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KAMBROOK

THE SMARTER CHOICE



Stainless
Slow Cooker

KSC110

Instruction Booklet

Important

Please retain your instruction book for future use.

In the event that you need some assistance with your Kambrook appliance, please contact our Customer Service Department on 1300 139 798 (Australia) or 0800 273 845 (New Zealand). Alternatively, visit us on our website at www.kambrook.com.au or www.kambrook.co.nz

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IMPORTANT: Please retain your instruction book for future use.

At Kambrook, we believe that safe performance is the first priority in any consumer product, so that you, our valued customer can confidently use and trust our products. We ask that any electrical appliance that you use be operated in a sensible fashion with due care and attention placed on the following important operating instructions.

Important Safeguards For Your Kambrook Slow Cooker

- Carefully read all instructions before operating the appliance for the first time and save for future reference.
- Remove and safely discard any packaging material and promotional labels before using the appliance for the first time.
- To eliminate a choking hazard for young children remove and safely discard the protective cover fitted to the power plug of this slow cooker.
- When unpacking the slow cooker, check to see you have received all the items listed in the parts list, before discarding the packaging.
- Do not place the slow cooker near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water and other substances.
- Always ensure the slow cooker is properly assembled before use. Follow the instructions provided in this book.
- Always operate the slow cooker on a stable and heat resistant surface.
- Do not operate the slow cooker on a sink drain board.
- Use the removable cooking bowl supplied with the slow cooker. Do not use any other bowl inside the slow cooker housing.
- Do not use a damaged, cracked or dented removable cooking bowl. If damaged or dented, replace bowl before using.
- Never plug in or switch on the slow cooker without having the removable cooking bowl placed inside the slow cooker housing.
- Do not place food or liquid in the slow cooker housing. Only the removable cooking bowl is designed to contain food or liquid.
- Never operate the slow cooker without food and liquid in the removable cooking bowl. Ensure the cooking bowl is at least $\frac{1}{2}$ to $\frac{3}{4}$ full of food or liquid before switching on the slow cooker.
- Do not touch hot surfaces. Use the handle for lifting and carrying the slow cooker and use oven mitts to remove the lid and or removable cooking bowl. Lift and remove the lid carefully and angled away from you to avoid scalding from escaping steam. Allow the slow cooker to cool completely before moving or cleaning any parts.

- Do not allow water from the lid to drip into the slow cooker housing, only into the removable cooking bowl.
- Always have the glass lid placed correctly into position on the removable cooking bowl throughout operation of the slow cooker unless states in the recipe to have it removed.
- The glass lid has been specially treated to make it stronger, more durable and safer than ordinary glass, however it is not unbreakable. If struck extremely hard, it may break or weaken, and could at a later time shatter into many small pieces without apparent cause.
- High humidity, altitude, cold tap water, ingredients and minor fluctuations may slightly affect the cooking times in the slow cooker.
- These times are approximate. Times can vary depending on ingredients and quantities in recipes.
- Extreme caution must be used when the slow cooker contains hot food and liquids.
- The temperature of accessible surfaces will be high when the slow cooker is operating and for some time after use.
- Do not place the slow cooker directly on a heat sensitive bench top, such as a stone bench top, when cooking. This type of bench top is heat sensitive to uneven heat and may crack if heated locally. To cook on a heat sensitive bench top, place a chopping board or heat proof matt underneath the slow cooker.
- Do not place the removable cooking bowl when hot on any surface that may be affected by heat.
- Avoid sudden temperature changes. Do not place frozen or very cold foods into the removable cooking bowl when it is hot. Do not place hot removable cooking bowl into cold water.
- Do not use the removable cooking bowl for food storage. The removable cooking bowl is not suitable for storing food in the freezer.
- Do not use the removable cooking bowl in a microwave oven. Do not place the removable cooking bowl onto a heat gas or electric burner.
- Do not reheat food using your removable cooking bowl.
- Always slow cook with the glass lid on for the recommended time.
- Ensure the removable cooking bowl is correctly positioned in the slow cooker base before you commence cooking.
- If you are not home during the slow cooking process and the power goes out, throw away the food even if it looks done.
- If you are at home, finish cooking the ingredients immediately by some other means such as on a gas stove, on the outdoor grill or at a house where the power is on.
- When you are at home, and if the food was completely cooked before the power went out, the food should remain safe up to two hours in the cooker with power off.
- To avoid an electrical overload, it is recommended that no other appliances are plugged into the same circuit as your slow cooker when it is in use.
- Do not operate the slow cooker on an incline plane. Do not move while the slow cooker is switched on.
- Do not leave the slow cooker unattended when in use.
- Do not place anything, other than the lid, on top of the slow cooker when assembled, when in use and when stored.
- Do not place anything on top of the lid when assembled, when in use and when stored.
- Do not use chemicals, steel wool, metal scouring pad or abrasive cleaners to clean the outside of the slow cooker housing or cooking bowl as these can damaged the housing or the coating of the cooking bowl.
- Keep the slow cooker clean. Follow the cleaning instructions provided in this book.

Important Safeguards For All Electrical Appliances

- Fully unwind the power cord before use.
 - Connect only to a 230V or 240V power outlet.
 - Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
 - To protect against electric shock, do not immerse the power cord, power plug or appliance in water or any other liquid or allow moisture to come in contact with the part, unless it is recommended in the cleaning instructions.
 - The 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.
 - Children should be supervised to ensure that they do not play with the appliance.
 - It is recommended to regularly inspect the appliance. To avoid a hazard, do not use the appliance if power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorized Kambrook service centre for examination and / or repair.
 - Any maintenance other than cleaning should be performed at an authorised Kambrook Service Centre.
 - This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors.
- Misuse may cause injury.**
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.
 - Always turn the appliance to the OFF position, switch off at the power outlet and unplug at the power outlet when the appliance is not in use.
 - Before cleaning, always turn the appliance to the OFF position, switch off at the power outlet, unplug at the power outlet and remove the power cord, if detachable, from the appliance and allow all parts to cool.
 - Do not place this appliance on or near a heat source, such as hot plate, oven or heaters.
 - Position the appliance at a minimum distance of 20cm away from walls, curtains and other heat or steam sensitive materials and provide adequate space above and on all sides for air circulation.

Your Kambrook Stainless Slow Cooker

1. Glass lid allows you to monitor food during cooking
2. Removable crockery bowl with 6 litre capacity
3. Cool touch handles
4. Brushed stainless steel housing
5. Temperature Control Dial with Low, High and Auto Settings
6. Power 'On' Light



Using Your Kambrook Stainless Slow Cooker

Before First Use

Before first use remove all promotional stickers and packaging material.

Wash the removable crockery bowl and glass lid in hot, soapy water, rinse and dry thoroughly.

Ensure the interior of the stainless steel housing is clean and clear of any debris.

Operating Instructions

Before placing the removable crockery bowl in the stainless steel housing, ensure the exterior is clean. This will ensure proper contact with the inner cooking surface.

Place the prepared food into the removable crockery bowl, ensuring denser foods are spread evenly across the bottom of the bowl and not heaped to one side. Place the glass lid into position.

Insert the removable crockery bowl into the stainless steel housing.

Plug the Slow Cooker into a 230V or 240V power outlet and switch the power on at the power outlet.

Select the required setting using the temperature control dial or as recommended in the recipe section.

When cooking is complete, turn the temperature control dial to the OFF position, switch off at the power outlet and then unplug.

Important

Always use the Slow Cooker on a dry, level surface.

Never operate without food and liquid in the removable crockery bowl.

Never operate without the removable crockery bowl positioned in the stainless steel housing.

Always have the glass lid firmly in position on the removable crockery bowl throughout the operation of the appliance unless where stated in a recipe to have it removed.

Always use pot holders or oven mitts when removing the removable crockery bowl when hot.

Do not place the removable crockery bowl when hot on any hot surface that may be affected by heat.



CAUTION: Always lift and remove the glass lid carefully and angled away from yourself to avoid scalding from escaping steam.

Using The Temperature Control Settings

Low Setting

The Low setting gently simmers food for an extended period of time without overcooking or burning. Generally no stirring is required when using this setting.

High Setting

The High setting is used when cooking dried beans or pulses and will cook food in half the time required for the Low Setting. Some foods may boil when cooked on the High Setting, so it may be necessary to add extra liquid. This will depend on the recipe and the amount of time in which it is cooked. Occasional stirring of stews and casseroles will improve the flavour distribution.

Auto Setting

The Auto Setting will first cook on a high temperature for a period of time to bring the food quickly to the desirable temperature, then reduce automatically to low temperature for the completion of cooking. This setting is ideal for slow cooking meals.

A Beginner's Guide to Slow Cooking

In years gone by, food cooked in large pots and allowed to simmer for hours was full of flavour, moist and tender. The Slow Cooker is designed to produce these same results, whilst leaving you the time to do other things, making it perfect for today's busy lifestyles.

Here is a guide to help simplify the process of slow cooking, allowing you to obtain maximum satisfaction from your Slow Cooker:

Timing

Always allow sufficient time for the food to cook. It is almost impossible to over-cook in the Slow Cooker particularly when using the Low Setting.

Most of the recipes contained within this book can be cooked on the High or Low settings, however the cooking times will vary accordingly. Each recipe will give specific instructions indicating the appropriate settings and suggested cooking times.

Adapting Cooking Time

Your favourite traditional recipes can be adapted easily by halving the amount of liquid and increasing the cooking time considerably. The following is a guide to adjusting your favourite recipes:

NOTE: High humidity, altitude, cold tap water and ingredients and minor fluctuations may slightly affect the cooking times in the Slow Cooker.

NOTE: These times are approximate. Times can vary depending on ingredients and quantities in recipes.

Adapting Liquid Amounts

When food is cooking in your Slow Cooker, most moisture is retained. To allow for this when using traditional recipes it is advisable to halve the liquid content.

However, after cooking if the liquid quantity is excessive, remove the lid and operate the Slow Cooker on the High Setting for 30–45 minutes or until the liquid reduces by the desired amount. Alternatively, the liquid can be thickened by adding a mixture of cornflour and water.

Stirring the Food

Little or no stirring is required when using the Low Setting. However, stirring the food when using the High setting ensures more even flavour distribution.

Traditional Recipe Time	Kambrook Stainless Slow Cooker Recipe Time
15–30 minutes	4–6 hours on Low Setting
60 minutes	6–8 hours on Low Setting
1–3 hours	8–12 hours on Low Setting

A Beginner's Guide to Slow Cooking continued

Preparing Meat and Poultry

Select the leanest cuts when purchasing meat. Trim the meat or poultry of any visible fat. If possible, purchase chicken portions without the skin. Otherwise, the slow cooking process will result in extra liquid being formed from the fat as it melts.

For casserole-type recipes, cut the meat into cubes, approximately 2.5cm to 3cm. Slow cooking allows less tender cuts of meat to be used.

Suitable Meat Cuts for Slow Cooking

Meat	Suggested Cut
Beef	Beef Chuck, Skirt, Round Steak, Boneless Shin (Gravy) Beef, Bone-In Shin (Osso Bucco).
Lamb	Lamb Shanks, Drumsticks (Frenched Shanks) Neck Chops, Best Neck Chops, Boned Out Forequarter or Shoulder.
Veal	Diced Leg, Shoulder/ Forequarter Chops and Steaks, Neck Chops, Knuckle (Osso Bucco).
Pork	Leg Steaks, Diced Belly, Diced Shoulder, Boneless Loin Chops.

Browning before Slow Cooking

Pre-browning meat and poultry, prior to slow cooking, seals in the moisture, intensifies the flavour and provides more tender results, whilst producing richer flavours in other food, such as onions, capsicums and leeks. Pre-browning may take a little extra time, and whilst not strictly necessary, the rewards are evident in the end results. Use a non-stick pan to reduce the amount of oil required.

Roasting

Roasting meats in the Slow Cooker creates tender, flavoursome results that are easy to slice. The long, slow, covered cooking process breaks down and softens the connective and muscle tissue within the meat. Cheaper cuts of meat can be used to provide perfect results cooked by this method.

Meat will not brown during the roasting process, so for browner results seal in a frypan before roasting.

The addition of liquid is not required for roasting. Elevate the meat to be roasted on an inverted, heatproof saucer or plate. This will assist in keeping the surface of the meat dry and free from any fat released throughout the cooking process.

A Beginner's Guide to Slow Cooking continued

Suitable Cuts for Roasting

Meat	Suggested Cut
Beef	Blade, Rump, Rib Roast, Sirloin, Fresh Silverside, Topside.
Lamb	Leg, Mid Loin, Rack, Crown Roast, Shank, Shoulder, Mini Roasts.
Veal	Leg, Loin, Rack, Shoulder/Forequarter.
Pork	Loin, Neck, Leg Racks. (remove skin and fat)

Pot Roasting

The addition of liquid is required for pot roasting. Place sufficient liquid into the Removable Crockery Bowl to cover up to a third of the meat. Meat will not brown during the pot roasting process. For browner results, seal in a frypan before pot roasting.

Suitable Cuts for Pot Roasting

Meat	Suggested Cut
Beef	Beef Topside, Blade, Silverside Roasts, Rolled Brisket
Lamb	Forequarter, Shank, Shoulder
Veal	Shoulder/Forequarter
Pork	Loin, Neck

Preparing Vegetables

Vegetables should be cut into even-sized pieces to ensure more even cooking. Frozen vegetables must be thawed before adding to other foods cooking in the Slow Cooker.

Preparing Dried Beans and Pulses

If time permits, overnight soaking of dried beans and pulses is preferable. After soaking, drain and place in the Slow Cooker and cover with sufficient water to reach double their volume. Cook beans on the High Setting for 2–4 hours or until tender. Pre-soaked beans and pulses will cook a little faster.

Hints and Tips

Always thaw frozen meat and poultry before cooking.

Trim all visible fat from meat or poultry.

Meat and poultry require at least 6–7 hours of cooking on Low setting.

Ensure that the food or liquid to be cooked fills half or more of the removable crockery bowl.

On completion of cooking, if there is too much liquid remove the lid, turn the temperature control dial to the High setting and cook for 35–40 minutes until the liquid reduces.

Do's

Do ensure the removable crockery bowl is at room temperature when placing into the Stainless Steel Housing prior to cooking.

Do avoid extreme temperature changes to the crockery bowl and glass lid. Handle the crockery bowl and glass lid with care.

Do use oven mitts when lifting the crockery bowl containing hot liquids.

Do place the removable crockery bowl onto a heat proof placemat when serving from the crockery bowl at the table.

Don'ts

Do not place removable crockery bowl or glass lid into or under cold water while still hot.

Do not use the removable crockery bowl or glass lid if chipped or cracked.

Do not operate the Slow Cooker without the removable crockery bowl in position.

Do not place a hot removable crockery bowl onto a wet surface.

Do not cook with frozen meats or poultry.

Never

Place water or other liquids into the base of the stainless steel housing Slow Cooker.

Immerse the stainless steel housing, cord or plug of the Slow Cooker in water.

Touch hot surfaces with bare hands.



CAUTION: Ensure removable crockery bowl is correctly positioned in the stainless steel housing before you commence cooking.

Care and Cleaning

Before cleaning, switch the temperature control dial to OFF and switch off the Slow Cooker at the power outlet and then unplug.

Always allow the appliance to cool before cleaning.

To remove stubborn, cooked-on foods in the removable crockery bowl, soften by filling with warm, soapy water and allow to soak for 20–30 minutes. Remove by lightly scrubbing with a soft nylon kitchen brush.

The removable crockery bowl and glass lid can be washed in hot, soapy water using a mild household detergent. Rinse and dry thoroughly.

Do not use abrasive cleaners, steel wool, or metal scouring pads as these can damage the surfaces.

The removable crockery bowl and glass lid are dishwasher safe, however care should be taken not to chip or crack the crockery bowl or lid.

The stainless steel housing can be wiped over with a soft, damp cloth and then dried thoroughly.



CAUTION: Do not immerse stainless steel housing or power cord in water or any other liquid as this may cause electrocution.

Recipes

Recipes

Vegetable Soup

Serves 16

90g butter, optional
4 large carrots, diced
8 large potatoes, peeled & diced
2 sticks celery, diced
4 large onions, peeled & diced
3 litres chicken or beef stock
Salt & pepper to taste
1 cup cream
2 tablespoons chopped parsley

1. Melt butter in a saucepan, add vegetables and cook for 15–20 minutes – stirring occasionally.
2. Place vegetables in Slow Cooker and add stock and seasoning.
3. Cover and cook on LOW for 6–8 hours.
4. Just before serving, stir in cream and parsley.

It is not necessary to cook vegetables in butter before placing in the Slow Cooker, but it will enhance the flavour.

Vichyssoise

Serves 12

4 leeks or onions
60g butter
1 extra onion, peeled & chopped
Salt & pepper to taste
4 medium potatoes, peeled & diced
1½ litres chicken stock
2 cups milk
1 cup cream
⅓ cup sour cream
2 tablespoons chopped chives

1. Halve the leeks lengthwise, wash thoroughly to remove all grit, slice finely.
2. If using onions, peel and slice. Melt butter in a pan, add leeks or onion and chopped onion and sauté over low heat until softened but not browned. Place in Slow Cooker with seasonings and potatoes.
3. Stir in stock and cover, cook on LOW for 10–12 hours or HIGH for 3–4 hours.
4. Stir in milk, allow to cool then puree in a blender or food processor. Stir in cream, then chill.
5. Serve topped with a spoonful of sour cream and sprinkle with chives.

Vichyssoise may also be served hot.

Cream of Mushroom Soup

Serves 12

2 tablespoons butter or margarine

750g mushroom, sliced

1½ litres chicken stock

1 large onion chopped

Salt & pepper, to taste

2 cups cream

2 cups milk

4 tablespoons flour

2 tablespoons chopped parsley

1. Melt butter in a saucepan and add mushrooms, sauté lightly.
2. Place mushrooms, chicken stock, onion and seasoning into Slow Cooker and stir well.
3. Cover and cook on LOW for 6–10 hours, or HIGH for 2½–3 hours.
4. About 30 minutes before serving, turn to HIGH then stir in cream and milk.
5. Blend flour with a little milk, add some of the hot soup, and blend until smooth. Stir flour mixture into the soup, cook until thickened.
6. Serve topped with parsley.

French Onion Soup

Serves 16

4 litres beef stock

6 onions, thickly sliced

125g butter

2 teaspoons salt

2 tablespoons sugar

4 tablespoons flour

½ cup brandy

1½ cups grated Parmesan cheese

1. Pour stock into Slow Cooker and set on HIGH.
2. Cook onions slowly in a pan with butter for 15 minutes.
3. Add salt, sugar and flour, stir well. Add onion mixture to Slow Cooker.
4. Cover and cook on LOW for 6–8 hours or HIGH for 3 hours.
5. Add brandy and serve sprinkled with Parmesan cheese.

Swiss Steak

Serves 8

2 kg round steak, trimmed
½ cup flour
Salt & pepper to taste
2 stalks celery, chopped
4 carrots, peeled & chopped
2 onions, peeled & chopped
2 teaspoon Worcestershire sauce
2 x 425g cans tomatoes
1 cup grated Cheddar cheese

1. Cut steak in to serving size pieces. Toss in flour mixed with seasonings. Place in Slow Cooker.
2. Add chopped vegetables and Worcestershire sauce. Pour tomatoes over meat and vegetables.
3. Cover and cook on LOW for 7–10 hours or HIGH for 4 hours.
4. Just before serving, sprinkle with grated cheese.

Chilli Con Carne

Serves 12

1 kg dry red kidney beans
1 kg steak, cut into thin strips
⅓ cup flour
2 teaspoons chilli powder
2 teaspoons salt
2 large onions, chopped
1 x 425 can tomatoes
1 litre water
4 cloves garlic

1. Wash the beans well.
2. Toss the steak in flour mixed with salt and chilli powder.
3. Place all ingredients in the Slow Cooker and stir well.
4. Cover and cook on LOW for 8–9 hours.

Chicken in a Pot

Serves 10–12

4 carrots, sliced
4 onions, peeled & sliced
4 stalks celery
2 kg chicken pieces
1 teaspoon salt
1 teaspoon ground black pepper
1 cup chicken stock or white wine
1½ teaspoon dried basil or oregano

1. Place half of the carrots, onion and celery in the bottom of the Slow Cooker.
2. Add the chicken pieces.
3. Add salt, pepper, liquid and remaining vegetables. Sprinkle with herbs.
4. Cover and cook on LOW for 6–8 hours or HIGH for 4 hours.

Beef in Red Wine

Serves 12

2 kg blade or chuck steak, trimmed
1 cup flour
Salt & pepper to taste
125g butter
2 onions, peeled & finely chopped
1 leek, finely chopped
2 carrots, peeled & finely chopped
2 cloves garlic, peeled & crushed
2 tablespoons chopped parsley
2 tablespoons chopped chives
2 bouquet garni
1 x 700ml bottle red wine

1. Cut meat into cubes. Toss in flour mixed with seasonings. Heat butter in a frypan and brown the meat quickly over high heat.
2. Place the meat into the Slow Cooker and add onions, leek, carrots, garlic, parsley and chives. Add bouquet garni.
3. Pour red wine into pan used for browning the meat and bring to boil.
4. Pour heated liquid into the Slow Cooker, cover and cook on LOW for 6–8 hours or HIGH for 3–4 hours.

Chicken Marengo

Serves 10–12

2 kg chicken pieces or drumsticks
2 tablespoons flour
Salt & pepper to taste
2 tablespoons vegetable oil
2 tablespoons butter
4 cloves garlic, crushed
2 litres chicken stock
 $\frac{1}{3}$ cup brandy
4 large tomatoes, peeled & chopped
24 mushrooms, chopped
2 bouquet garni
2 tablespoons chopped parsley

1. Cut chicken into serving pieces, pat each piece dry and toss in flour mixed with seasonings.
2. Heat oil and butter in a pan, add the chicken pieces and cook over medium heat until golden, turning frequently.
3. Remove from pan, drain and place in Slow Cooker.
4. Add the garlic, stock, brandy, tomatoes, mushrooms and bouquet garni.
5. Cover and cook on LOW for 6–8 hours or HIGH for 4–6 hours.
6. Serve on a bed of hot rice or couscous and sprinkle with parsley.

To thicken the sauce, blend 2 tablespoons flour and 2 tablespoons milk until smooth. Remove the chicken from the Slow Cooker, stir the flour mixture into the sauce and cook on HIGH for 10 minutes, stirring occasionally.

Irish Stew

Serves 12

2 kg lamb neck chops
1 kg potatoes, peeled & sliced
500g onions, peeled & sliced
Salt & pepper, to taste
3 cups water
 $\frac{1}{2}$ teaspoon dried herbs
2 bay leaves

1. Trim any excess fat from chops.
2. Place onions, potatoes then chops into Slow Cooker, then add remaining ingredients.
3. Cover and cook on LOW for 8–10 hours or HIGH for 4–5 hours.

The starch from the potatoes should make this stew thick and creamy.

Coq Au Vin

Serves 10–12

2 kg chicken pieces
6 slices bacon, trimmed & diced
10 small onions, sliced
8 small onions, peeled & quartered
500g mushrooms
2 cloves garlic, peeled & crushed
Salt & pepper, to taste
1 teaspoon dried thyme
16 small potatoes, scrubbed & halved
2 cups red wine
1 litre chicken stock
Chopped parsley

1. In a large pan, fry the chicken pieces until browned well on all sides – set aside.
2. Using the same pan brown the bacon and sliced onions, drain off excess fat and set aside with chicken.
3. Place the onions, mushrooms and garlic in the Slow Cooker. Add the chicken, bacon and sliced onions, salt and pepper to taste, thyme, potatoes, wine and stock.
4. Cover and cook on LOW for 7–8 hours or HIGH for 3–4 hours.
5. Serve garnished with chopped parsley.

Beef Curry

Serves 12

2 kg blade or chuck steak
 $\frac{1}{2}$ cup flour
 $\frac{1}{3}$ cup curry power (or to taste)
 $\frac{1}{3}$ cup vegetable oil
2 large onions, peeled & finely chopped
8 cloves garlic, peeled & crushed
2 pieces fresh ginger, grated
1 teaspoon salt
2 tablespoons vinegar
2 cinnamon sticks
2 strips lemon rind
2 litres beef stock

1. Cut steak into 2.5cm cubes, toss in the flour mixed with the curry powder. Lightly brown the meat in a pan with the oil, onions, garlic and ginger.
2. Place in the Slow Cooker and remaining ingredients.
3. Mix well, cover and cook on LOW for 8–9 hours or HIGH for 4 hours.
4. Serve with fluffy steamed rice.

Meatballs in Creamy Mushroom Sauce

Serves 12

Mushroom Sauce

2 x 440g can mushrooms in butter sauce

2 cups beef stock

½ cup flour

½ cup sherry

2 teaspoons paprika

2 cups sour cream

1 kg minced beef

500g pork mince

2 x 60g eggs

½ cup chopped parsley

Salt & pepper, to taste

3 cups fresh breadcrumbs

1. Place all the mushroom sauce ingredients except sour cream into Slow Cooker and stir to combine.
2. Mix all ingredients for meatballs together in a bowl and shape into walnut size balls. Fry meatballs in a pan then add to sauce in the Slow Cooker.
3. Cover and cook on LOW for 6–8 hours or HIGH for 2–4 hours.
4. Fifteen minutes before serving, switch to HIGH and stir in the sour cream.
5. Serve with fluffy rice or couscous.

Chicken Parisienne

Serves 12

12 chicken breasts

Salt & pepper, to taste

1 teaspoon paprika

1 cup dry white wine

2 x 440ml cans cream of chicken soup

1 x 440g can sliced mushrooms

2 cups sour cream

1 teaspoon paprika, extra

1. Sprinkle chicken breasts lightly with salt, pepper and paprika. Place in the Slow Cooker.
2. Mix together wine, soup, mushrooms and sour cream. Pour over chicken breast, sprinkle with paprika.
3. Cover and cook on LOW for 6–8 hours or HIGH for 4–6 hours.

NOTE: If cooking on HIGH, do not add sour cream until the last 30 minutes of cooking time.

4. Serve with rice or noodles.

Meat Loaf

Serves 10–12

2 kg lean mince steak
500g sausage mince
2 onions, peeled & diced
4 cloves garlic, peeled & crushed
2 x 425g cans tomatoes
½ cup tomato sauce
2 cups diced bread
4 x 60g eggs
1 tablespoon Worcestershire sauce
Salt & pepper, to taste
4 potatoes, peeled & sliced

Sauce:

1 cup tomato sauce
½ cup brown sugar
3 teaspoons dry mustard
1 teaspoon nutmeg

1. Combine meats, onion, garlic, tomatoes, tomato sauce, bread, eggs, Worcestershire sauce and seasonings to taste. Mix well and shape into a loaf.
2. Place sliced potato into the bottom of the Slow Cooker and place meat loaf on top.
3. Combine sauce ingredients and pour sauce over meat loaf.
4. Cover and cook on LOW for 8–10 hours.

Glazed Corned Beef

Serves 10–12

2 bay leaves
1 large onion, sliced
3 strips orange peel
4 whole cloves
2 litres water
2–2.5 kg corned beef

Glaze:

4 tablespoons orange juice
4 tablespoons honey
2 tablespoons Dijon mustard

1. Place bay leaves, onion, orange peel, cloves and water in Slow Cooker and mix well. Add corned beef with the fat side facing upwards.
2. Cover and cook on LOW for 10–12 hours or HIGH for 5–6 hours or until tender.
3. Remove meat from the liquid. Score (cut) the top of the corned beef in criss-cross diamond or triangle shapes. Insert extra cloves into the centre of each diamond if desired. Place corned beef on a heatproof platter.
4. Mix all glaze ingredients together until smooth and blended. Spoon glaze over the corned beef.
5. Bake in a preheated oven at 200°C for 20–30 minutes, basting occasionally with glaze. Serve hot or cold.

Ratatouille

Serves 8–12

4 onions, peeled & sliced
2 medium egg plants, cubed but not peeled
6 large zucchini, sliced
4 red capsicum, trimmed & sliced
8 tomatoes, sliced
4 cloves garlic, peeled & crushed
Salt & pepper to taste
1 cup oil

1. Place onions in the Slow Cooker first then add remaining ingredients. Cover and cook on LOW for 8–9 hours. The vegetables should be soft but not mushy. Serve Ratatouille hot or cold, as a filling for crepes and omelettes, as an accompaniment to meats and poultry, over a bed of rice or couscous or with a hot dish of pasta.

Pork & Veal Picnic Terrine

Serves 12–14

1.5 kg pork & veal mince
2 cloves garlic, crushed
Salt & pepper, to taste
½ teaspoon dried thyme
½ teaspoon ground cloves
2 x 60g eggs
Grated rind 1 lemon
½ cup dry sherry or brandy
2 bay leaves
1 litre water

Lemon slices to garnish

1. Lightly grease a heatproof terrine dish or loaf tin which will fit into the Slow Cooker.
2. Combine minced meat, garlic, seasonings, thyme, cloves, eggs, lemon rind and sherry or brandy, mix well. Spoon into the terrine dish and smooth out the top, arrange bay leaves and lemon slices on top.
3. Cover the terrine dish with a lid or a few layers of foil and secure.
4. Place 1 cup of water in the Slow Cooker and a small trivet or upturned heatproof saucer. Lower terrine onto the trivet in the Slow Cooker, cover with lid and cook on LOW for 8–9 hours, or HIGH for 5–6 hours.
5. Remove the terrine from the Slow Cooker, cool with a weight on top of the terrine then chill.
6. Serve with crusty bread and spicy chutney.

NOTE: Replenish water in the crockery bowl during the cooking time if required. Ensure the water does not ingress into the terrine dish.

Scalloped Potatoes

Serves 8–12

12 slices bacon, trimmed
16–20 medium potatoes, peeled & thinly sliced
4 onions, peeled & thinly sliced
Salt, pepper & paprika to taste
2 cups grated Cheddar cheese
2 x 285g cans cream of asparagus or mushroom soup

1. Cut bacon into pieces.
2. Place a quarter of the bacon, potato and onion into the Slow Cooker.
3. Sprinkle with salt, pepper and paprika, then grated cheese, repeat this procedure three more times until all of the potatoes are used.
4. Gently pour the undiluted soup over the top.
5. Sprinkle with paprika, cover and cook on LOW for 9–10 hours, or HIGH for 5–6 hours.

Baked Potatoes

Perfect for the barbeque or when cooking for a crowd.

1. Fill the Slow Cooker with like sized scrubbed and buttered potatoes – the Slow Cooker will hold approximately 18–20 potatoes.
2. Sprinkle with seasoned salt, cover and cook on LOW for 8–10 hours.
3. To serve drizzle over sour cream and sprinkle with chopped chives or parsley – serve directly in the bowl to the table.

Old Fashioned Sago Pudding

Serves 12

1 cup sago
2 cups milk
2 cups sugar
2 cups sultanas
2 cups fresh breadcrumbs
2 tablespoons melted butter
1 tablespoon bi-carbonate of soda
2 x 60g eggs
2 litres water

1. Soak sago in milk overnight.
2. Add remaining ingredients and mix thoroughly. Place mixture into a heatproof pudding bowl or casserole dish that fits in the Slow Cooker.
3. Cover the bowl or dish with foil and secure around the edges.
4. Place a small trivet or upturned heatproof saucer into the Slow Cooker and add 2 litres of water. Place the pudding bowl onto the trivet.
5. Cover and cook on HIGH for 5–6 hours.
6. Serve hot or warm with thickened cream and a sprinkle of cinnamon or nutmeg.

NOTE: Replenish water in the crockery bowl during the cooking time if required. Ensure the water does not ingress into the pudding bowl.

Rice Custard

Serves 12–14

- 3 cups rice
- 2 litres boiling water
- 6 x 60g eggs
- 2 cups sugar
- 1½ litres milk
- 1 teaspoon vanilla essence
- 60g butter
- Nutmeg to taste
- 1 cup raisins

1. Wash rice thoroughly under cold running water. Cook in boiling water for 20 minutes.
2. Drain well and put into a greased heatproof pudding bowl or dish that will fit in the Slow Cooker.
3. Beat eggs with sugar, add remaining ingredients then stir into the rice.
4. Cover bowl with foil and secure.
5. Add 1 litre of water and a small trivet or upturned heatproof saucer into the Slow Cooker. Place rice custard in the bowl onto the trivet.
6. Cover with lid and cook on LOW for 7–9 hours. Serve warm.

NOTE: Replenish water in the crockery bowl during the cooking time if required. Ensure the water does not ingress into the pudding bowl or dish.

Baked Apples

Serves 12

- 1 cup dried fruits
- ½ cup brown sugar
- 2 teaspoons cinnamon
- 80g butter
- 12 small Granny Smith apples, washed & cored
- 1 litre water
- 2 tablespoons sugar

1. Mix together the dried fruits, brown sugar, cinnamon and butter.
2. Fill the centre of each apple with the dried fruit mixture and place in the Slow Cooker.
3. Combine water and sugar and pour into the Slow Cooker, cover and cook on LOW for 8 hours.
4. Serve warm with custard, cream or ice-cream.

Poached Pears in Red Wine

Serves 12–14

1 litre dry red wine
2 cups brown sugar
12–14 medium pears, peeled & stems removed
Peel from 1 lemon, cut in strips.

1. Put wine and sugar in the Slow Cooker.
2. Cover and cook on HIGH until the sugar is dissolved.
3. Place the pears into the Slow Cooker, turn the pears to coat in the wine mixture.
4. Add the lemon peel, cover and cook on LOW for 4–6 hours, turning occasionally or basting with the wine mixture.
5. Serve pears drizzled with the wine mixture.

Bread & Butter Pudding

Serves 12

8 slices bread, buttered
1 cup mixed dried fruit
 $\frac{1}{2}$ cup sugar
4 x 60g eggs
5 cups milk
2 teaspoons vanilla essence
1 litre water

1. Layer half of the bread slices, buttered side up, in a greased heatproof dish which will fit in the Slow Cooker.
2. Add a layer of fruit and sugar over the bread and continue the layers until all bread is used.
3. Lightly beat the eggs, milk and vanilla together, gently pour over the bread. Allow to stand for 30 minutes.
4. Cover dish with foil and secure. Add 1 litre of water and a small trivet, or upturned heatproof saucer to the Slow Cooker.
5. Place pudding onto the trivet cover and cook on HIGH for 4–5 hours.
6. Serve with whipped cream and a sprinkle of cinnamon.

NOTE: Replenish water in the crockery bowl during the cooking time if required. Ensure the water does not ingress into the pudding bowl or dish.

Notes

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Notes

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