



# Russell Hobbs

## INSTRUCTIONS AND WARRANTY



**MODEL NO. RHSS70**  
**6L DIGITAL SLOW COOKER**

Congratulations on purchasing our Russell Hobbs 6L Digital Slow Cooker. Each unit is manufactured to ensure safety and reliability. Before using this appliance for the first time, please read the instruction manual carefully and keep it for future reference.

## **FEATURES OF THE RUSSELL HOBBS 6L DIGITAL SLOW COOKER**

- 200W
- Modern 6L oval pot design
- Brushed stainless steel housing and stylish rubberised handles
- 3 settings: Low, High and Warm
- Enjoy home-cooked meals even with a busy lifestyle
- Gentle cooking action retains more nutrients and flavours
- Easily tenderize tougher cuts of meat
- Perfect for soups, casseroles, stews, roasts, curries, rice, desserts and more
- Can be used for lower calorie meals which use less salt and oil
- Removable ceramic dish for serving at the table
- Dishwasher safe ceramic pot and glass lid
- Clear glass lid for easy viewing
- Non-slip rubber feet
- Digital control with adjustable timer
- For domestic use only
- 1 year warranty

## **IMPORTANT SAFEGUARDS**

When using any electrical appliance, basic safety precautions should always be followed including the following:

1. Please read the instructions carefully before using any appliance.
2. Always ensure that the voltage on the rating label corresponds to the mains voltage in your home.
3. Incorrect operation and improper use can damage the appliance and cause injury to the user.

4. The appliance is intended for household use only. Commercial use invalids the warranty and the supplier can not be held responsible for injury or damage caused when using the appliance for any other purpose than that intended.
5. Avoid any contact with moving parts.
6. Close supervision is required when any appliance is used near or by children or invalids.
7. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
8. Check the power cord and plug regularly for any damage. If the cord or the plug is damaged, it must be replaced by the manufacturer or a qualified person in order to avoid an electrical hazard.
9. Do not use the appliance if it has been dropped or damaged in any way. In case of damage, take the unit in for examination and/or repair by an authorised service agent
10. To reduce the risk of electric shock, do not immerse or expose the base, plug or the power cord to water or any other liquid.
11. Never immerse the full unit in water or any other liquid for cleaning purposes.
12. Remove the plug from the socket by gripping the plug. Do not pull on the cord to disconnect the appliance from the mains. Always unplug the unit when not in use, before cleaning or when adding or removing parts.
13. The use of accessory attachments that are not recommended or supplied by the manufacturer may result in injuries, fire or electric shock.
14. A short cord is provided to reduce the hazards resulting from becoming entangled in or tripping over a longer cord.
15. Do not let the cord hang over the edge of a table or counter. Ensure that the cord is not in a position where it can be pulled on inadvertently.
16. Do not allow the cord to touch hot surfaces and do not place on or near a hot gas or electric burner or in a heated oven.
17. Do not use the appliance on a gas or electric cooking top or over or near an open flame.
18. Use of an extension cord with this appliance is not recommended. However, if it is necessary to use an extension lead, ensure that the lead is suited to the power consumption of the appliance to avoid overheating of the extension cord, appliance or plug point. Do not place the extension cord in a position where it can be pulled on by children or animals or tripped over.

19. This appliance is not suitable for outdoor use. Do not use this appliance for anything other than its intended use.
20. DO NOT carry the appliance by the power cord.
21. Do not leave this appliance unattended during use. Always unplug the unit when not in use or before cleaning.
22. Always operate the appliance on a smooth, even, stable surface. Do not place the unit on a hot surface.
23. Don't use the slow cooker to re-heat food that has already been cooked.
24. Do not heat or pre-heat the slow cooker when empty
25. Dried beans (e.g. red kidney beans) must be boiled for at least 10 minutes before being added to the slow cooker. They're poisonous if eaten raw or undercooked.
26. Don't touch hot surfaces (including the outside of the slow cooker). Use the handles and lid knob, and wear oven gloves.
27. Keep clear of steam being released from the vent in the lid, and the edge of the lid.
28. Don't touch internal surfaces till the slow cooker has cooled down fully.
29. Sit the slow cooker on a stable, level, heat-resistant surface.
30. Leave a clear space of at least 5cm (2 inches) all round it.
31. Ensure that the switch is in the "Off" position after each use.
32. Unplug the slow cooker when not in use, before moving, or cleaning. Let it cool down fully before cleaning or storing away.
33. Don't try to cook in the slow cooker without using the cook pot.
34. Don't cover the slow cooker or put anything on top of it while in use.
35. Don't use the slow cooker near or below curtains or other combustible materials.
36. Don't put a hot crock pot on a cold surface, or in cold water, as it may crack.
37. Don't put cold water into a hot crock pot, or hot water into a cold crock pot, as it may crack.
38. Don't use the crock pot with any appliance (cooker, hob, oven, microwave oven, etc.) other than the slow cooker.
39. Don't use the slow cooker for any purpose other than that described in these instructions.
40. Don't connect this slow cooker to an external timer or remote control system.
41. The manufacturer does not accept responsibility for any damage or injury caused by improper or incorrect use, or for repairs carried out by unauthorised personnel.
42. In case of technical problems, switch off the machine and do not attempt to repair it yourself. Return the appliance to an authorised service facility for examination, adjustment or repair.

Always insist on the use of original spare parts. Failure to comply with the above mentioned precautions and instructions, could affect the safe operation of this machine.

## INTRODUCTION TO COOKING IN A SLOW COOKER

Due to the unique “wrap-around side” heating element, low cooking temperatures and long cooking times, slow cooking cannot be compared to oven or frying pan cooking. Slow cooking is cooking at a very low temperature, just below boiling point. Since liquids do not boil there is little, if any steam and no evaporation, foods do not stick and virtually no stirring is required. Slow cooking also allows you to select cheaper cuts of meat, which still retain both their flavour and nutrition.

- On Low, the Slow Cooker can operate all day and night if required.
- When set to High, it is very much like a covered pot on the stove. Foods will cook in half the time required for Low.

### Preparing in Advance

Prepare a recipe in advance the night before in the removable ceramic bowl and store it, covered in the refrigerator. When you are ready to cook, transfer the ceramic bowl to the Slow Cooker.

**Important:** The cooking vessel within the slow cooker is ceramic, and as with any fine ceramic, it will not withstand the shock of sudden temperature changes. **Do not** place any frozen or very cold foods, or store in the refrigerator if the ceramic bowl has been pre-heated or hot to the touch. The ceramic bowl is not suitable for storing foods in the freezer.

### Cutting Vegetables

An unusual characteristic of slow cooking is that most vegetables – depending on their age – generally cook slower than most meats. Most vegetables should be cut into small pieces, or at least quartered and placed near the sides, or close to the bottom of the slow cooker. Carrots should be peeled and placed where they will be completely covered with liquid.

## **Spicing your Cooking**

Meats will pick up flavours from the vegetables that they are cooked with. This might give you more flavour than you are used to. You can reduce quantities of vegetables, such as onions and carrots, if desired, to suit your personal taste. The same applies to fresh spices; a little goes a long way in the slow cooker. Meats, especially cubed for a stew, if not browned first, should be cleaned and carefully wiped to remove particles normally disposed of during browning to ensure the best flavour, before cooking.

## **Cooking Times**

Altitude, high humidity and slight fluctuations in power can slightly alter cooking times in a slow cooker. Allow plenty of time – it is almost impossible to overcook. It is seldom necessary to stir while cooking on the Low setting. When cooking on the High setting, occasional stirring may be necessary and will improve the distribution of flavours throughout the food.

Additional liquid may also be required, as food will boil when set on High. Make sure the slow cooker has not been pre-heated. Most recipes including the recipes in this instruction manual require cooking times of 8 to 10 hours. From experience, you will learn whether to use the shorter or longer times given in the recipes. If foods are cooked more than you desire, or end up with too much liquid, it is probably due to not trimming excess fat from meats or adding too much liquid as the liquid content of meats and vegetables will vary. Any excess liquid can be reduced by removing the lid and switching the slow cooker to the High setting for approximately 45 minutes.

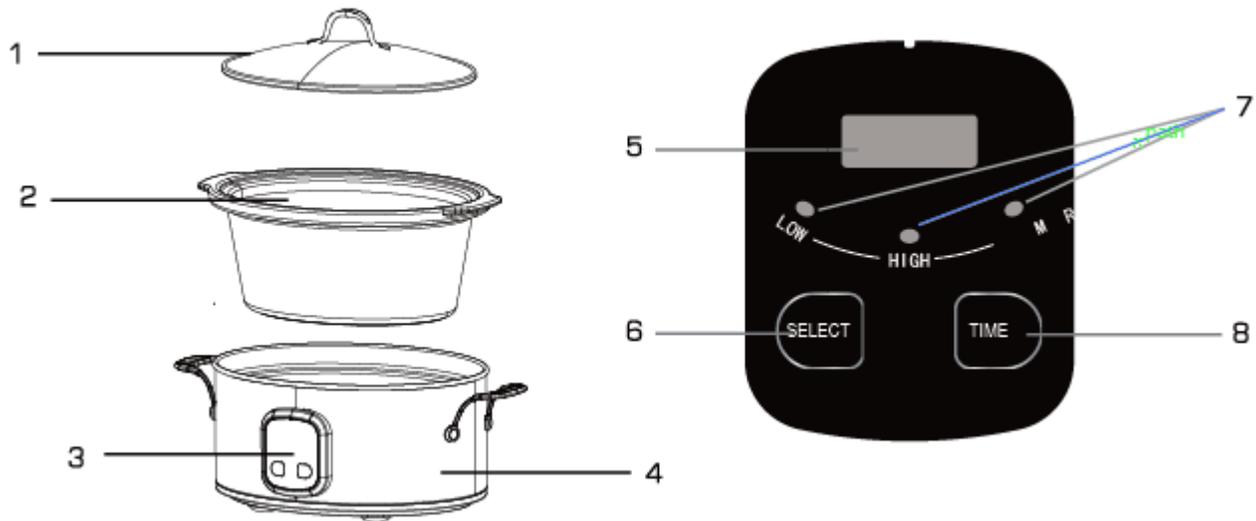
## **Hints for Using Standard Recipes in your Slow Cooker**

Using the following hints, you can prepare and cook your favourite recipes in the slow cooker:-

- If using fresh milk or yoghurt only add to the slow cooker during the last 2 hours of cooking. Evaporated milk may be added at the start of cooking.
- Rice, noodles and pasta are not recommended for long cooking periods.
- Wine can add flavour and tenderness to meat. Substitute part wine for water for richer flavour.
- Whole leaf herbs are best for prolonged cooking in your slow cooker, but decrease the quantity in the standard recipe by a quarter.

- Very little moisture boils away in the slow cooker, so in most cases the liquid quantity in the standard recipes can be halved. If you find that you have too much liquid, remove the lid and switch the slow cooker to the High setting for 30-45 minutes to reduce.
- Cooking times for conventional recipes have to be considerably increased when cooking in a slow cooker.  
For example, food that will cook in 30 minutes conventionally, will take 4 – 5 hours when slow cooking on Low.  
Recipes calling for 1 hour will take 6 – 8 hours on Low in the slow cooker.  
Food that will cook for 1 – 3 hours, conventionally, will take 8 – 12 hours on Low.
- Without browning, some meat and poultry may come out bland and its appearance will be unappetizing when cooked in the slow cooker.

## PARTS DIAGRAM



1. Lid
2. Removable bowl/ crock pot
3. Control panel
4. Cooker housing

5. LED display
6. Function button
7. Function indicators
8. Time button

# OPERATING INSTRUCTIONS

## Before First Use

1. Unpack and remove all parts and packaging material from the carton.
2. DO NOT plug the power cord into the power outlet before reading these instructions.
3. Wash the casserole/ crock pot and lid in warm, soapy water. Rinse and dry thoroughly.
4. Place the slow cooker on a level, dry surface. Place the casserole/ crock pot in the slow cooker base and add 2 cups (500ml) of water.
5. Cover with lid and plug cord into wall outlet, follow the instructions in the “How to use the slow cooker” section and allow the unit to cook on high for 30 minutes.
6. Once the time has elapsed, unplug the slow cooker and allow it to cool, remove the casserole/ crock pot and discard water.
7. Rinse casserole/ crock pot and lid. Dry thoroughly and place back in the base.

NOTE: DO NOT use harsh detergents or abrasive cleansers on any parts of the appliance. DO NOT immerse the base or power cord and plug in water or any other liquid.

## How to Use the Ceramic Casserole/ Crock Pot

To prevent damage to the casserole:

1. Always handle with care as all ceramic is breakable.
2. Always use oven gloves when handling hot containers.
3. DO NOT place a hot ceramic casserole dish on a counter, rather use a heat resistant trivet if possible.
4. DO NOT place a hot ceramic casserole or lid in a sink or on cold wet surfaces.
5. DO NOT use the ceramic casserole to pop corn, caramelize or make candy.
6. DO NOT use abrasive cleansers or scouring pads or any object that could scratch the casserole or lid.
7. DO NOT repair or use if any parts if they are chipped, cracked or broken.

8. Never use the glass lid in any type of oven, both the glass lid and ceramic casserole can be cleaned in a dishwasher and can also be used to store food in the refrigerator or freezer.
9. Use only wooden or plastic utensils, metal utensils can scratch or mark the ceramic.
10. Do not allow the ceramic casserole to stand in water for an extended period of time, heating the casserole after soaking may cause the surface to crack.
11. NEVER subject the casserole to sudden temperature changes such as moving it from the refrigerator directly into the oven or immersing it in water when it is hot.
12. Do not fill the casserole to the brim.
13. NEVER add cold water to a hot ceramic casserole.
14. NEVER place the casserole in contact with direct intense heat such as on a range burner or under a broiler element.
15. NEVER heat the casserole when it is empty.

## **How to Use the Slow Cooker**

This slow cooker has a total volume of 6.5 liters including the lid capacity which can accommodate any solids above the liquid level. Do not fill liquids to the brim of the bowl; leave a minimum of 0.5 cm between the rim where the lid sits and the top of the liquid. The maximum quantity of liquid that should be used in this slow cooker is 4.7 liters.

1. Decide when you want to eat and when you want to start cooking.
2. If you want to eat at 6 p.m., and you need to start cooking at 8 a.m., find a recipe that takes 8-10 hours. If you're slow cooking at low power, an extra hour or so at the end of the cooking time doesn't make much difference, as long as there's sufficient cooking liquid to prevent the food from drying out.
3. Prepare the food in accordance with the recipe.
4. Sit the slow cooker on a stable, level, heat-resistant surface.
5. Plug the slow cooker into a wall socket and switch the socket on.
6. Press the SELECT button to select High, Low or Warm, (Press once for low, twice for High, and 3 times for Warm). The default setting of 6 hours (6:00) will be shown in the digital display if you have selected low, high or warm. After 3 seconds, the indicator light will illuminate beside low, high or warm, depending on your selected setting.

7. Set the required amount of time by pressing the TIME button, each time you press the time button, the time will increase by 30 minutes, to a maximum of 10 hours. If you don't press the time button for 3 seconds, the cooking time will be the time showing on the LED display window. NOTE: if you would prefer less cooking time than the default setting of 6 hours, continue to press the cooking time button past 10 hours and the cook time will display at 30 minutes. Press the button to increase the time by 30 minute increments.
8. Once the cooking time is finished, the unit will switch to standby mode for 10 minutes. The digital display will countdown the 10 minute standby time and will automatically switch to warm.
9. Once the 10 minute period has elapsed, the slow cooker will automatically switch off.

## **Serving**

1. Using oven gloves, remove the lid, and set it down on a heatproof surface.
2. It's best to ladle the food from the slow cooker into serving dishes or plates.
3. Don't carry the slow cooker; the trailing cable may catch on something.
4. You may use oven gloves to lift the cook/ crock pot, complete with the lid, but take care – it could weigh as much as 7kg (15lb).
5. Cleaning can be made much easier if you remove all the cooked food from the cook/ crock pot as soon as it's cooked, then fill the cook/ crock pot with warm water to soak.

## **Gravy/ Sauce**

Slow cooking retains more of the juices than normal cooking. This tends to increase the volume of cooking liquid, and thin the sauce or gravy. To allow for this, sauces should initially be thicker than normal. Anything to be sautéed could be tossed in seasoned flour beforehand, to thicken the gravy/sauce.

## CLEANING AND MAINTENANCE

- This appliance is for household use only and is not user-serviceable.
- Do not open or change any parts by yourself. Please refer to a qualified electrical service department or return to the supplier if servicing is necessary.
- Unplug the slow cooker from the wall socket (switch the socket off first, if it's switchable).
- Using oven gloves remove the lid and the casserole and put them on a heatproof surface.
- If you don't intend to wash up right away, fill the casserole with warm water, otherwise residual heat may bake food debris on to the cook pot, making its eventual removal more difficult.
- Don't soak the exterior of the casserole in water. The base is porous and may soak up water which may then cause it to crack when heated.
- Wash the lid and casserole in hot soapy water, using a cloth or sponge, then rinse and dry thoroughly. Don't use scouring pads.
- Do not use bleach or other abrasive substance or solvents to clean your appliance as it can be damaging to the finish.
- To remove stubborn spots/marks, wipe the surfaces with a cloth slightly dampened in soapy water or mild non-abrasive cleaner. Rinse and dry with a clean, dry, soft cloth.
- Dry these surfaces thoroughly before re-using the slow cooker or storing it away.
- After some time in use, the glaze on the casserole may develop a network of small cracks. This marking is superficial, and should not be a cause for concern.
- You may wash the casserole pot and lid in a dishwasher, but the harsh environment inside the dishwasher may affect the surface finishes. Any damage should be cosmetic, and should not affect the functionality of the cooker.
- Don't immerse the body of the slow cooker in water or any other liquid.
- Don't put the body of the slow cooker in a dishwasher.
- Don't use harsh or abrasive cleaners.

## STORING THE APPLIANCE

- Unplug the unit from the wall outlet and clean all the parts as instructed above. Ensure that all parts are dry before storing.
- Store the appliance in its box or in a clean, dry place.
- Never store the appliance while it is still wet or dirty.
- Never wrap the power cord around the appliance.

## SERVICING THE APPLIANCE

There are no user serviceable parts in this appliance. If the unit is not operating correctly, please check the following:

- You have followed the instructions correctly
- That the unit has been wired correctly and that the wall socket is switched on.
- That the mains power supply is ON.
- That the plug is firmly in the mains socket.

If the appliance still does not work after checking the above:

- Consult the retailer for possible repair or replacement. If the retailer fails to resolve the problem and you need to return the appliance, make sure that:

- The unit is packed carefully back into its original packaging.
- Proof of purchase is attached.
- A reason is provided for why it is being returned.

If the supply cord is damaged, it must be replaced by the manufacturer or an authorised service agent, in order to avoid any hazard. If service becomes necessary within the warranty period, the appliance should be returned to an approved Home of Living Brands (Pty) Ltd service centre. Servicing outside the warranty period is still available, but will, however, be chargeable.

## CHANGING THE PLUG

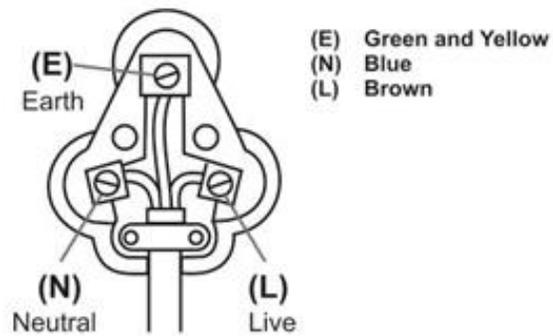
Should the need arise to change the fitted plug, follow the instructions below.

**This unit is designed to operate on 230V-240V current only. Connecting to other power sources may damage the appliance. Connect a three-pin plug as follows:**

The wires in this mains lead are coloured in accordance with the following code:

Green/Yellow = Earth  
Blue = Neutral  
Brown = Live

**WARNING: THIS APPLIANCE MUST BE EARTHED**  
Always ensure the three-pin plug is connected as follows:



## APPROXIMATE COOKING TIMES

The cooking times stated in the chart below give an approximate guide. For slow cooker recipes, techniques and specific cooking times consult a specialist recipe book. Browning meats before they are added to the slow cooker can reduce cooking times.

	Finished quantity (approx.)	Approximate cooking times (hr)	
		Low	High
Chicken soup (made with approx 1kg diced chicken):	2½ - 3 litres	8-10	6-8
Split pea soup	2½ - 3 litres	8-10	4-6
Minestrone soup	1½ - 2 litres	8-9	5-6
Beef casserole (made with approx 500g diced beef)	1 litre	8-10	6-7
Pork or lamb chops (6 thick chops):	2½ - 3 litres	8-10	6-8
Beef or lamb curry (made with approx 1.3kg diced meat):	1½ - 2 litres		6-8
Beef stroganoff (made with approx 1.3kg diced beef)	1½ - 2 litres		7-9
Porridge	1 litre	8-10	4-6
Baked apples (4 apples with 125ml water)	1½ - 2 litres	5-6	2-4
Mulled wine	2 litre	2-3	1-2

## A FEW RECIPES TO START YOU OFF

- The recommended cooking times and temperature setting are given after the title of each recipe.
- If food is cooked for more than an hour or so over the cooking times, you may find that flavour and quality start to fall away. However, if these times are not to your taste, feel free to experiment.
- The metric and imperial measures given in these recipes are not exact equivalents.
- Use either metric or imperial, don't mix the two.
- Use these recipes initially to familiarise yourself with the capabilities of your slow cooker. Then use them as a guide, vary the ingredients, vary the quantities, and taste the results. Keep notes, write down what changes you make, and you'll build up a range of recipes which suit your taste. Keep notes of the not so successful ones as well, so you know what not to do next time.

- To adapt your own recipes for the slow cooker, we suggest you find a recipe in this booklet which uses similar ingredients, and use that as a guide for timing and liquid quantity, along with the food preparation guidelines given earlier.
- Be careful with quantities. After all the ingredients are put into the cook pot, it shouldn't be more than three quarters full, to allow for expansion. If you overfill, it may spit hot water, and it may overflow during use.
- Use the web as another excellent resource for delicious recipes. People around the world have shared traditional recipes, family recipes and have even added their own spin to dishes which might make for a truly delicious meal. Have a look at recipe websites, cooking blogs and other... you'll be surprised at what you can find.

## **FRENCH ONION SOUP**

Serves 6-8

7 cups beef stock

3 cups onions, thinly sliced

¼ cup butter

1 ½ teaspoons salt

1 tablespoon sugar

2 tablespoons flour

¼ cup dry vermouth or brandy

Pour stock (or water and beef boullion cubes) into the Slow Cooker, cover and set to High. Cook onions slowly in butter in a pan. Cover and allow to cook for about 15 minutes. Uncover and add salt, sugar and flour. Stir well. Add to the stock in the Slow Cooker. Cover and cook on Low for 6 – 8 hours, or on High for 3 hours. Add vermouth or brandy, stir and serve. Top each serving with grated Parmesan cheese.

## **MINISTRONE SOUP**

Serves 6

6-8 cups water

1.5kg shin of beef, cut into 5cm slices

1 medium onion, diced

2 carrots, diced  
2 stalks celery, sliced  
1 cup leeks, diced (optional)  
1 cup canned tomatoes (drained)  
1 small package frozen vegetables  
2 tablespoons salt  
1 tablespoon dried basil  
1 clove garlic, minced  
½ cup vermicelli  
1-teaspoon oregano

Prepare the stock a day in advance; place water, beef shank and bones in the Slow Cooker, cover and cook overnight (8-12 hours) on Low. Next day, remove the meat and bones from the liquid.

Cool. Scoop marrow from the bones and return it with the lean meat to the stock.

(This can be done in advance and refrigerated). Add all remaining ingredients to 6 cups of stock in the Slow Cooker. Cover and cook on Low for 6 – 8 hours or High for 4 hours. Ladle into bowls and sprinkle with grated Parmesan cheese. Serve with crusty bread.

## **TARRAGON CHICKEN**

Serves 4

1 ½ - 1 ¾ kg Roasting chicken  
60gms. Butter  
1 strip orange rind  
1 teaspoon dried tarragon  
½ clove garlic, crushed  
Salt and pepper to taste  
Chicken stock cube  
½ cup hot water  
½ cup cream

Tie the chicken's legs together. Mix together half the butter, the chopped tarragon and the crushed garlic. Season with salt and pepper and place inside the bird with the orange rind. Spread the breast

thickly with the remaining butter. Place the chicken in the Slow Cooker. Dissolve chicken stock cube in hot water. Pour stock around the chicken, cover and cook on Low for 6 – 8 hours or High for 4 – 6 hours.

Remove the chicken from the Slow Cooker, take off the trussing string and keep the chicken hot. Spoon off the fat, add the cream and heat on High for 10 minutes to make the gravy. Stir and season to taste then strain into a gravy boat. Serve chicken garnished with parsley and accompanied with the gravy served on a bed of cooked noodles or rice. A can of baby potatoes, drained may be added during the last hour of cooking.

## **BEEF POT ROAST**

Serves 4

- 1 ½ - 2 kgs Chuck, topside or rump roast
- 1 clove garlic, crushed
- Salt and pepper to taste
- 1 carrot, chopped
- 1 stalk celery, chopped
- 1 small onion, stuck with 3 cloves
- ¾ cup sour cream mixed with 3 tablespoons flour
- 1 cup red wine

Rub beef roast with garlic and season with salt and pepper. Place roast in the Slow Cooker and add all the remaining ingredients. Cover and cook on Low for 10 – 12 hours. Excellent served with hot buttered noodles.

## **CORNED BEEF**

Serves 4

- 3 carrots cut into small chunks
- 1 ½ - 2kg Silverside
- 2 – 3 medium onions, quartered

1 – 2 cups water

Place all ingredients into the Slow Cooker in the order listed. Cover and cook on Low for 12 – 14 hours, or High for 7 – 10 hours. Serve hot with plain boiled potatoes and cabbage wedges.

## **BRAISED BEEF IN RED WINE**

Serves 4

1 ½ kg Blade or chuck steak, cut thick

½ cup seasoned flour

90gms Butter

½ cup onions, finely chopped

½ cup leeks, finely chopped

½ cup carrots, finely chopped

1-teaspoon salt

1 clove garlic, crushed

1-tablespoon parsley chopped

1-tablespoon chives, chopped

2 tablespoons brandy

1 bouquet garni

½ bottle burgundy

Trim meat, cut into cubes and toss in seasoned flour to coat lightly. Heat butter in a heavy frying pan and brown the meat quickly over as high heat. Remove the meat and place in the Slow Cooker. Add onion, leek, carrot, garlic, salt, parsley and chives. Gently warm the brandy and ignite. While burning, pour into the Slow Cooker. Add bouquet garni and season with freshly ground pepper. Pour burgundy into the frying pan used for browning the meat and bring to the boil stirring to collect the crustiness from the bottom. Pour into the Slow Cooker, cover and cook on Low for 6 – 8 hours or High for 3 – 4 hours.

## **PORK CHOPS IN CIDER**

Serves 6

6 port chops

Salt and pepper to taste

½ cup plain flour

3 onions, finely sliced

Sprig of parsley and oregano

½ cup apple cider

¼ cup water

2 apples, peeled and quartered

Trim the excess fat off the chops and set aside. Season the chops on both sides with salt and pepper. Coat with flour. Heat fat trimmings in a heavy frying pan until the fat starts to run then add chops and fry one side at a time until brown on both sides. Remove from the frying pan. Add onions and cook over gentle heat, stirring occasionally until golden brown. Place chops in the Slow Cooker and add onions, herbs, cider and water. Arrange the peeled and quartered apples on top of the chops and cook on Low for 6 – 8 hours. Remove the herbs and skim any fat from the top. Serve with boiled potatoes or fluffy boiled rice.

## **BEEF CURRY**

Serves 6

1 kg. Blade bone or chuck steak

3 tablespoons flour

3 tablespoons curry powder

2 tablespoons vegetable oil

1 large onion, finely chopped

4 cloves garlic crushed

1 piece fresh ginger, grated 2 teaspoons salt

1-tablespoon vinegar

1 stick cinnamon

1 strip lemon rind

½ cup water

Cut steak into 2.5 cm cubes, toss in the flour and curry powder and brown lightly with the onions in a frying pan with the oil. Remove from the frying pan, drain and place in the Slow Cooker with the other ingredients. Mix well, cover and cook Low for 8 – 9 hours, or High for 4 hours. Serve with boiled rice.

## **HUNGARIAN GOULASH**

Serves 4

1kg Round steak or veal fillet, cut into 8mm cubes

1cup onion, chopped

1 clove garlic, minced

2 tablespoons flour

1-teaspoon salt

½ teaspoon pepper

1-tablespoon paprika

¼ teaspoon dried thyme crushed

1 bay leaf

1 cup canned tomatoes

1cup sour cream

Place steak cubes, onion, garlic in the Slow Cooker. Stir in the flour and mix to coat the steak cubes. Add all remaining ingredients except sour cream. Stir well. Cover and cook on Low for 7 – 10 hours or High for 5 – 6 hours. 30 minutes before serving thoroughly blend in the sour cream. Stir occasionally. Serve over hot buttered noodles.

## **CHICKEN MARENGO**

Serves 4

1 ¾ - 2kg Chicken or chicken pieces

Salt and pepper to taste

1-tablespoon plain flour

1-tablespoon vegetable oil

1-tablespoon butter  
2 cloves garlic, finely chopped  
1cup hot water  
2 tablespoons brandy  
2 large tomatoes, peeled and chopped  
12 mushrooms, peeled and chopped  
1 bouquet garni  
1sprig parsley, chopped.

Cut chicken into serving pieces. Pat each piece dry and season with salt and pepper and roll in flour. In a heavy frying pan, heat the oil and butter. Add the chicken pieces and cook over a medium heat until golden, turning frequently. Remove from the frying pan drain and place in the Slow Cooker. Add the garlic, bouquet garni, hot water, brandy tomatoes and mushrooms. Cover and cook on Low for 6 – 8 hours or High for 4 – 6 hours. Serve on a bed of hot fluffy rice and sprinkle with chopped parsley. To thicken the sauce, blend together 1 tablespoon of flour and 1 tablespoon of butter until smooth. After the chicken has been removed, turn the Slow Cooker to High and drop the butter mixture into the Slow Cooker in small pieces. Stir and allow to simmer about 10 minutes.

## **CHICKEN PARIESIENNE**

Serves 6  
6 medium chicken breasts or chicken pieces  
Salt, pepper and paprika to taste.  
½ cup dry white wine or vermouth  
1can condensed cream of thickened soup  
1 small can sliced mushrooms, drained  
1cup sour cream.

Sprinkle chicken breasts lightly with salt, pepper and paprika. Place chicken breasts in the Slow Cooker. Mix white wine, soup mushrooms and sour cream until well combined and pour over the chicken breasts. Sprinkle with paprika, cover and cook on Low for 6 - 8 hours, or High for 4 – 6 hours. NOTE: If cooking on High, do not add the sour cream until the last 30 minutes of cooking time. Stir occasionally. Serve the sauce over the chicken with rice or noodles.

## **BAKED POTATOES**

These are perfect for the barbecue.

Fill the Slow Cooker with scrubbed and buttered medium sized potatoes (it will hold about 10). Sprinkle with salt, cover and cook on Low for 8 – 10 hours, or until the potatoes are tender. For family meals, just cook the required number of potatoes – you get the same excellent result.

## **SCALLOPED POTATOES**

Serves 4 – 6

6 rashers bacon

8-10 medium potatoes, peeled and thinly sliced

2 onions, peeled and thinly sliced

Salt, pepper and paprika to taste

1 cup cheddar cheese, grated

1 - 284g can cream of celery or mushroom soup.

Cut bacon into pieces. Place half the bacon, potatoes and onion into the Slow Cooker. Sprinkle with salt, pepper, then grated cheese. Repeat with the remaining bacon, potatoes and onions. Spoon undiluted soup over the top. Sprinkle with paprika, cover and cook on Low for 8 – 10 hours or High for 4 – 6 hours.

## **TATATOUILLE (Vegetable Casserole)**

Serves 4 – 6

2 medium eggplants, cubed but not peeled

4 small zucchini (baby marrow) sliced

2 red peppers sliced

4 tomatoes sliced

2 onions cut into fine rings

2 cloves garlic crushed

Salt to taste

Freshly ground pepper to taste

½ cup oil.

Place onions into the Slow Cooker first. Then add remaining ingredients. Cover and cook on Low overnight for 7 – 8 hours. Vegetables should be soft, but not mushy. Mix lightly and add more salt and pepper if necessary. Serve Ratatouille hot or cold as a first course, or as a filling for omelettes or as an accompaniment with grills, meat, fish or eggs.

## **BAKED CUSTARD**

Serves 6

3 eggs

2 tablespoons sugar

2 cups milk

½ teaspoon vanilla essence

Nutmeg

Beat eggs with sugar and then add remaining ingredients. Place in a heat-proof bowl or dish that will fit into the Slow Cooker. Cover the custard with foil or a small heat-proof plate. Pour 1 cup of water into the Slow Cooker and add the custard in bowl. Cover and cook on Low for 6 – 8 hours. Serve warm or cold.

## **CREAMY RICE PUDDING**

Serves 6

2 ½ cups cooked rice

3 – 4 tablespoons brown sugar

1-cup milk

2 tablespoons butter

1-teaspoon nutmeg

½ cup raisins

½ cup cream

Thoroughly combine rice with other ingredients. Pour into a slightly greased Slow Cooker. Cover and cook on Low for 4 – 6 hours, or High for 1 – 2 hours. Stir several times during the first 30 minutes.

## **BAKED APPLES**

Serves 6 – 8

6 – 8 medium baking apples, washed and cored

3 tablespoons dried fruits

¼ cup sugar

1-teaspoon cinnamon

2 tablespoons butter

Make a cut around the top skin of the apples and remove the core. Mix dried fruits and half the sugar; fill the center of the apples. Sprinkle with cinnamon and the remaining sugar and dot with butter. Place in the Slow Cooker and add ¼ cup of water. Cover and cook on Low for 8 hours.

## **HOT FRUIT COMPOTE**

Serves 4

1 cup dried prunes

1 cup dried apricots

1 can pineapple chunks, un-drained (optional)

2 cups water

Put all ingredients in the Slow Cooker. Cover and cook on Low for 7 – 8 hours, or High for 3 – 4 hours. Serve warm. Good with cream and a dash a cinnamon or nutmeg.

## **POACHED PEARS IN RED WINE**

Serves 6 – 8

2 cups dry red wine

1-cup sugar

6 – 8 medium pears, peeled with the stems on

4 tin strips lemon peel

Put wine and sugar in the Slow Cooker.

Cover and cook on High until the sugar is dissolved. Place the pears into the Slow Cooker turning them well to fully coat them with the wine mixture. Add lemon peel, cover and cook on Low for 4 – 6 hours, turning them occasionally to coat them with the wine mixture. After serving pour the wine mixture over the pears.

## **SLOW COOKER YOGHURT**

First sterilize the cooker using a commercial sterilizing solution. Pour 600ml milk into the cooker and gently whisk in 30ml of plain yoghurt (use a wire whisk), cover cooker with a tea towel and then with the lid. Set on Low for 1 hour. Switch cooker off and allow to stand for 2 hours without stirring, until it is soft set. Transfer to a clean container and refrigerate until required.

## **BEEF POT ROAST**

3lb (1.4kg) pot roast

1 tsp. (5ml) vegetable oil

1-1/2 tsp. (8ml) salt

¼ tsp. (1.2ml) pepper

4 apples, cored and cut in large chunks

1 onion sliced

½ cup(125ml) apple juice

3 tbsp. (45ml) flour

3 tbsp. (445ml) water

Trim excess fat from the roast and coat meat with oil. Sprinkle with salt and pepper. Place apples and onions in the bottom of the ceramic casserole, then place roast on top of mixture. Pour in apple juice. Cover and cook on Low setting for 8-10 hours. Remove the roast. Make a paste with the flour and water, stir into the ceramic casserole to make the gravy and cook until thickened. Slice the roast and serve with gravy.

### **CHICKEN AND VEGETABLE CASSEROLE**

6 half chicken breasts, bone in (1.4 -1.8kg)

¼ tsp. (1.5ml) paprika

1 tsp. (5ml) salt

¼ (1.5ml) white pepper

2 tsp. (10ml) chicken stock powder

2 cups (500ml) mushrooms, sliced

1 small onion, small dice

1 cup (250ml) small baby carrots

½ cup (125ml) evaporated milk

2 tbsp. (30ml) cornstarch

Remove skin from chicken. Mix the paprika, salt and pepper together. Sprinkle on chicken. Place chicken in ceramic casserole. Add chicken stock powder, mushrooms and onion. Do not stir. Cover and cook on High for 2 ½ to 3 hours. Remove chicken and vegetables and keep warm. In a small pot combine evaporated milk and cornstarch until becomes smooth. Gradually stir in 2 cups of the cooking liquid. Stir over medium heat until mixture comes to a boil and thickens. Serve with chicken and vegetables.

### **CHICKEN NOODLE SOUP**

3lbs (1.4kg) chicken, cut up

2l water

1 tbsp salt  
½ tsp. (3ml) pepper  
1 onion, diced  
2 stalks celery, diced  
2 carrots, diced  
1 bay leaf  
1/3 cups (85ml) parsley  
6 oz (140g) small pasta noodles

Place all ingredients except the noodles in the ceramic casserole. Cover and cook on Low for 7 hours. Remove the chicken. Remove any bones, discard bones and cut chicken into bit size pieces. Return chicken to broth and add the noodles. Cook for 30 minutes on High. Remove bay leaf and serve.

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