

**The Professional Series™**  
**5- and 6-QUART CROCKERY COOKERS**  
L5379

CARE AND USE INSTRUCTIONS

TO PREVENT PERSONAL INJURY OR PROPERTY DAMAGE, READ AND FOLLOW THE INSTRUCTIONS  
AND WARNINGS IN THIS CARE AND USE INSTRUCTIONS MANUAL.

Register this product and other West Bend® products through our website: [www.westbend.com](http://www.westbend.com)

**IMPORTANT SAFEGUARDS:** When using electrical appliances, basic safety precautions should always be followed including the following:

- Read all instructions before using.
- With slow cooker set at the Off position, plug cord into wall outlet. After cooking and serving, turn slow cooker Off and unplug cord from wall outlet. Do not leave slow cooker plugged in when it is not being used.
- Slow cooker should always be unplugged before cleaning.
- Do not let cord touch hot surfaces or hang over the edge of a counter, table or surface area.
- The slow cooker, its cord and plug should not be used outdoors, immersed in liquid, placed near a hot gas or electric burner, or placed in a heated oven.
- Do not touch slow cooker pot, cover or electric heating base when they are hot. Use hot pads on handles when lifting or carrying. Be very careful when moving cooker if it contains hot liquid. Let cool before pouring out.
- Supervise closely when cooker is being used by or near children.
- Use your cooker only for the cooking tasks described in this booklet. Do not use attachments with your slow cooker unless recommended by The West Bend Company.
- Do not use your slow cooker if it or its cord have been damaged or if it is not working properly. Return your slow cooker to The West Bend Company for examination and /or repair.

**SAVE THESE INSTRUCTIONS :** Your slow cooker needs no special care other than cleaning. If servicing becomes necessary, return your slow cooker to The West Bend Company. See Warranty section in this booklet for service details. Do not attempt to repair it yourself.

For household use only.

**Electric Cord Statement:** Your slow cooker has a short cord as a safety precaution to prevent personal injury or property damage resulting from pulling, tripping or becoming entangled with the cord. Do not allow children to be near or use this slow cooker without close adult supervision. If you must use a longer cordset or an extension cord when using this slow cooker, the cord must be arranged so it will not drape or hang over the edge of a countertop, tabletop or surface area where it can be pulled on by children or tripped over. To prevent electric shock, personal injury or fire, the electrical rating of the extension cord you use must be the same or more than the wattage of the slow cooker (wattage is stamped on underside of base).

**WARNING:** To prevent injury or property damage caused by fire, always unplug this and other appliances when not in use.

**WARNING:** This appliance may contain substances known to the State of California to cause cancer, birth defects or other reproductive harm.

**IMPORTANT SAFETY INSTRUCTIONS:** This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit full in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Never use with an extension cord unless plug can be fully inserted. Do not attempt to defeat this safety feature.

**SPECIAL NOTES:** During the first use, some smoke and/or an off odor may be noted due to manufacturing oils being released upon initial heating. Also, some expansion/contraction sounds may be noted during heating and

cooling which is normal. The outside surfaces of cooker will become hot during use as the heat is supplied from the sides. Use hot pads or oven mitts when handling.

**CAUTION:** To prevent personal injury, use hot pads or oven mitts when handling cooker as surfaces become hot during use.

**SPECIAL TIPS ON USING STONEWARE COOKING POT:** Like any ceramic, the stoneware cooking pot cannot withstand severe and sudden changes in temperature. Keep these points in mind when using the stoneware cooking pot to prevent damage:

- Do not preheat stoneware pot in heating base and then add cold food. Always place foods into room temperature pot, then place into heating base before turning on.
- If adding frozen foods to stoneware pot for slow cooking, add 1 cup of warm water or liquid to help equalize the temperature.
- Stoneware cooking pot can be filled with food the night before and refrigerated. When ready to cook, place cooking pot into heating base and cook at LO or HI setting. Do not preheat heating base before adding cooking pot.
- Use hot pads or oven mitts if stoneware pot is removed from heating base after cooking. Set pot on hot pad or trivet. Do not set hot pot directly on countertop or other surface.
- Do not use stoneware pot on top of gas or electric range top burner or under a broiler.
- Do not put stoneware pot in freezer.
- Stoneware cooking pot (without glass cover) can be used in a microwave oven. Do not put glass cover in microwave oven, as damage will occur. Do not use cooking pot in conventional oven, as breakage will occur. Use hot pads or oven mitts if cooking pot is used in microwave oven.
- After use, allow stoneware pot to cool before cleaning.
- Do not put cold water into hot stoneware cooking pot.
- See cleaning section for proper care of stoneware cooking pot.

**SPECIAL SAFEGUARDS FOR GLASS COVER:** Failure to follow these instructions may cause immediate or later breakage of glass cover, which can result in personal injury or property damage. Carefully read and follow the safeguards as follows:

**CAUTION:** Glass cover can shatter from direct heat.

- DO NOT place cover under broiler, in microwave oven, under a microwave-browning element or in a toaster oven.
- DO NOT set glass cover on hot burner or on oven heat vent.
- DO NOT use cover if it has been used in the above manners even if it does not look damaged. See Warranty section in the pamphlet on how to obtain a replacement cover.

**CAUTION:** Glass cover can shatter if cooled suddenly. Avoid severe temperature change.

- DO NOT set hot glass cover on cold or wet surface; let cover cool before placing in water.
- ALWAYS handle hot cover with dry oven mitts; do not use wet cloths.
- ALWAYS set hot glass cover on dry, heat-protective surface for gradual cooling.

**CAUTION:** Chips, cracks, or deep scratches weaken the glass cover. Weakened glass can shatter during use.

- DO NOT use cover if chipped, cracked or scratched. Discard immediately. See Warranty section in this booklet on how to obtain a replacement cover.

- ALWAYS follow care and use instructions in this booklet to avoid chips, cracks and scratches due to hitting rims, using metal utensils, using abrasive scouring pads or cleansers or from accidental impact.

**CAUTION:** To prevent personal injury or steam burns when removing cover from pot:

- ALWAYS use oven mitts when removing glass cover from slow cooker pot.
- ALWAYS tilt cover toward you.

## USE AND CARE

### • Clean Before Using The First Time

Wash cooking pot and cover in hot soapy water with dishcloth or sponge, rinse and dry. If cooking pot has non-stick interior, condition coating by wiping 1 to 2 teaspoons of cooking oil over surface.

**CAUTION:** To prevent personal injury or electric shock, do not immerse slow cooker heating base, its cord or plug in water or other liquid.

Your slow cooker is now ready to use.

### • Using Slow Cooker

1. Place heating base on dry, level, heat-resistant surface, away from any edge.
2. Place foods into cooking pot, cover and place into heating base. (If you wish to brown or precook any foods before slow cooking, this must be done in a different cooking utensil on top of the range.) **Never place stoneware cooking pot on top of range unit as it will break from direct contact with heat.**
3. With heat control set to **OFF** position, plug cord into a 120 volt AC electric outlet **ONLY**.
4. Set heat control to **LO or HI** and cook for recommended time given in recipe. Signal light will glow when cooker is on. As a general guideline, most meat and vegetable combinations need 8 to 10 hours of cooking at **LO**, and 4 to 6 hours at **HI**. **Do not cook foods at Keep Warm setting as temperature does not get hot enough to cook foods. Use Keep Warm setting only to keep hot, cooked foods warm for serving.**

Avoid removing cover when slow cooking as cooking time will be increased due to loss of temperature. Remove cover only when needed to stir occasionally or when adding ingredients.

Use hot pads or oven mitts when handling cover or cooking pot as handles will become hot during cooking.

5. After food is cooked, reduce heat to Keep Warm for serving or turn control to Off position. Unplug cord from electrical outlet after use. Allow cooker to cool before cleaning.

### • Cooking Tools to Use

Use plastic, rubber, wooden or smooth-edged metal cooking tools on cooking pot. Do not use sharp edged metal cooking tools (forks, knives, mashers, etc.) as these can scratch the coating on the pot.

## SLOW COOKING TIPS

- Foods will simmer along the sides of the pot at all settings as the heat is supplied from the sides of the base. As a result, foods can stick to the sides of the pot. To reduce severe sticking, stir foods occasionally.
- Less tender, less expensive cuts of meat are better suited to slow cooking than expensive cuts of meat. Remove excess fat from meat when possible before slow cooking. Remove skin from poultry, if desired, before cooking. Brown meat if desired, in separate cooking utensil on top of range, then place into cooking pot. Do not use cooking pot on top of range, then place into cooking pot. Do not use cooking pot on top of range or under a broiler or browning element as damage will occur.
- Raw vegetables typically take longer to cook than meats as the liquid simmers rather than boils. To ensure complete doneness of vegetables, cut into uniform, bit-size pieces, about ½ inch in size before adding to cooking pot.

- If desired, ingredients for recipe can be combined in cooking pot and kept refrigerated up to 2 days before cooking. When ready to cook, simply place pot into heating base and set heat control for desired setting.
- Insert a meat thermometer into roasts, hams or whole chickens to ensure meats are cooked to desired or recommended degree of doneness.
- Fresh or thawed fish and seafood fall apart during long hours of cooking. Add these ingredients an hour before serving.
- Because milk, sour cream and natural cheese break down during long hours of cooking, add these ingredients just before serving or substitute with undiluted condensed creamed canned soups or evaporated milk. Processed cheese tends to give better results than naturally aged cheese.
- Rice and pasta may either be cooked separately or added uncooked during the last hour of cooking time. If added uncooked, make sure there are at least 2 cups of liquid in the cooking pot. Stir occasionally to prevent pieces from sticking together.
- An extra hour of cooking won't ruin the recipe, so don't worry if you get home late. Dinner will be waiting for you.
- To thicken juices for gravies, stews or sauces, add 2 to 3 tablespoons of quick cooking tapioca before cooking, or thickening after cooking by adding a smooth paste made of 2 to 4 tablespoons cornstarch or flour and ¼ cup cold water. Set heat control at HI setting and stir until liquid thickens.
- Cooked foods can be kept warm for serving at the Keep Warm setting.
- Many of your favorite recipes can be adapted to the slow cooker. Use the following as a guide:

If Recipe Says to Cook:	Cook at LO	Cook at HI
30 minutes	6 to 8 hours	3 to 4 hours
35 to 60 minutes	8 to 10 hours	5 to 6 hours
1 to 3 hours	10 to 12 hours	7 to 8 hours

- **Clean After Each Use**

**CAUTION:** To prevent personal injury or electric shock, do not immerse slow cooker heating base, its cord or plug in water or other liquid.

1. Allow stoneware-cooking pot to cool before cleaning.
2. Wash cooking pot and cover in warm soapy water with a dishcloth or sponge, rinse and dry. If necessary, a non-abrasive scouring cleanser such as Bon-Ami® may be used to remove stains. **Do not use any abrasive metal scouring pads or cleansers on stoneware pot or cover as damage may occur.**
3. Wipe heating base if necessary with a damp cloth and dry.

**Dishwasher Cleaning:** Stoneware cooking pot and cover may be cleaning in automatic dishwasher. Position into rack so these pieces do not touch one another or other items being cleaned to prevent damage.

**Special Cleaning:** If staining of the pot occurs, use a non-abrasive cleanser such as Bon-Ami® or a paste of baking soda applied with a soft cloth. To remove water spots or mineral deposits, wipe the cooking pot with white distilled vinegar or pour a small amount into pot to let soak. After cleaning, wash pot in warm soapy water, rinse and dry. If pot has a non-stick interior, recondition coating by wiping with 1 to 2 teaspoons cooking oil before using.

### **MINESTRONE SOUP**

- 3 cups water
- 2 10 ½ - ounce cans chicken broth
- 1 medium onion, chopped
- 3 carrots, diced
- 1 medium zucchini, halved and cut in ¼ -inch slices
- 1½ cups chopped cabbage
- 1 15-ounce can garbanzo beans, undrained
- 3 14.5 ounce cans whole tomatoes, undrained, cut-up
- 5 slices bacon, cooked and crumbled, optional
- 2 cloves garlic, minced
- 1½ teaspoons Italian seasoning
- 1 teaspoon salt
- ½ teaspoon pepper
- ¾ cup small elbow macaroni or other pasta, uncooked

**Cook at:** LO for 8 to 10 hours  
HI for 5 to 6 hours

1. Combine all ingredients, except macaroni, in stoneware cooking pot; stir to blend. Place cooking pot into heating base, cover and cook at desired heat setting for time given or until vegetables are tender.
2. Increase heat to HI setting and add macaroni; stir to blend. Cover and cook for 30 minutes. Serves 6 to 8. Set at Keep Warm for serving if desired.

### **CHILI**

- 2 pounds lean ground beef or turkey
- 1½ cups chopped onion
- 1½ cups chopped green pepper
- 2 cloves garlic, minced
- 3 28-ounce cans whole tomatoes, undrained, cut-up
- 1 15-ounce can kidney beans, undrained
- 2½ tablespoons chili powder
- 1½ teaspoons ground cumin
- 1½ teaspoons salt
- ¾ teaspoon pepper

**Cook at:** LO for 8 to 10 hours  
HI for 4 to 5 hours

1. Brown ground beef or turkey with onion, green pepper and garlic in skillet over medium heat of range unit. Remove excess grease. Transfer mixture into stoneware cooking pot. Add remaining ingredients; stir to blend.
2. Place cooking pot into heating base, cover and cook at desired heat setting for time given. Serves 6 to 8. Set at Keep Warm for serving if desired.

### **BOSTON BAKED BEANS**

- 4 cups dried navy beans
- 12 cups water
- 1 teaspoon salt
- 1 large onion, chopped
- ½ pound salt pork, cut into 1-inch cubes
- ⅓ cup molasses
- ¾ cup catsup
- ¾ cup brown sugar
- 1 tablespoon dry mustard

**Cook at:** Lo for 15 to 18 hours

1. Rinse and sort beans. Place beans, water, salt, onion and salt pork in stoneware cooking pot. Place pot into heating base, cover and cook at LO for 13 to 15 hours or overnight until beans are tender.
2. Drain beans, reserving 2 cups liquid. Return beans to cooking pot. In bowl combine reserved bean liquid with remaining ingredients. Pour over beans and stir to blend. Cover and cook at LO for 2 to 3 hours to blend flavors. Makes about 3 quarts or 12 to 16 servings.

**TO HEAT AND SERVE CANNED BAKED BEANS:** Canned baked beans may be heated in you slow cooker. Simply add desired amount of beans to stoneware cooking pot and add any additional ingredients as desired, stirring to blend. Place cooking pot into heating base, cover and heat at LO for 5 to 6 hours, or at HI for 2 to 3 hours, stirring occasionally. Set at Keep Warm for serving if desired.

### **HEARTY CHICKEN NOODLE SOUP**

- 2-2½ pounds chicken parts, skinned if desired
- 6 cups water
- 1 medium onion, chopped
- 6 carrots, cut into ½-inch pieces
- 5 ribs celery, cut into ½-inch pieces
- 1 14 ½-ounce can whole tomatoes, undrained, cut-up
- 1 ½ tablespoons instant chicken bouillon
- 1 tablespoon dried parsley flakes
- 1 teaspoon salt
- ½ teaspoon dried rosemary leaves
- ½ teaspoon pepper
- 1 cup uncooked fine egg noodles

**Cook at:** LO for 8 to 10 hours  
HI for 5 to 6 hours

1. Combine all ingredients, except egg noodles, in stoneware cooking pot. Place pot into heating base, cover and cook at desired heat setting for time given or until chicken and vegetables are tender.
2. Remove chicken pieces from cooking pot and set aside to cool slightly. Set control to HI and add noodles, stirring to combine. Cover and continue to cook 30 minutes.
3. Meanwhile, remove chicken from bones and cut into bite-size pieces. Return meat to cooking pot and cook until noodles are tender. Serves 6 to 8. Set at keep warm for serving if desired.

### **SLOW COOKER STEW**

- 2-2½ pounds beef stew meat, cut into 1-inch pieces
- 1 medium onion, chopped
- 6 carrots, cut into ½-inch pieces
- 4 ribs celery, cut into ½-inch pieces
- 5 medium potatoes, cut into ½-inch pieces
- 1 28-ounce can whole tomatoes, undrained, cut-up
- 2 10½-ounce cans beef broth
- 1½ tablespoons Worcestershire sauce
- 2 tablespoons dried parsley flakes
- 2 bay leaves
- 1½ teaspoons salt
- ½ teaspoon pepper
- 3 tablespoons quick cooking tapioca

**Cook at:** LO for 8 to 10 hours  
HI for 5 to 6 hours

1. Combine all ingredients in stoneware cooking pot; stir to blend.
2. Place cooking pot into heating base, cover and cook at desired heat setting for time given or until meat and vegetables are tender. Remove bay leaves before serving. Serves 6 to 8. Set at Keep Warm for serving if desired.

### **CHICKEN VEGETABLE STEW**

- 2-2½ pounds chicken parts, skinned if desired
- 5 carrots, cut into ½-inch pieces
- 3 ribs celery, cut into ½-inch pieces
- 1 7-ounce can mushroom stems and pieces, undrained
- 1 15-ounce jar whole small onions, undrained OR 1 medium onion, chopped
- 1 16-ounce bag frozen peas, rinsed with hot water
- 1 teaspoon salt
- ¾ teaspoon dried thyme leaves
- ¾ teaspoon paprika
- ½ teaspoon rubbed sage
- ½ teaspoon pepper
- 1½ cups water
- 1 6-ounce can tomato paste
- 2 10½-ounce cans chicken broth
- 4 tablespoons cornstarch
- ⅓ cup water

**Cook at:** LO for 8 to 10 hours  
HI for 5 to 6 hours

1. Place chicken parts, carrots, celery, mushrooms, onions and peas in stoneware cooking pot. In medium bowl combine salt, thyme, paprika, sage, pepper, water, tomato paste and broth. Pour over chicken mixture.
2. Place cooking pot into heating base, cover and cook at desired heat setting for time given or until chicken and vegetables are tender.
3. Remove chicken pieces and set aside to cool slightly. Remove meat from bones and cut into bite-size pieces. Return meat to cooking pot; stir to combine.
4. Set control to HI. Combine cornstarch and water; stir slowly into stew until thickened. Serves 6 to 8. Set at Keep Warm for serving if desired.

### **HERBED PORK ROAST**

- 4 large cloves garlic, quartered
- 5 pound pork roasts, boneless or bone-in
- 1 teaspoon salt
- 1 teaspoon ground thyme
- ½ teaspoon rubbed sage
- ½ teaspoon ground cloves
- 1 teaspoon grated lemon peel
- ½ cup water
- 3 tablespoons cornstarch, optional
- 3 tablespoons water, optional

**Cook at:** LO for 9 to 10 hours  
HI for 5 to 6 hours

1. Cut 16 small pockets into roast and insert garlic pieces. In small bowl combine salt, thyme, sage, cloves and lemon peel. Rub into pork roast.
2. Pour ½ cup water into stoneware cooking pot. Add roast. Place pot into heating base, cover and cook at desired heat setting for time given or until meat thermometer inserted into center of roast reads 170° F or higher.
3. Allow roast to stand 10 to 15 minutes before carving. Remove garlic pieces. Juices may be thickened for gravy if desired. Dissolve cornstarch in water. Set control to HI. Stir slowly into juices until thickened. Serves 6 to 8.

### **BEEF ROAST WITH VEGETABLES**

- 3-3½ pound beef roast
- salt and pepper to taste
- 1 large onion, quartered or sliced
- 6 carrots, cut into 1-inch pieces
- 6 medium potatoes, quartered and halved

½ cup water

**Cook at:** LO for 9 to 10 hours  
HI for 5 to 6 hours

1. If desired, brown roast in skillet over medium heat of range unit before placing into stoneware cooking 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. (Meat thermometer should read 170° F for well done). Thicken juices with mixture of 2 tablespoons cornstarch and 2 tablespoons water if desired. Set control in HI and slowly stir mixture into juices until thickened. Serves 6.

### **CORNED BEEF AND CABBAGE**

3-4 pound corned beef brisket  
1 medium onion, sliced  
½ teaspoon celery seed  
½ teaspoon mustard seed  
1 clove garlic, minced  
1 bay leaf  
water  
1 small head cabbage cut into wedges

**Cook at:** LO for 7 to 9 hours

1. Place brisket with liquid and spices from package into stoneware cooking pot. Add onion, celery seed and bay leaf. Add just enough water to cover brisket, about 4 cups. Cover and cook at LO for 7 to 9 hours or until brisket is fork tender.
2. During last hour of cooking, add cabbage wedges and continue cooking at LO. Discard cooking liquid and spices. Serves 6.

### **HONEY GLAZED HAM**

4 pound boneless, fully cooked ham  
1 12-ounce can lemon-lime soda  
¼ cup honey  
½ teaspoon prepared mustard  
¼ teaspoon ground cloves  
¼ teaspoon ground cinnamon

**Cook at:** LO for 6 to 8 hours  
HI for 3 to 4 hours

1. Place ham and soda into stoneware cooking pot. Cover and cook at desired heat setting for time given.
2. Thirty minutes before serving, combine remaining ingredients, including 3 tablespoons dripping from bottom of cooking pot. Spread glaze over ham. Cover and continue heating. Let ham stand for 15 minutes before carving. Serves 10 to 12.