

Sunbeam

Crock-Pot®

Stoneware Slow Cooker

Instruction/Recipe Booklet

This book covers the use and care of the following Sunbeam slow cookers:

HP3400 **Crock-Pot®** Slow Cooker - 3.5 litre slow cooker with crock insert

HP2200 **Crock-Pot®** Slow Cooker - 2.5 litre slow cooker with crock insert

Please read these instructions carefully
and retain for future reference.

Product featured - HP3400



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تأكد من تفهّم احتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich daß die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώστε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری یکنید کہ احتیاطهای بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenli̇k önlemlerinin anlaşıldığından emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

Sunbeam's Safety Precautions

SAFETY PRECAUTIONS FOR YOUR SUNBEAM SLOW COOKER.

- Do not operate the slow cooker on an inclined surface.
- Do not move or cover the slow cooker while in operation.
- Do not immerse the base of the slow cooker in water or any other liquid.
- Use your slow cooker well away from walls and curtains.
- Do not use your slow cooker in confined spaces.

Sunbeam are very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- Close supervision is necessary when your appliance is being used near children or infirm persons.
- Never leave an appliance unattended while in use.
- Young children should be supervised to ensure that they do not play with the appliance.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven. Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- For safety reasons and to avoid maintenance by unskilled persons, some appliances are 'sealed' using tamperproof screws. Such appliances should always be returned to the nearest Sunbeam Appointed Service Centre for adjustment or repair if required.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been dropped or damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.

If you have any concerns regarding the performance and use of your appliance, please visit www.sunbeam.com.au or contact the Sunbeam Consumer Service Line. Ensure the above safety precautions are understood.

Features of your Crock-Pot® Slow Cooker - HP3400

Removable Crock Insert

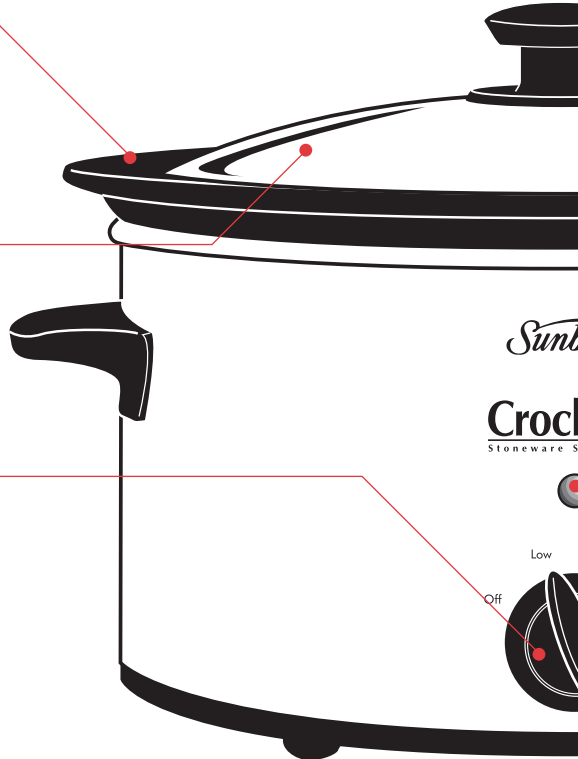
The durable crock insert is removable to allow for convenient serving at the table, storing of leftovers and easy cleaning. The crock insert is also dishwasher safe for added convenience.

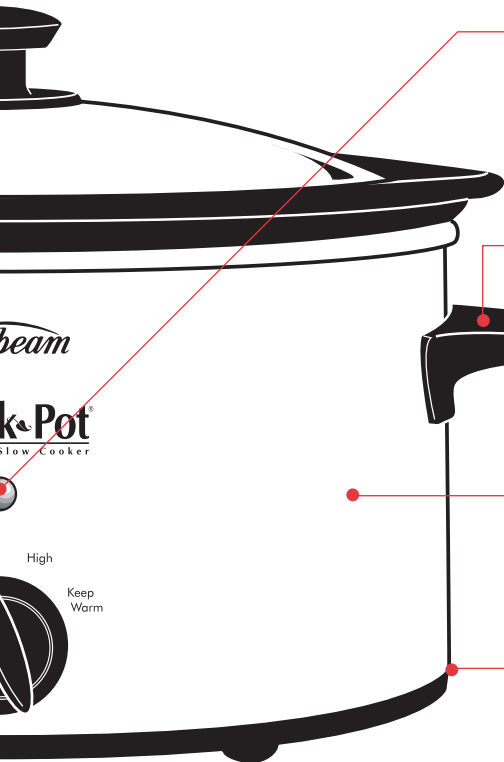
Quality Glass Lid

Fits neatly onto the crock insert to retain heat and moisture for best results. The transparent glass allows you to view the food during cooking without lifting the lid, preventing the heat from escaping.

Temperature Control Dial

Allows you to select the desired temperature for each recipe. LOW for simmering and slow cooking, HIGH for faster cooking, and KEEP WARM for keeping food at serving temperature.





Power ON Light

Indicates that the slow cooker is turned on and heating.

Cool Touch Handles

Allows you to lift and carry the slow cooker to the table for serving when hot.

Large 3.5 Litre Capacity

For cooking family-sized meals.

Wrap Around Element

The element surrounds the crock insert to ensure even cooking. It prevents food from sticking to the bottom of the crock insert and eliminates the need to stir your food regularly.

Features of your Crock-Pot® Slow Cooker - HP2200

Removable Crock Insert

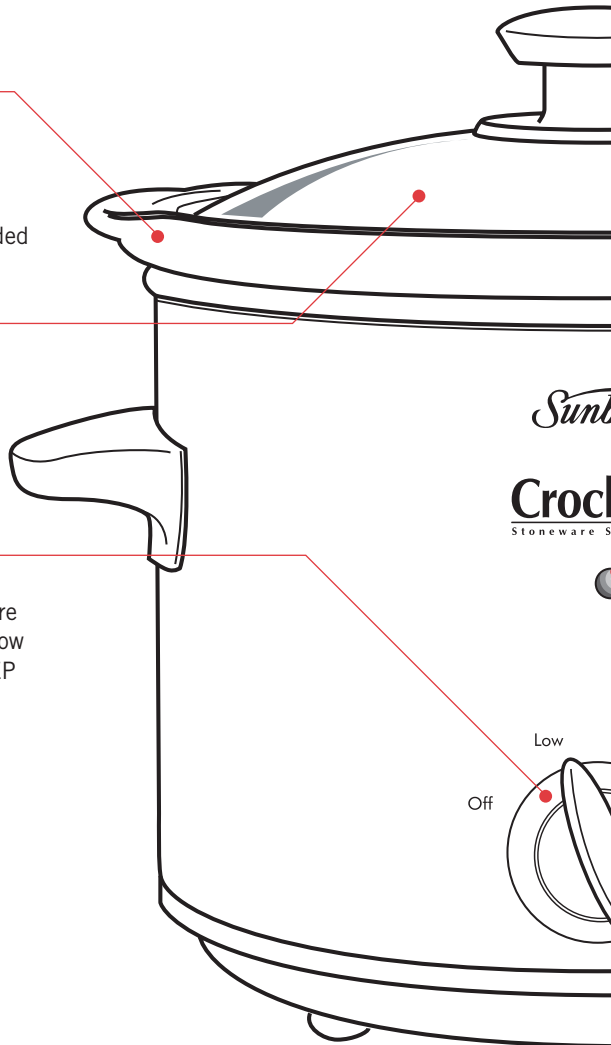
The durable crock insert is removable to allow for convenient serving at the table, storing of leftovers and easy cleaning. The crock insert is also dishwasher safe for added convenience.

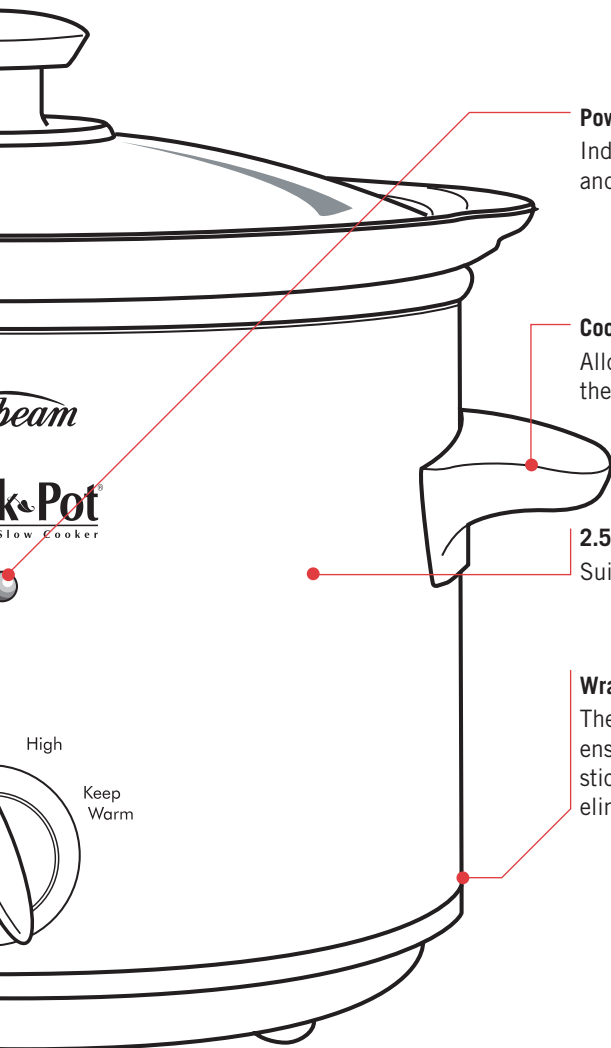
Quality Glass Lid

Fits neatly onto the crock insert to retain heat and moisture for best results. The transparent glass allows you to view the food during cooking without lifting the lid, preventing the heat from escaping.

Temperature Control Dial

Allows you to select the desired temperature for each recipe. LOW for simmering and slow cooking, HIGH for faster cooking, and KEEP WARM for keeping food at serving temperature.





Power ON Light

Indicates that the slow cooker is turned on and heating.

Cool Touch Handles

Allows you to lift and carry the slow cooker to the table for serving when hot.

2.5 Litre Capacity

Suitable for a smaller sized family.

Wrap Around Element

The element surrounds the crock insert to ensure even cooking. It prevents food from sticking to the bottom of the crock insert and eliminates the need to stir your food regularly.

An Introduction to Slow Cooking

Slow cooking is one of the best ways of preparing foods to ensure that the flavour and tenderness is retained. Your new **Crock-Pot**[®] slow cooker is easy to use and is extremely versatile. You can cook soups, stews, casseroles, roasts, bake cakes and even steam puddings.

Slow cooking is also economical, as your new **Crock-Pot**[®] slow cooker uses very little power. Once the slow cooker reaches the selected temperature, the food cooks using the heat retained in the crock insert.

Your slow cooker is ideal for cooking tougher cuts of meat as the slow, moist heat tenderises the meat and enhances the flavours.

Your slow cooker is also very safe for keeping foods heated, as it operates at temperatures high enough to prevent the growth of harmful bacteria.

Using your Crock-Pot[®] Slow Cooker

1. Before using your Sunbeam slow cooker for the first time, remove the crock insert and lid and wash them in warm soapy water. Dry thoroughly and replace.
2. Place the slow cooker on a flat level surface.
3. Prepare the food to be cooked and place inside the slow cooker. Replace the lid.
Note: Do not place very cold or frozen food in the crock insert if it has been pre-heated.
4. Insert the plug into a 230-240V power outlet and turn the power ON.
5. Select the desired setting on the temperature control dial: LOW, HIGH, or KEEP WARM. The power on light will illuminate to indicate that the appliance is switched on.

Tips for Slow Cooking

- All of the recipes contained in this book have recommended temperature settings. Most recipes can be cooked on the LOW setting, however when using the HIGH setting cooking times can often be halved.
- Cut meat and vegetables into standard size pieces for even cooking.
- When cooking with vegetables, place them in the crock insert first, and then place the meat on top.
- Always ensure that food or liquid comes to at least half way up the wall of the crock insert, as the element is located on the sides of the slow cooker.
- When roasting whole pieces of lamb, beef or chicken, it is not necessary to add liquid. Pot roasts and corned meats should be barely covered with liquid.
- Do not use oven bags when roasting lamb, beef or chicken.
- When preparing meat for casseroles, lightly coat the pieces in flour and brown before adding to the slow cooker. This helps to seal in the juices and flavours, and keeps the meat tender.
- Frozen casseroles can be placed in the cold slow cooker and heated for 5-8 hours, depending on the quantity. Do not place frozen food into a heated slow cooker.
- If a recipe results in too much liquid, turn the slow cooker to the HIGH setting, remove the lid and cook until sufficient liquid has evaporated.
- To thicken a casserole, set the slow cooker to the HIGH setting and stir through a thickening agent such as cornflour or flour combined with a little water. Allow to simmer until thickened, stirring occasionally.
- Stirring is rarely necessary, as the element wraps around the sides of the slow cooker, preventing the food from sticking to the base.
- Leave the lid on the slow cooker during cooking to maintain heat and moisture.
- To allow juices and fats to drain from meats during roasting, place the meat on a wire rack.

Care and Cleaning

Wash the crock insert and lid in hot soapy water. To remove food that is cooked onto the bottom, soak the crock insert in warm water before cleaning and scrub lightly with a plastic or nylon brush. Rinse well and dry. The crock insert is also dishwasher safe for added convenience.

Note: Do not place the hot crock insert under cold water.

Wipe the exterior of the slow cooker with a damp cloth and polish dry. **DO NOT** use harsh abrasives, scourers or chemicals to clean any part of your slow cooker as these will damage the surfaces.

CAUTION: Do not immerse the base of the slow cooker in water or any other liquid.

Recipes

SOUPS

Curried Pumpkin Soup

Serves 4-6

1 medium (1.2kg) butternut pumpkin, peeled and cut into pieces
1 clove garlic, chopped
1 large onion, roughly chopped
2 teaspoons curry powder
3¹/₄ cups milk
2¹/₂ cups chicken stock
salt and pepper to taste
1 cup cream, optional

1. Place all ingredients, except cream into the slow cooker.
2. Cover and cook on Low for 8-10 hours or on High for 4-5 hours.
3. Allow to cool, then puree in a food processor or blender.
4. Return soup to the slow cooker and reheat on High for 1-2 hours.
5. Stir through cream prior to serving.

French Onion Soup

Serves 4-6

1 tablespoon (20g) butter or margarine
4 large onions, finely sliced
1 large clove garlic, crushed
4 cups beef stock
¹/₂ cup white wine
2 tablespoons brandy
1 tablespoon sugar
salt and pepper to taste
70g tasty cheese or parmesan, grated

1. Melt butter or margarine in a frypan. Add onion and garlic and sauté until onion becomes transparent.
2. Place onions and garlic into the slow cooker. Add stock, wine, brandy and sugar.
3. Cover and cook on Low for 6-8 hours or on High for 3-4 hours.
4. Season to taste and serve topped with cheese.

Recipes (continued)

Lentil Vegetable Soup

Serves 4-6

2 cups brown or yellow lentils
4 cups water
2 rashers bacon, finely chopped
1 medium onion, finely chopped
1 carrot, thinly sliced
1 clove garlic, crushed
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{2}$ teaspoon oregano
1 bay leaf
1 x 400g can chopped tomatoes
2 tablespoons wine vinegar

1. Place all ingredients into the slow cooker. Cover and cook on Low for 8-10 hours.
2. Remove bay leaf and serve very hot with croutons if desired.

Tomato Soup

Serves 4-6

1kg tomatoes, fresh or canned, roughly chopped
2 $\frac{1}{2}$ cups beef or vegetable stock
1 small onion, chopped
2 teaspoons sugar
 $\frac{1}{2}$ teaspoon basil
1 teaspoon Worcestershire sauce
fresh ground pepper to taste
 $\frac{1}{2}$ cup cream

1. Place all ingredients except cream into the slow cooker.
2. Cover and cook on Low for 6-8 hours on High for 3-4 hours.
3. Allow to cool, then puree in a food processor or blender.
4. Return soup to the slow cooker and reheat on High for 1-2 hours.
5. Stir through cream prior to serving.

NOTE: If you prefer a thicker soup, blend 1 tablespoon of cornflour with 2 tablespoons water. Stir through soup before adding cream and cook on High until thickened.

Recipes (continued)

MAIN COURSES

Roasting Beef

Place meat into the slow cooker and cook.

Approximate cooking times for well done:

Low 2-2½ hours per 500g

High 1-1½ hours per 500g

Beef and Red Wine Casserole **Serves 4-6**

2 tablespoons (40g) butter or margarine

2 tablespoons oil

2 small onions, quartered

2 cloves garlic, crushed

3 rashers bacon, chopped

¾ kg chuck or round steak, cut into 2cm cubes

⅓ cup flour

1 teaspoon thyme

1 teaspoon oregano

1 tablespoon tomato paste

1 cup beef stock

1 cup red wine

250g mushrooms, sliced

1. Heat butter or margarine and oil in a frypan. Add onions, garlic, bacon and sauté until onions are tender. Lightly dust meat in flour before browning.
2. Add meat and cook until brown.
3. Transfer to the slow cooker and add remaining ingredients. Cover and cook on Low for 8-10 hours or on High for 4-5 hours. Seasoning to taste with salt and pepper.
4. Serve with rice or boiled chat potatoes.

Corned Beef

Serves 6

1.5kg corned silverside

1 onion, finely chopped

10 peppercorns

2 bay leaves

2 tablespoons brown sugar

1. Place silverside into the slow cooker and barely cover with water. Add remaining ingredients.
2. Cover and cook on Low for 8-10 hours or on High for 4-6 hours.
3. Serve with boiled potatoes and vegetables.

Beef Curry

Serves 4-6

2-3 tablespoons flour

3 tablespoons curry powder

500g rump or chuck steak, cut into 2cm cubes

1 tablespoon (20g) butter

1 tablespoon oil

2 cloves garlic, crushed

1 large carrot, sliced

200g mushrooms, sliced

2 large zucchini, sliced

1 cup beef stock

1. Toss meat in combined flour and curry powder.
2. Heat butter and oil in a frypan. Add garlic and coated meat. Brown meat all over.
3. Transfer to the slow cooker.
4. Add remaining ingredients. Cover and cook on Low for 8-9 hours or on High for 4-5 hours.
5. Serve with rice.

Recipes (continued)

Beef Stroganoff

Serves 4-6

750g chuck or round steak, cut into thin strips
2 tablespoons flour
2 tablespoons oil
2 cloves garlic, crushed
200g mushrooms, sliced
 $\frac{1}{4}$ teaspoon pepper
1 cup beef stock
 $\frac{1}{4}$ cup tomato paste
1 x 300ml carton sour cream

1. Toss meat in flour. Heat oil in a frypan and brown meat.
2. Transfer to the slow cooker and add remaining ingredients except sour cream. Cover and cook on Low for 8-10 hours or High for 4-5 hours.
3. In the last 30 minutes of cooking stir through sour cream. Serve with hot buttered noodles or rice.

Spicy Wine Pot Roast

Serves 6

1 $\frac{1}{2}$ kg topside roast, trimmed of fat
1 large onion, chopped
 $\frac{1}{3}$ cup brown gravy mix
1 cup water
 $\frac{1}{4}$ cup dry red wine
2 teaspoons French mustard
1 teaspoon Worcestershire sauce
2 teaspoons mixed herbs
 $\frac{1}{2}$ teaspoon mixed spice

1. Place meat into the slow cooker. Add onion.
2. Combine the remaining ingredients and pour over meat.
3. Cover and cook on Low for 8-10 hours or High for 4-5 hours.

4. When meat is cooked as desired, remove and cover with foil to keep warm.
5. Turn slow cooker to High and thicken the gravy with a little cornflour mixed with water. Cook until the gravy simmers and thickens.
6. Slice meat and serve with gravy.

Bolognese Sauce

Serves 4-6

1 tablespoon oil
750g lean minced beef
2 small onions, finely chopped
2 rashers of bacon, chopped optional
2 cloves garlic, crushed
2 x 400g can chopped tomatoes
2 tablespoons tomato paste
1 cup water or beef stock
2 celery stalks, diced
1 $\frac{1}{2}$ teaspoons dried oregano
1 teaspoon dried or fresh basil
1 bay leaf
fresh ground pepper

1. Heat oil in a frypan and cook until just tender.
2. Add meat and cook until just brown.
3. Transfer meat mixture to the slow cooker and add remaining ingredients.
4. Cover and cook on Low for 6-8 hours or High for 3-4 hours.
5. Serve over pasta with grated Parmesan cheese and fresh parsley.

Recipes (continued)

Chilli Con Carne

1 tablespoon oil
1 onion, finely chopped
1 clove garlic, crushed
350g lean minced beef
1 x 400g can chopped tomatoes
1 x 400g can red kidney beans, rinse thoroughly
1 tablespoon Worcestershire sauce
 $\frac{1}{2}$ teaspoon chilli powder (add more or less if desired) or 1 tablespoon fresh chilli, chopped.

1. Heat a little oil in a frypan. Sauté onions and garlic until tender.
2. Add meat and cook until just brown.
3. Transfer meat and onions to the slow cooker and add remaining ingredients.
4. Cover and cook on Low for 6-8 hours or on High for 3-4 hours.
5. Serve with rice, avocado, sour cream and salsa.

Meatloaf

Serves 4-6

1 egg, lightly beaten
 $\frac{1}{4}$ cup tomato paste
 $\frac{1}{2}$ cup fresh breadcrumbs
500g minced beef
1 small onion, finely chopped
1 celery stalk, finely chopped
1 small green capsicum, finely chopped
2 cloves of garlic
1 tablespoon mixed herbs
salt and pepper to taste
2 potatoes, thickly sliced

1. Combine all ingredients except potatoes. Shape into a large round meatloaf, approximately 4cm smaller than the slow cooker. Place into the base of the slow cooker.

2. Place potatoes slices around edge of the meatloaf. Cover and cook on Low for 6-8 hours or High for 3-4 hours.
3. Serve with potato slices.

Swedish Meatballs

Serves 4-6

1 cup fresh breadcrumbs
 $\frac{3}{4}$ cup milk
350g minced steak
175g minced pork or veal
2 eggs, lightly beaten
1 medium onion, finely chopped
 $\frac{3}{4}$ teaspoon chopped dill
 $\frac{1}{4}$ teaspoon allspice
 $\frac{1}{4}$ teaspoon nutmeg
60g butter or margarine
 $\frac{3}{4}$ cup beef stock
fresh ground pepper
1 tablespoon tomato paste
 $\frac{3}{4}$ cup cream

1. Soak breadcrumbs in milk for 5 minutes. Squeeze out excess milk from crumbs and discard. Add meats, eggs, onion, herbs and spices. Mix well, cover and refrigerate for 1 hour or overnight.
2. Shape mixture into balls about the size of walnuts.
3. Heat margarine or butter in a frypan and brown meatballs. Place meatballs into the slow cooker as they are browned.
4. Add beef stock, pepper and tomato paste. Cover and cook on Low for 4-6 hours or on High for 2-3 hours.
5. Stir through cream and serve with rice.

Recipes (continued)

Roasting Lamb

Cut away excess fat. Place meat into the slow cooker. Cover and cook as desired.

Approximate cooking times for well done:

Low 2 - 2½ hours per 500g

High 1 - 1½ hours per 500g

No need to turn meat during cooking.

NOTE: When cooking pork or other fatty meats, place meat on a small wire rack to allow excess fat to drain.

Lamb with Yoghurt

Serves 4-6

1kg stewing lamb, cut into thin strips

2 small onions, peeled and quartered

2 teaspoons ground ginger

2 teaspoons ground coriander

¼ teaspoon cayenne pepper

250g carton natural yoghurt

2 tablespoons flour

Spiced butter: 2 tablespoons (20g) butter

1 tablespoon oil

1 clove garlic, crushed

1 teaspoon ground cummin

1 teaspoon ground coriander

½ teaspoon garam masala

⅓ cup cream

1. Place all ingredients except spiced butter and cream into the slow cooker. Stir to combine.
2. Cook on Low for 8-10 hours or on High for 4-6 hours. Add spiced butter during last hour of cooking.
3. Spiced butter: Heat butter and oil in a frypan. Add remaining ingredients and sauté for 2-3 minutes.
4. Garnish with fresh mint.

Roast Lamb with Garlic & Rosemary Serves 6-8

1 leg of lamb, approximately 1.2kg (cut or boned to fit the slow cooker)

1 clove garlic, sliced

several sprigs fresh rosemary

1 tablespoon French mustard

1. Trim excess fat from lamb.
2. Cut several slits in the meat and insert slices of garlic and sprigs of rosemary.
3. Brush the outside with mustard.
4. Place meat into the slow cooker. Cover and cook on Low for 2-2½ hours per 500g.

NOTE: Meat can be placed on a wire rack to allow the fat to drain.

Spicy Lamb Shanks

Serves 4

4 lamb shanks

½ cup dried apricots

½ cup prunes, pitted

¼ cup sugar

1 cup water

½ cup tomato paste

2 tablespoons white vinegar

1 teaspoon mixed spice

1. Place lamb shanks into the slow cooker. Add apricots and prunes.
2. Combine sugar, water, tomato paste and vinegar. Pour over the lamb shanks.
3. Sprinkle over mixed spice. Cover and cook on Low for 8-10 hours or High for 4-5 hours. Serve with rice.

Recipes (continued)

Roasting Chicken

Wash chicken and pat dry. Stuff if desired and truss. Place chicken into the slow cooker and cover.

Approximate cooking times:

Low 1½ - 2½ hours per 500g

High 1 - 1½ hours per 500g

Dot with butter and sprinkle with paprika to add extra colour.

Seafood Hot Pot

Serves 4-6

1 blue swimmer crab, cut in half and claws cracked
500g mussels, cleaned
500g squid rings
500g green king prawns, peeled leaving tails intact
250g scallops
1 tablespoon oil
2 cloves garlic, crushed
2cm piece ginger, finely grated
3 onions, sliced
½ cup water
1 cup dry white wine
2 x 425g can tomatoes, undrained
⅓ cup tomato paste
2 tablespoons Worcestershire sauce
1 tablespoon sugar
½ teaspoon chill powder or 1 chilli, finely chopped (reduce quantity if desired)
⅓ cup chopped parsley

1. Prepare seafood.
2. Heat oil in a frypan pan. Add garlic, ginger, onions and lightly sauté until onion is tender.
3. Place onion mixture, seafood and remaining ingredients except parsley into the slow cooker.

4. Cover and cook on Low for 3-4 hours or on High for 1½ - 2 hours.
5. Serve sprinkled with parsley and crusty bread.

Lemon Honey Chicken Casserole **Serves 4-6**

1kg chicken drumsticks
2-3 tablespoons flour
2 tablespoons oil
2 cloves garlic, finely chopped
1 large onion, cut into eight wedges
6 green onions, cut into 2cm pieces
4 celery sticks, cut into 2cm pieces
zest of 2 lemons, cut into thin strips
¾ cup chicken stock
⅓ cup honey

1. Toss chicken in flour.
2. Heat oil in a frypan. Add chicken and brown all over. Place into the slow cooker.
3. Lightly sauté garlic and onion. Add to the slow cooker. Add remaining ingredients. Cover and cook on Low for 4-6 hours or on High for 2-3 hours.
4. Serve with fried or boiled rice.

Recipes (continued)

Roast Chicken

1 size 12 chicken
butter, melted
parsley, finely chopped
paprika

Stuffing:

2 cups fresh breadcrumbs
Rind from 1 lemon
1 rasher bacon, finely chopped
1 egg, lightly beaten
1 teaspoon parsley

1. Combine all ingredients for stuffing. Place into cavity of chicken and truss.
2. Pat chicken dry and place into the slow cooker. Brush chicken with butter and sprinkle with parsley and paprika.
3. Cover and cook on Low for 6-8 hours or High for 3-4 hours.

Easy Chicken with Mushrooms & Cream Serves 6

6 chicken thigh pieces (skin removed if desired)
300g mushrooms, sliced
1 can condensed cream of chicken soup
1 cup sour cream
 $\frac{1}{2}$ cup dry white wine
1 teaspoon paprika

1. Place chicken in the slow cooker. Top with mushrooms.
2. Combine soup, sour cream and wine. Pour over mushrooms.
3. Sprinkle paprika over chicken. Cover and cook on Low for 6-8 hours or on High for 3-4 hours.

NOTE: If cooking on High, do not add the sour cream until the last 30 minutes of cooking. Serve with pasta shells.

VEGETABLES

Fresh Corn on the Cob

1. Remove outer husks and silks.
2. Cut to fit in the slow cooker if necessary.
3. Cover with water. Cover and cook on High for 1-2 hours. Drain
4. Serve with butter, chopped ham and fresh ground pepper if desired.

Frozen Corn

1. Cover with water and cook on High for 2-3 hours.

Baked Potatoes

1. Scrub potatoes clean. Brush each potato with melted butter and sprinkle very lightly with salt.
2. Cover and cook on High for 4-5 hours, or until tender.

Curried Scalloped Potatoes

Serves 6

4-5 large potatoes, washed (peel if desired)
4 rashers bacon, finely chopped
2 medium onions, finely sliced
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup sour cream
1 teaspoon curry powder
fresh ground pepper
1 cup grated tasty cheese

1. Grease base and sides of the crock insert.
2. Place alternate layers of potato, a sprinkle of bacon, onion rings, combined milk, sour cream, curry and fresh ground pepper into the slow cooker.
3. Cover and cook on Low for 5-8 hours or on High for 3-4 hours.
4. Sprinkle with cheese during the last $\frac{1}{2}$ hour of cooking.

Recipes (continued)

Ratatouille

Serves 4-6

- 2 medium eggplants, sliced 1cm thick
- salt
- 2 onions, cut into wedges
- 2 cloves garlic, crushed
- 3 medium zucchini, sliced
- 4 large ripe tomatoes, peeled and sliced
- 2 green capsicum, sliced
- 1 teaspoon dry basil
- 1 teaspoon dry oregano
- 1 teaspoon dry thyme

1. Sprinkle eggplant with a little salt. Leave for 1/2 hour, rinse well then pat dry.
2. Heat a little oil in a frypan. Sauté onion, garlic and eggplant until the onion is just tender.
3. Place the onion and eggplant into the slow cooker. Add remaining ingredients.
4. Cover and cook on Low for 6-8 hours or on High for 3-4 hours.
5. Serve with crusty bread, or as a side dish to roast lamb.

DESSERTS

Apple Crumble

- 4 cups fresh breadcrumbs
- 125g melted butter
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 cup brown sugar
- 5 Granny Smith apples, peeled, sliced and cored

1. Mix breadcrumbs with butter, cinnamon, nutmeg and brown sugar.
2. Arrange in alternate layers with apple in the slow cooker. Cover and cook on High for 1 1/2-2 1/2 hours, or until apple is tender.
3. Serve warm, with cream or ice cream.

Baked Apples

- 5 Granny Smith apples, peeled and cored ^{2/3} of the way through
- 1/2 cup raisins
- 1 cup brown sugar
- 1 cup boiling water
- 2 tablespoons (40g) butter or margarine
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg

1. Fill apple centre with raisins. Place apples into the slow cooker.
2. Combine sugar, water, butter, cinnamon and nutmeg. Pour over apples. Cover and cook on Low for 3-4 hours, depending on the size of the apples.
3. Serve warm with whipped cream or ice cream.

Recipes (continued)

Poached Pears in Red Wine

- 1 1/2 cups dry red wine
- 3/4 cup sugar
- 6 medium pears, peeled
- 3 thick strips lemon rind

1. Place wine and sugar into the slow cooker. Cover and cook on High until sugar is dissolved.
2. Place pears into the slow cooker, turning to coat well with sugar syrup. Add lemon peel, cover and cook on Low for 4-6 hours, or on High for 2-3 hours, turning occasionally to coat.
3. To serve remove pears from the slow cooker and place onto a serving plate. Pour syrup over pears. Serve with whipped cream if desired.

Baked Custard

- 3 eggs
- 2 tablespoons sugar
- 2 cups milk
- 1/2 teaspoon vanilla
- nutmeg

1. Beat eggs and sugar, add remaining ingredients.
2. Place into a greased heat-proof dish (select a dish that will fit into the slow cooker).
3. Cover custard with foil and place into the slow cooker. Pour 1 cup of water into the slow cooker. Cover and cook on Low for 6-8 hours.
4. Serve warm or cold.

Rice Custard

- 1/2 cup cooked rice
- 3 eggs
- 3 tablespoons sugar
- 3 cups milk
- 1/2 teaspoon vanilla
- 30g butter
- nutmeg
- 1/2 cup raisins

1. Place rice into a greased heat-proof dish that will fit into the slow cooker.
2. Beat eggs and sugar, add remaining ingredients and add to the rice. Cover bowl with foil and place into the slow cooker.
3. Pour 1 cup water into the slow cooker. Cover and cook on Low for 6-8 hours or on High for 3-4 hours.
4. Serve warm with cream or ice cream.

Spiced Rhubarb

- 750g rhubarb, cut into 2cm pieces
- 3/4 cup sugar
- 1/4 teaspoon cinnamon
- 3 whole cloves
- 1 teaspoon grated orange or lemon rind
- 2 tablespoons water

1. Combine rhubarb, sugar, cinnamon, cloves and rind in the slow cooker. Cover and cook on Low for 3-4 hours.
2. Serve hot with whipped cream or ice cream.

Steamed Christmas Pudding

1kg mixed fruit
1 cup brown sugar, firmly packed
185g butter or margarine
 $\frac{1}{2}$ cup water
2 tablespoons sherry
1 teaspoon bi-carbonate of soda
3 eggs, lightly beaten
1 cup plain flour
1 cup self raising flour
1 teaspoon mixed spice

1. In a saucepan, combine mixed fruit, brown sugar, butter, water and sherry. Heat until butter is melted and mixture begins to boil.
2. Remove from the heat, add bi-carbonate of soda and allow to cool completely.
3. Grease and base line a 10 cup pudding bowl.
4. Add eggs to the cooled mixture and mix until well combined. Fold through flour and spices.
5. Pour mixture into the prepared bowl, cover with a double layer of foil and tie firmly with string to form a good seal.
6. Place into the slow cooker. Pour in sufficient water to come two thirds of the way up the sides of the pudding bowl. Cover and cook on High for 5-7 hours.
7. Re-heat pudding on High for 2-3 hours prior to serving and accompany with whipped cream or custard.

EXTRAS

Rice

The slow cooker will prepare up to 2 cups (250ml) of uncooked rice.

To every 2 cups of rice, use 2 cups of water.

1. Wash rice thoroughly.
2. Place rice and water in the slow cooker and cook on Low for 5-7 hours or on High for 3-4 hours.

Stir once during cooking.

NOTE: When turned off, the slow cooker will keep rice warm for up to 1-2 hours before serving.

Variations

Rice can be cooked with stock or wine in place of water.

Add some lightly sautéed onion and bacon, or finely chopped capsicum for added flavour. To make tumeric rice, (yellow rice) add 1 teaspoon tumeric for every 2 cups of rice.

Porridge

1 cup rolled oats
2 cups cold water
pinch salt (optional)

1. Lightly grease the crock insert with butter.
2. Place all ingredients into the slow cooker.
3. Cook on Low for 6-8 hours or overnight.
4. Stir well before serving. Serve with cream or milk and a sprinkle of brown sugar.

Quick Cooking Oats

Cook on Low for 3-4 hour or on High for 1 $\frac{1}{2}$ - 2 hours.

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