

Kambook - Australia

Building 2, Port Air Industrial Estate

1A Hale Street

Botany NSW 2019

Australia

Customer Service Line 1300 139 798

Customer Service Fax 1800 621 337

www.kambook.com.au

Kambook - New Zealand

Private Bag 94411

Botany, Manukau

Auckland 2163

New Zealand

Customer Service Line/

Spare Parts 0800 273 845

Customer Service Fax 0800 288 513

www.kambook.co.nz

KAMBROOK

THE SMARTER CHOICE



Profile
Slow Cooker

KSC450

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

Contents

Kambrook Recommends	p4
Safety First	
Your Kambrook Profile Slow Cooker	p6
Using Your Kambrook Profile Slow Cooker	p7
Using The Temperature Control Settings	p8
A Beginner's Guide to Slow Cooking	p9
Hints and Tips	p13
Care, Cleaning and Storage	p14
Recipes	p15

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 Profile Slow Cooker

- Carefully read all instructions before operating the slow cooker and save for future reference
- Remove any packaging material and promotional stickers before using the slow cooker 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.
- Do not operate the slow cooker on a sink drain board.
- When using the slow cooker, provide adequate space above and on all sides for air circulation.
- 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.
- Ensure the removable cooking bowl is correctly positioned in the slow cooker base before you commence cooking.
- Never plug in or switch on the slow cooker without having the removable cooking bowl placed inside the slow cooker housing.
- Use the removable cooking bowl supplied with the slow cooker. Do not use any other bowl 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.
- Extreme caution must be used when the slow cooker contains hot food and liquids.
- Do not move the slow cooker during cooking.
- Always have the glass lid placed correctly into position on the removable cooking bowl throughout operation of the slow cooker unless stated 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.
- 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.
- These times are approximate. Times can vary depending on ingredients and quantities in recipes.
- The temperature of accessible surfaces will be high when the slow cooker is operating and for some time after use.
- Do not place the 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 mat underneath the cooker.
- Do not place the removable cooking bowl when hot on any hot 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 removable cooking bowl when hot 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 reheat food using your removable cooking bowl.
- Always slow cook with the glass lid on for the recommended time.
- Care should be taken when handling the Slow Cooker after cooking, ensuring that the slow cooker body and parts are not touched as these may still be hot due to residual heat.
- 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 leave the slow cooker unattended when in use.
- 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.
- Do not use the removable cooking bowl in a microwave or conventional oven. Do not place the removable cooking bowl onto a heat gas or electric burner.
- Do not use a damaged, cracked or dented removable cooking bowl. If damaged or dented, replace bowl before using.
- Avoid scalding from escaping steam when removing the glass lid from the removable cooking bowl when hot by carefully lifting the lid angled away from yourself.
- Do not allow water from the lid to drip into the slow cooker housing, only into the removable cooking bowl.
- Do not place anything, other than the lid, on top of the slow cooker when assembled, when in use and when stored.
- Always switch the slow cooker to the 'Off' position, then switch off at the power outlet, then unplug and allow to cool, if appliance is not in use, before cleaning, before attempting to move the appliance, disassembling, assembling and when storing the appliance.
- 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 Profile Slow Cooker

1. Glass lid allows you to monitor food during cooking
2. Removable cooking 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 Profile Slow Cooker

Before First Use

Before first use remove all promotional stickers and packaging material.

Wash the removable cooking 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 Your Slow Cooker

Before placing the cooking 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 cooking 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 cooking 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.



WARNING: Always use the slow cooker on a dry, level surface.



WARNING: Never operate without food and liquid in the removable cooking bowl.



WARNING: Never operate without the removable cooking bowl positioned in the stainless steel housing.



WARNING: Always have the glass lid firmly in position on the cooking bowl throughout the operation of the slow cooker unless where stated in a recipe to have it removed.



WARNING: Always use pot holders or oven mitts when removing the cooking bowl when hot.



WARNING: Do not place the cooking bowl when hot on any hot surface that may be affected by heat.



WARNING: 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 the 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, 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 Profile 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.

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 cooking 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

A Beginner's Guide to Slow Cooking continued

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 cooking 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 cooking bowl is at room temperature when placing into the housing prior to cooking.

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

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

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

Don'ts

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

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

Do not operate the slow cooker without the cooking bowl in position.

Do not place a hot cooking bowl onto a wet surface.

Do not cook with frozen meats or poultry.

Never

Place water or other liquids into the base of the slow cooker housing.

Immerse the stainless steel housing, cord or plug of the slow cooker in water.

Touch hot surfaces with bare hands.



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

Care, Cleaning and Storage

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

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

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

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

Store the slow cooker on a flat, dry level surface. Do not place anything on top of the slow cooker.



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

Recipes

Vegetable Soup

Serves 6-8

2 tablespoons/40g butter, optional
3 large carrots, peeled and diced
6 large potatoes, peeled and diced
1½ sticks celery, diced
3 large onions, peeled and diced
8 cups/2 litres chicken or beef stock
Salt and pepper, to taste
¾ cup/190ml cream
1½ tablespoons finely chopped parsley

1. Melt butter in a saucepan, add vegetables and cook for 15-20 minutes – stirring occasionally.
2. Place vegetables into removable cooking bowl, add stock and seasonings.
3. Cover with lid and cook on 'LOW' setting 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 cooking bowl, but it will enhance the flavour.

Vichyssoise

Serves 6-8

3 leeks or onions
2 tablespoons/40g butter
1 extra onion, peeled and chopped
Salt and pepper, to taste
3 medium potatoes, peeled and diced
5 cups/1¼ litres chicken stock
1½ cups/375ml milk
¾ cup/190ml cream
¼ cup sour cream
1½ 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 into the removable cooking bowl with seasonings and potatoes.
3. Stir in stock and cover with lid, cook on 'LOW' setting for 5-6 hours or 'HIGH' setting for 2-3 hours or 'AUTO' setting 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 sprinkled with chives.

Vichyssoise may also be served hot.

Cream of Mushroom Soup

Serves 6-8

1½ tablespoons/30g butter or margarine
600g mushrooms, sliced
5 cups/1¼ litres chicken stock
1 medium onion, peeled and chopped
Salt and pepper, to taste
1½ cups/375ml cream
1½ cups/375ml milk
1/3 cup/50g flour
1½ tablespoons finely chopped parsley

1. Melt butter in a saucepan and add mushrooms, sauté lightly.
2. Place mushrooms, chicken stock, onion and seasoning into the removable cooking bowl and stir well.
3. Cover with lid and cook on 'LOW' setting for 5-6 hours or 3 setting for 2-3 hours or 'AUTO' setting for 3-4 hours.
4. About 30 minutes before serving, turn to 'HIGH' setting 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 6-8

7 cups/1¾ litres beef stock
5 tablespoons/100g butter
5 onions, peeled and thickly sliced
1½ teaspoons salt
1½ tablespoons sugar
1/3 cup/50g flour
1/3 cup/85ml brandy
1¼ cups grated Parmesan cheese

1. Pour stock into the removable cooking bowl, cover with lid and select the 'HIGH' setting.
2. Melt butter in a frypan, add onions and slowly cook for 15 minutes.
3. Add salt, sugar and flour to the onions and stir well. Add onion mixture to removable cooking bowl and stir well.
4. Cover with lid and cook on 'LOW' setting for 5-6 hours or 'HIGH' setting for 2-3 hours or 'AUTO' setting for 3-4 hours.
5. Add brandy and serve sprinkled with Parmesan cheese.

Swiss Steak

Serves 6-8

1¼kg round steak, trimmed
1/3 cup/50g flour
Salt and pepper, to taste
2 stalks celery, chopped
3 carrots, peeled and chopped
2 small onions, peeled and chopped
1½ teaspoons Worcestershire sauce
2 x 425g cans tomatoes
¾ cup grated Cheddar cheese

1. Cut steak in to serving size pieces.
2. Toss in flour mixed with seasonings. Place into the removable cooking bowl.
3. Add chopped vegetables and Worcestershire sauce.
4. Pour tomatoes over meat and vegetables.
5. Cover with lid and cook on 'LOW' setting for 6-8 hours or 'HIGH' setting for 3-4 hours or 'AUTO' setting for 4-5 hours.
6. Just before serving, sprinkle with grated cheese.

Chilli Con Carne

Serves 6-8

750g dry red kidney beans
750g round steak, cut into thin strips
1/3 cup/50g flour
1½ teaspoons salt
1½ teaspoons chilli powder
1 large onion peeled and chopped
1 x 425g can tomatoes
3 cups/750ml water
3 cloves garlic, peeled and chopped

1. Wash the beans well.
2. Toss the steak in flour mixed with salt and chilli powder.
3. Place all ingredients into the removable cooking bowl and stir well.
4. Cover with lid and cook on 'LOW' setting for 6-8 hours..

Chicken in a Pot

Serves 6-8

3 carrots, peeled and sliced
3 onions, peeled and sliced
3 stalks celery
2kg chicken pieces
 $\frac{3}{4}$ teaspoon salt
 $\frac{3}{4}$ teaspoon ground black pepper
2 cups/500ml chicken stock or white wine
1 teaspoon dried basil or oregano

1. Place half of the carrots, onion and celery into the removable cooking bowl.
2. Add the chicken pieces, salt, pepper, liquid and remaining vegetables.
3. Sprinkle with herbs.
4. Cover with lid and cook on 'LOW' setting for 6-8 hours or 'HIGH' setting for 3-4 hours or 'AUTO' setting for 4-5 hours.

Beef Bourguignon

Serves 6-8

2kg blade or chuck steak, trimmed
 $\frac{2}{3}$ cup/100g flour
Salt and pepper, to taste
2 tablespoons/40g butter
1 medium onion, peeled and finely chopped
1 medium leek, trimmed, washed and finely chopped
2 carrots, peeled and finely chopped
2 cloves garlic, peeled and crushed
2 tablespoons finely chopped parsley
2 tablespoons chopped chives
2 bay leaves
6 sprigs thyme
2 x 10cm pieces celery
2 cups/500ml red wine

1. Make a bouquet garni: tie securely with fine string bay leaves, thyme and celery. Leave a length of string attached so that the bouquet garni can be easily retrieved.
2. Cut meat into cubes. Toss in flour mixed with seasonings. Heat butter in a frypan and brown the meat quickly over high heat.
3. Place the meat into the removable cooking bowl and add onion, leek, carrots, garlic, parsley, chives and bouquet garni.
4. Pour red wine into pan used for browning the meat and bring to boil.
5. Pour heated liquid into the removable cooking bowl, cover with lid and cook on 'LOW' setting for 6-8 hours or 'HIGH' setting for 3-4 hours or 'AUTO' setting for 4-5 hours.

Chicken Marengo

Serves 6-8

2kg chicken pieces or drumsticks
2 tablespoons flour
Salt and pepper, to taste
2 tablespoons vegetable oil
2 tablespoons/40g butter
3 cloves garlic, peeled and crushed
6 cups/1½ litres chicken stock
1/3 cup/80ml brandy
3 large tomatoes, peeled and chopped
16 mushrooms, chopped
2 bouquets garnis
1 bay leaf
3 sprigs thyme
1 x 10cm piece celery
2 tablespoons finely chopped parsley

1. Make a bouquet garni: tie securely with fine string the bay leaf, thyme and celery. Leave a length of string attached so that the bouquet garni can be easily retrieved.
2. Cut chicken into serving pieces, pat each piece dry and toss in flour mixed with seasonings.
3. Heat oil and butter in a pan, add the chicken pieces and cook over medium heat until golden, turning frequently.
4. Remove from pan, drain and place into the removable cooking bowl.
5. Add the garlic, stock, brandy, tomatoes, mushrooms and bouquet garni.
6. Cover with lid and cook on 'LOW' setting for 6-8 hours or 'HIGH' setting for 3-4 hours or 'AUTO' setting for 4-5 hours.
7. Serve on a bed of hot rice or couscous and sprinkle with parsley.

To thicken the sauce, blend 1½ tablespoons flour and 1½ tablespoons milk until smooth. Remove the chicken from the cooking bowl, stir the flour mixture into the sauce and cook on 'HIGH' setting for 10 minutes, stirring occasionally.

Irish Stew

Serves 6-8

2kg lamb neck chops
3 medium onions, peeled and sliced
750g potatoes, peeled and sliced
Salt and pepper, to taste
4 cups/1 litre water
½ teaspoon dried herbs
2 bay leaves

1. Trim any excess fat from chops.
2. Place onions, potatoes and chops into the removable cooking bowl, then add remaining ingredients.
3. Cover with lid and cook on 'LOW' setting for 6-8 hours or 'HIGH' setting for 3-4 hours or 'AUTO' setting for 4-5 hours.

Coq Au Vin

Serves 6-8

2kg chicken pieces
5 slices bacon, trimmed and diced
6 small onions, peeled and sliced
6 small onions, peeled and quartered
400g mushrooms
2 cloves garlic, peeled and crushed
Salt and pepper, to taste
1½ teaspoons dried thyme
12 small potatoes, scrubbed and halved
1½ cups/375ml red wine
4 cups/1 litre chicken stock
Finely chopped parsley

1. Fry the chicken pieces in a large pan until well browned on all sides – remove chicken and set aside.
2. Use the same pan to brown the bacon and sliced onions, drain off excess fat and set aside with chicken.
3. Place the quartered onions, mushrooms and garlic into the removable cooking bowl. Add the chicken, bacon and sliced onions, salt and pepper to taste, thyme, potatoes, wine and stock.
4. Cover with lid and cook on 'LOW' setting for 6-8 hours or 'HIGH' setting for 3-4 hours or 'AUTO' setting for 4-5 hours.
5. Serve garnished with chopped parsley.

Beef Curry

Serves 6-8

2kg blade or chuck steak
1/3 cup/50g flour
1/3 cup/80ml vegetable oil
1 medium onion, peeled and finely chopped
6 cloves garlic, peeled and crushed
1 small piece fresh ginger, peeled and grated
½ teaspoon ground chilli powder
½ teaspoon ground cumin
½ teaspoon ground coriander
½ teaspoon ground cardamom
½ teaspoon salt
1½ tablespoons vinegar
1 x 425g can whole or crushed tomatoes
1 strip lemon rind
6 cups/1½ litres beef stock

1. Cut steak into 2.5cm cubes, toss in the flour. Heat the oil in a frypan, add the meat and lightly brown, remove meat and place into the removable cooking bowl.
2. Add onions, garlic and ginger to the pan, cook for 5 minutes then place into the cooking bowl with remaining ingredients.
3. Stir well, cover with lid and cook on 'LOW' setting for 6-8 hours or 'HIGH' setting for 3-4 hours or 'AUTO' setting for 4-5 hours.
4. Serve with fluffy steamed rice.

Meatballs in Creamy Mushroom Sauce

Serves 6-8

Mushroom Sauce

2 x 440g can mushrooms in butter sauce
2 cups/500ml beef stock
1/3 cup/50g flour
1/2 cup/125ml sherry
1 1/2 teaspoons paprika
1 1/2 cups sour cream

Meatballs

1 1/2kg minced beef
375g pork mince
2 x 60g eggs
2 tablespoons chopped parsley
Salt and pepper, to taste
2 cups fresh breadcrumbs
1 x 60g egg
1 tablespoon chopped parsley
Salt and pepper, to taste
1 cup fresh breadcrumbs

1. Place all the mushroom sauce ingredients except sour cream into the removable cooking bowl 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 cooking bowl.
3. Cover with lid and cook on 'LOW' setting for 6-8 hours or 'HIGH' setting for 3-4 hours or 'AUTO' setting for 4-5 hours.
4. At 15 minutes before serving, switch to 'HIGH' setting and stir in the sour cream.
5. Serve with fluffy rice or couscous.

Chicken Parisienne

Serves 6-8

8 chicken breasts
Salt and pepper, to taste
1 1/2 teaspoons paprika
1 1/2 cups/375ml dry white wine
2 x 440ml cans cream of chicken soup
1 x 440g can sliced mushrooms, drained
1 cup sour cream
1/2 teaspoon paprika, extra

1. Sprinkle chicken breasts lightly with salt, pepper and paprika. Place into the removable cooking bowl.
2. Mix together wine, soup, mushrooms and sour cream. Pour over chicken breasts, sprinkle with paprika.
3. Cover with lid and cook on 'LOW' setting for 6-8 hours or 'HIGH' setting for 3-4 hours or 'AUTO' setting for 4-5 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.

Glazed Corned Beef

Serves 6-8

2 bay leaves
1 medium onion, peeled and sliced
2 strips orange peel
6 cups/1½ litres water
1½-2 kg corned beef
8-10 whole cloves

Glaze:

⅓ cup orange juice
⅓ cup honey
1½ tablespoons Dijon mustard

1. Place bay leaves, onion, orange peel and water into the removable cooking bowl and mix well. Add corned beef with the fat side facing upwards.
2. Cover with lid and cook on 'LOW' setting for 6-8 hours or 'HIGH' setting for 3-4 hours or 'AUTO' setting for 4-5 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 cloves into the centre of each diamond if desired. Place corned beef on oven proof platter.
4. Mix the glaze ingredients together until smooth then spoon 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 6-8

3 medium onions, peeled and sliced
1 medium eggplant, trimmed and cubed
4 large zucchini, trimmed and sliced
3 red capsicum, trimmed and sliced
6 tomatoes, sliced
3 cloves garlic, peeled and crushed
Salt and pepper, to taste
¾ cup/190ml oil

1. Place onions into the removable cooking bowl then add remaining ingredients.
2. Cover with lid and cook on 'LOW' setting for 6-8 hours or 'AUTO' setting for 4-5 hours. The vegetables should be soft but not mushy.
3. Serve Ratatouille hot or cold, as a filling for crêpes and omelettes, as an accompaniment to meats and poultry, over a bed of rice or couscous or with a hot dish of pasta.

Scalloped Potatoes

Serves 6-8

8 slices bacon, trimmed
12-14 medium potatoes, peeled and thinly sliced
3 medium onions, peeled and thinly sliced
Salt, pepper and paprika, to taste
1½ cups grated Cheddar cheese
2 x 285g cans cream of asparagus or mushroom soup

1. Cut bacon into small pieces.
2. Place a quarter of the bacon, potato and onion into the removable cooking bowl.
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 of the ingredients. Sprinkle with paprika.
5. Cover with lid and cook on 'LOW' setting for 6-8 hours or 'HIGH' setting for 3-4 hours or 'AUTO' setting for 4-5 hours.

Old Fashioned Sago Pudding

Serves 6-8

¾ cup sago
1½ cups/375ml milk
1½ cups sugar
1½ cups sultanas
1½ cups fresh breadcrumbs
1½ tablespoons/30g melted butter
3 teaspoons bi-carbonate of soda
2 x 60g eggs

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 removable cooking bowl.
3. Cover the bowl or dish with foil and secure around the edge with kitchen string.
4. Place a small trivet or upturned heatproof saucer into the cooking bowl and add 1-2 litres of water. Place the prepared pudding bowl onto the trivet.
5. Cover with lid and cook on 'HIGH' setting for 3-4 hours.
6. Serve hot or warm with thickened cream and a sprinkle of cinnamon or nutmeg.

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

Rice Custard

Serves 6-8

3 cups rice
6 cups/1½ litres boiling water
4 x 60g eggs
1½ cups sugar
5 cups/1¼ litres milk
½ teaspoon vanilla essence
2½ tablespoons/50g butter
Nutmeg, to taste
¾ cup raisins

1. Wash rice thoroughly under cold running water, drain well. Cook rice in boiling water for 20 minutes
2. Drain well and put into a greased heatproof pudding bowl or dish that will fit in the removable cooking bowl.
3. Beat eggs with sugar, add remaining ingredients then stir into the rice.
4. Cover pudding bowl or dish with foil and secure edge with kitchen string.
5. Place a small trivet or upturned heatproof saucer into the cooking bowl and add 1-2 litres of water. Place the prepared pudding bowl onto the trivet.
6. Cover with lid and cook on 'LOW' setting for 4-5 hours. Serve warm.

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

Baked Apples

Serves 6-8

¾ cup dried fruits
1/3 cup brown sugar, firmly packed
1½ teaspoons cinnamon
3 tablespoons/60g butter
6-8 small Granny Smith apples, washed and cored
3 cups/750ml water
1½ 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 upright in the removable cooking bowl.
3. Combine water and sugar and pour into the cooking bowl, cover with lid and cook on 'LOW' setting for 4-5 hours.
4. Serve warm with custard, cream or ice-cream.

Poached Pears in Red Wine

Serves 6-8

3 cups/750ml dry red wine

1½ cups brown sugar, firmly packed

6-8 medium pears, carefully peeled

Peel of 1 lemon, cut in strips.

1. Put wine and sugar in the removable cooking bowl.
2. Cover with lid and cook on 'HIGH' setting until the sugar is dissolved.
3. Place the pears into the cooking bowl, turn the pears to coat in the wine mixture, then stand pears upright in the mixture.
4. Add the lemon peel, cover with lid and cook on 'LOW' setting for 4-5 hours, turning occasionally or basting with the wine mixture.
5. Serve pears drizzled with the wine mixture.

Bread & Butter Pudding

Serves 6-8

6-8 slices bread, lightly buttered

¾ cup mixed dried fruit

1/3 cup sugar

3 x 60g eggs

4 cups/1 litre milk

1½ teaspoons vanilla essence

1. Layer half of the bread slices, buttered side up, in a greased heatproof dish that will fit in the removable cooking bowl.
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 edge with kitchen string. Place a small trivet or upturned heatproof saucer into the cooking bowl and add 1 litre of water.
5. Place prepared pudding bowl onto the trivet, cover with lid and cook on 'LOW' setting for 4-5 hours.
6. Serve with whipped cream and a sprinkle of cinnamon.

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

Notes

[illegible]