

CSC024

**CROCK·POT®**  
• THE ORIGINAL SLOW COOKER •



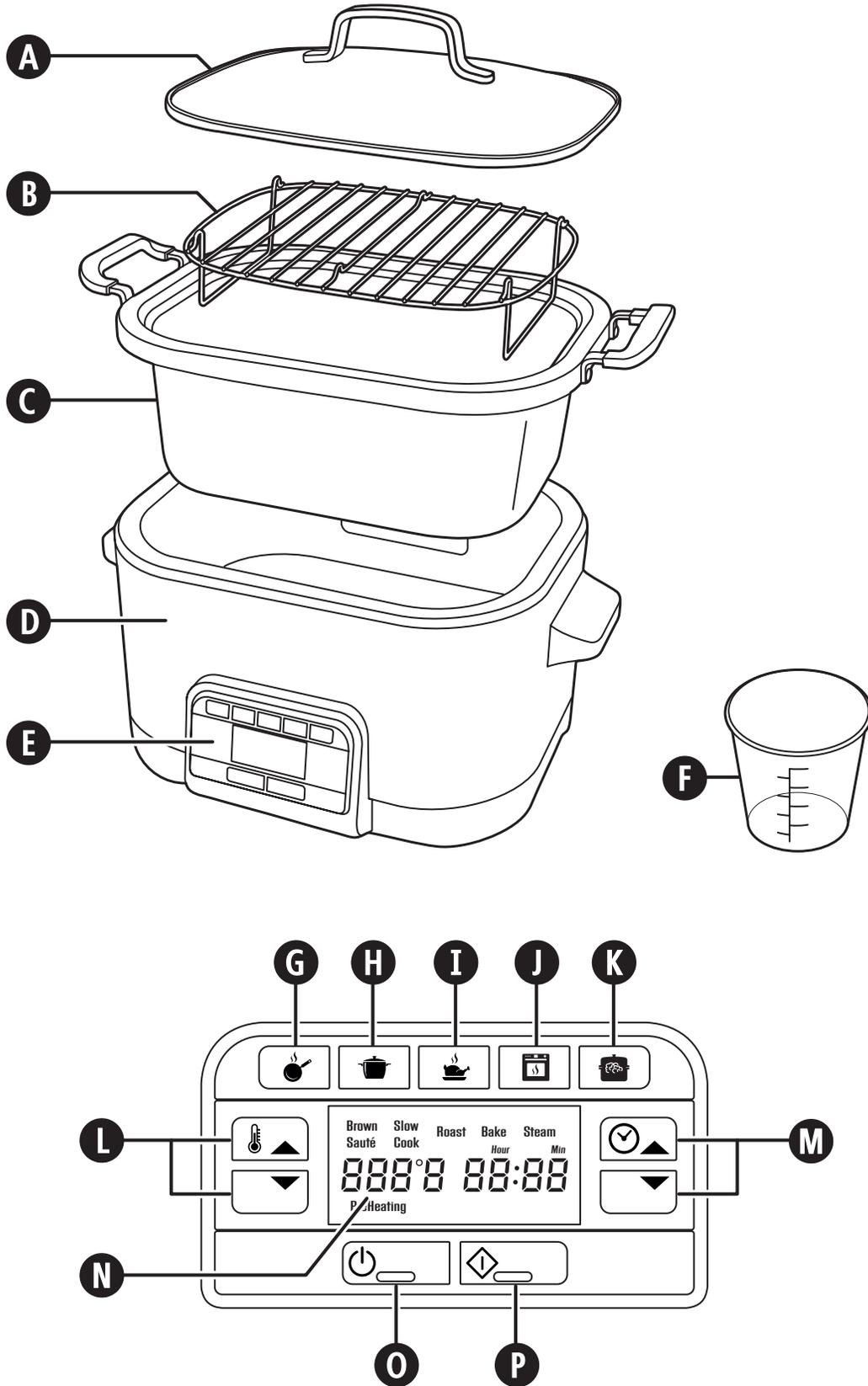
SLOW and MULTI COOK

INSTRUCTION MANUAL



**READ AND SAVE THESE INSTRUCTIONS**

# PARTS



- A** Lid
- B** 2-way rack
- C** Cooking bowl
- D** Heating base
- E** Control panel
- F** Rice measure
- G** Sauté/brown function button
- H** Slow cook function button

- I** Roast function button
- J** Bake function button
- K** Steam function button
- L** Increase/decrease temperature buttons
- M** Increase/decrease timer buttons
- N** Display
- O** Standby button
- P** Stop/start button

## COOKING FUNCTIONS

Your Crock-Pot® multi-cooker has five cooking functions:

**Sauté/browning** Use this function to seal or brown meat and poultry before cooking. This is especially useful when you intend cooking meat using the slow cooker function. Your multi-cooker has five sauté/browning temperatures.

**Slow cooking** Slow cooking works by building up heat and maintaining an even temperature. For the best results do not remove the glass lid before half the cooking time has elapsed. The glass lid allows you to monitor cooking progress without interrupting the cooking time.

**Roasting** Use your multi-cooker to roast meat and poultry, potatoes and other root vegetables

**Baking** The baking function of your multi-cooker can be used to bake everything from fish to cakes.

**Steaming** Effortlessly create perfect fluffy rice or steam vegetables and fish for delicious, healthy meals.

## USAGE NOTES

- Never fill the cooking bowl to the rim. Always allow a 2.5 cm gap between the contents of the cooking bowl and the rim.
- Changes to the cooking time or selected cooking temperatures can be made at any time during cooking using the timer or temperature increase/decrease buttons.
- If additional time is needed after the cooking cycle has finished, first, press the required function button (Roast, Bake, Steam, etc.). Next, use the increase/decrease time buttons to set the additional cooking time required (in 5 minute increments) then press the start/stop button. Your multi-cooker will continue cooking for the added time.
- The Sauté/Brown function and the Steam functions can be used without setting the timer. However, if desired, you can use the timer feature of your multi-cooker by setting a time using the timer increase/decrease buttons.
- After use, unplug your multi-cooker from the supply socket. **Your multi-cooker does not switch off automatically.**

## SAUTÉ/BROWN FUNCTION

1. Place the cooking bowl into the heating base. Plug in your Crock-Pot® multi-cooker.
2. Press the standby button (⏻) Your multi-cooker will beep and the red standby button light will come on. The display will flash.
3. Press the sauté/brown function button (🔥). The display will stop flashing and show HI. This is the default sauté temperature. To change the temperature use the increase/decrease temperature buttons (⬆️) to select either High, Medium High, Medium, Medium Low or Low.
4. Add oil to the bowl if you are using it then press the start/stop button (⏻). The button will light up green and the display will show "PreHeating".
5. Your multi-cooker will start to heat up. Once the selected temperature has been reached, your multi-cooker will beep.
6. Trim meat and pat dry before browning. Sauté or brown the food in small batches. **The cooking bowl and other parts of your multi-cooker will be HOT!**

- After you have finished, press the start/stop button to exit the sauté function. The green light will go out and the display will flash. You can switch off the sauté function at any time by pressing the start/stop button.

## SLOW COOKING FUNCTION

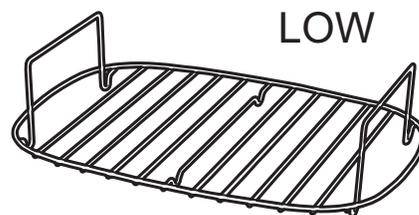
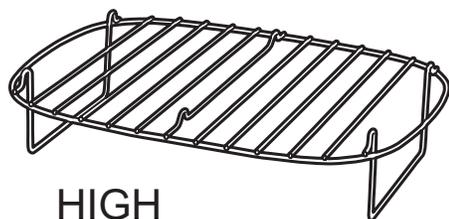
- Place the cooking bowl into the heating base, add your ingredients into the cooking bowl and cover with the lid. Browning meat before slow cooking adds flavour and depth. Use the Sauté/browning features of your multi-cooker to do this. Plug in your Crock-Pot® multi-cooker. To avoid under and over cooking, fill cooking bowl ½ to ¾ full (do not fill over ¾ full to avoid spillovers).
- Press the standby button (⏻). Your multi-cooker will beep and the red standby button light will come on. The display will flash.
- Press the slow cook function button (🍲). The display will stop flashing and show LO and 6:00. These are the default slow cooking and time settings. To change the cooking setting use the increase/decrease temperature buttons (⬆️) to select either Low, High or Warm.

NOTE: The Warm setting is ONLY for keeping food warm that has already been cooked. DO NOT try to cook on the Warm setting. We do not recommend using the Warm setting for more than 4 hours.

- Next, set the required cooking time. The default cooking time is 6 hours but you can change it in 30 minute increments by using the increase/decrease timer buttons (⌚).
- Press the start/stop button (⬅️) to begin cooking. The button will light up green and your multi-cooker will start to heat up. The timer will count down in 1 minute increments.
- When cooking has finished your multi-cooker will beep three times and then automatically switch to the keep warm mode. Your multi-cooker will remain in keep warm mode until you press the stop/start button, standby button or disconnect the unit from the mains supply.
- You can cancel the slow cooking function at any time by pressing the start/stop button.

## ROASTING FUNCTION

- Place the cooking bowl into the heating base, then place the rack into the cooking bowl. The rack can be used in the high position or the low position depending on what you are roasting. You can also use aluminium foil when roasting. Fit the lid.



- Press the standby button (⏻). Your multi-cooker will beep and the red standby button light will come on. The display will flash.
- Press the roast function button (🔥). The display will stop flashing and show 150°C and 02:00. These are the default roasting temperature and time settings. To change the temperature setting use the increase/decrease temperature buttons (⬆️) to select a temperature between 65°C and 230°C. To change the cooking time, use the increase/decrease timer buttons (⌚) as required.
- Press the start/stop button (⬅️). The button will light up green and the display will show “PreHeating”.
- Your multi-cooker will start to heat up. Once the selected temperature has been reached, your multi-cooker will beep.
- The timer will start to count down as soon as the unit has pre heated to the selected temperature so add the food as soon as possible. **The cooking bowl and other parts of your multi-cooker will be HOT!**

- When the timer has counted down to zero and cooking has finished your multi-cooker will beep three times and the green start/stop switch light will go out and the display will flash.
- You can switch off the roasting function at any time by pressing the start/stop button.

### Tips

If a browner skin is required when you are roasting poultry, place the poultry with the breast side down for the first 30 minutes of cooking. Then, turn it the right way up for the rest of the cooking time. For a superb roast, brown the meat first using the sauté function before wrapping it in kitchen foil. Carefully wipe the cooking bowl clean with kitchen paper before placing the meat onto the rack. This will stop any roasting juices from escaping out of the steam vent in the lid.

## BAKING FUNCTION

- Place the cooking bowl into the heating base, then place the rack into the cooking bowl if you are using it. Fit the lid.
- Press the standby button (⏻). Your multi-cooker will beep and the red standby button light will come on. The display will flash.
- Press the bake function button (🍪). The display will stop flashing and show 175°C and 01:00. These are the default baking temperature and time settings. To change the temperature setting use the increase/decrease temperature buttons (⬆️/⬇️) to select a temperature between 65°C and 230°C. You must now enter a cooking time. Use the increase/decrease timer buttons (⌚) to enter the time in 5 minute increments.
- Press the start/stop button (⏻). The button will light up green and the display will show "PreHeating".
- Your multi-cooker will start to heat up. Once the selected temperature has been reached, your multi-cooker will beep.
- Cooking will start when the unit has pre heated to the selected temperature so add the food as soon as possible. **The cooking bowl and other parts of your multi-cooker will be HOT!**
- When the timer has counted down to zero and cooking has finished your multi-cooker will beep three times and the green start/stop switch light will go out and the display will flash.
- You can switch off the baking function at any time by pressing the start/stop button.

### Tips

Certain ingredients can be cooked directly in the cooking bowl. However, cakes and other recipes with a high fat/sugar content should be cooked in suitable bakeware placed on the 2-way rack. When baking directly in the cooking bowl, line it with baking paper to prevent ingredients sticking.

## STEAMING FUNCTION

Steaming food is healthy. It doesn't require any fat and less of the nutrients and vitamins in the food are lost. When steaming, the food is placed on the 2-way rack so it is kept clear of the water then water is added to the cooking bowl. The amount of water you can add to the bowl is dependant on the rack position.

- Place the cooking bowl into the heating base, then place the rack into the cooking bowl in the high or low position as required. With the rack in the low position, add 180ml of cold water. This will give about 5 minutes of steaming—perfect for leafy vegetables and asparagus. With the rack in the high position, add 1.2 litres of cold water. This will provide steam for about 45 minutes.
- Press the standby button (⏻). Your multi-cooker will beep and the red standby button light will come on. The display will flash.
- Press the steam function button (🍵). The display will stop flashing and show HI. Program the cooking time using the increase/decrease timer buttons (⌚) as required. You don't need to set the timer

4. Press the start/stop button (◊). The button will light up green and the display will show "PreHeating".
5. Your multi-cooker will start to heat up. Once it has heated up sufficiently to produce steam, your multi-cooker will beep.
6. The timer will start to count down as soon as the unit has pre heated so add the food as soon as possible. **The cooking bowl and other parts of your multi-cooker will be HOT!**
7. When the timer has counted down to zero and cooking has finished your multi-cooker will beep three times and the green start/stop switch light will go out and the display will flash.
8. You can switch off the steaming function at any time by pressing the start/stop button.

| Food             | Rack Position | Approx. Time                        | Notes                           |
|------------------|---------------|-------------------------------------|---------------------------------|
| Asparagus spears | Low           | 4-5 minutes                         | Cut off woody ends              |
| Spinach          | Low           | 3-4 minutes                         | Whole, cleaned                  |
| Carrots          | High          | 7-10 minutes                        | Peel and cut into 5mm slices    |
| New potatoes     | High          | 15-20 minutes                       | Scrub and leave whole           |
| Cabbage          | High          | 10-15 minutes                       | Cut into quarters, remove core  |
| Broccoli         | High          | 5-8 minutes                         | Trim stalk and cut into florets |
| Corn on the cob  | High          | 10-15 minutes                       | Whole, husks removed            |
| Leeks            | High          | 8-10 minutes                        | Clean and cut into 1cm rounds   |
| Cauliflower      | High          | 5-10 minutes                        | Cut into florets                |
| Sugar snap peas  | High          | 5-8 minutes                         | Top and tail, leave whole       |
| Brussel sprouts  | High          | 10-15 minutes                       | Peel and cut cross on the base  |
| Celery           | High          | 5-10 minutes                        | Leave whole or dice             |
| Butternut Squash | High          | 10-12 minutes                       | Peel and cut into 2cm cubes     |
| Sweet potatoes   | High          | 8-12 minutes                        | Peel and cut into 2cm cubes     |
| Chicken fillet   | High          | 10-15 mins depending on size        | Trim, leave whole               |
| Salmon fillet    | High          | 6-10 minutes, depending on size     | Add seasoning if required       |
| Small whole fish | High          | 10-15 minutes depending on size     | Gut, rinse then dry             |
| Whole prawns     | High          | 5-7 minutes                         | Wash then dry                   |
| Dim Sum          | High          | Cook according to pack instructions |                                 |

### Boil Dry Safety Feature

If the water runs out during steaming, your multi-cooker will turn itself off as a safety feature. If this happens, the display will show OFF. If you have finished steaming and your food is cooked through you don't need to do anything else except switch off your multi-cooker. However, if you need to carry on steaming or want to steam other items, do the following:

1. Switch off your multi-cooker by pressing the standby button (⏻).
2. Refill the bowl with cold water as required (180ml minimum).
3. Let your multi-cooker stand for 2 minutes to allow the boil dry safety feature to reset itself.
4. Switch your multi-cooker on by pressing the standby button (⏻).
5. Press the steam function button (🍹).

6. Press the start/stop button (◊). The button will light up green and the display will show “PreHeating”. Once the unit has pre heated, you can carry on cooking as before.
7. If the display doesn't show “PreHeating”, switch off your multi-cooker and allow it to cool down for longer before continuing from step 4 again.

### **Cooking Rice with your Multi-cooker**

Your multi-cooker will cook brown and white rice beautifully. You don't need to set the timer because your multi-cooker will automatically switch off when the rice is cooked.

Cooking time will vary depending on the amount of water and rice added to the bowl but as an example, 2 cups of washed basmati rice take about 10 minutes, (including preheating).

- Always rinse white/basmati uncooked rice in cold water prior to cooking. This removes the starchy residue and produces fluffy rice. Place the rice into a suitable sieve and rinse well until the water runs clear. Allow to drain for 5 minutes.
- When steaming rice, place the water into the cooking bowl first, then add the washed rice. Ensure the rice is evenly spread around the base of the bowl before steaming.
- The preheating cycle of your multicooker is included in the cooking time, so place your rice in the unit before preheating.
- When steaming smaller amounts of rice, there may be some slight spitting of water from the steam vent in the lid. This is entirely normal, however we advise that you position your multi-cooker away from any electrical sockets etc.
- You may notice that a sticky residue of cooked rice is left on the bowl after steaming your rice. Most of this should be removable using a non-metallic spoon or spatula. The remainder can be removed by soaking the bowl in hot soapy water for a few minutes.
- Cooking rice using your multi-cooker will only work when the correct ratio of rice and water is used. Therefore, it is imperative that you measure out the rice and water using the rice measure provided. Do not try to guess.
- Always use cold water.
- Always place the lid on your multi-cooker when steaming rice
- The rice does not need to be stirred during the steaming process.
- Once cooked your multi-cooker will automatically switch off. However, leaving the rice in the bowl with the lid on for 1 or 2 minutes will allow the rice to soften further.

### **White Basmati Rice**

| Uncooked rice measures | Cold water measures | Cooked rice portions |
|------------------------|---------------------|----------------------|
| 12                     | 13                  | 24                   |
| 10                     | 11                  | 20                   |
| 8                      | 10                  | 16                   |
| 6                      | 7.5                 | 12                   |
| 4                      | 5                   | 8                    |
| 2                      | 2.5                 | 4                    |

### **Brown Rice**

| Uncooked rice measures | Cold water measures | Cooked rice portions |
|------------------------|---------------------|----------------------|
| 10                     | 14                  | 20                   |
| 8                      | 11.5                | 16                   |
| 6                      | 8.5                 | 12                   |
| 4                      | 6.5                 | 8                    |
| 2                      | 3.5                 | 4                    |

## CLEANING

**Never immerse any part of the heating base or power cord and plug in water or any other liquid.**

- ALWAYS unplug your multi-cooker from the electrical outlet and allow it to cool before cleaning.
- Wash the lid, 2-way rack, cooking bowl and rice measure in hot, soapy water. Rinse and dry thoroughly. Do not use abrasive cleaning compounds or scouring pads. A cloth, sponge, or rubber spatula will usually remove residue. To remove water spots from the surface of the cooking bowl, soak it in a solution of vinegar or lemon juice and warm water for 30 minutes. Rinse thoroughly then dry.
- The lid and 2-way rack can also be washed in the dishwasher. Although the cooking bowl is dishwasher safe, we recommend hand washing only.
- The outside of the heating base can be cleaned with a soft cloth dampened with warm, soapy water. Wipe dry. Do not use abrasive cleaners.
- No other servicing should be performed.