

USER MANUAL

SLOW COOKER

Model number - SISCS550S



SINGER[®]
TECHNOLOGIES
AT HOME WORLDWIDE

IMPORTANT SAFEGUARDS

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

- Do not touch hot surfaces. Use handles or knobs. Allow to cool before touching or removing parts.
- To protect against electrical shock do not immerse cord, plug or base in water or other liquid.
- Unplug from the power outlet when not in use and before cleaning. Always unplug by grasping the plug; do not pull on the power cord.
- 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.
- Young children must be supervised to ensure that they do not play with the appliance.
- In order to avoid a hazard due to inadvertent resetting of the thermal cutout, this appliance must not be supplied through an external switching device, such as a timer, or connected to a circuit that is regularly switched on and off by the utility.
- Do not place any part of this appliance on or near a hot gas or electric burner, or where it could come into contact with heated surfaces.
- Use the slow cooker well away from walls.
- Do not let the cord hang over the edge of a table or counter, touch hot surfaces or become knotted.
- To disconnect the slow cooker turn the heat control dial to the "OFF" position and remove the plug from the power outlet.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use outdoors.
- Use extreme caution when using the slow cooker with hot oil or other hot liquid.
- When opening the lid take care as heat and steam generated during cooking will escape.
- Always keep raw ingredients refrigerated until used in the slow cooker.
- Always thaw frozen meat/poultry before cooking.
- Avoid sudden temperature changes. Do not place frozen or very cold foods into the heated crockery pot.
- The crockery pot is not suitable for storing food in the freezer.
- If the power cord is damaged it must be replaced by the manufacturer, its service agent or a suitably qualified person in order to avoid a hazard.

IMPORTANT: DO NOT PLACE FOOD OR LIQUID IN THE BASE OF THIS APPLIANCE. COOK ONLY IN THE SLOW COOKER'S REMOVABLE CROCKERY POT.

OPERATION OF YOUR SLOW COOKER

Before first use

Place the slow cooker on a flat, dry surface. Remove all packaging and any promotional labels or stickers. Remove the crockery pot and glass lid. Wash both in hot, soapy water with a mild detergent. Rinse and dry thoroughly. Do not use harsh abrasives or chemicals.

Step 1: Position the removable crockery pot in the base of the slow cooker. Place the prepared food into the crockery pot. Place the glass lid on the unit, centering it for best results.

Step 2: With the temperature control dial turned to the OFF position, plug the slow cooker into a power outlet and turn the power on.

Step 3: Select the desired temperature setting, as recommended in the recipe section, by turning the temperature control dial to the desired setting.

Low, High or Keep Warm Setting

Step 4: When the cooking is completed, turn the temperature control dial to the OFF position. Switch off at the power outlet. Carefully remove the crockery pot from the slow cooker base.

IMPORTANT: Always use oven mitts when removing the crockery pot containing hot liquids. Do not place the heated crockery pot on any delicate surfaces.

Step 5: Allow the slow cooker enough time to cool completely before cleaning and storing away.

USING THE TEMPERATURE CONTROL SETTINGS

The slow cooker has been developed with a wrap-around side element, concealed in the unit. This element provides the low, even temperature that makes lengthy cooking times possible. As a result of the wrap-around element, food will not stick to the base of the liner despite the long cooking time, and the need to stir the food is almost unnecessary. As food cooks just below boiling point, very little steam is given off and there is next to no evaporation, all of which provides flavoursome, tender and moist results.

There are three settings to choose from and most foods can be cooked successfully by any one of these settings (unless otherwise stated in the recipes).

LOW SETTING

The LOW heat setting gently simmers food for an extended period of time without overcooking or burning. No stirring is required when using this setting. Ideal for vegetable dishes and re-heating.

NOTE: When using the Low setting to cook meat dishes, the meat should be browned first.

HIGH SETTING

The HIGH heat setting is used when baking, and will cook food in half the time required for the LOW heat setting. As food will boil when cooked on the HIGH heat setting, it may be necessary to add extra liquid, depending on the recipe and the amount of time in which it is cooked. Occasional stirring of stews and casseroles will improve the flavor distribution. Food should be monitored when using the high setting, just like cooking in a pot with a lid on.

KEEP WARM SETTING

This setting is used after completing cooking to keep the foods at a certain temperature. Do not reheat the food in this setting. The correct method is to use LOW or HIGH setting for heating the foods to hot, then turn to KEEP WARM.

GUIDE TO SLOW COOKING

In years gone by, food was cooked in large pots and allowed to simmer for hours, providing meals that were full of flavor, moist and tender. The slow cooker is designed to produce these same results, while leaving you the time to do other things, making it perfect for today's busy lifestyles.

It is recommended to start the cooking process on the HIGH setting and then when the ingredients are up to temperature, switch the cooker to the LOW setting until fully cooked. Then the KEEP WARM setting can be used until you are ready to eat.

As most food is cooked over a period of 6-9 hours, it can be prepared in advance the evening before, refrigerated in the removable crockery pot, placed in the slow cooker and turned "ON" in the morning and left to cook all day. When you arrive home a delicious, hot meal will await you.

The guide below will help simplify the process of slow cooking, allowing you to obtain ultimate satisfaction from your slow cooker.

It's all in the timing

Always allow sufficient time for the food to cook. It is almost impossible to overcook in the slow cooker, particularly when using the LOW setting or using the KEEP WARM setting. Most recipes can be cooked on either LOW or HIGH temperature settings, however the cooking times will vary accordingly. Each recipe will give specific instructions, indicating the appropriate temperature setting accompanied by the suggested cooking times to use.

Adapting cooking times

Your favorite traditional recipes can be adapted easily, by halving the amount of liquid and increasing the cooking time considerably. See the guide below for suggested cooking times and settings when adjusting your favorite recipes.

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

NOTE: These times are approximate only. Times will vary depending on ingredient types, sizes and quantities in recipes.

All food should be cooked with the glass lid in place. Each time the lid is lifted, both the heat and moisture are diminished. Cooking times should be adjusted to accommodate this factor.

Liquid amounts

When food is cooking in your slow cooker, very little moisture boils away. To compensate for this, it is advisable to halve the liquid content of traditional recipes. However, if after cooking the liquid content is excessive, remove the lid and operate the slow cooker on the HIGH heat setting for 30-45 minutes or until the liquid reduces by the desired amount.

Stirring the food

Little or no stirring is required when using the LOW or KEEP WARM setting. When using the HIGH heat setting stirring ensures even flavor distribution.

TECHNICAL SPECIFICATIONS

Voltage: 230-240V~, 50Hz

Power: 275-300W

RECIPE SUGGESTIONS

Following are a few suggested recipes. All temperatures and cooking times are a guideline only. Temperatures and times may vary depending on size and types of food. You can refer to your local bookstore for convection oven cookbooks, and remember, experimenting with cooking is always fun...

🌀 Minestrone Soup (serves 8-10) 🌀

750ml water
600g chicken broth
1 medium onion, chopped
4 carrots, diced
1 medium zucchini, halved and cut in 2cm slices
½ small cabbage, chopped
425g beans, undrained
1kg tomatoes, canned, undrained, sliced
6 rashers 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
HIGH for 6 to 7 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 HIGH 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, sliced
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
HIGH for 7 to 8 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 above.

🌀 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 or sliced
125ml water

Cook at:
LOW for 9 to 10 hours
HIGH for 5 to 6 hours

1. If desired, brown roast in skillet over a medium heat 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. Thicken juices with mixture of 2 tablespoons cornstarch and 2 tablespoons water if desired. Set control to HIGH and slowly stir mixture into juices until thickened.

Irish stew (serves 4)

2 tablespoons oil
450g potatoes, thinly sliced
675gm - 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
HIGH for 7 to 8 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.

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
400g plum tomatoes, canned, undrained
1 teaspoon dried rosemary
100g navy beans, soaked overnight and drained
400g carrots sliced

Cook at:
LOW for 10 to 12 hours
HIGH for 7 to 8 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.

IMPORTANT: all cooking times and ingredient quantities are suggested only. Cooking times may vary depending on temperatures, size and types of food etc.

Please contact your local bookstore for further recipes suitable for slow cooking, or try a "Google" search on the net using "Slow Cooker Recipes" as your key words – you will see the possibilities and recipe suggestions are endless.

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