

prima

Slow Cooker



Model: PSO003

User Guide & Recipes

Visit our web site
www.buyprima.com

IMPORTANT SAFEGUARDS

- Please read all of the instructions before using your Slow Cooker
- Do not leave the unit plugged in when not in use
- Always remove the plug from the mains socket when cleaning
- Close supervision is necessary when using this or any other appliance in the presence of children
- Do not allow the power cord to come into contact with hot surfaces
- Never allow the power cord to hang over the counter top
- Do not use the Slow Cooker if the power cord or main unit becomes damaged. There are no user-serviceable parts inside.
- This appliance gets hot during use.
- Only use the handles when the unit is hot - preferably using oven mitts.
- Allow the unit to cool before cleaning.
- Please ensure that the worktop on which the unit will be placed has a heat resistance up to 60°C or place the cooker on a heat resistant base.

PRECAUTIONS/TIPS WHEN USING THE CROCK POT

Like any ceramic, the stoneware cooking pot cannot withstand severe and sudden changes in temperature. Adding cold water to a very hot ceramic crock could cause it to break.

- Don't preheat the crock before adding food
- Don't put the crock in the freezer
- Don't put the crock in the oven - it is designed to be used with the Slow Cooker base only.
- You can use the crock in a microwave - if it will fit but NEVER put the glass lid in a microwave - it has metal parts
- Don't put the crock on a gas burner, electric hob or place the slow cooker on top of an oven.

PLEASE NOTE THAT THE CORD ATTACHMENT ON THIS APPLIANCE IS NOT REPLACEABLE. IF THE POWER CORD BECOMES DAMAGED THE UNIT CANNOT BE REPAIRED.

**Please read and retain these instructions
for future reference**

USING YOUR SLOW COOKER

Before using your Slow Cooker for the first time it is good practice to wash the ceramic crock first. Simply wash with warm soapy water, rinse and dry. Your Slow Cooker is now ready for its first use.

General

1. Place the base on a dry, level, heat resistant surface, away from the counter edge.
2. Place ingredients into the ceramic crock, cover with the lid and put the crock into the base. If you need to pre-cook or brown foods prior to slow cooking, this must be done by some other method. Do not try to brown or pre-cook food in the slow cooker.
3. With the selector switch set to the OFF position, plug the unit into the mains socket.
4. Set the heat control to LOW, HI, or AUTO and cook for the recommended time given in the recipe.

Cooking Guidelines

Most meat and vegetable combinations will need; 8-10 hours of cooking at the LOW setting or, 4-6 hours at HI or, 5-7 hours at AUTO.

When set to AUTO, cooking will start at the HI level then automatically switch to LOW after several hours.

Avoid removing the cover during cooking, as this will increase cooking time due to temperature loss. Remove the cover only when necessary e.g. stirring or adding ingredients. Only use plastic or wooden utensils for stirring etc. Metal utensils may damage the glaze on the ceramic crock. Use oven mitts when handling the cover as it will become very hot during cooking.

After food is cooked, reduce heat to LOW or leave at LOW for serving or turn control to OFF position. Switch off and unplug the cord from the mains after use and allow the unit to cool before cleaning.

Slow Cooking tips!

- Less tender, less expensive cuts of meat are better suited to slow cooking than expensive cuts. Remove excess fat from meat when possible before slow cooking. It is usually better to remove skin from poultry. If you prefer to brown meat or poultry first then this should be done under a conventional grill or in a conventional oven but do not brown the meat whilst it is in the crock pot.
- Raw vegetables typically take longer to cook than meats as the liquid simmers rather than boils. To ensure vegetables are completely cooked, cut into uniform, 2cm cubes before adding to cooking pot.
- If desired, ingredients for recipe can be combined in the cooking pot and kept refrigerated (but not frozen) for up to 2 days before cooking. When ready to cook simply place the crock into cooking base and set heat control for desired setting.
- Insert a meat thermometer into roasts, hams or whole chickens to ensure they are cooked to the desired or recommended degree of doneness.
- Fresh or thawed fish and seafood fall apart during long hours of cooking. To avoid this, add these ingredients about an hour before serving.
- Because milk, soured cream and natural cheese break down during long hours of cooking, add these ingredients just before serving or substitute with undiluted condensed creamed canned soups or evaporated milk. Processed cheese tends to give better results than naturally aged cheese.
- Rice and pasta may either be cooked separately or added, uncooked, during the last hour of cooking time. If added uncooked, make sure that there are at least 2 cups (half litre) of liquid in the cooking pot. Stir occasionally to prevent pieces from sticking together.
- An extra hour of cooking won't ruin your recipe so don't worry if you get home a little later. Your meal will not be spoiled.

Recipes

- Many of your favourite recipes can be adapted to the slow cooker. Use the following table as a rough guide.

If recipe says to cook:	Cook on LOW	Cook on HI	Cook on AUTO
30 minutes	6-8 hours	3-4 hours	5-7 hours
35-60 minutes	8-10 hours	5-6 hours	6-8 hours
1 - 3 hours	10-12 hours	7-8 hours	8-10 hours

MINESTRONE SOUP (serves 8-10)

750ml Water

- 2 x 300g cans chicken broth
- 1 Medium onion, chopped
- 4 Carrots, diced
- 1 Medium Zucchini, halved and cut in 2cm slices
- ½ Small cabbage, chopped
- 1 x 425g can garbanzo beans, undrained
- 2 x 800g cans whole tomatoes, undrained, cut-up
- 6 Slices bacon, cut into 2cm pieces, optional
- 2 Cloves garlic, minced
- 1½ Teaspoons Italian seasoning
- 1 Teaspoon salt
- ½ Teaspoon pepper
- 50g Small elbow macaroni or other pasta, uncooked

Cook at: LOW for 8 to 10 hours or,
HI for 6 to 7 hours or,
AUTO for 5 to 6 hours.

1. Combine all ingredients, except macaroni, in to the crock pot; stir to blend. Place crock pot into heating base, cover and cook at desired heat setting for time given or until vegetables are tender.
2. Increase heat to HI setting and add macaroni; stir to blend. Cover and cook for 30 minutes. Set at LOW for serving.

BEEF IN BEER (serves 4)

8 Small onions
100g Baby carrots
2 Celery sticks, cut in chunks
1 Green pepper, deseeded and sliced into rings
100g Button mushrooms
2 Tablespoons oil
575g Lean braising steak, cut into cubes
40g Plain flour
¼ Teaspoon mustard powder
Pinch salt and pepper
300ml Beer
300ml Beef stock

Cook at: LOW for 10 to 12 hours or,
HI for 7 to 8 hours or,
AUTO for 7 to 10 hours.

1. Add all vegetables uncooked to the crock pot.
2. Coat the meat cubes in a mixture of flour, mustard, salt and pepper. Fry a few pieces at a time in the oil until just starting to brown. Add to crock pot.
3. Stir any remaining flour into the fat in the pan and gradually add the beer and stock and bring to the boil. Pour into the crock pot. Add the salt and pepper.
4. Place crock pot into heating base, cover and cook at desired heat setting for time given.

BOEUF BOURGUIGNONNE (serves 4)

575g Chunk steak, cut into cubes
25g Plain flour
2-3 Tablespoons oil
1 Onion, sliced
1 Clove garlic, crushed
100g Mushrooms sliced
300ml Dry red wine
600ml Beef stock
Pinch salt and pepper

Cook at: LOW for 10 to 12 hours or,
HI for 7 to 8 hours or,
AUTO for 7 to 10 hours.

1. Coat the meat cubes in the flour. Heat the oil in a frying pan and brown the meat, transfer to the crock pot.
2. Add all the vegetables uncooked to the crock pot and pour in the red wine and beef stock. Add the salt and pepper
3. Place crock pot into heating base, cover and cook at desired heat setting for time given.

BEEF ROAST WITH VEGETABLES (serves 8)

2kg Beef roast
Salt and pepper
1 Large onion, quartered or sliced
8 Carrots, cut into 2cm pieces
8 Medium potatoes, quartered and halved
125ml Water

Cook at: LOW for 9 to 10 hours or,
HI for 5 to 6 hours or,
AUTO for 7 to 8 hours.

1. If desired, brown roast in skillet over a medium heat on a hob before placing in to the crock pot. Season as desired. Place vegetables around roast. Add water.
2. Place pot into heating base, cover and cook at desired heat setting for time given or until meat and vegetables are tender. (Meat thermometer should read 170°F for well done). Thicken juices with mixture of 2 tablespoons cornstarch and 2 tablespoons water if desired. Set control to HI and slowly stir mixture into juices until thickened.

IRISH STEW (serves 4)

2 Tablespoons oil
450g Potatoes, thinly sliced
675-1kg Middle end neck of lamb or mutton
3 Onions, thinly sliced
900ml Lamb stock
Pinch Salt and pepper

Cook at: LOW for 10 to 12 hours or,
HI for 7 to 8 hours or,
AUTO for 7 to 10 hours.

- 1 Heat the oil in a large frying pan and brown the sliced potatoes. Set aside.
- 2 Cut the lamb or mutton into neat joints, then layer the lamb, onion and potato in the crock pot. Adding salt and pepper if desired to each layer.
- 3 Pour over the stock, place crock pot into heating base, cover and cook at desired heat setting for time given.

COC AU VIN (serves 4)

- 2 Garlic cloves crushed
- ½ Teaspoon salt
- 4-6 Chicken pieces
- 25g butter
- 2 Tablespoons oil
- 12 Button onions
- 100g Button mushrooms
- 25g Plain flour
- 300ml Red wine
- 150ml Chicken stock
- 1 Teaspoon brown sugar
- Pinch Salt and pepper

Cook at: LOW for 10 to 12 hours or,
 HI for 7 to 8 hours or,
 AUTO for 7 to 10 hours.

- 1 Rub the crushed garlic and salt into the chicken pieces.
- 2 Heat the butter or margarine and oil in a frying pan and cook the chicken until golden on all sides. Transfer to crock pot.
- 3 Add the vegetables uncooked to the crock pot.
- 4 Add the wine and flour to a cooking pan and bring to the boil. Pour over the chicken. Add the stock, sugar, salt and pepper to the crock pot.
5. Place crock pot into heating base, cover and cook at desired heat setting for time given.

LAMB STEW WITH BEANS (serves 6)

- 1kg Boned breast or shoulder of lamb
- 2-3 Tablespoons butter
- 1 Large onion, chopped
- 2 Cloves garlic, crushed
- 1 x 400g can plum tomatoes

- 1 Teaspoon dried rosemary
- 100g Navy beans, soaked overnight and drained
- 400g Carrots sliced

Cook at: LOW for 10 to 12 hours or,
HI for 7 to 8 hours or,
AUTO for 7 to 10 hours.

- 1 Cut the lamb into cubes. Melt 2 tbsp of butter in a skillet and brown the lamb.
- 2 Melt the remaining butter and fry the onion, stir in the garlic. Add the tomatoes with the juices, rosemary, salt and pepper. Simmer for 5 minutes.
- 3 Add the meat and beans to the crock pot and cover with water. Add the carrots, tomatoes, onion etc to the crock pot.
- 4 Place crock pot into heating base, cover and cook at desired heat setting for time given. Add a little water if the mixture becomes dry.

MORE INFORMATION

Please note that Prima does not have any more recipes other than those listed above. However, there are many more commercial recipe books available from most bookshops.

CONNECTION TO THE MAINS SUPPLY

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

BROWN - **LIVE (L)**
BLUE - **NEUTRAL (N)**
GREEN/YELLOW - **EARTH (E)**

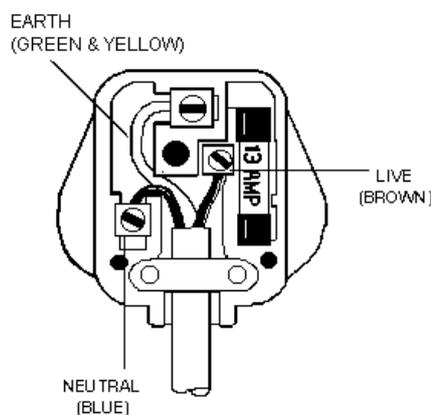
As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

- The BLUE wire is the NEUTRAL and must be connected to the terminal which is marked with the letter N or coloured BLACK
- The BROWN wire is the LIVE and must be connected to the terminal which is marked with the letter L or coloured RED.
- The wire which is coloured GREEN/YELLOW must be connected to the terminal which is marked E or coloured GREEN or GREEN/YELLOW.

Always ensure that the cord grip is positioned and securely fastened.

WARNING: THIS APPLIANCE MUST BE EARTHED.

WIRING FOR A 13AMP PLUG



~~~~~ Warranty ~~~~~

This product is guaranteed for 12 months from the date of purchase when the appliance is used solely for domestic purposes. For commercial use the product is guaranteed for 90 days from the date of purchase.

The guarantee is valid against mechanical or electrical defects if the product is used in accordance with the instructions and provided that it is not connected to an unsuitable electricity supply or dismantled, interfered with or damaged in any way.

IMPORTANT, PLEASE RETAIN THIS WARRANTY

Please ask your retailer to either stamp this warranty or simply attach your store receipt. Keep this warranty somewhere safe. DO NOT SEND TO PRIMA.

This guarantee in no way affects your rights under statutory law.

IF THE PRODUCT MALFUNCTIONS DURING ITS WARRANTY PERIOD IT MUST BE RETURNED TO THE RETAILER FROM WHOM IT WAS PURCHASED FOR REPLACEMENT. IF YOU BOUGHT THIS PRODUCT VIA MAIL ORDER, PLEASE KEEP ALL THE DOCUMENTATION THAT CAME WHEN THE UNIT WAS DELIVERED.

NAME _____

ADDRESS _____

PURCHASED FROM _____

DATE OF PURCHASE _____ MODEL _____

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