

OPERATING AND CARE INSTRUCTIONS

VitaClay® Smart Multi-crock & Stock pot

VM7800-5



**READ ALL INSTRUCTIONS BEFORE INITIAL USE
HOUSEHOLD USE ONLY**

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IMPORTANT SAFETY INFORMATION

When using electrical appliances, basic electrical precautions should always be followed to reduce the risk of fire, electric shock and injury, including the following:

- 1. Read all instructions before using the appliance.**
2. Intended for countertop use only.
3. **WARNING:** Spilled food can cause serious burns. Keep appliance and cord away from children.
4. Do not operate any appliances that have damaged plugs or cords, or that have been damaged in any way. Return the appliance to the manufacturer or qualified service technician for repair or adjustment.
5. **Do not immerse** the heating unit of the appliance in water or any other liquid. To prevent electrical shock, do not place the cord, plug or cooking unit near water or other liquids.
6. Always unplug the cooker when not in use or before cleaning. Allow cooker to cool before cleaning or removing parts.
7. Do not touch hot surfaces; Use the handles or knobs provided.
8. **Avoid sudden temperature changes.** Clay is sensitive to changes in temperature, so allow it to cool and heat gradually. Placing a cold pot onto a hot surface or a hot pot in cold environment (such as a very cold countertop, the refrigerator or freezer) can damage the pot. Also be sure that the outside of the pot is dry before placing inside the housing to cook.
9. Do not put cold liquids or food into heated pot. Thaw frozen foods before placing in heated pot. Do not immerse heated pot into cold water. (Adding frozen foods to an unheated pot is fine—add liquid before cooking).
10. Do not place cooker on or near a hot gas or electric stove burner. Do not place cooker inside a hot oven or broiler.
11. Use **extreme care** when moving the cooker if it is filled with hot liquid to avoid spillage or burning.
12. Ensure cooker is always placed on a **flat, level surface** before use.
13. Closely supervise whenever cooker is being used by or near children.
14. Do not use this cooker for anything other than its intended use.
15. The use of accessory attachments not supplied or recommended by Essenergy may cause injury, fire or electrical shock and may also damage the cooker.
16. When plugging machine in, attach plug to appliance first, then plug cord into the wall outlet.
17. To disconnect, turn unit off and remove the plug from wall outlet by holding the plug. Do not pull the cord.

18. Avoid draping cord over edge of counter or using extension cords.
19. Do not cook food directly in metal housing.
20. Ensure food and liquid are placed in the clay pot before beginning any cooking cycle.
21. Dry heat can damage the clay pot. Ensure liquid is always present in the clay pot when the cooking cycle begins.
22. When using this appliance, provide adequate air space above and on all sides for air circulation. On surfaces where heat may cause a problem, an insulated heat pad is recommended.
23. When opening heated cooker, carefully lift and tilt cover away from you to avoid scalding. Steam and condensation will be very hot.
24. **CAUTION:** To reduce the risk of electric shock, cook only in removable container.
25. To ensure continued protection against risk of electric shock, connect to properly grounded outlet only.
26. **SAVE THESE INSTRUCTIONS.**

This appliance is intended for **HOUSEHOLD USE ONLY**. There are no User Serviceable Parts inside. The heating unit needs no lubrication or other service. Do not attempt to service this appliance.

GROUNDING INSTRUCTIONS:

This appliance must be grounded. It is equipped with a 3-wire detachable cord with grounded plug. The plug must be plugged into an outlet that is properly installed and grounded.

WARNING: Improper use of the grounded wire can result in a risk of electric shock. Consult a qualified electrician if necessary. Do not attempt to defeat this safety feature by modifying the plug.

The short power cord is provided to reduce the hazards resulting from entanglement or tripping over a long cord.

If it is necessary to use an extension cord, it should be positioned so that it does not drape over the counter or tabletop where it can be pulled on by children or tripped over and:

- a) Use only 3-wire extension cord with 3-blade grounding plug.
- b) The marked rating of extension cord must be equal to or greater than the rating of this appliance. Electrical rating of this appliance. Electrical rating is listed on the bottom of this unit.

CLEAN UNIT THOROUGHLY BEFORE FIRST USE

- Ensure the packing paper on the heating surface is removed.
- Wash clay pot and lid with warm water and a small amount of dish soap.

- Rinse and dry clay pot thoroughly before placing in the housing.
- When cooker is plugged in and ready for operation you will hear a long “beep”.

Caution:

1. A slight odor and/or smoke smell may be noticed during the initial use of this appliance. This is normal with many heating appliances and will disappear after the first few uses.
2. The cooker should be used for its intended purpose only: cooking with water-based liquid, and not for other cooking purposes such as stir frying, braising, browning or deep oil frying.
3. During the cooking process, ensure steam cap is in place for safety and performance.
4. Do not touch the steam cap during cooking process as it becomes very hot.
5. The clay pot and lid become very hot during the cooking process and/or when cooking is finished. Use the lid lifter or a dry cloth to pick up the clay lid and pot to avoid burning hands.

CLAY POT CARE

Unglazed natural clay promotes health by preserving all essential nutrients and vitamins in your foods. It creates excellent texture and intensifies flavors of food. However,

- Like any ceramic material, clay pots should not be exposed to sudden temperature changes.
- The clay pot is considered a consumable part. To promote the longevity of your cooker and clay pot, keep the pot in ‘wet’ cooking conditions (always have some water-based liquid present in the pot when cooking). Frequent dry heating of the clay pot causes stresses that may weaken the clay and eventually lead to damage. Please do not “soak” the clay pot in liquid prior to cooking.
- Do not pre-heat the clay pot before adding liquids. If clay pot is hot to the touch, do not add cold or frozen foods. The clay pot should be at room temperature when adding hot ingredients.
- Allow the clay pot to reach room temperature before adding very cold or very hot ingredients/liquids.
- Thoroughly wash or sanitize the clay pot and let it dry completely before storing your VitaClay® in a dry and clean environment.

Stock Pot Basics (Do's and Do-Nots)

PLEASE READ before using the VitaClay Stock pot VM7800 models!

At VitaClay we care about your health. That's why we made the healthiest cookware on earth with removable unglazed clay pots. Our clays have been tested free of many common contaminants in modern cookware: including lead, aluminum, cadmium, and arsenic. We also don't add any harmful glazes or chemicals to our pots. We just don't believe convenience is worth risking your health.

With this assurance of safety, unglazed clay must be treated differently than other materials, including glazed ceramics.

For all VitaClay pot inserts (any model), there are some very important rules:

- **ALWAYS** cook with liquid present in the pot. Do not pre-heat the pot or cook anything without water-based liquid present. Please do not brown, fry or braise meats in any VitaClay. Anything cooked in VitaClay must be cooked in the presence of water-based liquid.
- **ALWAYS** avoid temperature shock: never add frozen items to a very hot pot or place a hot pot on a cold, marble counter or directly into the refrigerator. Use a trivet for the counter and allow to cool down before placing in the refrigerator. Do not place the clay pot in the freezer. Similarly, do not add boiling water to a very cold pot (out of the refrigerator). Allow the pot to normalize to room temperature before adding very hot or very cold items.

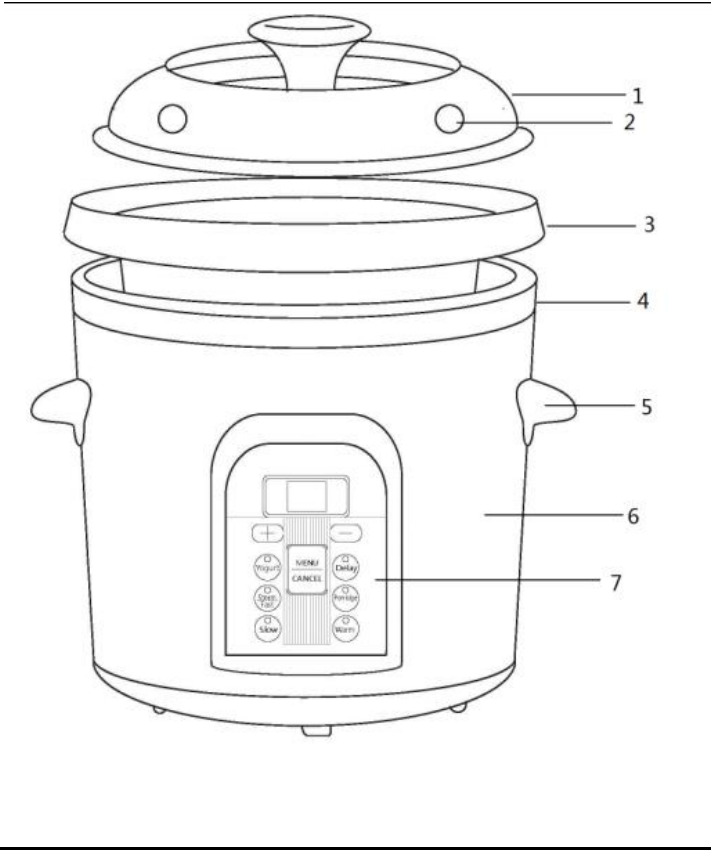
The **STOCK POT** models, VM7800-5C and VM7800-5S, as the name implies, are intended for cooking *large batches of mostly-liquid dishes such as bone broth, stocks, soups, and stews.*

Here are a few must-dos for the stock pot models:

- **ALWAYS** use lots of liquid: we recommend at least 8 cups of liquid for each hour of cooking.
- For dishes that cook more than 3-4 hours, **CHECK** your liquid levels periodically by opening the pot and looking. If there are a lot of vegetables or other ingredients, stir the bottom to ensure there is no sticking. If the liquid is running low, add warm or room-temperature liquid. If the liquid is almost gone, turn the machine off and allow it to cool down before adding more liquid and resuming the cooking cycle.
- **NEVER** cook roasts, casseroles or very starchy dishes like pasta, potatoes or oatmeal in the stock pot. These dishes do not typically contain enough liquid and tend to burn and can damage the pot. If you choose to cook these types of dishes in the stock pot, the warranty will be invalidated.
- **NEVER** pre-heat the pot in the cooker or do any “dry cooking” such as baking. Ensure at least 8 cups of liquid are present for each hour of cooking time.

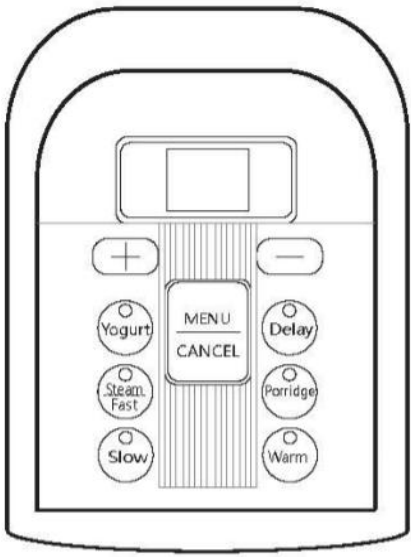
If you follow these simple recommendations you should enjoy your clay pot and VitaClay cooker for years to come!
Have a healthy day!

PARTS ASSEMBLY ILLUSTRATION:



- (1) Clay (ceramic) pot Cover
- (2) Steam valve
- (3) Clay (ceramic) Pot
- (4) Heat insulator
- (5) Handle
- (6) Cooker Housing
- (7) Control Panel
- (8) Power Cord

CONTROL PANEL DISPLAY AND FUNCTION KEYS



- (1) **YOGURT** key
- (2) **STEAM / FAST** (cooking) key:
- (3) **SLOW** cooking key
- (4) **PORRIDGE** key
- (5) **WARM**
- (6) **MENU / CANCEL**
- (7) **“+” & “-“**

How to select functions

YOGURT--When the “yogurt” display is illuminated, a 9-hour default time will appear on the screen. Press “+” or “-“ to choose desired fermenting time, if different. YOGURT operates at 110 degrees F, with a margin of 5 degrees.

- (2) **STEAM /FAST cooking** – Brings contents to a quick boil for fast cooking (1 hour or less). STEAM /FAST will blink with the default 2 hours. Press “+” or “-“ to increase or decrease cooking time. If no button is pushed within 6 seconds of a selection, the blinking light will become solid, indicating the cooker is entering cooking mode. After cooking completes, the cooker will automatically enter WARM mode. The

STEAM/FAST function is suitable for cooking “Fast foods” (less than one hour) or steaming foods. STEAM/FAST operates at boiling, or 212 degrees F.

- (3) **SLOW cooking** – For slower-cooking foods such as broth, stock, soup and stew, that cook for more than 1 hour. SLOW brings the contents to a boil more slowly-about 1 hour to a boil for a full pot. The LED display and SLOW will blink with default at 4 hours. Press “+” or “-“ to select a different cooking time. If no button is pushed within 6 seconds of a selection, the blinking light will become solid, indicating the cooker is entering the selected cooking mode. After cooking completes, the cooker will automatically enter WARM mode. SLOW operates at a low simmer after the initial boiling temperature of 212 degrees F.
- (4) **PORRIDGE/OATMEAL with DELAY**-- The “DELAY” timer and **PORRIDGE** lights blink simultaneously. If you need to set up a DELAY to cook, press “+” or “-“ to set number of hours to delay the cooking time. If you don’t push anything within 6 seconds, the cooker will start cooking immediately (it has a default delay time of 0). If you set the delay timer, it will begin cooking at “x” hours later than the current time (for example, if it is 2:00 and you would like it to begin cooking at 5:00, set the delay timer for 3 hours later, or 3:00). After cooking completes, the cooker will automatically enter WARM mode. The **PORRIDGE/OATMEAL** function is good for cooking congee, steel cut or whole grain oatmeal, and porridge (please do not use VitaClay too cook “instant” or “quick” oats, as they cook too quickly and tend to burn, weakening the clay and ruining your meal!). Please add at least 8 cups of water per cup of cereal for each cooking hour. If using milk, dilute with water by at least half to allow for evaporation.
- (5) **WARM** -- WARM lights will blink. Press “+” or “-“ to select desired WARM time. If no button is pushed within 6 seconds of a selection, the blinking light will become solid, indicating the cooker is entering the WARM mode. When the “WARM” cooking time has finished, the cooker will shut off. If you select no time for the WARM function, it will stay in WARM indefinitely, until you press the CANCEL key. WARM function operates at 160 degrees F.
- (6) **CANCEL** – If you want to stop cooking at any time, press the “CANCEL” key, which will turn off the cooker.

Warnings and Tips

When cooking, please add adequate water or liquid to avoid burning or dry heating your pot. You will lose some liquid due to evaporation. In each cooking setting, once the contents reach a boil, the temperature is then reduced to a low simmer (small bubbles) for the remainder of the cooking time.

Mitigate evaporation by using the included silicone plugs and adding more liquid than you think you will need, until you are comfortable with how quickly steam evaporation affects the contents of the cooker.

1. **FAST / STEAM** cook will take about 40 to 60 minutes to reach a boil (full pot)
2. **SLOW** Cook will take about 1 hour to reach a boil (full pot)
3. Porridge/Oatmeal will take about 45 to 80 minutes to complete cooking (depending on the volume of the contents).
4. For **FAST** cooking mode, add 8 cups of water per hour set for cooking.
5. For **SLOW** cooking mode, add at least 4 cups of water per hour set for cooking
6. You can always substitute water with veggie broth or bone broth for savory dishes to enhance flavor and increase nutrition.
7. When cooking bone broth for extended periods of time, please monitor pot liquid periodically to ensure there is plenty of liquid inside to avoid food burning. If liquid is getting low, add **HOT** water. If there is no liquid left in the pot, **DO NOT** add any water, even hot water. Turn off your cooker immediately until it cools off, then resume cooking with added water.
8. **DO NOT** cook dry Casseroles in this pot. All recipes should be very wet, with 8 cups of liquid per 1 hour cooking time.

Function default timing table

	Function	Default cooking time	Keypad operation	How to adjust timer
1	Yogurt	9 hours	Press Menu/Cancel 1 time	Adjust “+” or “-” keypad to desired cooking time as you wish. Each press is at 0.5 hour increment / decrement to increase / reduce cooking hours. The maximum cooking hours is 9.5 hours
2	Fast cook	2 hours	Press Menu/Cancel 2 times	
3	Steam	2 hours	Press Menu/Cancel 2 times	
4	Slow cook	4 hours	Press Menu/Cancel 3 times	
5	Porridge /Oatmeal	Automatic	Press Menu/Cancel 4 times	Automatic preprogrammed control.
6	Warm	9.9 hours	Press Menu/Cancel 5 times	Adjust “+” or “-” keypad to desired WARM time as you wish. If you do not set to a desired WARM time, the cooker will enter at default 9.9 hours WARM mode until you press CANCEL key.

Turn to pages 19-25 to see cooking charts for a wide array of foods in your new VitaClay Multi-Crock & Stock Pot!

Safety Cautions-

- During cooking, DO NOT touch or put your face near the steam vent, as scalding or burning can occur; DO NOT place any object that is heat sensitive close to, nearby or above the cooker; DO NOT use a cloth to cover the steam vents, as this may damage the cooker.
- Clay and ceramic parts are oven and microwave safe. They are not stove-top safe. Do not pre-heat oven before placing clay pot inside.
- Avoid sudden temperature changes. DO NOT add cold water to heated pot.
- When you have just finish cooking (and it’s still hot), DO NOT place clay pot or ceramic part in water. This may damage pot.

- DO NOT heat your cooker when there is no liquid and food inside.
- If the liquid completely evaporates the clay pot will begin “dry heating.” Immediately unplug the power cord, allowing the cooker to cool down naturally. During cooling, DO NOT add water or remove your crock from the cooker base.
- Water level should always be between the minimum and maximum marks. Too little or too much water can result in cooker damage.
- When you plug in the power cord, please ensure a solid connection with the cord and both the cooker and the electrical outlet.
- Avoid moving the cooker while cooking.
- Keep power cord plug and socket dry and clean. To avoid electrical shock, do not touch power plug with wet hands.
- During cooking, there are automatic temperature adjustments, which may result in a ‘clicking’ sound. This is normal.
- During cooking, you may stop the cooking mode at any time by pressing the “MENU/CANCEL” key. It will then revert to the Waiting Mode with display “0.0”.
- If there is a power outage during cooking, you may have to start the cooking cycle again.
- During the first use of the cooker, it is completely normal to smell a slight odor when the brand-new heating plate heats up.
- During the first use of the cooker, if the display is blinking, unplug the power and then plug it back in.
- Keep the cooker surface and cooker base inside clean and on a flat surface to maintain normal operating conditions.
- Please handle clay and ceramic parts with care. DO NOT hit it on hard surface or drop, as they may break.

Cleaning and Proper Maintenance-

- a. Unplug power and wait until cool to clean.
- b. To clean clay/ceramic parts, use soft cloth or brush to clean.
- c. Use damp cloth to clean outer cooker housing. Use mild detergent for deeper cleaning. DO NOT Soak the entire cooker in water.
- d. Please do not disassemble the cooker, as this will invalidate the warranty.
- e. The venting valves can be taken off to clean.
- f. Venting valves must be in place during cooking. In case of a missing valve, please use the spare valves included. More spares or other parts can also be purchased on www.vitaclaychef.com.

Trouble shooting guide

- 1. No power—
 - a. Check if power plug is secure—unplug power then plug in again. Make sure plug is secured to machine, so nothing jiggles.
 - b. Defective—contact manufacturer
- 2. E1 or E2 -- contact manufacturer

Other Tips

A remedy to remove burnt food from the bottom of the pot-

Put 6 cups water, 1 cup vinegar, 5 T of baking soda and turn the cooker on the Slow cooking – High setting and let it boil for 30 minutes-1 hour. If boiling for longer periods of time, always ensure the water does not completely evaporate. Burned material should easily wipe out after boiling.

CLEANING OUTSIDE OF COOKER UNIT

The outside of the cooker may be wiped clean with a soft cloth and warm soapy water. Wipe dry. Do not use abrasive cleaners. Grease may be removed with diluted ammonia. Do not let the Control Panel or any electrical mechanisms within the unit get wet.

CLEANING INSIDE OF COOKER UNIT

If an object becomes stuck to the heat element lightly rub it off using a fine sandpaper #600 or steel wool. Then wipe with a damp cloth.

How to make Yogurt

1. Place **at least** 32 oz to 48 oz of fresh milk into a high-sided sauce pan (1 cup of milk makes about a cup of yogurt).
2. Heat the milk until it just starts frothing* (but before it boils) or measure using a cooking thermometer and watch until it is heated to **180°F (82°C)**. Remove the saucepan from heat and **allow the milk to cool** to lukewarm. To accelerate the cooling down, place the saucepan in cold water.
3. When the temperature reaches **110°F (43°C)**, you may add your yogurt culture. Culture may either be bought freeze-dried or you can use plain yogurt from the store or a previous homemade batch. If not using a thermometer, wait until the pot is just cool enough to touch with your bare hands (still very warm). Pour the milk into a small clean cup and add 3-8 Tablespoons of plain yogurt then stir culture in to distribute it evenly. Mix the room temperature milk well with the smooth mixture and pour into VitaClay pot.
4. Place the clay pot into the VitaClay cooker and push the “Yogurt” button. Set it for 8-9 hours. Wait for the beep and it will begin the incubation. Place the clay lid on the pot and close up the cooker.
5. Once the yogurt is done, dispense the yogurt into your own containers or leave in the clay pot to refrigerate for 4 hours before using. Store in the refrigerator and use within 4-5 days.
6. Greek yogurt: The yogurt will thicken further in refrigerator. After more whey separates from the yogurt, it will become creamy Greek yogurt or yogurt cheese. You might use a strainer or cheese cloth to separate more of the whey from the yogurt. This will help thicken more.
7. Feel free to flavor with fruit, honey or vanilla beans and enjoy!
8. Don't forget to save a small amount to make the next batch!

**Frothing is optional, but usually results in thicker yogurt. Always allow frothed milk to cool before adding culture.*

Note:

1. 8 hours is best. The longer the yogurt incubates beyond that time, the sourer the taste becomes.
2. Mark the date you made the yogurt or with the date the yogurt will expire (10 days). Chill the yogurt in the refrigerator for a minimum of three hours before eating.
3. The yogurt maker should remain still during the incubation process. Do not move the appliance as this can affect the firmness and final outcome of the yogurt.

CHOOSING THE MILK

The following types of milk may be used: Raw milk, Pasteurized milk of any fat content (full, 2%, 1% or fat-free), Powdered milk, Long-life UHT sterilized milk, or coconut milk.

UNFLAVORED YOGURT

The taste and texture of the yogurt varies according to the milk and yogurt starter selected. You should experiment with milk of various fat contents to determine which one you prefer.

YOGURT FLAVORED AFTER COOKING

You may choose to make flavored yogurt and add sugar, honey, flavorings, fruit or other ingredients to taste just prior to eating.

YOGURT FLAVORED WITH JAM AND JELLY, (OR HONEY, OR SYRUP)

Ingredients:

- 4-5 tablespoons of jam and jelly, (or honey or syrup)
- 5 tablespoon of unflavored yogurt or 1 tablespoon of culture
- 32 oz of milk

Heat the milk until it froths (82°C-180°F), for 1-2 minutes and starts to climb the sides of the saucepan (frothing is optional). Remove the saucepan from heat and allow the milk to cool lukewarm (43°C-110°F). To accelerate the cooling down, place the saucepan in cold water. Warm the jam and jelly (or honey or syrup) over low heat. Add half of the milk and stir until smooth; let cool again to (43°C-110°F), stir together the culture, jam or jelly and remaining milk until smooth. Add the jam or jelly (or or honey or syrup) while stirring. Add the mixture in VitaClay cooker. Cover the cooker. Set “Yogurt” for 6 hours.

YOGURT FLAVORED WITH FRESH FRUIT

Ingredients:

- ½ cup chopped fresh fruit
- 4 tablespoons of sugars or to taste
- 1-3 cup water
- 5 tablespoons of unflavored yogurt or 1 tablespoon of culture
- 32 oz of milk

Heat the milk until it froths (82°C-180°F), for 1-2 minutes and starts to climb the sides of the saucepan. Remove the saucepan from heat and allow the milk to cool lukewarm (43°C-110°F). To accelerate the cooling down, place the saucepan in cold water. Cook the fruit in the sugar and water over low heat for 10-15 minutes or until thickened. Let cool again to (43°C-110°F). Stir together the culture and milk until smooth. Stir in the chopped fruit. Add the mixture in VitaClay cooker. Cover the cooker. Set “Yogurt” for 6 hours.

Turn the page for cooking charts for a wide array of foods in your new VitaClay Multi-Crock & Stock Pot!

VitaClay Broth Cooking Chart for VM7800-5

*Cookers automatically default to warm setting (160 degrees) for up to 12 hours after cooking. For those who prefer longer broth cooking times, allow the cooker to continue cooking (low simmer) on the warm setting for 8+ hours after the cycle ends. This may maximize nutrient extraction from bones.

Recipe Name	Food	Liquid	VitaClay Cooking Time on “Slow” Setting	Vitaclay cook time on “Fast” Setting
Chicken Bone Broth	3 lbs organic bones, Veggie scraps	Fill the pot	9 hours	3-4.5 hours*
Beef Bone Broth	3 lbs organic beef bones Veggie scraps	Fill the pot	9 hours	3-4.5 hours*
Mixed Bone Broth	3+ lb organic mixed bones, veggie scraps	Fill the Pot	9 hours	3-4.5 hours*
Vegetable Broth	Veggie Scraps, herbs /spices	Fill the pot	3 hours	1-1.5 hours
Mushroom Broth	Various Mushrooms, 1-3 lb total	Fill the pot	3 hours	2 hours
Chicken Noodle Soup	1 chicken 3 garlic 4 carrots 3 celery noodles	Fill the pot	3 hours	2 hours
Meat Broth	2+ lb any meat	3-5 quarts	3 hours	1-2 hr

Note: Because longer cooking times for bone broth extract both nutrients and toxins from bones, it is advisable to use bones with as few toxins present as possible: therefore, we recommend you always use organic or pastured bones when making bone broth.

VitaClay Meat Cooking Chart

VM7800-5

*Liquid amounts always refer to water-based liquid (water, broth, other watery liquids--not just oil). Liquid must always be present when cooking in VitaClay. Any attempt to “dry-cook” or cook something with only oil and no water-based liquid can damage the pot and will invalidate the warranty.

For every additional hour of cooking time, add 4 cups of liquid. Please ensure meat is fully cooked before serving.

Recipe Name (Thawed Meat)	Amount of Food (Thawed)	Liquid amount*	Vitaclay cook time On “Fast” Setting
Boneless Chicken Breasts	4 (4-6 oz each)	2 cups broth /water	30 min or fully cooked
Bone-in Split Chicken Breast	4 (10-15 oz each)	3 cups broth /water	40 min or fully cooked
Boneless Chicken Thighs	8 (3 oz each)	3 cups broth /water	30 min or fully cooked
Bone-in Chicken Thighs	8 (5-7 oz each)	4 cups broth /water	1 hour or fully cooked
Whole Chicken	4 lb remove giblets	15+ c soup: immerse and fill pot	1-2 hours or fully cooked
Big whole chicken	4.5-5.5 lb	15+ c soup: fill pot	1-2 hours or fully cooked
Bone-in Turkey Breast	6 lb	12 cups	1-2 hours or fully cooked

Ground Meat Any Type	1 lb	2 cups	30 min or fully cooked
Boneless Pork Butt	3 lb (1-inch pieces)	4 cups	1-2 hours or fully cooked
Pork Ribs, Boneless	3 lb (1-inch pieces)	7 cups	1-2 hour or fully cooked
Beef Short Ribs, Boneless	3 lb (1-inch pieces)	7 cups	1-2 hours or until tender
Beef Chuck Roast	3 lb (1-inch pieces)	3 cups	1-2 hours or until tender
Leg of Lamb, boneless	3 lb (1-inch pieces)	3 cups	1-2 hours or until tender
Pork Tenderloin Roast	12-16 oz	3 cups	30 min or fully cooked
Boneless Pork Butt Roast	4 lb	8 cups	2 hours or fully cooked
Boneless Beef Top Sirloin Roast	3 lb	6 cups	2 hours or fully cooked
Beef Brisket	2-4 lb	8 cups	2 hours or fully cooked
Boneless Beef Chuck-Eye Roast	3-4 lb	6 cups	2 hours or fully cooked
Pork Baby Back Ribs	1.5-2 lb (2-rib sections)	6 cups	2 hours or fully cooked
Bone-in Beef Short Ribs	2 lb	10 cups	2 hours or fully cooked
Boneless Beef Short Ribs	2 lbs	10 cups	2 hours or fully cooked
Osso Buco Veal Shanks	2-4, 6-10 oz shanks	10 cups	2 hours or fully cooked

*For cooking times longer than 1 hour, please check the contents at each hour to ensure enough liquid is present.

VitaClay Vegetable Cooking Chart for VM7800-5

*Liquid amounts always refer to water-based liquid (water, broth, other watery liquids--not just oil). Liquid must always be present when cooking in VitaClay. Any attempt to “dry-cook” or cook something with only oil and no water-based liquid can damage the pot and will invalidate the warranty.

Recipe Name	Amount of Food	Liquid amount*	VitaClay cook time On “Fast” Setting
Acorn Squash	8 wedges, seeded	2 cups	30 min or until tender
Artichokes	4, Stemmed	2 cups	30 min or until tender
Baby Artichokes	8, Stemmed	2 cups	30 min or until tender
Beets	6, halved	2 cups	30 min or until tender
Brussels Sprouts	1 lb	2 cups	30 min or until tender
Butternut Squash	1-in pieces	2 cups	30 min or until tender
Red/Green Cabbage	8 wedges	2 cups	30 min or until tender
Carrots	1 lb, ½-in pieces	2 cups	30 min or until tender
Cauliflower	Cored, chopped	2 cups	30 min or until tender
Collard Greens	Stemmed, chopped	2 cups	30 min or until tender
Kale	Stemmed, chopped	2 cups	30 min or until tender

Red Pota- toes (salad)	¾-in pieces	2 cups	30 min or until tender
Red Pota- toes (mash)	whole	2 cups	1 hour or until tender
Russet Potatoes (for mash)	½-in slices	2 cups	30 min or until tender
Sweet Potatoes (for mash)	½-in slices	2 cups	30 min or until tender
Steamed Broccoli	1-2 lb raw broccoli	2 cups	30 min or until tender

VitaClay Beans Cooking Chart

VM7800-5

It is recommended that all beans, legumes and grains be soaked prior to cooking to improve digestibility and increase the available nutrients. To soak, cover with filtered water and a bit of salt and/or whey, and allow to sit in the clay pot for several hours. Then drain the liquid and rinse before adding cooking liquid and heat. All VitaClay recipes indicate pre-soaked beans. Unsoaked beans may require a few more minutes cooking time.

Recipe Name	Amount of Food	Liquid:Beans Ratio	VitaClay Cook Time on “Slow” Setting	Vitaclay cook time On “Fast” Setting
Soaked Black Beans	1+ cups	3:1 or more	1-2 hours	45 min
Unsoaked Black Beans	1+ cups	4:1 or more	2-3 hours	1.5-2 hours

Soaked Pinto Beans	1+ cups	3:1 or more	1-2 hours	45 min
Unsoaked Pinto Beans	1+ cups	4:1 or more	2-3 hours	1.5-2 hours
Soaked Navy Beans	1+ cups	3:1 or more	1-2 hours	45 min
Unsoaked Navy Beans	1+ cups	4:1 or more	2-3 hours	1.5-2 hours
Soaked Mixed Beans	1+ cups	3:1 or more	1-2 hours	45 min
Unsoaked Mixed Beans	1+ cups	4:1 or more	2-3 hours	1.5-2 hours
Soaked Split Peas	1+ cups	10:1 or more	1-2 hours	3 hours
Unsoaked Split Peas	1+ cups	12:1 or more	2-3 hours	1.5-2 hours
Soaked Black-Eyed Peas	1+ cups	12:1 or more	1-2 hours	2 hours
Unsoaked Black-eyed Peas	1+ cups	4:1 or more	2-3 hours	1.5-2 hours

VitaClay Oatmeal and Cereal Cooking

Chart VM7800-5

The Stock Pot (7800) models require much more liquid than the 7700 or 7900 models for any recipe, about 8 cups of liquid per 1 cup of food and 1 hour of cooking time.

Recipe Name	Amount of Food	Liquid	VitaClay Setting	Total Vitaclay cook time
Steel Cut Oatmeal	2 cups Oats (steel cut only)	16 cups water (milk can be added after cooking)	Porridge	(Automatic)
Mixed whole-grain cereal	2 cups Whole Grain Cereal	16 cups water (milk can be added after cooking)	Porridge	(Automatic)
Chinese Rice Porridge (Jook/Zhou)	2 cups white rice, rinsed, add-ins optional	16-20 cups water or broth	Porridge	(Automatic)

Steel cut oats are best if soaked overnight: they can be delay-started so your oats will begin cooking before you wake up and will be ready when you are. Simply add all of the ingredients into the clay pot the night before and set the cooker to start cooking about an hour before you wake up.

Flavor combination possibilities are endless: just add any fruit and spice combinations you prefer into the pot before it begins cooking, and wake up to the smell of bananas and cream, cinnamon spice, maple, strawberry, chocolate or apples and spice oatmeal. You'll wonder what you did all this time without your "personal chef!"

LIMITED ONE-YEAR WARRANTY

On-Line warranty registration

www.vitaclaychef.com

Essenergy, Inc. (“Essenergy”) warrants this Product against defects in material or workmanship for a period of one (1) year from the date of original purchase, when utilized for normal household use. Essenergy will repair or replace the Product, at its option, at no charge except for shipping and handling.

This warranty does not cover: (1) The clay pot or lid; (2) damage due to incorrect customer instruction, installation or set up; (3) cosmetic damage or other damage due to an act of God, accident, misuse, abuse, or negligence; (4) commercial use of the Product; (5) modification of any part of the Product; (6) damage due to improper operation, improper maintenance, or connection to an improper voltage supply; (7) damage due to attempted repair of the Product by anyone not authorized by Essenergy to service the Product; (8) normal wear of parts; (9) Damage or defects caused by shipping, faulty packaging or mishandling in transit; (10) any non-electric/mechanical attachments and accessories and disposable parts including measuring cup, spoon, inner pot, outside case, cord and plug.

KEEP YOUR SALES RECEIPT. Warranty service will require presentation of proof of purchase in the form of a bill of sale or receipt which shows the date of purchase and establishes that the Product is within the warranty period.

PLEASE REGISTER YOUR PRODUCT WITHIN 10 DAYS OF PURCHASE. Product must be registered in order to claim warranty service. Please visit www.VitaClayChef.com to register your product.

This warranty is invalid if the factory applied serial number or production date has been altered or removed from the Product.

To obtain warranty service, first contact customer service to receive an RMA number. You will receive instructions for the return of your unit once it has been authorized. You will need to send the complete electronic housing (**without the clay pot or lid**) insured, freight prepaid, plus proof of purchase (as described above). Be sure to package in the original packaging and ensure the machine is secure inside of the box, with no rattling or movement once the box is sealed. If the unit arrives with damage from shipment, the warranty will be invalidated.

Please attach your name, address, telephone number, and a description of the problem along with return postage. A warranty form should be completed and included with the package. The product must be sent carefully packed and properly cushioned to prevent damage in transit. Your failure to abide by these provisions

may cause your request for warranty service to be denied, and the repaired unit will be returned at your expense. This warranty is extended only to the original purchaser of this product and does not extend to any commercial use or unreasonable use. This warranty is valid only in the United States.

NOTE: REPAIR OR REPLACEMENT AS PROVIDED UNDER THIS WARRANTY IS THE EXCLUSIVE REMEDY OF THE CONSUMER. ESSENERGY SHALL NOT BE LIABLE FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES FOR BREACH OF ANY EXPRESS OR IMPLIED WARRANTY ON THIS PRODUCT EXCEPT TO THE EXTENT PROHIBITED BY APPLICABLE LAW. ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE ON THIS PRODUCT IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.

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Essenergy, Inc.
www.VitaClayChef.com
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