

IMPORTANT SAFEGUARDS

NARITA®



SLOW COOKER

MODEL NO.: NSC-30

INSTRUCTION MANUAL

Save these instruction for future use

IMPORTANT SAFEGUARDS

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

1. Read all the instructions.
2. To protect against the risk of electrical shock do not put base in water or in any other liquid.
3. Close supervision is necessary when appliance is used near children.
4. NEVER ALLOW A CHILD TO USE THIS PRODUCT.
5. Unplug from the socket when not in use, before putting on or taking off attachments, and before cleaning.
6. The use of attachments or tools not recommended by supplier may cause fire, electric shock or injury.
7. Do not use outdoors.
8. DO NOT let the power cord hang over the edge of the table or work-top, and keep it away from any hot surfaces.
9. KEEP YOUR APPLIANCE AWAY FROM ANY HOT PLATES, BURNERS AND HEATED OVENS.
10. Extreme caution must be used when moving an appliance containing hot food, water, or other hot liquids.
11. Do not use the appliance for other than intended use.
12. Do not switch on the cooker if the ceramic pot is empty.
13. Allow lid and crock pot to cool before allowing it to touch water.
14. Never touch the outer enclosure 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 lid or handling contents.
15. Never cook directly in the base unit. Use the ceramic pot.
16. Do not use crock pot or glass lid if cracked or chipped.
17. Never leave the appliance connected to the socket outlet when not in use.
18. Do not switch on the appliance when it is upside down or laid on its side.
19. The glass lid and ceramic pot are fragile. Handle them with care.

SAVE THESE INSTRUCTIONS

**THIS PRODUCT IS FOR
HOUSEHOLD USE ONLY!**

USING FOR FIRST TIME

Before using the health cooker for the first time

Remove all labels and tags from the product.

Wash the crock pot and glass lid in hot soapy water with a sponge or a dish cloth, rinse thoroughly and dry.

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

Note: During initial use you may notice a slight odor due to the burning off of manufacturing residues. This is completely normal and will disappear after a few uses.

AUTO Setting:

The AUTO setting allows the user to set the slow cooker to cook frozen food for the day and be ready to serve 8-10 hours later. When set to AUTO, the Slow Cooker will cook on HIGH until the food defrosts and reaches a pre-set temperature, then switches to LOW and maintains a constant low cooking temperature.

However if you wish to extend the cooking period, you can use the LOW setting and if you wish to shorten the cooking period you can use the HIGH setting.

HOW TO USE

- Place the base on a dry, level, heat resistant surface, away from the edge of the work surface. Do not use on the floor.
- Place food and other ingredients into the ceramic crock 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 the OFF position before plugging the unit into the main socket.
- Switch off and unplug the health cooker after cooking and remove the crock pot using oven gloves.

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

About slow cooking

- Slow cooking has always been the best way to prepare a nutritious hot meal with minimum preparation and maximum free time away from the kitchen.
- Traditionally slow cooking has centered on soups and casseroles but with this oval ceramic crock pot you can also produce most modern family meals and dinner party dishes. This pot is convenient as well as looking good enough to take straight to the table for serving. (Always place the crock pot on a heat proof mat or surface).
- This method of cooking is ideal for preparing tougher cuts of meat, giving them the long, gentle simmering that ensures that they become tender and full of flavor.

Suitable foods for slow cooking & preparation:

Most foods are suited to slow cooking methods; however there are a few guidelines that need to be followed.

- Cut root vegetables into small, even pieces, as they take longer to cook than meat. They should be gently sautéed for 2-3 minutes before slow cooking. Ensure that root vegetables are always placed at the bottom of the pot and all ingredients are immersed in the cooking liquid.
- Trim all excess fat from meat before cooking, since the slow cooking method does not allow fat to evaporate.
- If adapting an existing recipe from conventional cooking, you may need to cut down on the amount of liquid used. Liquid will not evaporate from the slow cooker to the same extent as with conventional cooking.
- Never leave uncooked food at room temperature in the health cooker.
- Do not use the health cooker to reheat food.
- Uncooked red beans must be soaked and boiled for at least 10 minutes to remove toxins before use in a health cooker.
- Authentic stoneware is fired at high temperatures therefore the crock pot may have minor surface blemishes, the glass lid may rock slightly due to these imperfection. Low heat cooking does not produce steam so there will be little heat loss. Due to normal wear and tear through the products life, the outer surface may start appearing "crazed".
- Do not put the crock pot or glass lid in an oven, freezer, and microwave or on a gas/electrical hob.
- Do not subject the crock pot to sudden changes in temperature. Adding cold water to a very hot pot could cause it to crack.
- Do not allow the pot to stand in water for a long time (You can leave water in the pot to soak).
- There is an area on the base of the crock pot that has to remain unglazed for manufacturing purposes. This unglazed area is porous, therefore will soak up water, this should be avoided.
- Do not switch the cooker on when the crock pot is empty or out of the base.

Tips for slow cooking

- The health cooker must be at least half full for best results.
- Slow cooking retains moisture. If you wish to reduce moisture in the cooker, remove the lid after cooking and turn the control to high (if set to low or auto) and simmer for 30 to 45 minutes.
- The lid is not a sealed fit. Don't remove unnecessarily as the built up heat will escape. Each time you remove the lid, allow an additional 10 minutes to the cooking time.
- If cooking soups, leave a 5 cm space between the top of the cook pot and the food surface to allow simmering.
- Many recipes demand all day cooking, if you do not have time to prepare food that morning prepare it the night before and store the food in a covered container in the refrigerator. Transfer the food to the crock pot and add liquid/gravy. Select the setting low, high or auto.
- Most meat and vegetable recipes require 8-10 hours on low. 4-6 hours on high and 5-7 hours on auto.

- Some ingredients are not suitable for slow cooking. Pasta, seafood, milk, and cream should be added towards the end of the cooking time. Many things can affect how quickly a recipe will cook, water and fat content, initial temperature of the food and the size of the food.
- Food cut into small pieces will cook quicker. A degree of 'trial and error' will be required to fully optimize the potential of your health cooker.
- Vegetables usually take longer to cook than meat, so try and arrange vegetables in the lower half of the pot.
- After food is cooked, switch cooker off and leave covered with the lid. There will be enough heat in the crock pot to keep warm for 30 minutes. If you require longer to keep warm switch to the low setting.
- All food should be covered with a liquid, gravy or sauce. In a separate pan or jug prepare your liquid, gravy or sauce and completely cover the food in the crock pot.
- Pre-browning meat and onions in a pan to seal in the juices also reduces the fat content before adding to the crock pot. This is not necessary if time is limited, but improves the flavor.
- When cooking joints of meat, ham, and poultry etc the size and shape of the joint is important. Try to keep the joint in the lower 2/3 of the pot and fully cover with water. If necessary cut in two pieces. Joint weight should be kept within the maximum limit.

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 stoneware insert is dishwasher safe or 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.
- The exterior of the slow cooker can be wiped with a damp cloth and dried. DO NOT use harsh abrasive cleaner or scouring pad to clean any part of the slow cooker as this will damage the surfaces.

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