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Slow Cooker Instruction/Recipe Booklet This book covers the use and care of the following Sunbeam slow cookers: HP5520 Slow Cooker - 5.5 litre slow cooker with crock insert HP4520 Slow Cooker - 4.5 litre slow cooker with crock insert Please read these instructions carefully and retain for future reference. Contents Sunbeam's Safety Precautions 1 Features of your Slow Cooker 5.5L - HP5520 2 Features of your Slow Cooker 4.5L - HP4520 4 An introduction to Slow Cooking 6 Using your Slow Cooker 6 Tips for Slow Cooking 7 Care and Cleaning 8 Recipes 9 Important instructions - retain for future use. 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. • Do not touch any metal surface of the slow cooker whilst in use as it will be hot. Features of your Slow Cooker 5.5L - HP5520 Removable crock insert The durable ceramic 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. Power ON light Indicates that the slow cooker is turned on and heating. Cool touch handles and lid knob Allows you to lift and carry the slow cooker to the table for serving when hot. Large 5.5 litre capacity For cooking large family-sized meals. Brushed stainless steel housing 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. Features of your Slow Cooker 4.5L - HP4520 Removable crock insert The durable ceramic 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. Power ON light Indicates that the slow cooker is turned on and heating. Cool touch handles and lid knob Allows you to lift and carry the slow cooker to the table for serving when hot. Large 4.5 litre capacity For cooking medium to large family-sized meals. Brushed stainless steel housing 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. 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 slow cooker is easy to use and is extremely versatile. You can cook soups, stews, casseroles, roasts, bake desserts and even steam puddings. Slow cooking is also economical, as your new 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. 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. • Food will be brought to a simmer on all settings. The setting determines the time needed to reach a simmer. When cooking with vegetables, place them in the crock insert first, and then place the meat on top. 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. 8 Wipe the exterior of the slow cooker with a damp cloth and polish dry. Recipes Spicy Sweet Potato Soup Chicken, Sweet Corn & Bacon Soup Serves 6-8 Serves 6-8 1 tablespoon vegetable oil 1 large onion, chopped 3 cloves garlic, crushed 2-3 tablespoons red curry paste 1. Recipes continued French Onion Soup Pea and Ham Soup Serves 4-6 Serves 6-8 30g butter 1 tablespoon olive oil 4 large onions, finely sliced 2 cloves garlic, crushed 2 tablespoons plain flour ¼ cup brandy 4 cups beef stock 1 Baguette, thickly sliced 1 cup of grated Gruyere cheese or ½ cup parmesan 1 tablespoon olive oil 2 onions, chopped 3 rashers bacon, diced 2 cups split peas 1- 1. Recipes continued Roasting Beef Heat a small amount of oil on a medium/high heat in a large frying pan; cook beef on all sides until browned. Season with salt and pepper. Place into slow cooker. Approximate cooking times for well done: LOW 2-2 ½ hours per 500g HIGH 1-1 ½ hours per 500g Roasting Lamb Trim any excess fat from the lamb. Heat a small amount of oil on a medium/high heat in a large frying pan; cook lamb on all sides until browned. Season with salt and pepper. Place into slow cooker. Recipes continued Spanish Chicken with Capsicums Indonesian Chicken Curry Serves 4-6 Serves 4-6 2 tablespoons olive oil 6 thigh chicken cutlets, fat and skin removed 2 red onions, sliced 3 cloves garlic, crushed 1 ½ teaspoons smoked paprika 1 red capsicum, seeds removed, sliced 1 yellow capsicum, seeds removed, sliced ¼ cup white wine ⅓ cup tomato passata ⅓ cup pitted kalamata olives, sliced 6 artichoke hearts, quartered ⅓ cup chopped fresh parsley 6 thigh chicken cutlets, fat and skin removed ¼ Recipes continued Chicken, Mustard and Sage Casserole Hainanese Chicken with Rice Serves 6-8 Serves 4-6 8 thigh chicken cutlets, fat and skin removed ¼ cup plain flour ¼ cup olive oil 3 large leeks, washed and sliced thickly 2 cloves garlic, crushed 1 cup dry white wine 1 kg baby new potatoes, halved 1 cup chicken stock Zest of one lemon 2 tablespoons Dijon mustard Salt and pepper 8 sage leaves, whole 1 tablespoon chopped fresh sage 1. Recipes continued Lamb Roast with White Beans and Parsley Sauce Lamb Tagine Serves 4-6 Serves 6-8 1.4kg - 1. Recipes continued Rendang Daging - Spicy Coconut Beef Curry Veal Goulash Serves 6-8 Serves 6 ¼ cup desiccated coconut 1 teaspoon ground coriander ¼ teaspoon ground turmeric 4 kaffir lime leaves, shredded 1. Recipes continued Family Beef Casserole with Semi Dried Tomatoes Beef Brisket with Vegetables Serves 6-8 Serves 6-8 2 kg chuck or round steak, diced ½ cup flour 3 tablespoons olive oil 2 bunches of spring onion, stalk trimmed, peeled and left whole 3 cloves garlic, crushed 3 carrots, diced 4 celery stalks, sliced ⅓ cup tomato paste ½ cup red wine 1 cup semi dried tomatoes 2 tablespoons chopped fresh thyme 2 bay leaves Salt and freshly ground black pepper 1 large carrot, cut into matchsticks 2 large Recipes continued Pork with Prunes and Apricots Dhal Serves 6 Serves 6- 8 1. Recipes continued Ratatouille Potato Bake with Creamy Bacon Sauce Serves 4 Serves 6-8 1 2 2 1 2 1 1 tablespoon olive oil 2 leeks, trimmed, washed, thinly sliced 175g bacon, diced 1. Recipes continued Balsamic Glazed Beetroots Hearty Homemade Beans Serves 6 Serves 6 4 bunches small beetroots, (about 16) 2 tablespoons water 2 tablespoons balsamic vinegar 1 teaspoon dried mixed herbs 2 cloves garlic, crushed 1 tablespoon finely chopped dill sour cream, to serve 1 ½ cups dried cannellini beans, soaked overnight 1 tablespoon olive oil 1 small onion, finely chopped 175g shortcut bacon, finely chopped 3 cloves garlic, crushed 1 small carrot, finely chopped 1 small celery stick, finely c Recipes continued Crème Caramel Creamy Coconut Vanilla Rice Serves 4 Serves 6 ½ cup caster sugar 2 tablespoons water 3 eggs 2 egg yolks ⅓ cup caster sugar, extra 250ml milk 200ml pouring cream 1 vanilla bean, seeds scraped 1 cup medium grain rice (such as calrose) ¼ cup brown sugar 2 vanilla beans, split 4 cups milk 270ml can coconut cream 1. Turn slow cooker to HIGH and add 2 cups hot water. 2. Lightly spray 4 x 1 cup metal moulds with cooking spray. 3. Combine sugar and water in a small saucepan. Recipes continued Poached Pears in Red Wine and Star Anise Spiced Rhubarb and Berry Compote Serves 4-6 Serves 4-6 1 ½ cups dry red wine ¾ cup sugar 3 star anise 6 medium pears, peeled 3 thick strips lemon rind 2 bunches of rhubarb 500g frozen mixed berries ¾ cup sugar 1 cinnamon quill 5 whole cloves 1 teaspoon grated orange rind 1. Preheat slow cooker for 10 minutes on HIGH. 2. Place wine, sugar and star anise into the slow cooker. Cover and cook on HIGH until sugar is dissolved. 3. Recipes continued Steamed Christmas Pudding Chocolate Self-Saucing Pudding Serves 8 Serves 4 500g mixed dried fruit ½ cup brown sugar, firmly packed 90g butter or margarine ⅓ cup sherry or brandy ½ teaspoon bi-carbonate of soda 2 eggs, lightly beaten 1 cup self raising flour ½ teaspoon mixed spice 100g unsalted butter, melted ½ cup milk 1 egg 1 cup self-raising flour 2 tablespoons cocoa ½ cup caster sugar Topping: 2 tablespoons cocoa 1 cup firmly packed brown sugar 2 cups boiling water 1. Notes/Notes 12 Month Warranty This Sunbeam product is covered by a 12 month replacement or repair warranty, which is in addition to your rights under the Australian Consumer Law (if your product was purchased in Australia) or New Zealand Consumer Guarantees Act (if your product was purchased in New Zealand). Should you experience any difficulties with your product during the warranty period, please contact our customer service line for advice on 1300 881 861 in Australia, or 0800 786 232 in New Zealand. Need help with your appliance? Contact our customer service team or visit our website for information and tips on getting the most from your appliance. In Australia Visit www.sunbeam.com.au Or call 1300 881 861 In New Zealand Visit www.sunbeam.co.nz Or call 0800 786 232 is a registered trademark. Made in China. Due to minor changes in design or otherwise, the product may differ from the one shown in this leaflet. © Copyright. Sunbeam Corporation Limited 2014. Page 2 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 touch any metal surface of the slow cooker whilst in use as it will be hot. • Do not operate slow cooker when placed directly onto a bench top. Place a heat proof mat or chopping board underneath to protect the surface. Sunbeam is 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. • 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. • Children should be supervised to ensure that they do not play with the appliance. • The temperature of accessible surfaces may be high when the appliance is operating. • Never leave an appliance unattended while in use. • 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. • Do not operate any electrical appliance with a damaged cord or after the appliance has been 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. • Appliances are not intended to be operated by means of an external timer or separate remote control system. • This appliance is intended to be used in household and similar applications such as: staff kitchen areas in shops, offices and other working environments; farm houses; by clients in hotels, motels and other residential type environments; bed and breakfast type environments. 1 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. Page 3 Important instructions - retain for future use. Sunbeam's Safety Precautions 1 Features of your Slow Cooker 5.5L - HP5520 2 Features of your Slow Cooker 4.5L - HP4520 4 An introduction to Slow Cooking 6 Using your Slow Cooker 6 Tips for Slow Cooking 7 Care and Cleaning 8 Recipes 9 Contents Page 48/14 is a registered trademark. Need help with your appliance? Contact our customer service team or visit our website for information and tips on getting the most from your appliance. In Australia Visit www.sunbeam.com.au Or call 1300 881 861 In New Zealand Visit www.sunbeam.co.nz Or call 0800 786 232 Made in China. Due to minor changes in design or otherwise, the product may differ from the one shown in this leaflet. © Copyright. Sunbeam Corporation Limited 2014. 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