutting board and coarsely chop.

Add wine. Press Start/Stop and switch to Sauté/Brown. Cook on Med H; allow mixture to come to boil. Stir to lift browned bits from bottom of cooking bowl. Blend cornstarch into water; add to wine and cook, stirring, until mixture is thickened and smooth. Season to taste. Add pieces of fruit. Serve with pork.

If desired, serve with parslid small new potatoes.

Makes 6 to 8 servings

# RECIPES

## STUFFED ARTICHOKEs

½ lb sweet Italian sausage	2 tbsp chopped Italian parsley
1 tbsp. olive oil	1 tbsp. chopped fresh oregano leaves
¼ lb mushrooms, chopped	½ tsp. salt
1 small onion, finely chopped	¼ tsp. coarse black pepper
3 large cloves garlic, minced	2 tbsp fresh lemon juice
1 cup Panko bread crumbs	3 slices of lemon
½ cup finely grated Parmesan cheese	3 artichokes

Press Power button. Select Brown/Sauté. Press Up button to set temperature at M HI. Allow Multi-Cooker to preheat. Break sausage into small pieces and add to cooking bowl. Brown sausage, stirring with wooden spoon to break into small bits. Add mushrooms, onion and garlic and cook, stirring occasionally to brown mushrooms. Remove to bowl and blend with bread crumbs, cheese, parsley, oregano, salt, pepper and lemon juice.

Add 2 cups water to cooking bowl. Press Start/Stop button and change program to Steam. Press Up button on time to cook for 45 minutes. Place lid on Multi-Cooker. Press Start/Stop and allow appliance to preheat.

Meanwhile, using a serrated knife, cut off the stem and top of each artichoke. Use kitchen shears to cut off the thorny tips of all leaves. Remove the tiny central leaves; use a pointed spoon to remove the hairy choke. Using your fingers gently spread the leaves and stuff the sausage mixture between all of the leaves. Place lemon slice on top of each artichoke.

When appliance is preheated it will beep. Add artichokes; cover with the lid. During steaming add additional hot water, if necessary. At end of cooking time appliance will beep and turn off.

Serve hot.

Makes 3 servings.



## SERVICE INSTRUCTIONS

1. Do NOT attempt to repair or adjust any electrical or mechanical functions on this unit. Doing so will void the Warranty.
2. If you need to exchange the unit, please return it in its original carton, with a sales receipt, to the store where you purchased it. If you are returning the unit more than 30 days after the date of purchase, please see the enclosed Warranty.
3. If you have any questions or comments regarding this unit's operation or believe any repair is necessary, please call our Consumer Service Department at 1-800-323-9519 or visit our website at [www.crock-pot.ca](http://www.crock-pot.ca).

## 1 YEAR LIMITED WARRANTY

Sunbeam Products, Inc. doing business as Jarden Consumer Solutions or if in Canada, Sunbeam Corporation (Canada) Limited doing business as Jarden Consumer Solutions (collectively "JCS") warrants that for a period of one year from the date of purchase, this product will be free from defects in material and workmanship. JCS, at its option, will repair or replace this product or any component of the product found to be defective during the warranty period. Replacement will be made with a new or remanufactured product or component. If the product is no longer available, replacement may be made with a similar product of equal or greater value. This is your exclusive warranty. Do NOT attempt to repair or adjust any electrical or mechanical functions on this product. Doing so will void this warranty.

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This warranty does not cover normal wear of parts or damage resulting from any of the following: negligent use or misuse of the product, use on improper voltage or current, use contrary to the operating instructions, disassembly, repair or alteration by anyone other than JCS or an authorized JCS service center. Further, the warranty does not cover: Acts of God, such as fire, flood, hurricanes and tornadoes.

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This warranty gives you specific legal rights, and you may also have other rights that vary from province to province, state to state or jurisdiction to jurisdiction.

### How to Obtain Warranty Service

#### In the U.S.A.

If you have any questions regarding this warranty or would like to obtain warranty service, please call 1-800-323-9519 and a convenient service center address will be provided to you.

#### In Canada

If you have any questions regarding this warranty or would like to obtain warranty service, please call 1-800-323-9519 and a convenient service center address will be provided to you.

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**To register your product, please visit us online at [www.crock-pot.ca](http://www.crock-pot.ca).**

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