

PREPARATION

Before the first use

Read the instructions and carefully follow the operating method.

Unpack the appliance

- Remove the appliance from the packaging and unpack all the accessories.
- Open the lid by pressing the opening button located on the handle.
- Remove all the printed documents and

the accessories.

- Remove the non-stick bowl.
- Clean the metal parts of the lid and the bowl with a sponge and washing-up liquid. Fit the steam shield onto its fixing axis - **Fig. 1**. Wipe the outside of the appliance with a damp cloth.
- Dry off carefully.

Install the spoon support - Fig. 2

- Insert the plastic hook of the support in the hole located under the lid lock of the

lid, and slide it downwards.

USING YOUR 3 IN 1 RICE COOKER

This appliance has three cooking functions: rice cooking, slow cooking, and steam cooking.

For all 3 functions:

- Carefully wipe the outside of the bowl (especially the bottom). Make sure that there are no foreign residues underneath the bowl and on the hotplate - **Fig. 3**
- Place the bowl into the appliance, making sure that it is correctly positioned - **Fig. 4**
- Slightly rotate the bowl in both directions, so as to ensure good contact between the bottom of the bowl and the hotplate.
- Make sure that the steam shield is correctly in position.
- Close and lock the lid - **Fig. 5**
- Check that the condensation collector

is correctly in position.

- Plug in the appliance.
- Do not switch on the appliance until all of the above stages have been completed.

 **Never place your hand on the steam vent during cooking, as there is a danger of burns. - Fig. 6**

 **If the bowl is not properly in place in the appliance, cooking cannot commence.**

 **If you wish to change the selected cooking time in the event of an error, press **[cancel]**. Select the cooking mode again and then the cooking time.**

Press Start to begin the cooking process.

RICE COOKING

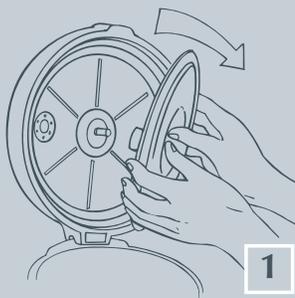
Measuring the ingredients - Max capacity of the container

- The graduated markings on the inside of the bowl are given in litres and cups **Fig. 7**, these are used for measuring the amount of water when cooking rice. If cooking other foods, such as pasta, follow the quantities in the recipes.
- The plastic cup provided with your appliance is for measuring rice and the table states the quantity of rice required for the number of servings. 1 level

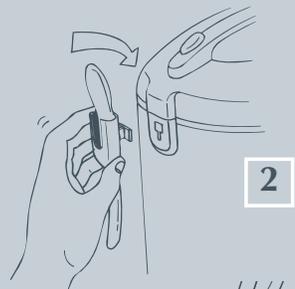
measuring cup of rice weighs 150 g.

 **The plastic cup is only used for measuring rice and not the water (except when cooking 1 cup of rice).**

- The table on page 6 gives a guide to cooking white rice. For best results, we recommend using ordinary rice rather than 'easy cook' type rice which tends



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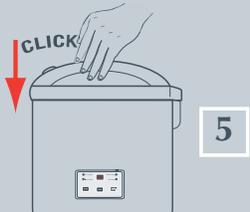
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to give a stickier rice and may adhere to the base. With other types of rice, such as brown or wild rice, see the 2 nd table below.

- To cook 1 cup of white rice (serves 2 small or 1 large portion), use 1 measuring cup of white rice and then add

1¾ measuring cups of water. It is normal for a little rice to stick on the base when cooking small quantities.

- The maximum quantity of water + rice should not exceed the 10 cup mark inside the bowl.

Cooking guide for white rice in 3 in 1 Rice Cooker

(American long grain, Basmati, Thai)

Measuring cups of white rice	Weight of white rice	Water level in the bowl (+ the rice)	Serves	Approximate cooking time*
2	300 g	2 cup mark	3 - 4	14 - 17 min.
4	600 g	4 cup mark	5 - 6	20 - 25 min.
6	900 g	6 cup mark	8 - 10	23 - 27 min.
8	1200 g	8 cup mark	11 - 14	25 - 30 min.
10	1500 g	10 cup mark	13 - 17	30 - 35 min.

* The rice cooker will automatically determine the exact cooking time depending on the quantity of water and rice placed in the bowl.

Cooking guide for other types of rice

Wash the rice before cooking except for risotto rice.

Type of rice	Measuring Cup of rice	Weight of white rice	Water level in the bowl (+ the rice)	Serves	Approximate cooking time*
Round white rice (Italian rice - often a stickier rice)	4	600 g	4 cup mark	5 - 6	20 - 23 min.
Wholegrain Brown rice	4	600 g	4.5 cup mark	5 - 6	35 - 40 min.
Wild rice	4	400 g	3.5 cup mark	4 - 5	about 40 min.
Risotto rice (Arborrio type)	4	600 g	4 cup mark	4 - 5	17 - 23 min.

* The rice cooker will automatically determine the exact cooking time depending on the quantity of water and rice placed in the bowl.

To cook rice:

The cooking times given in the tables and recipes are only approximate and for your guidance.

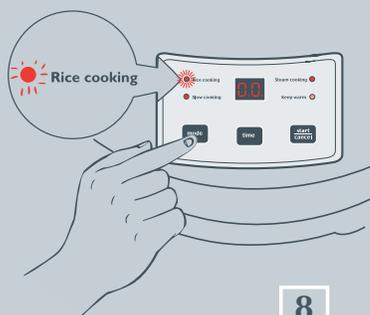
not have to select the cooking time). The corresponding indicator light remains steady. - Fig. 8

- Pour the required quantity of rice into the bowl using the measuring cup provided. Then fill with cold water up to the corresponding "CUP" mark printed in the bowl. (See cooking guide).
Note: Always add the rice first otherwise you will have too much water.
- Close the lid.
- Check that the appliance is plugged in. Briefly press on the **[mode]** key. The first red "Rice cooking" light flashes.
- Press **[start]** to begin cooking, (you do

H The rice cooker itself determines the exact cooking time depending on the quantity of water and ingredients placed in the bowl (see cooking table for a guide to times).

H When the volume of water has been absorbed by the rice, the appliance stops the cooking process automatically and passes into the "Keep warm" mode (the orange "Keep warm" light comes on).

- After each use empty the condensation collector.



Cooking of rice with delayed start-up:

- It is possible to delay the time the rice starts cooking.



This is the only cooking mode for which programming of a delayed start-up is possible.

- Press the **[time]** key to program the

time which must elapse before cooking completes. For instance : it is 1 p.m, I would like my rice cooked at 8 p.m, I have to set « 7H » on the time key and press **[start]** to set.

- You can delay cooking for 9 hours maximum.

Some recommendations for best results when cooking of rice:

- Measure out the rice into a sieve, rinse it thoroughly under cold running water. Then place the rice in the container together with the corresponding quantity of water.
- Make sure that the rice is well distributed around the whole surface of the container, in order to allow even cooking.
- Add salt if required. Allow about half a teaspoon of salt for 4 cups of rice, but you can adjust this to your personal taste. Remember your Rice Cooker uses less water than when boiling rice

so take care not to add too much salt.

- Stock may be substituted for water if desired. If using stock cubes, take care not to season with too much salt as they have salt included.
- Do not open the lid during cooking as steam will escape and this will affect the cooking time.
- On completion of cooking, when the “Keep warm” function is selected, stir the rice and then leave it in the rice cooker for a few minutes longer in order to get perfect rice with separate grains.

SLOW COOKING

Measuring the ingredients

- The quantity of ingredients (see recipes for the amounts) should not exceed the

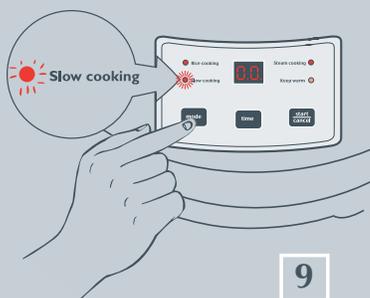
10 CUP mark in the bowl when slow cooking.

To slow cook:

- Select the Slow cooking mode. When the ingredients have been placed in the container and the appliance plugged in, briefly press the **[mode]** key. The first red “Rice cooking” light flashes. Press again on the **[mode]** key to sequence through the lights corresponding to the different cooking modes. Stop pressing when the “Slow cooking” light flashes. - **Fig. 9**
- Select the cooking time: For cooking to start, you must select a cooking time.

The appliance allows you to program between 60 minutes minimum and 9 hours maximum for this cooking mode. Choose the time so as to suit the chosen recipe. Press repeatedly on the **[time]** key to increase the cooking time. You can also press continuously in order to speed up the process. The time increases in hourly increments from 60 minutes up to 9 hours maximum.

- Press once on **[start]** to begin the cooking process.



Important instructions when slow cooking dried beans and dried peas

If you are preparing a slow cooker recipe which contains dried beans or dried peas, for example red kidney beans or chick peas, they must be soaked in plenty of cold water overnight before cooking them. Drain and rinse them thoroughly, then

place in a large saucepan and cover with fresh cold water.

Bring to the boil and continue to boil rapidly for 10 minutes, uncovered, then drain before using in Slow Cooker recipes.

This destroys any natural toxins in the beans or peas.

 **Do not eat uncooked beans, peas or lentils. Never add pulses to slow cooker recipes without boiling them first.**

Season pulses after cooking as the salt can toughen them during cooking.

- Soaking is not necessary for lentils, but they must still be boiled rapidly for 10 minutes.
- Canned beans and pulses can simply be drained and rinsed, and added 30 minutes before the end of the cooking time. They do not need to be boiled first.

STEAM COOKING

Measuring the ingredients

- The maximum quantity of water in the bowl should not exceed the 6 CUP mark (representing 1.2 litres of water)

shown in “cups” on the bowl. Exceeding this level may cause overflows during use.

Preparation

- Pour water into the container as stated in the recipe. However, never exceed the 6 mark CUP.
- Place the steam basket on top of the bowl.
- Add the ingredients.

To steam cook

- Select the steam mode. Briefly press the **mode** key. The first red “Rice cooking” light flashes. Press again on the **mode** key to sequence through the lights corresponding to the different cooking modes. Stop pressing as soon as the “Steam cooking” light flashes. - **Fig. 10.**
- Select the cooking time. In order for cooking to start, you have to select a

cooking time. The appliance allows you to program from 1 minute minimum to 60 minutes maximum for this cooking mode. You choose the time so as to suit the chosen recipe. Press repeatedly on the **time** key to increase the cooking time. You can also press continuously in order to speed up the process.

- Press once on **start** to begin cooking.

AUTOMATIC KEEP WARM FUNCTION

- On completion of cooking, irrespective of the cooking mode chosen, the rice cooker passes automatically to the “Keep warm” function. The orange “Keep warm” light comes on.
- The food is thus kept warm and ready to serve. To switch off this function, press **cancel**.

- You also have the option of manually engaging the “Keep warm” mode. Just press the **mode** key to sequence through the lights until the orange light is selected. Press directly on **start** to begin the warming process. - **Fig. 11.**
- You cannot program a time for this function. To switch it off, press **cancel**.

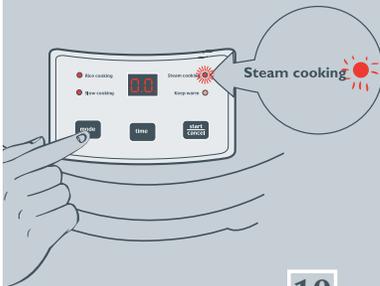
ON COMPLETION OF COOKING

- Open the lid.

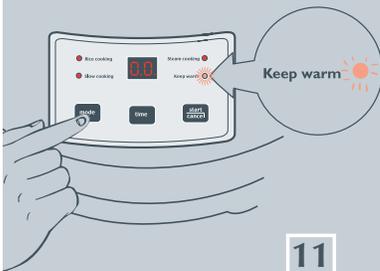
 **The escaping steam is very hot.**

- Serve the food using the plastic spoon supplied with the appliance and re-close the lid.

- The food remaining in the container will keep warm for any second servings. You can also re-start the “Keep warm” mode manually (see preceding paragraph).
- Press **cancel**.
- Unplug the appliance.

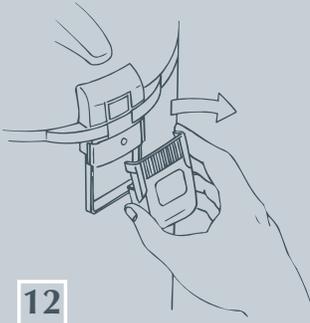


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CLEANING AND MAINTENANCE



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The condensation collector should be emptied and cleaned after each use - Fig. 12 and 13

- To remove the collector, press on each side of the plastic cover and remove.

- To put the plastic cover back, push firmly into the groove.

Cleaning the bowl, the steam bowl and the steam shield

- Use hot water, washing up liquid and a sponge to clean the bowl and the steam plate. Scouring powders and metal sponges are not recommended.

- If food has stuck to the bottom, allow the bowl to soak for a while before washing it.
- Dry the bowl carefully.
- Do not immerse the appliance in water, nor pour water into it.

You can also wash the bowl, the steam bowl and the steam shield in the bottom shelf of the dishwasher.

For the bowl, carefully follow the instructions below:

- When putting into the machine, be careful not to damage the inside coating on the dishwasher racks.
- After being washed several times in the

dishwasher and to renew the surface, it is recommended to wipe the whole of the inner surface of the bowl with a little oil.

- So as to keep the non-stick quality for as long as possible, it is recommended not to cut food in it.
- Make sure you put the bowl back into the rice Cooker.

Important:

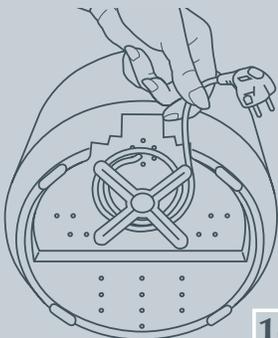
Any brown marks and scratches that may appear after many hours use are not a problem. We guarantee that the non stick coating COMPLIES WITH THE

RULES on materials suitable for contact with food.

Taking care of the bowl

- Use a plastic or wooden spoon and not a metal one so as to avoid damaging the bowl surface.
- To avoid any risk of corrosion, do not pour vinegar into the bowl.
- The colour of the bowl surface may change after using for the first time or

after longer use. This change in colour is due to the action of steam and water and does not have any effect on the use of the Automatic Rice Cooker, nor is it dangerous for your health. It is perfectly safe to continue using it.



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Cleaning and care of the other parts of the appliance

- Clean the outside of the Automatic Rice Cooker, the inside of the lid and the cord with a damp cloth and wipe dry. Do not use abrasive products.
- Do not use water to clean the interior of

the appliance body as it could damage the heat sensor.

- Before putting the appliance away, wind the cord underneath the appliance.
- Wind up the cord - **Fig. 14**

HOW TO PREPARE SEVERAL DIFFERENT FOODS AT THE SAME TIME

Two different types of food can be cooked at the same time. For example, you could choose to cook the rice at the bottom and the fish at the top.

For the quantity of water to put into the main bowl, refer to the guide given in the rice recipes, except when cooking brussel sprouts, potatoes and broccoli. In this case, you must add 500 ml of water.

Suggestions for combining dishes:

- *rice "à la Greque" with frankfurters and cumin,*
- *rice "à la Turque" with scallops cooked in foil,*
- *pilau rice with haddock and spinach,*
- *risotto with chicken breasts,*
- *plain rice with crunchy broccoli,*
- *pilau rice with honey spiced apples or pears.*

For best results, we advise you to select two recipes for which the cooking times are approximately the same.

EXAMPLES

Pilau Rice with Fish fillets

Prepare the Pilau Rice in the bowl (see recipe in the booklet), place the thin fish fillets in the steam basket. Close the lid. Set to rice cooking and switch on. The appliance will automatically switch over to keep warm after about 15 minutes cooking.

Pilau rice with honey spiced apples or pears

Prepare the pilau rice in the bowl (see recipe in the booklet). Place the 3 peeled apples or pears in the steam basket. Brush the fruit over with the honey spices (mix a tablespoon of honey with a teaspoonful of powdered cinnamon, 3 ground peppercorns and a clove). Close the lid set to rice cooking and switch on. The appliance will automatically switch over to keep warm after about 15 minutes cooking.

Please note : *The cooking times for all functions stated are only approximate and vary depending on quantities and personal taste.*

RICE COOKING

PLAIN RICE - Rice cooking

(for 4)

Preparation: 5 mins

Cooking time: about 15 mins

Ingredients: 2 cups or 300 g long grain rice, 400 ml water, salt.

*Rinse the rice under running water. Put the rice and the water in the bowl. Season with salt. Close the lid, select the Rice cooking function and press **[start]**. The appliance will automatically switch over to keep warm after about 15 minutes cooking.*

PILAU RICE - Rice cooking

(for 4)

Preparation: 10 mins

Cooking time: about 15 mins

Ingredients: 2 cups or 300 g rice (Basmati or Thai), 400 ml chicken stock, 1 chopped onion, 50 g butter, salt.

*Rinse the rice under running water. Place the butter, chopped onion, rice and chicken stock in the bowl. Lightly season with salt. Stir well, close the lid, select the Rice cooking function and press **[start]**. The appliance will automatically switch over to keep warm after about 15 minutes cooking.*

RISOTTO MILANESE - Rice cooking

(for 4)

Preparation: 20 mins

Cooking time: about 15 mins

Ingredients: 2 cups or 300 g long grain rice, 50 ml olive oil, 1 chopped onion, 100 g ham, 100 g mushrooms, 400 ml chicken stock, salt, pepper, 250 ml passata tomato sauce, parmesan cheese.

*Rinse the rice under running water. Cut the ham and mushrooms into small pieces. Place the olive oil, chopped onion, mushrooms, ham and rice in the bowl. Stir well. Add the chicken stock and lightly season. Close the lid, select the Rice cooking function and press **[start]**. The appliance will automatically switch over to keep warm after about 15 minutes cooking. Serve with tomato sauce and parmesan cheese.*

RICE A LA GREQUE - Rice cooking (for 4)**Preparation:** 10 mins**Cooking time:** about 15 mins

Ingredients: 2 cups or 300 g long grain rice, 50 ml olive oil, 1 chopped onions, 100 g frozen peas, 50 g red peppers, 400 ml chicken stock, salt, pepper.

*Rinse the rice under running water. Cut the red pepper into small pieces. Place the olive oil, chopped onion, and rice in the bowl. Stir well. Add the chicken stock and stir in the frozen peas and red pepper. Season. Close the lid, select the Rice cooking function and press **start**. The appliance will automatically switch over to keep warm after about 15 minutes cooking.*

RICE A LA TURQUE - Rice cooking (for 4)**Preparation:** 10 mins**Cooking time:** about 15 mins

Ingredients: 2 cups or 300 g long grain rice, 50 ml olive oil, 1 chopped onion, 400 ml chicken stock, 150 ml tomato puree (reduce by half if double concentrated type), saffron, salt, pepper.

*Rinse the rice under running water. Place the olive oil, chopped onion and rice in the bowl. Stir well. Add the chicken stock and a pinch of saffron. Season. Close the lid, select the Rice cooking function and press **start**. The appliance will automatically switch over to keep warm after about 15 minutes cooking. Carefully mix in the tomato puree before serving.*

PORTUGUESE RICE - Rice cooking (for 4)**Preparation:** 15 mins**Cooking time:** about 15 mins

Ingredients: 2 cups or 300 g long grain rice, 50 ml olive oil, 1 chopped onion, 2 tomatoes, 2 red peppers, 400 ml chicken stock, salt, pepper.

*Rinse the rice under running water. Peel the tomatoes and remove the seeds. Cut the red peppers into small pieces. Place the olive oil, chopped onion and rice in the bowl. Stir well. Add the tomatoes and peppers. Lightly season and add the chicken stock. Close the lid, select the Rice cooking function and press **start**. The appliance will automatically switch over to keep warm after about 15 minutes cooking. Serve with tomato sauce and parmesan cheese.*

CANTONESE RICE - Rice cooking

(for 4)

Preparation: 30 mins

Cooking time: about 15 mins

Ingredients: 2 cups or 300 g long grain rice, 400 ml water, 50 ml olive oil, 1 onion, 30 dried black mushrooms, 100 g shelled shrimps or prawns, 2 eggs, 3 dessertspoonfuls soy sauce, 2 dessertspoonfuls nuoc-man or fish sauce, salt, pepper.

*Soak the mushrooms in cold water for 30 minutes. Wash the rice under the tap. Put the rice and water into the container, add salt. Close the lid, select the Rice cooking function and press **start**. The appliance will switch to keep warm after about 15 minutes cooking. Thinly slice mushrooms and onion and fry in olive oil. Make a well-cooked omelette with the eggs and cut into pieces. Mix the mushrooms, onion, omelette and shrimps into the rice. Season with pepper, soy sauce, nuoc-man. Keep warm before serving.*

PILAU RICE WITH SMOKED HADDOCK - Rice cooking

(for 4)

Preparation: 10 mins

Cooking time: about 15 mins

Ingredients: 2 cups or 300 g long grain rice, 150 g smoked haddock, 100 g chopped onions, 120 g butter, 1 bouquet garni, 400 ml fish stock or water, salt, pepper, 200 ml single cream, juice of 1 lemon.

*Cut the skinned and boned haddock into large pieces (about 3 cm). Rinse the rice under running water. Place the melted butter, chopped onion, pieces of haddock and rice in the bowl. Stir well. Add the water and the bouquet garni. Season. Close the lid, select the Rice cooking function and press **start**. The appliance will automatically switch over to keep warm after 13 minutes cooking. Remove the bouquet garni and serve the rice with the hot cream mixed with the lemon juice. For a quick kedgeree, substitute a pinch of turmeric for the bouquet garni and omit the lemon juice, instead add 2 or 3 chopped hard boiled eggs and 1 tbsp chopped fresh parsley with the cream.*

POLENTA MOULD - Rice cooking

(for 4)

Preparation: 10 mins

Cooking time: about 8 mins

Ingredients: 200 g cornmeal (maize cornmeal not 'instant' type), 850 ml boiling water, 50 g butter (cut in small pieces), 50 g parmesan cheese, salt.

*Place the boiling water, salt and the butter in the bowl. Pour in the cornmeal and mix well. Close the lid, select the Rice cooking function and press **start**. The appliance will automatically switch over to keep warm after about 8 minutes cooking. Open the lid after 10 minutes keeping warm, stir in the parmesan cheese. Pour into a dish for it to set. You can leave it to cool before you unmould. Brown the with butter in a frying pan or sprinkle with grated gruyère cheese au gratin style. Serve cut into pieces.*

PARISIAN POTATOES - Rice cooking (for 2)**Preparation:** 5 mins**Cooking time:** about 15 mins

Ingredients: 300 g frozen potato cubes (not available in all countries), 5 spoonfuls oil, 20 g butter, salt.

*Place the oil and the butter in the bowl. Add the potatoes. Season with salt. Close the lid, select the Rice cooking function and press **start**. The appliance will automatically switch over to keep warm after about 15 minutes cooking.*

SPAGHETTI MILANESE - Rice cooking (for 4)**Preparation:** 10 mins**Cooking time:** 10 mins

Ingredients: 250 g spaghetti (not quick cook type), 2 teaspoons olive oil, 1 teaspoon salt, 50 g butter, 2 litres water (boiling water from an electric kettle is faster).

*Measure the 2 litres of water in a jug and pour in the bowl, then add salt and oil. Select the Rice cooking function, close the lid, press **start** and bring to the boil (takes 5 – 10 min). Add the spaghetti (snapped in half if too long), stir and allow to cook for 10 minutes with lid open. Stir again halfway through cooking. Manually switch off. Drain the water. Add the butter and serve immediately with tomato sauce or parmesan cheese.*

The “keep warm” function is not recommended with this recipe.

MACARONI AND HAM - Rice cooking (for 4)**Preparation:** 10 mins**Cooking time:** about 20 mins

Ingredients: 200 g macaroni, 50 g butter (cut in small pieces), 1 slice ham, 20 g grated gruyère cheese, half teaspoon salt, 500 ml water.

*Cut the ham into small pieces. Place the butter, macaroni, ham, gruyère, water and salt in the bowl. Mix. Close the lid, select the Rice cooking function and press **start**. The appliance will automatically switch over to keep warm after about 20 minutes cooking. Wait for 5 mins and then onto warmed serving plates.*

ROMAN GNOCCHI - Rice cooking (for 4)**Preparation:** 10 mins**Cooking time:** about 10 mins

Ingredients: 750 ml hot homemade beef stock (not a stock cube), 150 g semolina, 100 g melted butter, salt, pepper, nutmeg.

*Place the warm stock, butter, salt, pepper and nutmeg in the bowl. Pour in the semolina while stirring. Mix well. Close the lid, select the Rice cooking function and press **start**. Open the lid and stir after 5 minutes. The appliance will automatically switch over to keep warm after about 10 minutes cooking. Serve with tomato sauce or with grated cheese.*

STEAM COOKING

SCALLOPS IN A PACKET - Steam cooking (for 2)

Preparation: 10 mins

Cooking time: 12 mins

Ingredients: 8 scallops, 2 shallots, 30 g butter, salt, pepper, 2 squares of aluminium foil, 150 ml water.

Wash the scallops. Chop the shallots. Place 4 scallops on each square of foil with a pinch of chopped shallots and a knob of butter. Season. Close the papillotes (foil packets).

*Place the water and steam basket in the bowl. Place the papillotes in the steam basket. Close the lid, select the steam cooking mode, the cooking time and press **[start]**. The appliance will automatically switch over to keep warm after 12 minutes cooking. Serve in the foil.*

TROUT FILLET IN A PACKET - Steam cooking (for 2)

Preparation: 15 mins

Cooking time: 15 mins

Ingredients: 4 fillets of sea trout (approx. 150 g each), 50 g carrots, 50 g celery, 1 shallot, 30 g butter, salt, pepper, 2 squares of foil, 200 ml water.

Thinly chop the carrot and the celery (about 5mm thick). Chop the shallot. Place 1 trout fillet on each square of tinfoil with the carrot and celery and a pinch of chopped shallots and a knob of butter. Season. Close the papillotes (foil packets).

*Place the water and steam basket in the bowl. Place the papillotes in the steam basket. Close the lid select the steam cooking mode, the cooking time and press **[start]**. The appliance will automatically switch over to keep warm after 15 minutes cooking. Serve in the tinfoil.*

MIXED FISH - Steam cooking (for 2)

Preparation: 5 mins

Cooking time: 15 mins

Ingredients: 100 g sea bream fillet, 100 g fillet red mullet, 100 g salmon fillet, 100 g cod fillet, 50 g butter, salt, pepper, 100 ml water, juice of 1 lemon. Cooks note : select thin fillets of fish.

*Place the water and steam basket in the bowl. Cut the fish into pieces about 8 – 10 cm. Place the fish fillets in the steam basket. Season. Close the lid select the steam cooking mode, the cooking time and press **[start]**. The appliance will automatically switch over to keep warm after 15 minutes cooking.*

Serve with melted butter and lemon.

STEAMED BROCCOLI - Steam cooking (for 4)**Preparation:** 5 mins**Cooking time:** 20 mins**Ingredients:** 500 g broccoli, 250 ml water.

*Put the water and steam basket in the bowl. Place the broccoli in the steam basket. Close the lid, select the steam cooking mode, the cooking time and press **[start]**. The appliance will automatically switch over to keep warm after 20 minutes cooking.*

STEAMED ASPARAGUS - Steam cooking (for 4)**Preparation:** 15 mins**Cooking time:** 20 mins**Ingredients:** 800 g asparagus, 250 ml water.

*Peel and trim the asparagus and wash well. Put the water and steam basket in the bowl. Place the asparagus crosswise in the steam basket. Close the lid, select the steam cooking mode, the cooking time and press **[start]**. The appliance will automatically switch over to keep warm after 20 minutes cooking. Cooks note: Asparagus is best served immediately it is cooked.*

STEAMED FRENCH BEANS - Steam cooking (for 4)**Preparation:** 15 mins**Cooking time:** 30 mins**Ingredients:** 600 g French beans, 300 ml water.

*Peel and wash the beans. Put the water and steam basket into the appliance. Place the beans in the steam basket. Close the lid, select the steam cooking mode, the cooking time and press **[start]**. The appliance will automatically switch over to keep warm after 30 minutes cooking.*

STEAMED CHICORY - Steam cooking (for 2)**Preparation:** 5 mins**Cooking time:** 45 mins**Ingredients:** 500 g chicory, 500 ml water, juice of 1/2 lemon.

*Put the water and steam basket in the bowl. Place the chicory in the steam bowl. Sprinkle with lemon juice. Close the lid, select the steam cooking mode, the cooking time and press **[start]**. The appliance will automatically switch over to keep warm after 45 minutes cooking.*

STEAMED SPINACH - Steam cooking (for 2)

Preparation: 10 mins

Cooking time: 15 mins

Ingredients: 400 g spinach, 2 tablespoons water.

*Remove the stalks and wash the spinach well. Put the water and spinach in the bowl (do not use the steam basket for this recipe). Close the lid, select the steam cooking mode, the cooking time and press **start**. The appliance will automatically switch over to keep warm after 15 minutes cooking.*

STEAMED POTATOES - Steam cooking (for 4)

Preparation: 10 mins

Cooking time: 30 mins

Ingredients: 600 g old potatoes, 450 ml water, salt.

*Put the water and steam basket in the bowl. Cut the potatoes in pieces or quarters if they are too big (about 50g pieces). Place the potatoes in the steam basket. Close the lid, select the steam cooking mode, the cooking time and press **start**. The appliance will automatically switch over to keep warm after 30 minutes cooking.*

STEAMED COURGETTES - Steam cooking (for 4)

Preparation: 10 mins

Cooking time: 20 mins

Ingredients: 800 g courgettes, 250 ml water.

*Peel and cut the courgettes into slices 5 mm thick. Put the water and steam basket into the appliance. Place the courgettes in the steam basket. Close the lid, select the steam cooking mode, the cooking time and press **start**. The appliance will automatically switch over to keep warm after 20 minutes cooking.*

LEMON CREAM - Steam cooking (for 4)

Preparation: 15 mins

Cooking time: 15 mins

Ingredients: 6 beaten eggs, 250 g caster sugar, juice of 2 lemons, peel of 1 lemon, 200 ml water, 150 ml water for steam cooking.

Heat the 200 ml water, sugar, lemon juice and lemon peel. Whisk into the beaten eggs. Mix well and sieve. Pour the mixture into 4 ramekin dishes. Cover with cling film. Place the 150 ml water in the bowl with the steam basket.

*Place the dishes in the steam basket. Close the lid (if the height of the ramekins prevents the lid from closing, remove the steam shield for this recipe). Select the steam cooking mode, the cooking time and press **start**. The appliance will automatically switch over to keep warm after 15 minutes cooking. Chill before serving.*

CARAMEL CREAM - Steam cooking (for 4)**Preparation:** 15 mins**Cooking time:** 15 mins

Ingredients: 290 ml milk, 2 medium size eggs, 65g caster sugar, 1 tsp vanilla extract, For the caramel: 65 g caster sugar, 20 ml (1 tbsp + 1 tsp) water.

*Dissolve 65 g sugar with 20 ml of water and boil rapidly in a small open saucepan. When it is a deep golden colour, quickly pour into the base of 4 ramekin dishes. Beat the eggs with remaining 65g sugar, milk and vanilla extract. Pour into the dishes. Cover with cling film. Place the water in the bowl with the steam basket. Place the dishes in the steam basket. Close the lid (if the height of the ramekins prevents the lid from closing, remove the steam shield for this recipe). Select the steam cooking mode, the cooking time and press **[start]**. The appliance will automatically switch over to keep warm after 15 minutes cooking. Take out the dishes and allow to cool. Unmould before serving. Remember to replace the steam shield.*

VANILLA OATFLAKES - Steam cooking (for 4)**Preparation:** 10 mins**Cooking time:** 15 mins

Ingredients: 250 ml milk, 80 g oat flakes or rolled porridge oats, 20 g butter, 50 g caster sugar, vanilla essence, 150 ml water.

*Mix the hot milk with the sugar, a few drops of vanilla essence and oats. Leave for 5 minutes. Fill 4 buttered ramekin dishes. Cover with cling film. Place the water in the bowl with the steam basket. Place the dishes in the steam basket. Close the lid (if the height of the ramekins prevents the lid from closing, remove the steam shield for this recipe). Select the steam cooking mode, the cooking time and press **[start]**. The appliance will automatically switch over to keep warm after 15 minutes cooking. Unmould and serve. This recipe can be served with custard or a caramel sauce.*

PEARS WITH CHOCOLATE SAUCE - Steam cooking (for 3)**Preparation:** 10 mins**Cooking time:** 20 mins

Ingredients: 3 large ripe pears, 1 pinch of cinnamon, 200 ml water, 100 g plain cooking chocolate, 50 ml water, 50 ml cream.

*Peel the pears, cut in half and core. Place the 200 ml water in the bowl with the steam basket. Place the pears in the steam basket and sprinkle with cinnamon. Close the lid, select the steam cooking mode, the cooking time and press **[start]**. The appliance will automatically switch over to keep warm after 20 minutes cooking. To make the chocolate sauce, slowly melt the chocolate with the water and the cream. Mix. Serve the pears coated with chocolate sauce.*

SLOW COOKING

HINTS AND TIPS WHEN SLOW COOKING

- Root vegetables, such as carrots, celery, swede, turnip, and potatoes, usually take longer to cook than meat when Slow Cooking. Thinly slice or dice them into small pieces about 5 mm (¼ inch) in size. Make sure they are immersed in the cooking liquid otherwise they will not cook through.
- Food does not brown when slow cooking, so meat and poultry should be browned first in a frying pan and then transferred to the bowl. If thickening the recipe at the start of cooking, add flour or cornflour to the food when browning, stir it in and cook for 1 minute.
- Always completely thaw all frozen ingredients before cooking, especially poultry and meat. If using frozen vegetables thaw them first, otherwise they will lower the temperature of the slow cooked food. Add the thawed vegetables about 30 minutes before the end of cooking.
- With slow cooking less liquid is required as it does not evaporate. Some recipes actually finish up with more liquid once they are cooked, as the juices from the food combine with the cooking liquid. When adapting conventional recipes for slow cooking, as a general guide use about half the normal liquid since there is less evaporation.
- Avoid opening the lid during slow cooking as this allows significant loss of heat, hence lengthening the cooking time considerably. Only open the lid to add further food ingredients.
- Flavours are intensified, so use seasonings and flavourings sparingly. Season lightly and then adjust the seasoning after cooking has finished.
- Add cream or milk or egg yolk to savoury dishes at the end of cooking time, as long cooking could cause them to curdle.
- If preferred, dishes can be thickened towards the end of the cooking time. Blend some cornflour with a little cold water and stir into the ingredients for the final 1-1½ hours of cooking. Alternatively, use instant thickening granules available from supermarkets as directed on the packet.

BEEF IN RED WINE AND ONIONS - Slow cooking (for 6)

Preparation: 15 mins

Cooking time: 7 - 9 hours

Ingredients: 2 tbsp vegetable oil, 200 g unsmoked streaky bacon (chopped), 1 chopped onion, 1 crushed clove of garlic (optional) 1 kg rump steak, 2 tbsp plain flour, 300 ml red wine, 1 bay leaf, 12 small whole onions, salt and freshly ground black pepper.

*Trim any excess fat off the steak and cut into 2 cm cubes. Heat the oil in a large pan and brown the meat on all sides. Transfer to the rice cooker bowl. Gently fry the bacon, chopped onion and garlic for about 2 – 3 minutes. Stir in the flour, then slowly add the red wine, and mix until well blended. Bring the boil, stirring continuously, and then add the bay leaf, onions and seasoning. Transfer to the rice cooker bowl and mix well. Close the lid, select slow cooking mode, the cooking time (within the range 7 – 9 hours) and press **start**. Serving suggestion: Serve with new potatoes. If the gravy is too thin, transfer to a pan and thicken using a little cornflour. Serve six people.*

CHICKEN AND BACON CASSEROLE - Slow cooking (for 4)**Preparation:** 15 mins**Cooking time:** 6 - 8 hours

Ingredients: 2 tbsp vegetable oil, 4 chicken portions, 2 rashers smoked streaky bacon, 2 chopped onions, 1 crushed clove garlic (optional), 2 carrots (in 5 mm dice), 2 celery sticks (in 5 mm slices), 2 tbsp plain flour, 450 ml chicken stock, 2 tbsp tomato purée, ½ tsp dried mixed herbs (optional), salt and freshly ground black pepper.

*Heat the oil in a large pan and brown the chicken on all sides. Transfer to the rice cooker bowl. Add the bacon, onions, garlic, carrots and celery and gently fry for about 4 minutes. Stir in the flour and then gradually add the stock, tomato purée, mixed herbs and seasoning. Bring to the boil stirring continuously. Pour over the chicken. Close the lid, select slow cooking mode, the cooking time (within the range 6 – 8 hours) and press **start**. Serving suggestion: Adjust seasoning after cooking and serve with new potatoes. If the sauce is too thin, transfer to a pan and thicken using a little cornflour. Serves four people.*

PORK, CIDER AND APPLE CASSEROLE - Slow cooking (for 4 - 5)**Preparation:** 15 mins**Cooking time:** 6 - 8 hours

Ingredients: 2 tbsp vegetable oil, 1 chopped onion, 2 celery sticks (in 5 mm slices), 1 large tart chopped cooking apple e.g. Bramley (about 350g when chopped), 750 g loin pork, 2 tbsp plain flour, 300 ml dry or medium dry cider, ½ tsp dried thyme, ½ tsp dried sage, salt and freshly ground black pepper.

*Trim any excess fat off the pork and cut into 2 cm cubes. Heat the oil in a large pan and gently fry the pork until lightly browned all sides. Transfer to the rice cooker bowl. Add the onion, celery, and apple to the pan and gently fry for 3 minutes. Stir in the flour and then gradually add the cider. Bring to the boil stirring continuously, and then add the herbs and seasoning. Transfer to the rice cooker bowl and mix well. Close the lid, select slow cooking mode, the cooking time (within the range 6 - 8 hours) and press **start**. Serves four people generously or five for smaller portions.*

CHUNKY VEGETABLE SOUP - Slow cooking *(for 6)*

Preparation: 20 mins

Cooking time: 4 - 6 hours

Ingredients: 2 tbsp vegetable oil, 1 large leek (in 5 mm slices), 1 large carrot (in 5 mm dice), 2 small onions (chopped), 2 sticks celery (in 5 mm slices), 175 g green cabbage (finely shredded), 1.5 litre vegetable stock, 400 ml tomato passata sauce, salt and freshly ground black pepper.

*Heat the oil in a large pan. Add the leek, carrot, onions, and celery and fry gently for about 2 minutes. Add the cabbage and remaining ingredients. Bring to the boil. Transfer to the rice cooker bowl. Close the lid, select slow cooking mode, the cooking time (within the range 4 - 6 hours) and press **start**. Serving suggestion: Adjust the seasoning before serving and serve with grated Parmesan cheese and crusty white bread. Serves six people.*