

# cook's essentials™

## SLOW COOKER

Instruction Manual



Important Safeguards.....	2
Before using for the first time .....	3
Using Your cook's essentials™ Slow Cooker.....	4
Helpful Hints.....	5
Temperature Guide .....	6
Cleaning Your cook's essentials™ Slow Cooker.....	7
Recipes .....	7

**SAVE THIS INSTRUCTION MANUAL FOR FUTURE REFERENCE**

# IMPORTANT SAFEGUARDS



## CAUTION

**To prevent personal injury or property damage, read and follow all instructions and warnings.**

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

- Read all instructions, including these important safeguards and the care and use instructions in this manual.
- Do not touch hot surfaces. Use handles or knobs and hot pads or oven mitts.
- Always unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts and before cleaning.
- Close supervision is necessary when this appliance is used by or near children.
- Do not operate any appliance with a damaged cord or plug, after the appliance malfunctions, or has been damaged in any manner. For service information see warranty page.
- The use of accessory attachments not recommended by Focus Electrics may cause fire, electric shock, or injury.
- Do not use this appliance outdoors.
- Do not let cord hang over the edge of the table or counter, or touch hot surfaces.
- Do not plug on or near a hot gas or electric burner, or in a heated oven.
- Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
- Always attach cord to heating base, then plug cord into electrical outlet. To disconnect, turn control to "OFF," unplug cord from electrical outlet letting heating base cool completely before removing cord and before cleaning.
- Do not use appliance for other than intended use.
- To protect against electric shock, do not immerse cord, plugs, or other electric parts in water or other liquids.
- Do not attempt to repair this appliance yourself.
- A short power-supply cord is provided to reduce risks resulting from becoming entangled in or tripping over a longer cord.
- Longer extension cords are available, but care must be excersized in their use. While use of an extension cord is not recommended, if you must use one, ensure that the marked electrical rating of the extension cord is equal to or greater than that of the appliance. If the plug is of the grounded type, the extension cord must be a grounding-type 3-wire cord. To avoid pulling, tripping or entanglement, position the extension cord so that it does not hang over the edge of the counter, table or other area where it can be pulled on by children or tripped over.
- This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.
- Do not use an outlet or extension cord if the plug fits loosely or if the outlet or extension cord feels hot.

- Do not use glass cover if it is chipped or has deep scratches. Weakened glass can shatter during use. Discard immediately.
- Do not place glass cover with metal ring in the microwave oven.
- Glass is breakable. Care should be taken not to drop or impact the glass cover. If the cover breaks, it will do so in many pieces. Avoid or discard any foodstuffs exposed to broken cover.
- Be extremely cautious of steam when removing cover. Lift cover slowly, directing steam away from you.
- Set metal cooking pot and cover on hot pad, trivet or other heat protective surface. Do not set directly on the counter, table or other surface.
- Do not heat covered and empty cooking pot on top of range. If preheating of cooking pot is necessary, preheat without cover on.
- Do not allow covered pot to boil dry on top of range unit.
- Do not set glass cover on hot burner or on oven heat vent. Sudden temperature change may cause the cover to crack or shatter.
- Do not set hot cover on cold or wet surface; let cover cool before placing in water.
- **For household use only.**

## SAVE THESE INSTRUCTIONS

### BEFORE USING FOR THE FIRST TIME

1. Before using, wash slow cooker pot, and covers with warm, soapy water, rinse and dry.
2. Wipe non-stick finish of slow cooker heating base with a damp cloth and dry.
3. Wipe the non-stick finish on inside of cooking pot with a teaspoon of vegetable cooking oil using a paper towel. This will condition the non-stick finish to prevent sticking. **NOTE:** Do NOT use shortening or butter to condition the finish. Leave a light film of oil on finish. The non-stick finish will need to be reconditioned after each time the cooking pot is 1) cleaned in an automatic dishwasher; 2) the finish is treated with a special cleaner; 3) the finish is cleaned with lemon juice or vinegar to remove a mineral film; or 4) when sticking becomes a problem during use. **DO NOT CONDITION NON-STICK SURFACE OF SLOW COOKER HEATING BASE BEFORE USING AS A SLOW COOKER.**

## USING YOUR cook's essentials™ 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 cooking pot onto heating base. If you wish to brown or precook any foods before slow cooking, place slow cooker pot directly on range top unit over medium heat. After foods are browned or cooked, transfer cooking pot to heating base. **NOTE:** Use only plastic, rubber, wooden, or non-metal cooking tools in metal cooking pot. Use of metal cooking tools will scratch the non-stick surface.
3. Attach cord to base, then plug cord into a 120 volt AC electric outlet **only**.
4. Slow cooker base offers heat settings of Keep Warm, LO, Med and HI, or will be numbered 1-5. Heat setting #1 should only be used to warm dinner rolls, muffins, etc. Heat setting Keep Warm (#2) should only be used to keep cooked foods warm for serving, whereas LO (#3), Med (#4) and HI (#5) are to be used for actual cooking of foods. Set dial directly at setting or anywhere between for complete temperature control. **NOTE: DO NOT USE A HEAT SETTING BELOW LO (#3) FOR ACTUAL COOKING OF RAW FOODS AS THE SLOW COOKER WILL NOT GET HOT ENOUGH TO COOK FOODS.**

Select heat setting and cook food for recommended time as given in recipe. As a general guideline, most meat and vegetable combinations need 7 to 10 hours of cooking at LO (#3), 4 to 6 hours of cooking at Med (#4) or 2 to 3 hours of cooking at HI (#5). Meats will become most tender when cooked for the longer time at the lower heat setting. Avoid removing cover when slow cooking as cooking time will be increased due to loss of heat. Remove cover only when needed to stir occasionally or when adding ingredients.

- Some smoke and/or odor may occur upon heating due to the release of manufacturing oils – this is normal.
- Some expansion/contraction sounds may occur during heating and cooling – this is normal.

### CARE AND USE FOR USING STORAGE LID

#### Tips For Safe Use:

- Always use storage lid when transporting slow cooker.
- **DO NOT USE STORAGE LID FOR COOKING.** Storage lid is designed for use during storage in refrigerator or freezer **ONLY**.
- Storage lid does not completely seal cooking pot. Do not overfill cooking pot as spillage may occur.
- When removing storage lid from heated foods, use care as condensation may form on underside of lid.
- Do not put storage lid in any oven.
- Do not plug appliance into an electrical outlet while the slow cooker has the storage lid on.

## HELPFUL HINTS

- **Adapting Recipes to Slow Cooking:** Many of your favorite oven and range top recipes can be adapted to slow cooking with a few minor changes. Here are some important points to remember:
  - Amount of Liquid:** Because little moisture evaporates during slow cooking, reduce amount of liquid in your recipe by one-half (1 cup of liquid is enough for most recipes). For soup recipes, add all ingredients except water or broth to vessel; add only enough liquid to cover ingredients.
  - Amount of Seasoning:** Reduce amount of seasoning in proportion to reduced amount of liquid. Use whole or leaf herbs and spices rather than crushed or ground forms.
  - Slow Cooking Meat:** Less tender, less expensive cuts of meat are better suited to slow cooking than expensive cuts of meat. Remove excess fat before slow cooking if desired. Meat can be browned in the cooking pot on top of the range before slow cooking.
  - Slow Cooking Vegetables:** Add partially frozen vegetables, Chinese vegetables and fresh mushrooms during the last hour of cooking. Strong-flavored vegetables such as spinach, eggplant, okra and collard greens should be precooked before adding to cooker. The amount of onion normally used in your recipe should be reduced because its flavor gets stronger during cooking. In most cases, fresh vegetables take longer to cook than meats because liquid simmers rather than boils.
  - Slow Cooking Raw Meats and Vegetables:** Most raw meat and vegetable combinations need at least 4 to 6 hours of cooking at "HI" or 7 to 10 hours at "LO."
  - Slow Cooking Fish and Seafood:** Fresh or thawed seafood and fish fall apart during long hours of cooking. Add these ingredients an hour before serving and cook at "HI."
  - Slow Cooking Milk, Sweet or Sour Cream and Cheese:** Because milk, sour or sweet cream and cheese break down during long hours of cooking, add these ingredients just before serving or substitute undiluted condensed canned soups or evaporated milk. Processed cheese tends to give better results than aged cheese.
  - Rice and Pasta:** Rice and pasta may either be cooked separately, or added uncooked during last hour of cooking time. If added uncooked, make sure there is at least 1 to 1½ cups of liquid in vessel and heat is set at "LO" or higher.
  - Dumplings:** Dumplings may be cooked in broth or gravy at "HI." Drop by spoonfuls on simmering broth or gravy. Cook covered for 30 minutes.
  - Thickening Juices for Gravies and Sauces:** To thicken juices for gravies and sauces, add 2 to 3 tablespoons of quick cooking tapioca at start, or thicken after cooking by adding a smooth paste made of 2 to 4 tablespoons cornstarch or flour and ¼ cup cold water. Bring to a boil at "HI." Solid foods may be removed first.
- **Don't Remove Cover During Cooking:** To retain heat, moisture and food flavor, don't remove cover during cooking unless necessary for adding additional ingredients.
- **Using Cooking Tools on Non-Stick Finish:** The following types of cooking tools may be used on the non-stick finish: plastic, rubber or wooden. Do not use sharp edged metal cooking tools (forks, knives, mashers) as these could scratch the non-stick finish.

- **Using Cooking pot on Top of Range:** The cooking pot (without heating base) can be used for range top cooking. Place vessel on large range unit. Use medium to low heat. The use of low to medium heat will prevent foods from overcooking, reduce spattering and help retain natural juices. Do not use high heat except for bringing liquids to a boil. If cooking on a gas range, do not let flame extend up side of cooking pot. **ALWAYS USE OVEN MITTS WHEN USING COOKING POT AND COVER ON RANGE UNIT.**
- **Cooking Meats:** When cooking meats, preheat empty cooking pot over medium to medium-low heat for 2 to 3 minutes or until a drop of water sizzles in cooking pot. To prevent sticking of lean meats, you may wish to add a small amount of cooking oil. Add meat and brown as desired. Cover cooking pot and reduce heat to low for cooking on range top OR transfer cooking pot to heating base and cook at desired setting. The shortest cooking time will be at “HI.”
- **Using Cooking pot in Oven:** The cooking pot (without heating base) can be used in a conventional or convection oven up to preheated temperatures of 350 °F/177 °C. If cooking pot is to be covered, use only glass cover in oven. Cooking pot may be covered with aluminum foil for oven use. **ALWAYS USE OVEN MITTS WHEN USING COOKING POT IN OVEN.**
- **DO NOT USE THE COOKING POT IN A MICROWAVE OVEN, OVER A CAMPFIRE OR UNDER AN OVEN BROILER UNIT TO PREVENT DAMAGE TO THE COOKING POT OR OVEN.**
- **Bread, Cakes & Desserts:** Use an 8 x 4-inch or a 9 x 5-inch loaf pan. **Check to ensure that your pan fits completely into the cooking pot before mixing any ingredients.** To prevent condensation from dripping onto food while baking, place double layer of paper toweling and single layer of aluminum foil across top of cooking pot. Cover and bake according to recipe.

## TEMPERATURE GUIDE

Be sure to cook foods to recommended food-safe temperatures. Always check with a meat thermometer to ensure that the center is cooked completely.

MEAT		INTERNAL TEMPERATURES
Beef	Rare	140 °F/60 °C
	Medium	160 °F/71 °C
	Well	170 °F/76 °C
Pork	Fresh	170 °F/76 °C
	Smoked	160 °F/71 °C
	Canned	140 °F/60 °C
Lamb		170 °F to 180 °F/76 °C to 82 °C
Veal		170 °F/76 °C
Poultry		180 °F/82 °C

## CLEANING YOUR cook's essentials™ SLOW COOKER

1. Allow the entire unit (base, metal cooking pot, cover) to cool completely before cleaning. Set metal cooking pot and cover on dry, heat-protective surface for gradual cooling. **NOTE:** Do not run cold water over hot glass cover as it may crack or shatter if cooled suddenly.
2. Wipe heating base and cord with a damp cloth.
3. Metal cooking pot and glass cover may be washed using warm, soapy water by hand or cleaned in the dishwasher. If dishwasher cleaning, avoid contact between pieces to prevent damage. The non-stick surface of the cooking pot must be reconditioned with cooking oil after it is cleaned in a dishwasher to restore the non-stick properties. Wash plastic lid in warm, soapy water, rinse and dry. Lid can also be cleaned in dishwasher, **top rack only**.

## RECIPES

### Beef Vegetable Soup

1½ lbs. Beef soup bones or 1 pound beef short ribs	2 Ribs celery, chopped
1½ qt. Water	2 Potatoes, peeled and chopped
1 tsp. Salt	1 Small onion, chopped
¼ tsp. Pepper	1 Bay leaf
2 Carrots, chopped	1 16 oz Can whole tomatoes, undrained

1. Place soup bone, water, salt, pepper, carrots, celery, potatoes, onion and bay leaf into cooking pot. Cover and slow cook at "LO" for 6 to 7 hours.
2. Remove soup bone and cool slightly. Remove meat from bones and return to soup with tomatoes. Cover and slow cook an additional hour. Noodles or barley may be added, if desired.

### Herb Pork Roast

1 tsp. Salt	4-5 lbs. Pork roast, boneless or bone- in
1 tsp. Thyme	4 Large cloves garlic, quartered
½ tsp. Sage	2 tbsp. Water, optional
½ tsp. Ground cloves	2 tbsp. Cornstarch, optional
1 tsp. Grated lemon peel	

1. In small bowl combine salt, thyme, sage, cloves and lemon peel. Rub into pork roast. Cut 16 small pockets into roast and insert garlic pieces.
2. Place roast in cooking pot. Cover and cook at "LO" for 7 to 9 hours or at "HI" for 4 to 5 hours. Insert meat thermometer into roast to ensure internal temperature is 170°F/77°C or higher before serving. Allow roast to stand 10-15 minutes before carving. Remove garlic pieces. Juices may be thickened for gravy, if desired. Dissolve 2 tablespoons cornstarch in 2 tablespoons water. Stir slowly into juices until thickened at "HI."

## Pepper Steak

1½ lbs Round steak, cut into thin strips	1 Large green pepper, cut into thin strips
1 Clove garlic, minced	
1 cup Chopped onion	4 Tomatoes, cut into eighths, or 1 1-pound can whole tomatoes, undrained
½ tsp. Salt	1 lb. Can bean sprouts, drained
¼ tsp. Pepper	1 tbsp. Cornstarch
¼ tsp. Ginger	½ cup Cold water
1 tsp. Sugar	
½ cup Soy sauce	

1. Brown steak in cooking pot on range unit over medium heat. Transfer cooking pot to heating base using hot pads.
2. In a small bowl, combine garlic, onion, salt, pepper, ginger, sugar and soy sauce. Pour over steak. Cover and slow cook at "LO" for 6 to 8 hours or "HI" for 4 to 5 hours.
3. Add green peppers, tomatoes, and bean sprouts, stir to blend. Slow cook an additional hour. Just before serving, increase heat to "HI." Combine cornstarch and water. Gradually add to pepper steak, stirring until thickened. Reduce to Keep warm ("WM") for serving.

## Corned Beef and Cabbage

3 - 4 lb. Corned beef brisket	1 Bay leaf
1 Medium onion, sliced	Water
½ tsp. Celery seed	1 Small head cabbage, cut into wedges
½ tsp. Mustard seed	
1 Clove garlic, minced	

1. Place brisket with liquid and spices from package in cooking pot. Add onion, celery seed, mustard seed, garlic 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.

## Hearty Chicken Noodle Soup

2 lbs. Chicken parts, skinned if desired	1 tbsp. Instant chicken bouillon
5 cups Water	1 tbsp. Minced parsley
1 Medium onion, chopped	1 tsp. Salt
4 Carrots, cut into ½-inch pieces	½ tsp. Dried rosemary
4 Ribs celery, cut into ½-inch pieces	¼ tsp. Pepper
1 16 oz. Can whole tomatoes, cut up	1 cup Uncooked fine egg noodles

1. Combine all ingredients, except egg noodles, in cooking pot. Cover and cook at "LO" for 6 to 8 hours or at "HI" for 3 to 4 hours or until chicken and vegetables are tender.
2. Remove chicken pieces from cooking pot and set aside to cool slightly. Increase heat to "HI" and add noodles, stirring to blend. Cover and continue to cook for 30 minutes.
3. Meanwhile, remove chicken from bones and cut into bite-size pieces. Return meat to cooking pot to heat as noodles finish cooking. Reduce heat to Keep warm ("WM") for serving.



## Chili

1½ lbs. Ground beef	1 16 oz Can kidney beans, undrained
1 cup Onion, chopped	1½ tbsp. Chili powder
1 cup Green pepper, chopped	1 tsp. Salt
1 Clove garlic, minced	1 tsp. Ground cumin
1 28 oz. Can whole tomatoes, undrained	½ tsp. Pepper

1. Brown ground beef with onion and green pepper in cooking pot over medium heat of range unit. Remove excess grease.
2. Transfer cooking pot to heating base using hot pads. Add remaining ingredients, stir to blend. Cover and slow cook at "LO" for 7 to 8 hours. Reduce heat to Keep warm ("WM") for serving.

## Fish Chowder

2 lbs. Fresh or frozen fish fillets (haddock, perch, cod, flounder)	4 cups Hot water
2 tbsp. Lemon juice	1 16 oz Can stewed tomatoes
4 Slices bacon	1 cup Diced carrots
1 cup Chopped onion	2 tsp. Salt
¼ cup Diced celery	¼ tsp. Pepper
4 Medium potatoes, cut into cubes	1 tbsp. Worcestershire sauce
	2 tbsp. Dry sherry, optional

1. Cut fish into chunks and remove bones. Sprinkle with lemon juice. Cover and refrigerate.
2. Fry bacon in cooking pot on range top over medium heat until crispy. Drain on paper towel, crumble and set aside.
3. Sauté onion and celery in bacon drippings until brown. Transfer cooking pot to heating base using hot pads. Add potatoes, water, tomatoes, carrots, salt and pepper to cooking pot. Stir to combine. Cover and cook at "LO" for 4 to 5 hours or at "HI" for 2 to 3 hours.
4. Drain lemon juice from fish. Add fish, Worcestershire sauce and sherry to cooking pot. Simmer for 1 hour or until fish flakes easily with fork. Reduce heat to Keep warm ("WM") for serving. Garnish with crumbled bacon.

## German Beef Stew

1½ lbs. Beef chuck, cut into 2-inch cubes	¼ tsp. Pepper
2 tbsp. Flour	1 lb. Can whole tomatoes, undrained
½ tsp. Celery salt	2 cups Thinly sliced carrots
¼ tsp. Garlic powder	¼ cup Sherry cooking wine
½ tsp. Ground ginger	¼ cup Dark molasses
	¼ cup Raisins

1. Place beef in cooking pot. In a small bowl, combine flour, celery salt, garlic powder, ground ginger and pepper. Sprinkle over beef.
2. In a bowl, combine tomatoes, carrots, wine and molasses. Pour over beef.
3. Cover and place cooking pot on base. Simmer at "LO" for 6 to 8 hours. Add raisins 30 minutes before serving. Reduce heat to Keep warm ("WM") for serving. Serve over hot cooked noodles.

### **Cheese Curried Entrée**

2 10 oz. Packages frozen chopped broccoli, partially thawed	1 cup Water
3 cups (¾ pound) diced cooked ham, turkey or chicken	½ cup Salad dressing or mayonnaise
1 11 oz Can condensed cheddar cheese soup	¼ cup Finely chopped onion
	1 tbsp. Lemon juice
	½ tsp. Curry powder

1. Place broccoli evenly in bottom of cooking pot. Add ham, turkey or chicken.
2. Combine soup, water, mayonnaise, onion, lemon juice and curry powder in small mixing bowl; stir to blend. Pour soup mixture into cooking pot.
3. Place cooking pot on base, cover and simmer at “HI” for 2 hours or “LO” for 3 to 4 hours; or until broccoli is fork tender. Reduce heat to Keep warm (“WM”) for serving. Serve over toast or hot biscuits.

### **Country Ribs with Apples ‘N Kraut**

3 lbs. Lean country-style pork ribs, trimmed of any excess fat	1 8 oz Can mushrooms stems and pieces, drained
Salt and pepper	1 Large or 2 small apples, cored and cut into wedges
1 16 oz Can sauerkraut, undrained	¼ cup Brown sugar
1 Medium onion, thinly sliced and separated into rings	½ tsp. Celery seed

1. Preheat cooking pot on electric or gas range top heating unit over medium heat. Add ribs in batches to brown. Season with salt and pepper.
2. Return all ribs to cooking pot. Layer sauerkraut, onion, mushrooms, apple wedges and brown sugar over ribs. Sprinkle with celery seed.
3. Place cooking pot on base, cover and cook at “LO” for 7 to 9 hours or at “HI” for 3 to 4 hours until meat is tender. Reduce heat to Keep warm (“WM”) for serving.

### **Carrot Cake**

2 cups Flour	1 cup Vegetable oil
2 cups Sugar	4 Eggs
1 tsp. Baking soda	3 cups Grated carrots
1 tsp. Salt	1 tsp. Cinnamon

1. Grease bottom only of a 9 x 5-inch or 8 x 4-inch loaf pan with solid hydrogenated shortening. Dust with flour and shake out excess. Set covered cooking pot on base and preheat at “HI” while mixing ingredients.
2. In mixing bowl, sift flour, sugar, baking soda and salt. Add vegetable oil and stir until ingredients are moistened. Add eggs one at a time, beating well after each egg is added. Stir in grated carrots and cinnamon until evenly mixed. Pour batter into pan. Place pan in cooking pot.
3. Cover and bake at “HI” for 2 hours. Do not remove cover during this time. To test for doneness at end of recommended baking time, insert a metal cake tester in several places including center of cake. If cake tester comes out clean, cake is done. If batter clings to cake tester, continue baking in 15-minute intervals. Remove cake from pan and cool on rack. Frost with softened cream cheese, if desired. Makes a 1½-pound cake.

## Cranberry Nut Bread

2 cups (8-ounces) fresh or frozen cranberries	½ tsp. Baking soda
½ cup Walnuts	½ tsp. Salt
2 cups Flour	6 tbsp. Butter or margarine
1 cup Sugar	1 Egg
1½ tsp. Baking powder	1 tbsp. Grated orange peel
	½ cup Orange juice

1. Grease 9 x 5-inch or 8 x 4-inch loaf pan with solid hydrogenated shortening. Dust with flour and shake out excess. Set covered cooking pot on base and preheat at "HI" while mixing ingredients.
2. Grind cranberries and walnuts with coarse blade of food chopper. In a large mixing bowl, combine flour, sugar, baking powder, baking soda and salt. Cut in butter or margarine to form a coarse mixture. Make an indentation in mixture and add egg, orange peel and orange juice. Beat only until lumps disappear. Add chopped cranberries and walnuts. Stir until evenly mixed. Pour batter into pan. Place pan in cooking pot.
3. Cover and bake at "HI" for 3 hours. Do not remove cover during this time. To test for doneness at end of recommended baking time, insert a metal cake tester in several places including center of bread. If cake tester comes out clean, bread is done. If batter clings to cake tester, continue baking for 15-minute intervals. Remove bread from pan and cool on rack. Makes a 1½-pound loaf.

**NOTES**