



Welcome
to the **future of cooking**



Welcome to the future of cooking

Congratulations on becoming a Pal! That's how we call folks like you who decided to purchase a CookingPal product for your kitchen. We're all on the same journey to rediscover cooking and enjoying a homemade meal, so welcome aboard Pal!

Multo is a next-generation appliance with plenty of versatility

Which is also why it may take cooking 2-3 meals with it before you start getting familiar with how Multo works and all its functions. The best way to start off? Join our regular live cooking demos where we chat with you and other Pals as we cook together! If you can't make it to those, feel free to book a private cooking demo with us. We're always happy to cook and chat with a Pal!

Check out our regular demos at www.facebook.com/CookingPalOfficial



Book a private demo with us at cookingpal.com/cookingdemo





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1.

Getting to know Multo

What's in the box

Shallow steaming tray

Perfect for steaming your vegetables at the same time as other ingredients.

Measuring cup

Employ when high-speed functions are used. Place it in reverse orientation for slow-drop functions like emulsifying.

Simmering basket

Easily drain and cook foods like pasta and vegetables. It sits deeper in the bowl and makes it one of the more frequently used accessories.



Steamer lid

Make sure it's on before you steam!

Deep steaming tray

Default steaming tray. Use this especially for your proteins.

Lid

Has two safety locks. Make sure both sides are securely engaged to ensure safe use of the appliance.

Butterfly whisk

Designed to attach easily onto the top of Multo's blade. Ensures thick and even consistencies.

All accessories are dishwasher safe. Only the Main unit and Smart Kitchen Hub have electrical components which should not be submerged in water.

Blade

Designed with sharp and blunt profiles for multiple functions.

Mixing bowl

Where the magic happens. 3.1QT (3L) capacity makes cooking for families or meal prepping easy.



Spatula

Efficiently scrape all the food from Multo's bowl. Designed with a soft nib to lift the simmering basket easily and a hilt which can be used in conjunction with the lid for autonomous stirring.



Main unit

The engine of Multo. Single button designed for easy operation. LED ring indicates how far along the cooking process you are.



Smart Kitchen Hub

The main way to control Multo. A dedicated tablet durable enough for the kitchen environment and portable enough to go with you wherever in the house.



Cooking with Multo

Multo has multiple cooking functions in Cooking Modes and a regularly updated Guided Recipe library. We recommend Pals to start off with a few Guided Recipes to familiarize themselves with the device.



GUIDED

Access our Guided Recipe library, where you can download our newest recipes via Wi-Fi. Each recipe is guided step-by-step with photos and videos, and settings are preprogrammed and synced with Multo, helping even the most novice cooks to get started.



MODES

Access Multo's multiple cooking functions such as Steam, Scale, Clean etc. This is also where you find Manual mode, which gives you full control over Multo's capabilities.





2.

Cooking with Guided Recipes

Get started with these recipes

With our ever-expanding recipe library, you'll have plenty of choices for what to make. Here are five recipes we think are a great way to start familiarizing yourself with Multo's many functions. If any of these stir your fancy, just search it up on the Hub!



12 min
You prep
with Multo



22 min
Multo cooks
(you relax)

Mushroom Risotto

Mains

Experience a hassle-free way to make risotto with Multo's automated stirring and heat control.



20 min
You prep
with Multo



30 min
Multo cooks
(you relax)

Cheesy Italian Meatballs

Mains

Easily make gourmet meatballs from scratch and cook them simultaneously with your sauce.



6 min
You prep
with Multo



30 min
Multo cooks
(you relax)

Mac & Cheese

Mains

A classic. Now easier than ever to make and clean up afterwards all in Multo.



14 min
You prep
with Multo



23 min
Multo cooks
(you relax)

Tomato Basil Chicken Stew

Soups

A perfect dish for meal prep. Let Multo help you chop, grate, simmer, and keep warm all in one bowl.



5 min
You prep
with Multo

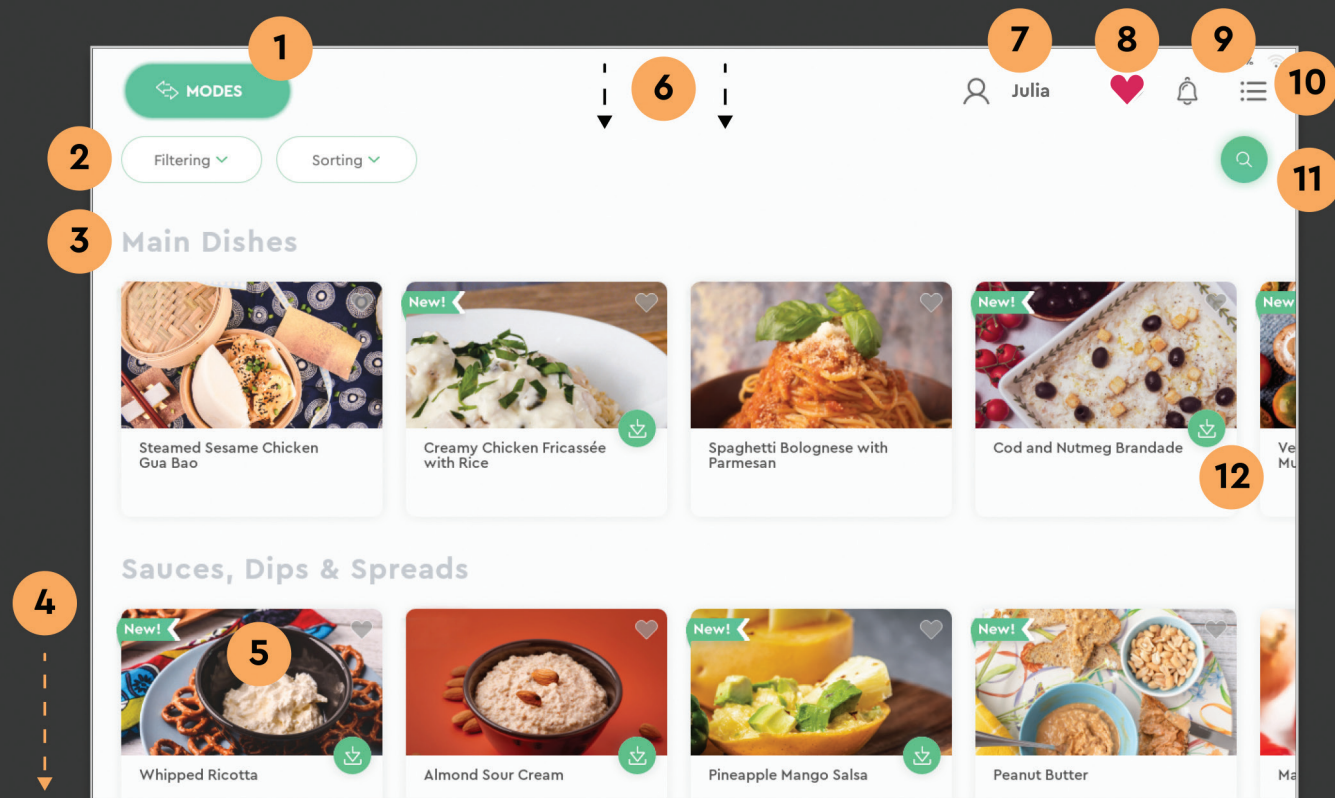


6 min
Multo cooks
(you relax)

White Chocolate Cream with Raspberry Purée

Desserts

No mess, no fuss. Melt the white chocolate and purée to the perfect consistency all with Multo.



Guided Recipes Homepage

Guided Recipes are the perfect way for Pals to get started with Multo. Step-by-step instructions are provided so that chefs of all levels can cook the recipes. New recipes are regularly uploaded so that you have plenty of choices when it comes to what you want to eat.

Note the screenshots in this booklet may look slightly different to what is on your Hub due to software updates.

*We strongly recommend you create a user profile to save your favorite recipes, cook history, sync with the phone app to monitor the cooking process and more.

1. Tap to switch to MODES.
2. To filter and sort recipes.
3. Recipe Category. Swipe left to discover more recipes.
4. Scroll down to browse our recipes for different categories.
5. Tap on a recipe to view it.
6. Swipe down to refresh and see our latest recipes (requires Wi-Fi).
7. Your user profile*
8. Your saved Favorites.
9. Update notifications.
10. Hub Menu.
11. Search Recipes.
12. This icon indicates that the recipe needs to be downloaded (requires Wi-Fi).

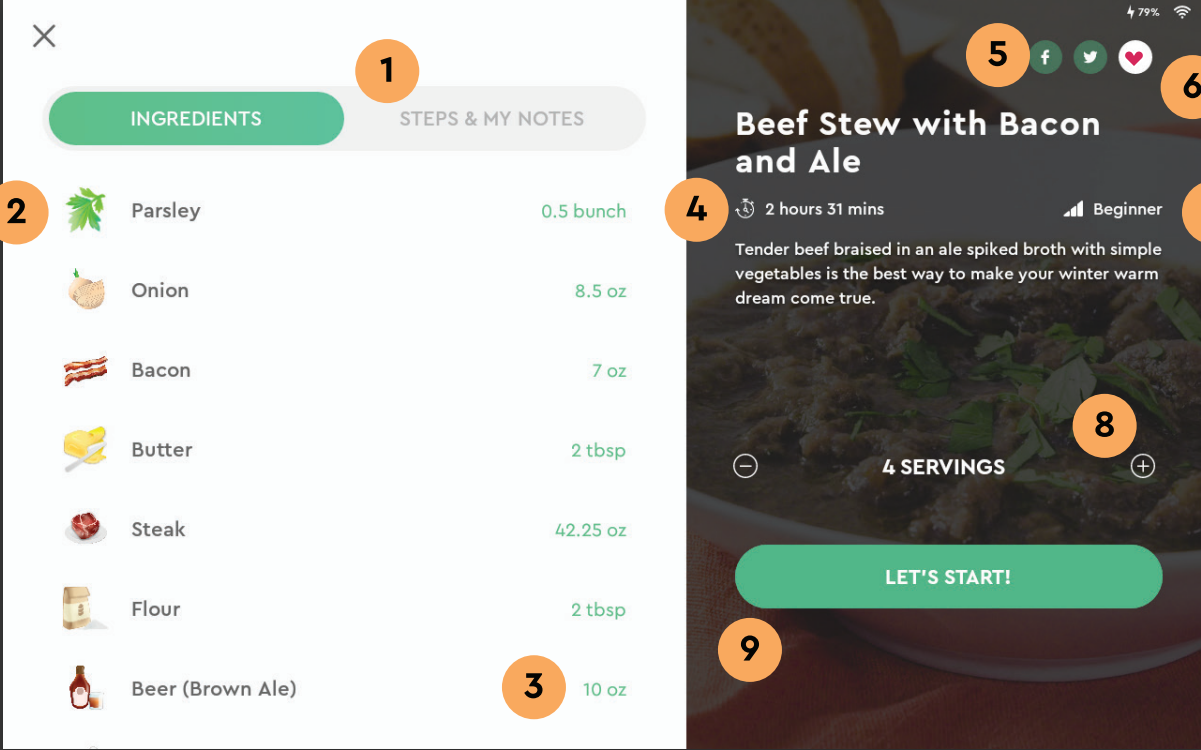
Guided Recipes

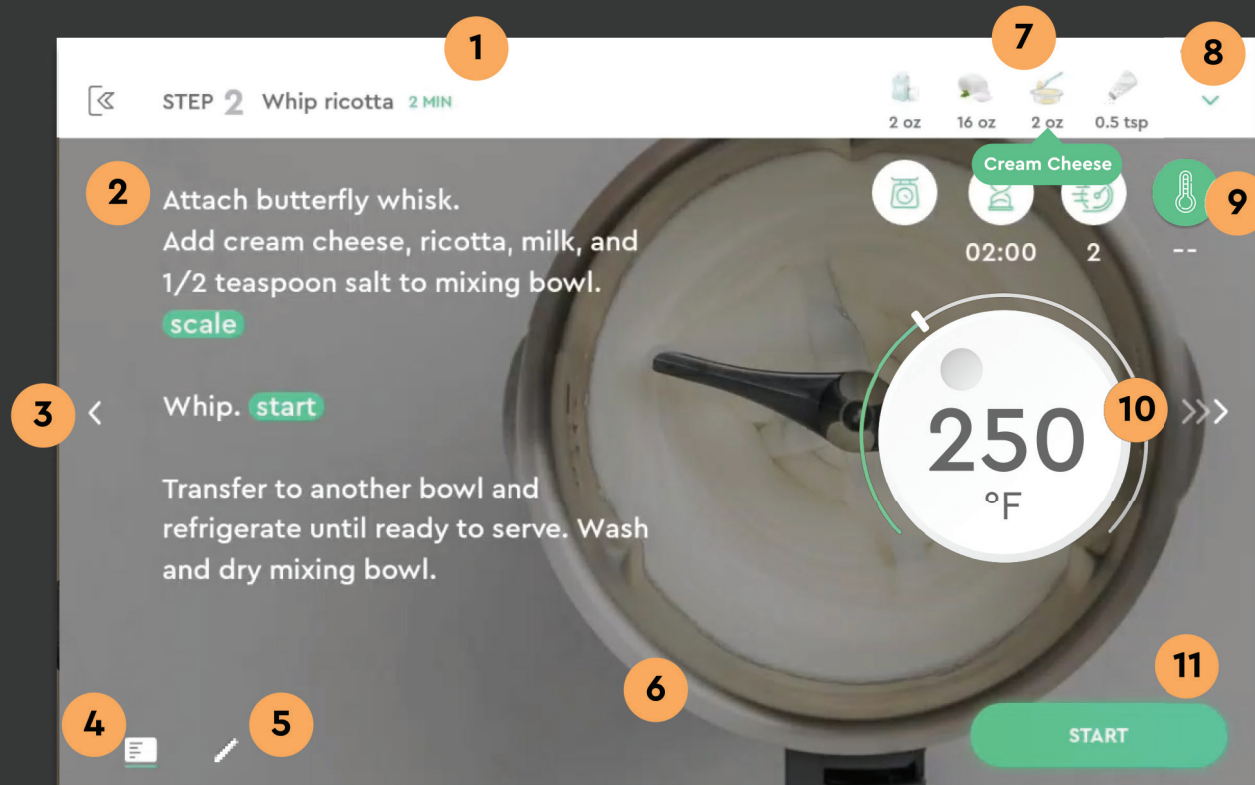
Recipe overview

Tap into any Guided Recipe and you'll land on this screen. The recipe overview gives you a preview of which ingredients the recipe will need along with a small description of the dish itself.

***Please note** that the default suggested serving size is optimized for the recipe. If you adjust serving size, you may need to experiment with the cooking times and ingredient amounts to get the best results.

1. Toggle to preview the recipe steps and any personal notes you may have added before.
2. List of ingredients. Scroll to view all.
3. Amount needed.
4. Cooking Time.
5. Share this recipe with friends.
6. Save to Favorites.
7. Indicates suggested cooking level.
8. Adjusts number of servings.*
9. Press to start cooking.





Guided Recipes

Recipe step

An example of how a recipe step looks like. Note that although all the settings of each step are preprogrammed, you can adjust them by tapping the setting buttons on the right (see point 9).

1. Time needed for this step.
2. Instructions for this step of the recipe. Scroll down to see more if necessary.
3. See previous step.
4. Tap to see background instruction video/image.
5. Make personal text and photo recipe notes.
6. Instruction video or image.
7. Ingredients needed at this step. Tap to view the ingredient name.
8. Tap to easily view all and navigate between the steps of this recipe.
9. Buttons to adjust settings. From left to right: Scale, Timer, Speed, Temperature.
10. Move to next step.
11. Press to start and pause cooking.



3.

Cooking Modes with Multo

Cooking Modes (referred to as "Modes" in the Hub) is how you access Multo's multiple functions.

Default Cooking Modes

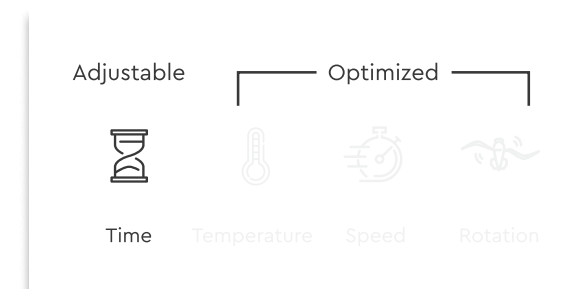
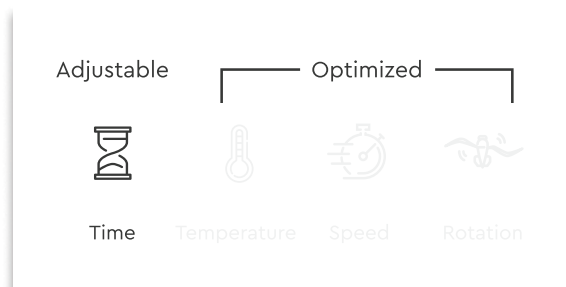
Steam

Steaming is the best way to preserve nutrients when cooking.

Tip:

Steam in our deep steaming tray by default. If you're multi-level cooking, make sure to put denser ingredients (e.g. meats, potatoes) in the deep steaming tray and lighter ingredients (e.g. green vegetables) in the shallow steaming tray.

Consider steaming in our simmering basket for an even faster cooking time.



Knead

Let Multo help you knead the perfect dough.

Note:

- Do NOT use the butterfly whisk when kneading.
- Do not knead more than 1.8lbs (800g) of dough at any one time.
- Knead in 2-minute sessions. If your machine overheats, allow a 10-minute break before next use.



Sauté

Classic and essential way to cook. We recommend sautéing onions, garlic, spinach and similar ingredients with Multo.



Adjustable



Temperature



Time

Optimized



Speed



Rotation

Keep Warm

Sometimes things come up just before a meal. Let Multo keep things warm for you until you're ready to eat.

Works best with liquid-based dishes (e.g. soups, stews)



Adjustable



Temperature



Time

Optimized




Speed



Rotation

Scale

A built-in scale to help weigh ingredients. Press 'Tare' to reset the scale to zero. Convert quickly to different units with the  button.

Note:

Multo weighs in 0.25 oz (5 g) increments. The max weight capacity of Multo is 11 lbs (5 kg).



Quick Wash

30 secs

For a quick and easy bowl refresh between cooking steps.

Deep Clean

3 mins

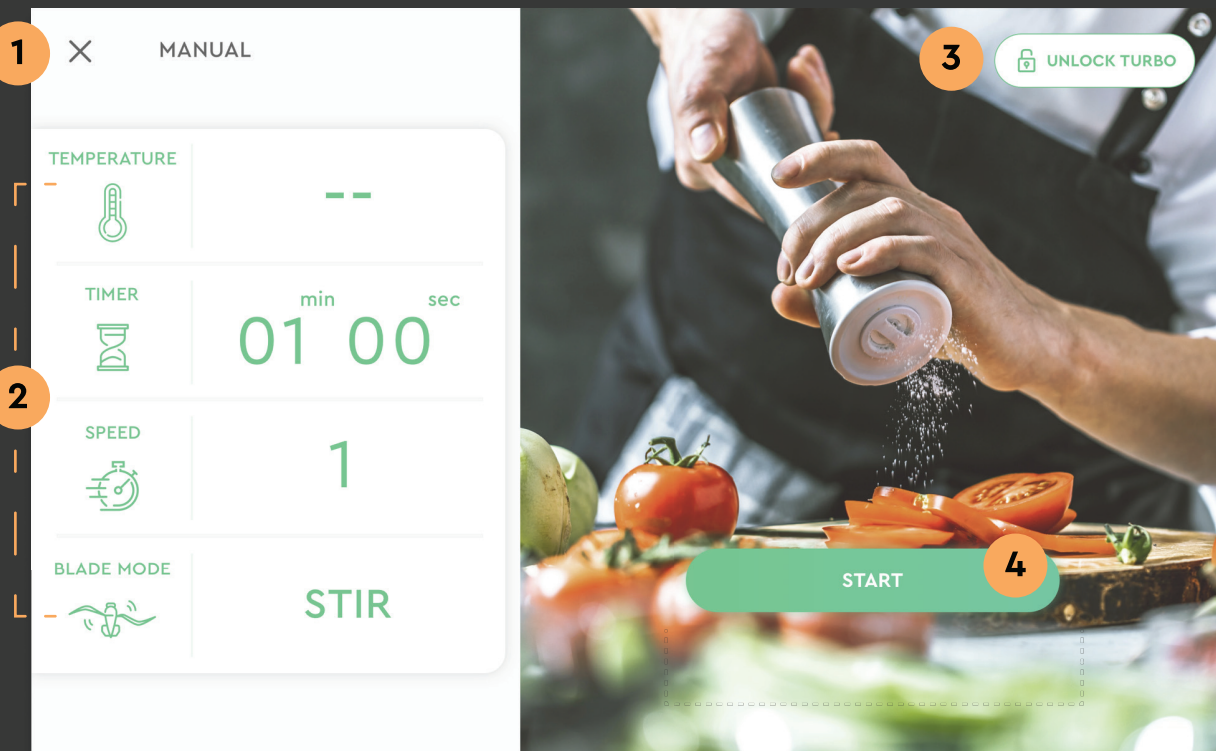
A deep clean after your meal. Water heats up to remove the toughest food residue.

Clean

Just add some dish detergent and water (around 4 cups/1L) and let Multo clean itself. The mixing bowl and accessories are dishwasher safe.

Note:

- Let the bowl and lid dry separately.
- Remove the blade for a deeper clean as residue may build up between the seal and bowl over time.
- The blade and lid have a rubber seal. Wash and dry them separately. Assemble together before use.



Manual Mode

Manual mode allows you to control all four settings to create custom cooking functions.

Note:

Butterfly Whisk should not be used in speeds higher than 4.

You cannot exceed speed 3 if:

- Temperature is set. This is to prevent hot food from spilling out of the bowl.
- Blade mode is set to 'Stir'.

You can access Turbo function (above Speed 10) if your bowl is under 140°F (60°C)

1. Tap this to exit Manual mode.
2. Tap on any of these four settings to change them. Tap again to unselect.
3. Unlocks Turbo function (which chops above speed 10).
4. Press to Start cooking.

30

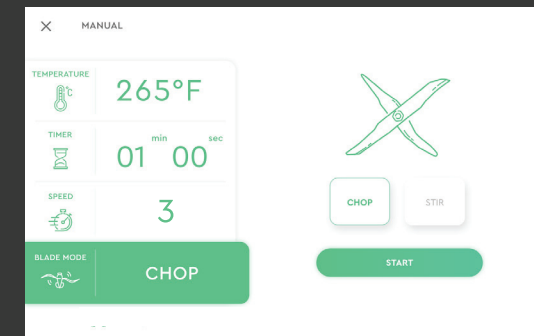
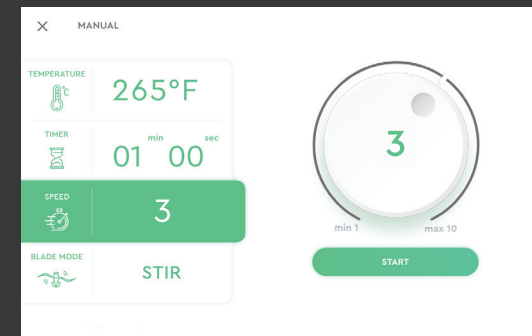
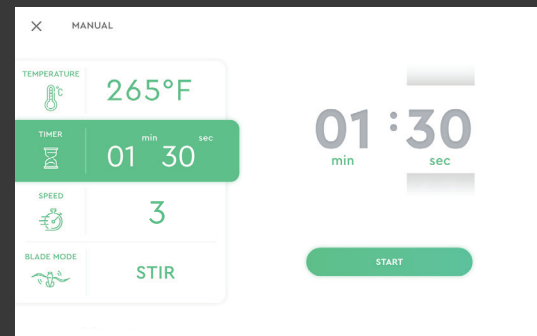
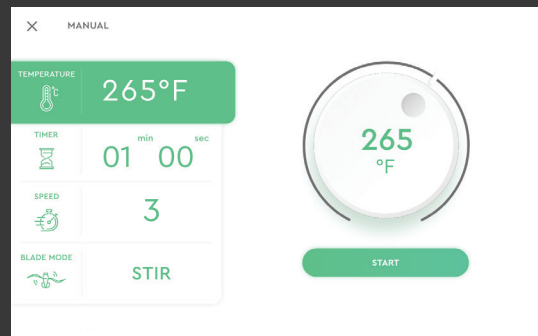


4.

Manual Mode with Multo

Multo's versatility is one of its greatest strength. By just controlling four settings, you will be able to use Multo for a variety of functions, replacing the need for multiple devices in your kitchen.

Multo cooks by controlling four settings



1. Temperature

Multo cooks from 100–265°F (37–130°C).

100–130°F (37–60°C): Melt or keep food warm.

140–170°F (60–80°C): Cook gently (ideal for sauces).

175–195°F (80–90°C): Heat water without boiling.

212°F (100°C): Cook soups and stews.

220–240°F (105–115°C): Boil pasta, vegetables.

265°F (130°C): Sauté.

2. Time

Multo can cook up to 100 minutes (or 99m59s to be precise) at any one sitting.

3. Speed

Multo has 10 speeds. As a rule of thumb, the speeds 1 to 10 are optimal for:

1–3: Mixing and stirring. Cutting soft or mashed ingredients. Butterfly whisk can be used.

4–6: Chopping harder ingredients (e.g. onions, carrots), emulsifying sauces (e.g. mayonnaise).

7–10: Grinding and milling (e.g. sugar, wheat, coffee beans) to smooth textures (e.g. creamy soup, smoothies) or chop hard ingredients (e.g. cured ham).

4. Blade Mode

Multo has a blade with a sharp and blunt edge which allows the device to help you either stir and mix OR chop, crush and grind. It moves clockwise to chop and counterclockwise to stir.

Chop & Purée

Chop raw ingredients with Multo. Results will vary depending on speed and time, as well as the ingredient's density.

Purée cooked ingredients to get the perfect smooth consistency with Multo. Consistency will vary depending on how much liquid is added.

*Purée settings assume ingredients are cooked.



Category	Size	Amount		Chop (Coarse)		Chop (Ground)		Purée*	
		Oz	G	Speed	Time (secs)	Speed	Time (secs)	Speed	Time (secs)
Root Vegetables (Carrot, Turnip, Parsnip)	1" / 2.5cm Cubes	16	450	5	8	8	10	6	5
Potato	2" / 5cm Chunks	16	450	5	10	-	-	5	4
Leafy Greens (Spinach, Kale, Rocket)	Whole	8	225	6	8	-	-	6	5
Green Vegetables (Green Beans, Asparagus, Peas)	Whole	16	450	-	-	-	-	6	5
Nuts & Chocolate (Walnuts, Almonds, Chocolate)	Whole / Chunks	8	225	6	10	10	30	-	-
Herbs (Parsley, Cilantro, Basil, Thyme)	Stem	2	55	-	-	10	3	-	-
Bell Pepper or Onion	1/2 then 1/4	16	450	4	15	5	7	7	10
Mushrooms	Whole	8	225	-	-	4	5	7	10
Brassicas (Cabbage, Broccoli or Cauliflower)	1" / 2.5cm Cubes	16	450	5	5	5	10	8	8
Eggplant or Zucchini	1" / 2.5cm Cubes	16	450	-	-	5	5	-	-

Category	Size	Amount		Chop (Coarse)		Chop (Ground)		Purée*	
		Oz	G	Speed	Time (secs)	Speed	Time (secs)	Speed	Time (secs)
Pumpkin or Butternut Squash	1" / 2.5cm Cubes	16	450	5	5	8	10	6	5
Hard Fruits (Apple, Pear, Plum)	1" / 2.5cm Cubes	16	450	-	-	5	7	6	5
Tomatoes	1/4	24	680	-	-	5	6	6	5
Soft Fruits (Berries, Mango, Pineapple)	Whole 1" / 2.5cm Cubes	24	680	-	-	4	3	6	5
Spices (Peppercorn, Cumin, Coriander)	Whole	2	55	-	-	10	3	-	-
Chicken or Pork Fillet	1" / 2.5cm Cubes	24	680	4	10	6	8	-	-
Bacon	Rasher	8	225	-	-	5	5 (x2)	-	-
Peeled Prawns	Whole	20	560	-	-	5	5	-	-
Fish Fillets	Whole	16	450	-	-	6	15	6	10



Sauté

Sauté mode is ideal for cooking small cuts of vegetables and proteins. Cooking time will vary depending on the size of the cut. For the best results, stir halfway through cooking.



Category	Size	Amount		Sauté 275°F / 130°C
		Oz	G	Time (mins)
Root Vegetables (Carrot, Turnip, Parsnip)	1" / 2.5cm Cubes	8	225	15
Leafy Greens (Spinach, Kale, Rocket)	Coarsely Chopped	4	110	5
Green Vegetables (Green Beans, Asparagus, Peas)	Max 0.5" / 1cm	8	225	10
Bell Pepper or Onion	Coarsely Chopped	16	450	10
Mushrooms	1/2	8	225	10
Brassicas (Cabbage, Broccoli or Cauliflower)	Coarsely Chopped	16	450	15
Eggplant or Zucchini	1" / 2.5cm Cubes	8	225	10
Hard Fruits (Apple, Pear, Plum)	1" / 2.5cm Cubes	16	450	15
Tomatoes	Max 0.5" / 1cm Cubes	16	450	5
Ground Meat (Beef, Pork, Chicken, Lamb)	-	8	225	15

Category	Size	Amount		Sauté 275°F / 130°C
		Oz	G	Time (mins)
Bacon	Ground Chopped	8	225	15
Peeled Prawns	Whole	10	280	15



Simmer & Steam

Simmering is a gentle cooking process where the ingredients are submerged in the water. We recommend using the simmering basket for this. Minimum of 2 quarts (2L) of water is required.

Steam mode – times indicated here is after the water has reached boiling point. We recommend using hot water to speed up the heating process. Cooking times may vary based on the deep or shallow steaming tray. Minimum 2 cups (500 ml) of water required.



Category	Size	Amount		Simmer 230°F / 110°C		Steam		
				Speed	Time (mins)	Time (mins)		
		Oz	G			Simmering Basket	Deep Steamer	Shallow Steamer
Root Vegetables (Carrot, Turnip, Parsnip)	1" / 2.5cm Cubes	24	680	1	15	15	20	25
Potato	2" / 5cm Chunks	24	680	1	15	15	25	30
Leafy Greens (Spinach, Kale, Rocket)	Whole	8	225	1	5	2	7	15
Green Vegetables (Green Beans, Asparagus, Peas)	Whole	16	450	1	5	5	10	15
Bell Pepper or Onion	1" / 2.5cm Cubes	16	450	1	-	10	15	20
Mushrooms	Whole	24	680	1	-	15	20	25
Brassicas (Cabbage, Broccoli or Cauliflower)	1" / 2.5cm Cubes	24	680	1	10	10	15	20
Eggplant or Zucchini	0.2" / 0.5cm Slices	24	680	1	-	5	10	15
Pumpkin or Butternut Squash	1" / 2.5cm Cubes	24	680	1	10	15	20	25

Category	Size	Amount		Simmer 230°F / 110°C		Steam		
		Oz	G	Speed	Time (mins)	Time (mins)		
						Simmering Basket	Deep Steamer	Shallow Steamer
Tomatoes	1/4	32	900	1	-	6	8	12
Ground Meat (Beef, Pork, Chicken, Lamb)	-	32	900	1	-	10	15	20
Chicken or Pork Fillet	Whole (approx 8oz /225g)	30	850	1	15	15	20	25
Peeled Prawns	Whole	20	560	1	5	6	8	15
Fish Fillet	Whole	24	680	1	7	10	15	20
Mussels or Clams	Whole	16	450	1	8	10	15	20
Pasta	Dry	8	225	1	10	-	-	-
Grains and Pulses (Rice, Quinoa, Lentils)	-	8	225	1	20	-	-	-





5.
Join our
Community

Join the CookingPal Community

We're all on this journey to enjoy cooking and life a little more. Meet your fellow Pals and the CookingPal team in our community! This is where you can get the latest news and know when to join our live cooking demos, where you can cook along with us!

Join us here

facebook.com/groups/cookingpalcommunity



We're **@cookingpalofficial** everywhere.





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