

Healthy Choice[®]

8L Slow Cooker



Model: SC800 | Batch: PR4924

HOUSEHOLD USE ONLY

Carefully read all instructions before use and save for future reference.

IMPORTANT SAFEGUARDS

PLEASE READ AND SAVE THIS INSTRUCTION MANUAL FOR FUTURE REFERENCE

This user manual contains important information on the use and care of this product. When using the appliance, basic safety precautions should be followed, including:

1. Never immerse the outer body of the appliance in water or any other liquid nor rinse it under the tap.
2. Do not use the appliance outdoors.
3. Keep the appliance away from any hot plates, burners or heated ovens.
4. Check whether the voltage indicated on the appliance corresponds to the local mains voltage in your country before you connect the appliance.
5. Do not use the appliance if the plug, the power cord or the appliance itself is damaged.
6. If the power cord is damaged, you must have it replaced at a service centre by qualified persons in order to avoid a hazard.
7. Never leave the appliance connected to the power point when it is not in use.
8. Do not switch on the appliance when it is upside down or laid on its side.
9. The appliance is not to be used by persons (including children) with reduced sensory or mental capabilities, or lack experience and knowledge unless they have been given supervision or instruction.
10. Ensure children are supervised and do not play with the appliance.
11. Keep the appliance and its power cord out of the reach of children.
12. Keep the power cord away from hot surfaces.

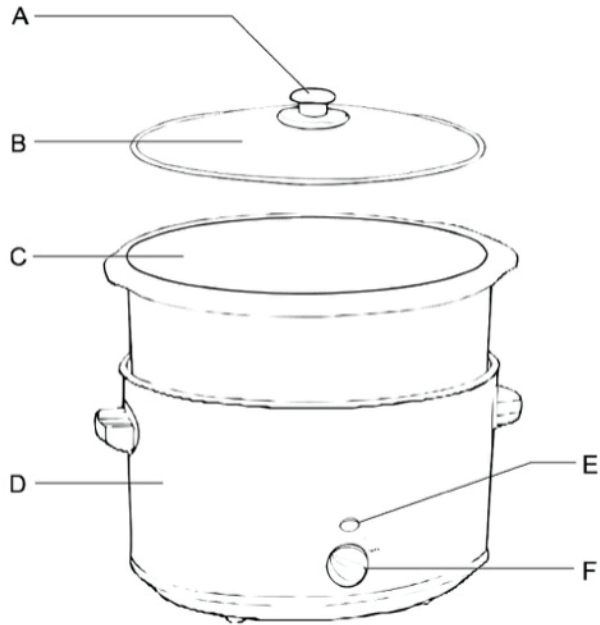
13. Do not let the power cord hang over the edge of any table or countertop.
14. Do not plug in the appliance or operate the controls with wet hands.
15. Only connect the appliance to an earthed wall socket. Always make sure that the plug is inserted into the wall socket properly.
16. Do not place the appliance on or near combustible materials such as tablecloths or curtains.
17. Do not place the appliance against a wall or against other appliances. Leave at least 10cm free space at the back and sides and 10cm free space above the appliance. Do not place anything on top of the appliance.
18. Do not use the appliance for any purpose other than described in this manual.
19. The surface below the appliance may become hot during use.
20. Allow the lid and the ceramic pot to cool before allowing it to touch water.
21. Do not switch on the slow cooker if the ceramic pot is empty.
22. Never touch the outer body of the slow cooker during its operation or before it cools. Use the handles or knobs. Do not touch hot surfaces. Use oven gloves or a cloth when removing the lid or handling contents.
23. Never cook directly in the base unit. Always use the ceramic inner pot.
24. Do not use the ceramic pot or the lid if cracked or chipped.
25. The ceramic pot and glass lid are fragile, handle them with care.
26. Extreme caution must be taken when moving an appliance containing hot food, water or other liquids.
27. This appliance is intended to be used in household and similar applications such as:
 - staff kitchen areas in shops, offices and other working environments;
 - farmhouses;
 - by clients in hotels, motels and other residential-type environments;
 - bed and breakfast type environments.

28. This appliance is not intended to be operated by means of an external timer or a separate remote-control system.
29. While cooking, avoid using sharp utensils that could damage the inner pot surface.
30. Always check that there are no foreign objects between the bottom of the inner pot and the heating plate. It may cause a burning smell, strange sounds or cause the appliance to malfunction.
31. If any unusual sounds, odour or any other disruption happens, switch the appliance off. Make sure that there are no objects or liquids between the inner pot and the heating plate. If the malfunction reason is not found, please contact customer service. Never attempt to disassemble and repair the appliance by yourself.

Technical Parameters

Product Name	8L Slow Cooker
Model No.	SC800
Rated Voltage	220-240V
Rated Frequency	50-60Hz
Total Power	300W

PRODUCT OVERVIEW



- A. Lid handle
- B. Tempered glass lid
- C. 8L ceramic pot
- D. Outer body/base
- E. Power indicator lights
- F. Control knob - OFF/LOW/HIGH/WARM

BEFORE FIRST USE

Before using the slow cooker for the first time, remove all labels and packaging materials.

Wash the ceramic pot and glass lid in hot soapy water using a sponge or a dish cloth. Rinse thoroughly and dry.

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

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

OPERATING INSTRUCTIONS

COOKING

Place the base on a dry, level, heat-resistant surface, away from the edge of the table surface. Do not use it on the floor.

Place food and other ingredients into the ceramic pot and place the pot into the base.

Cover with the glass lid. If you need to pre-cook or brown foods prior to slow cooking, this must be done in a pan. Do not try to brown or pre-cook food in the slow cooker.

Set the control knob to the OFF position before plugging the unit into the main socket.

Set the temperature to LOW or HIGH settings and cook according to the recipe. Do not exceed cooking for over 8 hours.

Once the food is finished cooking, you can switch off the slow cooker or set it to Keep Warm to keep the food warm for up to 4 hours.

To turn off, set the knob to OFF and unplug the slow cooker. Remove the ceramic pot using heat-resistant gloves or mitts.

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

KEEP WARM FUNCTION

The slow cooker can keep food warm for a maximum of 4 hours. After this time, there is a possibility that the food may become dry or experience a change in flavour.

Food cooked in other appliances can be transferred to the slow cooker to keep warm as well.

SLOW COOKING TIPS

Preparing Ahead:

- If mornings are busy, prepare ingredients the night before and store them in a covered container in the refrigerator.
- Transfer the prepped food to the slow cooker and add the required liquid.

Cooking Meat:

- Ideal for tougher cuts of meat, ensuring tenderness and flavour through long, gentle simmering.
- Trim excess fat before cooking, as slow cooking doesn't allow fat to evaporate.
- Most meat and vegetable recipes require 6-8 hours on low or 4-6 hours on high.

Cooking Vegetables:

- Arrange vegetables in the lower half of the pot, as they take longer to cook than meat.
- Cut root vegetables into small, even pieces. Consider sautéing them for 2-3 minutes before slow cooking.
- Ensure all ingredients are immersed in the cooking liquid.

Optimising Slow Cooking:

- The slow cooker should be at least half full for best results and to avoid overspilling.
- Retains moisture; to reduce it, remove the lid after cooking and simmer on high for 30 to 45 minutes.
- Avoid unnecessary lid removal, as built-up heat will escape. Add 10 minutes to the cooking time each time you lift the lid.
- Leave a 5 cm space between the top of the pot and the food surface when cooking soups.

Adapting Recipes:

- Some ingredients (pasta, seafood, milk, cream) should be added towards the end of or after the cooking time.
- Factors affecting cooking time include water and fat content, initial food temperature, and size of the ingredients.
- Food cut into small pieces cooks faster; some 'trial and error' may be needed for optimal results.
- After cooking, switch off the slow cooker and leave covered for 30 minutes. For longer warming, switch to the keep warm setting.
- When adapting conventional recipes, reduce the amount of liquid used.

General Tips & Notes:

- Never leave uncooked food at room temperature in the slow cooker.
- Don't use the slow cooker to reheat food.
- Use a meat thermometer to ensure roasts, hams, or whole chickens reach the desired temperature.
- Authentic stoneware may have minor surface blemishes; the glass lid may rock slightly due to imperfections.
- Low-heat cooking minimises steam production and heat loss.
- Do not put the ceramic pot or glass lid in an oven, freezer, microwave, or on a gas/electrical hob.
- Avoid sudden temperature changes for the ceramic pot, as it could lead to cracking.
- Do not allow the pot to stand in water for an extended period.
- Avoid switching on the slow cooker when the ceramic pot is empty or out of the base.

CARE & CLEANING

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

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

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

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