

Healthy Choice[™]
SC800

S L O W C O O K E R

8 LITRE CERAMIC COOKING POT



Model no: SC800

Batch no: PR3765

PLEASE READ AND RETAIN THESE INSTRUCTIONS FOR FUTURE REFERENCE.

THIS APPLIANCE IS INTENDED FOR HOUSEHOLD USE ONLY.

INTRODUCTION:

Your new Slow Cooker can cook tenderised meats, chicken curries, soups, stews, casseroles, risottos, pastas, dumplings, broths, puddings and so much more – all cooked to perfection.

SAFETY INFO:

Read this user manual carefully, before you use the appliance, and keep it safely for future reference.

Danger

- Never immerse the outer body, which contains electrical components and in water or any other liquid nor rinse it under the tap.
- Do not use the appliance outdoors.
- Keep the appliance away from any hot plates, burners or heated ovens.
- Check whether the voltage indicated on the appliance corresponds to the local mains voltage in your country before you connect the appliance.
- Do not use the appliance if the plug, the power cord or the appliance itself is damaged.
- If the power cord is damaged, you must have it replaced at a service centre with qualified persons in order to avoid a hazard.
- Never leave the appliance connected to the power point when it is not in use.
- Do not switch on the appliance when it is upside down or laid on it's side.
- 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.
- The appliance is not to be used by persons (including children) with reduced sensory or mental capabilities, or lack experience and knowledge, unless they have been given supervision or instruction.
- Ensure children are supervised and do not play with the appliance.
- Keep the appliance and its power cord out of the reach of children.
- Keep the power cord away from hot surfaces.
- Do not let the power cord hang over the edge of any table or countertop.
- Do not plug in the appliance or operate the controls with wet hands.
- Only connect the appliance to an earthed wall socket. Always make sure that the plug is inserted into the wall socket properly.
- Never connect this appliance to an external timer switch.
- Do not place the appliance on or near combustible materials such as a tablecloth or curtains.
- Do not place the appliance against a wall or against other appliances. Leave at least 10cm free space at the back and sides and 10cm free space above the appliance. Do not place anything on top of the appliance.
- Do not use the appliance for any purpose other than described in this manual.

- The surface below the appliance may become hot during use.
- Immediately unplug the appliance if you see dark smoke coming out of the appliance. Wait for the smoke emission to stop before you remove the frying basket from the appliance.
- Allow the lid and the ceramic pot to cool before allowing it to touch water.
- Do not switch on the slow cooker if the ceramic pot is empty.
- Never touch the outer enclosure of the slow cooker during it's operation or before it cools. Use the handles or knobs. Do not touch hot surfaces. Use oven gloves or a cloth when removing the lid or handling contents.
- Never cook directly in the base unit. Use the ceramic pot.
- Do not use the ceramic pot or the lid if cracked or chipped.
- The ceramic pot and glass lid are fragile, handle them with care.
- Extreme caution must be taken when moving an appliance containing hot food, water or other liquids.

CARE AND CLEANING:

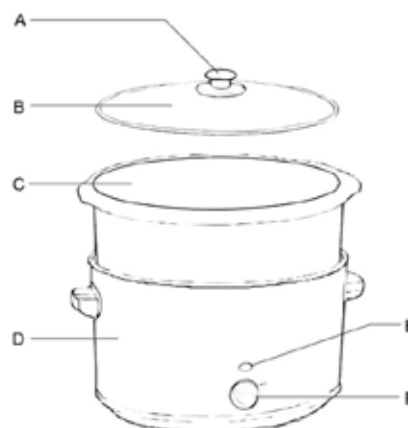
Always make sure the slow cooker is unplugged and in the OFF position before storing away or cleaning. Make sure the unit has cooled down completely before cleaning.

- The ceramic insert is dishwasher safe or can also be cleaned with warm soapy water. To remove any foods that have been cooked onto the bottom of the pot, simply soak overnight in soapy water and rinse the next day.
- Do not place a hot or warm ceramic insert into a cold environment or it may result in cracking.
- The exterior of the slow cooker can be wiped with a damp cloth and dried. DO NOT use harsh abrasive cleaner or scouring pad to clean any part of the slow cooker as this will damage the surfaces.
- The glass lid is dishwasher safe once it has cooled down to room temperature. Do not place a hot or warm glass lid into a cold environment or it may result in cracking.

WARNING: NEVER SUBMERGE THE ENTIRE SLOW COOKER INTO WATER OR ANY OTHER LIQUID OR THIS MAY DAMAGE THE SLOW COOKER.

PARTS AND FEATURES:

- A. Knob for lid
- B. Tempered glass lid
- C. 8 Litre ceramic pot
- D. Outer body/base
- E. Power indicator light
- F. OFF/LOW/HIGH/WARM knob



BEFORE USING YOUR SLOW COOKER:

Before using the slow cooker for the first time remove all labels and tags from the product. Wash the ceramic pot and glass lid in hot soapy water with a sponge or a dish cloth, rinse thoroughly and dry.

IMPORTANT: DO NOT IMMERSER THE SLOW COOKER BASE IN WATER.

PLEASE NOTE: The initial 15 minutes of use may result in minimal smell and smoke. This is normal and harmless and comes from the protective substance applied to the heating elements during manufacturing.

OPERATING INSTRUCTIONS:

COOKING:

- Place the base on a dry, level, heat resistant surface, away from the edge of the table surface. Do not use on the floor.
- Place food and other ingredients into the ceramic pot and place the pot into the base.
- Cover with the glass lid. If you need to pre-cook or brown foods prior to slow cooking, this must be done in a pan. Do not try to brown or pre-cook food in the slow cooker.
- Set the control knob to the OFF position before plugging the unit into the main socket.
- Set the temperature to LOW or HIGH settings and cook according to the recipe.
- Do not exceed cooking for over 8 hours.
- Once food is finished cooking, you can switch off the slow cooker or set it to Keep Warm to keep food warm up to 4 hours.
- To turn off, set the knob to OFF and unplug the slow cooker after cooking is complete and remove the ceramic pot using heat resistant gloves or mitts.

CAUTION: BE CAREFUL NOT TO TOUCH THE BASE UNIT AFTER COOKING AS IT WILL REMAIN HOT.

KEEP WARM FUNCTION:

- Food can be kept warm in the slow cooker for up to 4 hours. Past 4 hours and food contents may start to become dry or the flavour may alter.
- Food cooked in other appliances can be transferred to the slow cooker to keep warm as well.

TIPS FOR SLOW COOKING:

- Slow cooking has always been the best way to prepare a nutritious hot meal with minimum preparation and maximum free time away from the kitchen.
- Traditional slow cooking has centred on soups and casseroles, but with this oval ceramic pot you can also produce most modern family meals and dinner party dishes. This pot is convenient to take straight to the table for serving. (Always place the slow cooker on a heat proof mat or surface).
- This method of cooking is ideal for preparing tougher cuts of meat, giving them the long, gentle simmering that ensures that they become tender and full of flavour.
- The slow cooker should be at least half full for best results and to avoid over-spilling.

- Slow cooking retains moisture. If you wish to reduce moisture in the cooker, remove the lid after cooking and turn the control to high and simmer for 30 to 45 minutes.
- The lid is not a sealed fit. Don't remove unnecessarily as the built-up heat will escape. Each time you remove the lid, allow an additional 10 minutes to the cooking time.
- If cooking soups, leave a 5 cm space between the top of the cook pot and the food surface to allow simmering.
- Many recipes demand all day cooking, if you do not have time to prepare food that morning prepare it the night before and store the food in a covered container in the refrigerator. Transfer the food to the slow cooker and add liquid/gravy.
- Most meat and vegetable recipes require 8-10 hours on low or 4-6 hours on high.
- Some ingredients are not suitable for slow cooking. Pasta, seafood, milk, and cream should be added towards the end of the cooking time. Many things can affect how quickly a recipe will cook, water and fat content, initial temperature of the food and the size of the food.
- Food cut into small pieces will cook quicker. A degree of 'trial and error' will be required to fully optimize the potential of your slow cooker.
- Vegetables usually take longer to cook than meat, so try and arrange vegetables in the lower half of the pot.
- After food is cooked, switch the slow cooker off and leave covered with the lid. There will be enough heat in the slow cooker to keep warm for 30 minutes. If you require longer to keep warm, switch to the warm setting.
- All food should be covered with a liquid, gravy or sauce. In a separate pan or jug prepare your liquid, gravy or sauce and completely cover the food in the slow cooker.
- Cut root vegetables into small, even pieces, as they take longer to cook than meat. They should be gently sautéed for 2-3 minutes before slow cooking. Ensure that root vegetables are always placed at the bottom of the pot and all ingredients are immersed in the cooking liquid.
- Trim all excess fat from meat before cooking, since the slow cooking method does not allow fat to evaporate.
- If adapting an existing recipe from conventional cooking, you may need to cut down on the amount of liquid used. Liquid will not evaporate from the slow cooker to the same extent as with conventional cooking.
- Never leave uncooked food at room temperature in the slow cooker.
- Do not use the slow cooker to reheat food.
- Insert a meat thermometer into joints of roasts, hams, or whole chickens to ensure they are cooked to the desired temperature.
- Authentic stoneware is fired at high temperatures therefore the ceramic pot may have minor surface blemishes; the glass lid may rock slightly due to these imperfections. Low heat cooking does not produce steam so there will be little heat loss. Due to normal wear and tear through the products' life, the outer surface may start appearing "crazed".

- Do not put the ceramic pot or glass lid in an oven, freezer, and microwave or on a gas/electrical hob.
- Do not subject the ceramic pot to sudden changes in temperature. Adding cold water to a very hot pot could cause it to crack.
- Do not allow the pot to stand in water for a long time (you can leave water in the pot to soak).
- There is an area on the base of the ceramic pot that must remain unglazed for manufacturing purposes. This unglazed area is porous, therefore will soak up water, this should be avoided.
- Do not switch the slow cooker on when the ceramic pot is empty or out of the base.

RECIPES:

We have included a separate recipe booklet to help get you started with your slow cooker.

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