



# VitaClay<sup>®</sup> 2-in-1 Rice n' Slow Cooker Operating and Care Instructions

For models VF7700-6 & VF7700-8



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

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**Welcome to VitaClay! We're so glad you're here.**

This guide is to help you have a safe and truly satisfying experience. We have created a line of electronic cooking devices that are both easy to use and healthy for you and your family. Enjoy!

Clay is the most traditional cooking material there is, used in every culture for thousands of years. At VitaClay, we care about your health and the health of the environment. That's why we set out to create cookware that not only saves time and money in the kitchen but allows you to utilize traditional cooking methods to turn whole foods into healthy meals with the push of a button!

We have sourced the world's purest clay to create our clay pots, so you can rest assured that no impurities, heavy metals, toxins or chemicals will ever be leached into your food. Not only will your food be clean and healthy, it will taste great and have an unparalleled texture.

Our clays are tested to ensure they are free of the common contaminants in modern cookware including lead, aluminum, cadmium and arsenic. And since our pots are unglazed, you do not have to worry about the harmful chemicals found in other pots. We just don't believe convenience is worth risking your health.

**Thank you for purchasing your new VitaClay 2-in1 Rice n' Slow Cooker!**

To register your new product: Go online to **vitaclaychef.com**, scroll down to the bottom of the homepage, under the center "Support" column, click on "Product Registration"

Visit our site for demos, recipes, and cooking charts: [vitaclaychef.com](http://vitaclaychef.com)

Check us out on:

YouTube at VitaClayChef

Instagram at vitaclay

Or join our Facebook family at VitaClay Chef

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## Important Safety Information

When using your 2-in-1 Rice n' Slow Cooker or any electrical appliances, basic electrical precautions should always be followed to reduce the risk of fire, electric shock and injury, including but not limited to the following:

**Read all instructions before using your 2-in-1 Rice n' Slow Cooker.  
Save for future reference.**

- Your 2-in-1 Rice n' Slow Cooker ("Cooker") appliance is intended for **household countertop use only** and is not intended for commercial or outdoor use. Do NOT place the Cooker on or near a hot gas or electric stove burner. Do NOT place the Cooker inside a hot oven or broiler.
- **WARNING: Spilled food can cause serious burns. Keep appliance and cord away from children.**
- **CAUTION:** To ensure continued protection against risk of electric shock, connect to properly grounded outlet only. Always attach plug to appliance first, then plug cord into the wall outlet. When you plug in the power cord, please ensure a solid connection with the cord and both Cooker and the electrical outlet. To disconnect, turn unit off and remove the plug from wall outlet by holding the plug. Do NOT pull the cord. Never drape cord over edge of counter. Never use outlet below counter. Only cook in the removeable container.
- **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. Keep power cord plug and socket dry and clean. Do NOT touch power plug with wet hands. **CAUTION:** To reduce the risk of electric shock, cook only in removable container.
- Ensure your Cooker is **always placed on a flat, level surface before use**. 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.
- **DO NOT move the Cooker when it is in cooking or warm mode.** After cooking, use extreme care when moving your Cooker or the clay pot insert if it is filled with hot liquid. Spilled food can cause serious burns. Keep appliance and cord away from children.
- Always unplug the Cooker when not in use or before cleaning. Allow the Cooker to cool before cleaning or removing parts.

- Do NOT use this Cooker for anything other than its intended use. The use of accessory attachments not supplied or recommended by Essenergy may cause injury, fire or electrical shock and may also damage the Cooker. The Cooker should be used for its intended purpose only and not for other cooking purposes such as stir frying, braising, browning or deep oil frying.
- During the cooking process, the steam valve vents needs to be in place for safety and performance. Do NOT touch the steam valve during cooking process as it becomes very hot. Do NOT put your face near the steam valve, 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 valves, as this may damage the Cooker.
- The clay or stoneware pot and lid become very hot during the cooking process and/or when cooking is finished. Use a dry cloth to pick up the clay pot and lid. Do NOT use bare hands. When lifting the lid on a heated Cooker, carefully lift and tilt lid away from you to avoid scalding and to allow condensed water to drip into pot. Steam and condensation will be very hot; be very careful not to burn. Do NOT touch hot surfaces; Use the handles or knobs provided.
- Do NOT operate any appliances that have damaged plugs or cords, malfunctioned or been damaged in any way. Return the appliance to the manufacturer or qualified service technician for repair or adjustment.

## **Grounding Information and 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**, the cord 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:

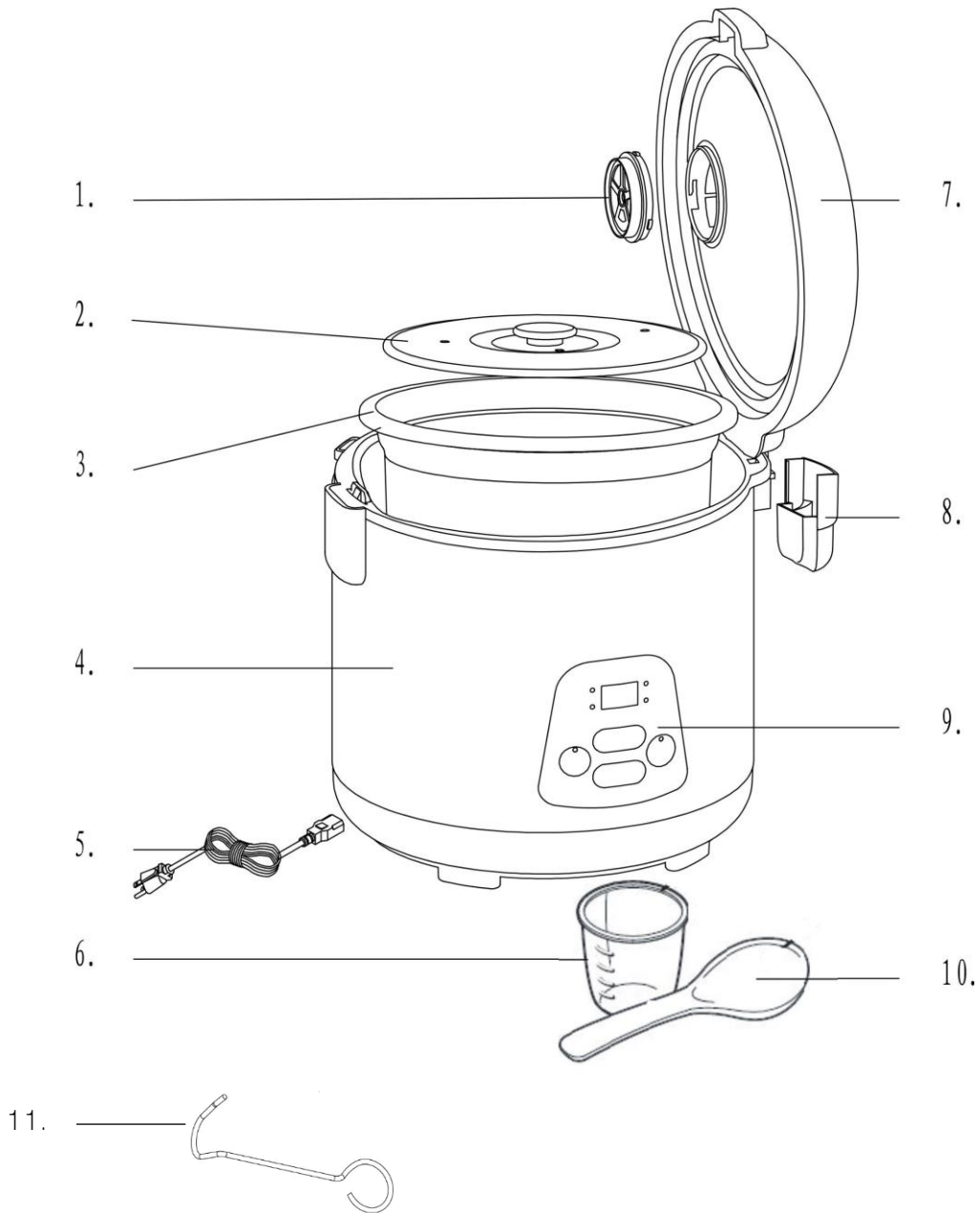
- Use only 3-wire extension cord with 3-blade grounding plug.
- The marked rating of extension cord must be equal to or greater than the rating of this appliance. Electrical rating is listed on the bottom of this unit.

## Caring for your Clay Pot

Unglazed natural clay promotes health by preserving all essential nutrients and vitamins in your foods. It creates excellent texture and intensifies flavors of food. In order to preserve the quality and lifespan of your clay pot, here are a few helpful tips and instructions to follow:

- **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 cloth 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.
- **DO use your 2-in-1 Rice n' Slow Cooker with adequate water-based liquids.** Be sure that water-based liquids are always present in the clay pot during cooking to prevent the pot from becoming too dry and overheated. **ALWAYS** cook with liquid present at least 2-3 cups (US cup) in the pot.
  - **For first-time cooking use** that is longer than an hour, please **CHECK** your liquid levels halfway of cooking time to see if liquid is running low, add same temperature or room-temperature liquid as needed. If the liquid is almost gone, turn the machine off and allow it to cool down before adding more liquid and resume the cooking cycle. Use the **Cooking Chart** for the first-time cooking and reduce or add liquid amount as needed thereafter.
  - 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 pot from the Cooker base.
  - **DO NOT cook easy to burn foods** like milk, cheese, tomatoes, roll-cut and quick oatmeal without enough liquid or for too long. Use the proper settings, see the **Cooking Chart** for details.
- The clay or stoneware parts are designed for cooking with the provided Cooker base ONLY. DO NOT heat them on stove top or oven. **NEVER use the pot for frying, braising, browning or deep oil frying.**
- Avoid sudden temperature changes. DO NOT add cold water to heated pot. **DO place hot pot on a fabric or cotton potholder or dry cloth.** DO NOT put hot pot on a cold counter or any cold surface including the sink.
- When your meal has just finished cooking, the Cooker will still be hot, DO NOT place clay parts in water or on cold surface. This can SHOCK the pot to the pot and may cause it to crack.
- The clay pot is fragile. Be careful when carrying or storing. Do NOT start cooking function while the clay pot is empty. Dry heat can cause the pot to crack or break. Always have some liquid present in the clay pot when the cooking cycle begins. Please handle with care. DO NOT hit it on hard surface or drop, as it may break.
- Be sure that the **outside of the pot is dry before placing inside the housing** to cook. If liquids have been soaking in the clay pot for a very long time, a leak could occur. Use a dry towel to dry the outside surface of the inner clay pot.

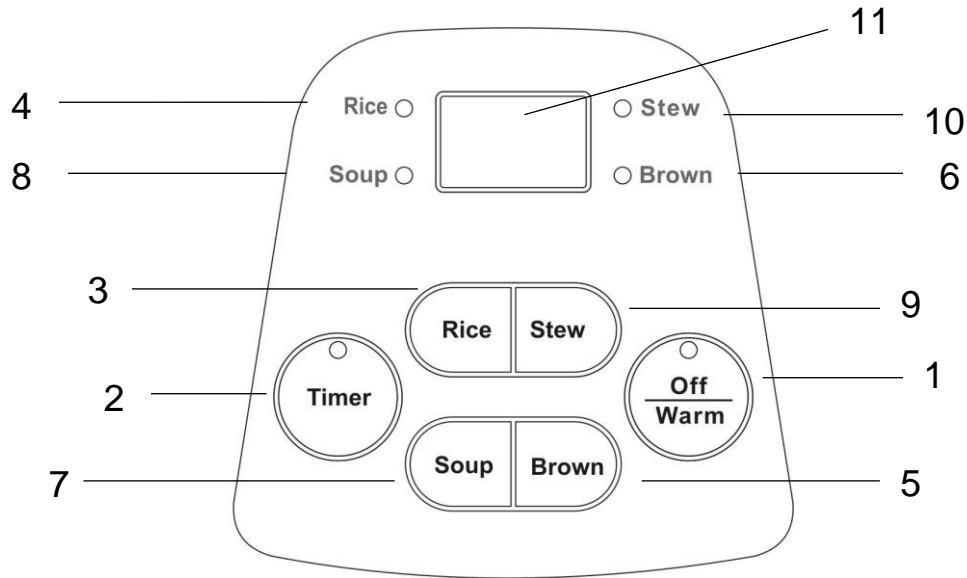
# Parts and Assembly Illustration



## Key to Parts

- |                             |   |
|-----------------------------|---|
| (1) Steam Valve             | (7) Cooker Cover  |
| (2) Clay Lid                | (8) Water Collector   |
| (3) Clay Pot                | (9) Control Panel Display, see below                                      |
| (4) Stainless Steel Housing | (10) Rice Spoon   |
| (5) Power Cord              | (11) Stainless Metal Hook (for lifting the hot clay lid off the clay pot) |
| (6) Measuring Cup           |   |

## How to read your Control Panel Display



- (1) **“Off / Warm” Key** -- Function Key to turn off Cooker (cancel cooking) or to turn on “Warm” mode. Your Cooker is in the “Warm” mode when the Indicator light of the **“Off / Warm” Key** glows red.
  - (2) **“Timer” Key** -- Function Key to program cooking time for the “Soup” or “Stew” mode. Set the time desired by pushing this button. Time is indicated on the LCD display. The Indicator light of the **“Timer” Key** glows red when time is set.
  - (3) **“Rice” Key** -- Function Key to turn on the “Rice” cooking mode.
  - (4) **“Rice” Light** -- Indicates the Cooker is operating in the “Rice” cooking mode.
  - (5) **“Brown” Key** -- Function Key to turn on the “Brown Rice” cooking mode.
  - (6) **“Brown” light** -- Indicates the Cooker is operating in the “Brown Rice” cooking mode.
  - (7) **“Soup” Key** -- Function Key to turn on the “Soup” cooking mode.
  - (8) **“Soup” Light** -- Indicates the Cooker is operating in the “Soup” cooking mode.
  - (9) **“Stew” Key** -- Function Key to turn on the “Stew” cooking mode selection key.
  - (10) **“Stew” Light** -- Indicates the Cooker is operating in the “Stew” cooking mode.
- “LCD display”** – Displays the cooking time set. Set with the **“Timer” Key**.



## Let's Get Started!


Remove all packaging from your 2-in-1 Rice n' Slow Cooker ("Cooker") and its accessories prior to use. Make sure all parts are accounted for (see Parts & Assembly Illustration), undamaged and free of debris.

### **IMPORTANT: CLEAN UNIT THOROUGHLY BEFORE FIRST USE:**

- Hand wash the clay pot and cover in warm water with a small amount of detergent.
- Rinse and dry clay pot thoroughly before placing in Housing.
- Remove the large info-graphic sticker from the stainless-steel Housing.
- DO NOT submerge the Housing in water, it is ok to gently wipe it with damp cloth.

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 not occur after the first few uses.

### **Install the Steam Valve into Cooker Cover** (see Parts & Assembly for visual)

- Grasp the steam valve with the smooth surface facing towards you and the "spokes" facing the Cooker cover.
- On the side edge of the steam valve there is a rectangular notch. On the inside of the Cooker cover you will see where the steam valve should be inserted and there is also a debossed arrow image () to aid in positioning.
- Position the steam valve so that the notch aligns at the "2 o'clock" position above the debossed arrow image.
- Insert steam valve and rotate clockwise until the steam valve locks in position.
- **NEVER operate your Cooker without the steam valve in place.**

### **Water Collector** (see Parts & Assembly for visual)

- The clear plastic water collector at the back of the Cooker's Housing collects excess steam and prevents it from falling on the countertop.
- Check the water collector after each use and empty as needed.

## 2-in-1 Rice n' Slow Cooker Basics

### **(Important Do's and Don'ts to ensure success!)**

Your 2-in-1 Rice n' Slow Cooker ("Cooker") is a faster, easier, truly a mess-free and notably more delicious and nutritious way to make a rice, soup, chili, stew, or most anything you can make in a regular slow cooker.

Cooking time is significantly shortened when compared to a slow cooker.

The minimum food and liquid volume should be  $\frac{1}{4}$  of the pot.

**DO NOT** dry heat, or fry / or cook ANY foods dry---without liquid in pot. Dry heating can shorten the life of the clay pot and Cooker. **DO NOT dry heat to cook to bake or to stir fry foods.**

Keep the Cooker surface and base inside clean and on a flat surface to maintain normal operating conditions.

**DO NOT** disassemble the Cooker Housing, as this will invalidate the warranty.

During cooking, you may stop the cooking mode at any time by pressing the “Off/Warm” key. It will then revert to the Waiting mode with display “-----”.

If there is a power outage during cooking, you may have to start the cooking cycle again.

Always ensure that the Cooker’s heating element located in the main housing is clean and dry. Any particle (food or dirt) will interfere and may prevent the Cooker from cooking evenly, cause a burning smell or could cause the clay pot to crack. If there is any food residue on the heating element, wipe with a damp (not wet) cloth or Magic Eraser sponge until clean. Never fill the main housing with water and never immerse it in water.

**Do open the lid during cooking** to check the cooking progress. Unlike other pots, opening the lid does not affect the cooking time! Go ahead, use a thermometer to check doneness, add in vegetables that need just a brief amount of time to cook, or stir and check your seasoning. This is not necessary every time, but in the beginning, it gives you a quicker learning curve.

*Note: All recipes in this booklet are based on U.S. measurements (standard U.S. measuring cups and spoons). Plastic cup included with the Cooker is not U.S. measurement, if using adjust accordingly.*

*Use the “VitaClay Cooking Charts for VM7900 & VF7700” for first-time cooking. After that, reduce or add liquid amount and cooking time as needed based on your results and preferences.*

## How to Choose a Cooking Mode

There are 4 cooking modes + a keep warm mode: Rice, Brown, Soup and Stew mode.

- **Rice mode** is for cooking white rice such as jasmine, basmati, medium-grain and sticky/sweet rice as well as grains such as quinoa.
- **Brown mode** is for cooking brown rice, mixed whole grains and wild rice.
- **Soup mode** is for vegetable stock, bone broth, soups (liquid-based) and porridges such as congee or jook as well as pot roasts.
- **Stew mode** is for stews (these are thicker than soups), beans and most classic crockpot-style recipes.

## How to Cook with each Mode

### Rice Cooking & Brown Rice Cooking Modes

The Rice and Brown modes utilize a micro-computerized cooking mode that enables the Cooker to automatically determine the cooking time needed. You will not be able to set the length of cooking time; however you may cancel the program at any time if the rice is cooked to your liking.

Quinoa may successfully be cooked with the Rice mode function whereas mixed whole

grains are best cooked in the Brown mode.

Important: Do NOT cook oatmeal in the Rice or Brown cooking modes. Use the Stew or Soup cooking mode.

### **Rice or Grain to Water Ratios**

Rice and grains are natural products and the amount of water needed for cooking will depend on the age and size of the product as well as personal taste. The following ratios are suggested and **based on rinsed rice\***.

Type of rice/grain	Ratio of rice to water/broth	Rice/grain	Water, broth or stock	Setting
White rice**	1:1 or 1:1.25	1 cup	1 cup to 1-1/4 cups	Rice
Sweet rice	1:1.5	1 cup	1-1/2 cups	Rice
Brown or wild rice	1:1.5	1 cup	1-1/2 cups	Brown
Quinoa	1:1.5 or 1:2	1 cup	1-1/2 cups to 2 cups	Rice
Mixed whole grains	1:1.5	1 cup	1-1/2 cups	Brown

\*If rice is not rinsed, add an extra ¼ cup liquid to pot.

\*\*Arborio (risotto-style rice) can be made in the Rice or Stew mode.

#### NOTES:

- (1) If you prefer to use more water, such as a 1:2 ratio, use the stew mode for 30-40 minutes.
- (2) if using a rice that has suggested rice cooker directions for rice to water ratios, follow the directions on the package.

*Chef's Tip: You can always substitute water with vegetable stock or bone broth to enhance flavor and increase nutrition.*

### **Rinsing the Rice**

To make great rice, we highly recommend that you rinse the plain raw rice before cooking. Simply place desired amount of rice in a strainer or bowl and rinse under water, stirring with your hand, until the water runs clear.

Note: if you are using a flavored or enriched rice product or the package instructions specifically state not to rinse the rice you should skip this step.

### **Basic Rice Cooking Directions (Rice or Brown)**

- Rinse rice as noted above and add to clay pot (#4 on parts and assembly diagram). Add desired amount of water to pot, stir and cover with the clay pot lid.
- Ensure the exterior of the pot is clean and dry.
- Place covered clay pot into the Cooker on the heating element.
- Close the Cooker cover. You will hear a “click” when it snaps shut. Plug cord into a 120-volt AC/60Hz outlet. The Cooker will beep, and the LCD display will show “---”
- Press the Rice key or Brown key on the control panel to select desired cooking mode.

- The LCD display will show either:
  - “00.4” if the **Rice key** was selected and the Rice Light will blink and then glow red. This means your rice Cooker will cook for approximately 40 minutes in the Rice mode -- less time is needed for small amounts and more time for larger amounts.
  - “00.5” if the **Brown key** was selected and the Brown Light will blink and then glow red. This means your rice Cooker will cook for approximately 50 minutes in the Brown mode -- less time is needed for small amounts and more time for larger amounts.
- Once cooking is complete, the Cooker will beep and automatically switch to the Warm mode, the Off/Warm Light will glow red and the LCD display will show “00.0”.
  - The Cooker will stay in the Warm mode for up to 12 hours. The timer will show the elapsed time in 10-minute intervals. For example, 30 minutes would be shown as “00.3” on the LCD display.
- The rice may now be served; however, **to achieve the best results we suggest that you allow the rice to remain in the Warm mode for 10-15 minutes before serving.** (This allows the rice to “release” from the bottom of the clay pot.)
- To end the Warm mode and turn the Cooker off, press the Off/Warm key.
- It is advised that you Do NOT keep the rice in the Warm mode for longer than 2 hours.

Note: If you plan to hold the rice in the Warm mode for longer than 1 hour, add an extra ¼ cup of liquid at the beginning of cooking.

### **Basic Grain Cooking Directions**

- If using quinoa, follow grain to water proportions in chart above and use the Rice cooking mode.
- If using mixed whole grains, follow grain to water proportions in chart above and use the Brown cooking mode.
- If using mixed wild rice, follow grain to water proportions in chart above and use the Brown cooking mode.
- For all of the above, after the cooking cycle is complete, allow to rest in the Warm mode for 10-15 minutes before serving.

### **A General Guide to Flavoring your Rice and Grains**

Please do refer to the recipe booklet that came with the Cooker as well as recipes online at [vitaclaychef.com](http://vitaclaychef.com). Additionally, here are some basic suggestions:

- Salt and/or butter (or cooking oil) may be added at the beginning of the cooking cycle.
- Use broth or vegetable stock in place of water, leftover vegetable-steaming water or water with your favorite herbs added to increase flavor and nutrients.
- To create a golden rice, stir in a teaspoon of turmeric at the beginning of the cooking cycle.
- Sauté any of the following ingredients in olive oil and mix into the rice **after cooking** is complete: cashews, cranberries, raisins, apple chunks, mango cubes, mushrooms, garlic &/or onions.

## **A General Guide to One Pot Rice or Grain Meal**

Ten minutes before the Rice or Brown mode cooking cycle completes (LCD display will show “00.1”), add fish and vegetables on top of your rice/grain or place the fish inside a ceramic bowl/ dish then place it on top of rice/grain. Let simmer until cooking cycle completes. You may let your food continue to simmer in the Warm mode for additional 10-15 minutes or until your fish is cooked through.

Note: See the “**VitaClay Cooking Charts for VM7900 & VF7700**” for additional guidance.

## **Soup Cooking Mode**

Your Cooker is a great tool for making your flavorful and nutritious hearty soup or broth as well as a pot roast! Please refer to the recipe booklet and the “**VitaClay Cooking Charts for VM7900 & VF7700**” that came with the Cooker for guidance on ingredient proportions.

The Soup mode allows you to select the amount of cooking time in 30-minute increments, from 1 to 4 hours.

Remember to always check the cooking process halfway through and make adjustments accordingly to liquid and cooking time.

## **Basic Soup Cooking Directions**

- Place your soup ingredients (including water, broth or stock) into the clay pot, stir and cover with the clay pot lid.
- Ensure the exterior of the pot is clean and dry.
- Place covered clay pot into the Cooker on the heating element.
- Close the Cooker cover. You will hear a “click” when it snaps shut. Plug cord into a 120-volt AC/60Hz outlet. The Cooker will beep, and the LCD display will show “---”
- Press the Soup key on the control panel to select the Soup cooking mode. The LCD display will show “**02.0**” as the default cooking time; which means your soup is set to cook for 2 hours.
- You may shorten or lengthen cooking time by pressing the Timer key **within a few seconds** of selecting the cooking mode. Press the key until the display shows your desired cooking time. **The timer increases by 30-minute increments from 1 hour to 4 hours.** A few seconds after the Timer is set, both Soup and Timer lights will stop flashing and glow red.
- Once cooking is complete, the Cooker will beep and automatically switch to the Warm mode, the Off/Warm Light will glow red and the display will show “**00.0**”.
  - The Cooker will stay in the Warm mode for up to 12 hours. The timer will the elapsed time in 10-minute intervals. For example, 30 minutes would be shown as “00.3”.
- To end the Warm mode and turn the Cooker off, press the Off/Warm key.

***NOTE: You cannot change the cooking time once the Cooker enters the Soup cooking mode. Simply press the Off/Warm key and start over.***

## **A General Guide to Soups, Broths and Porridge**

Please refer to the recipe booklet and the “**VitaClay Cooking Charts for VM7900 & VF7700**” that came with the Cooker. Additionally, here are some basic guidelines:

- Vegetable stocks cook in about 30-50 minutes.
- Meaty bone broths will cook in about 4-6 hours.
- Whole chicken soup cooks in 2-3 hours.
- Congee, jook or whole grain porridge cook at least 1-½ hours.
  - Cooking ratio for porridge is 1 cup of dry rice/grain to 6-8 cups of water.
  - Never cook more than 2 cups dry rice/grain.
  - Do NOT add milk until serving time as it may cause overflow or food burning.
- All recipes may be held in the Warm mode for up to 12 hours, so your food is ready when you are – whether it is cooking overnight for **breakfast** or during the day for an evening meal.

*Use the “**VitaClay Cooking Charts for VM7900 & VF7700**” for first-time cooking. After that, reduce or add liquid amount and cooking time as needed based on your results and preferences.*

## **Stew Cooking Mode**

The Stew cooking mode offers a variety of options: You may use this mode to make a **quick 30-minute meal, one-pot pasta dish, 1-2-hour stew, 3-4-hour pot roast, or steam fish or vegetables** just 30 minutes or less. That is right, you can cook a quick meal or make Crock-Pot/slow cooker-style recipes in a fraction of the time. The following guidelines can be adjusted for personal preferences.

It is highly recommended that you refer to the recipe booklet provided for the first few recipes you make in the Stew mode. See also the “**VitaClay Cooking Charts for VM7900 & VF7700**” that came with the Cooker for guidance on ingredient proportions.

The Stew mode allows you to select the amount of cooking time in 30-minute increments, from 30 minutes to 12 hours and the default is 4 hours. You DO NOT NEED to cook your recipes for 4 hours; cooking will vary by recipe and amount of food and liquid in the pot.

Remember to always check cooking progress halfway through and make adjustments accordingly for liquid and cooking time.

## **Basic Stew Cooking Directions**

- Place your ingredients into the clay pot, stir and cover with the clay pot lid.
- Ensure the exterior of the pot is clean and dry.
- Place covered clay pot into the Cooker on the heating element.
- Close the Cooker cover. You will hear a “click” when it snaps shut. Plug cord into a 120-volt AC/60Hz outlet. The Cooker will beep, and the LCD display will show “---”
- Press the Soup key on the control panel to select the Soup cooking mode. The LCD display will show “**04.0**” as the **default cooking time**; which means your recipe is set to cook for approximately 4 hours.

- You may shorten or lengthen cooking time by pressing the Timer key **within a few seconds** of selecting the cooking mode. Press the key until the display shows your desired cooking time. **The timer increases by 30-minute increments from 30 minutes to 12 hours.** A few seconds after the Timer is set, both Stew and Timer lights will stop flashing and glow red.
- Once cooking is complete, the Cooker will beep and automatically switch to the Warm mode, the Off/Warm Light will glow red and the display will show “00.0”.
  - The Cooker will stay in the Warm mode for up to 12 hours. The timer will the elapsed time in 10-minute intervals. For example, 30 minutes would be shown as “00.3”.
- To end the Warm mode and turn the Cooker off, press the Off/Warm key.

**NOTE: You cannot change the cooking time once the Cooker enters the Stew cooking mode. Simply press the Off/Warm key and start over.**

### **A general guide to Cooking Dry Beans & Lentils**

Beans take time to learn to cook no matter what method you use. Lentils are more forgiving. Cooking time and amount of water needed will vary by size and age of bean or lentil variety. Best advice is to start with more rather than less water and to check at 30-minute intervals. Lastly, it is a myth that salt will make your beans and lentils tough. Salt them at the beginning of cooking to ensure they obtain a full, rich flavor.

Note: Remember to allow time for pre-soaking the beans for up to 12 hours and lentils for up to 4 hours.

Type of legume	Legume	Water, broth or stock	Soup setting	Stew setting
Black/pinto/ kidney beans	1 cup	3-4 cups	1-2 hours	1 hour
Split peas	1 cup	2 cups	1 hour	1 hour
White beans	1 cup	3-4 cups	1-2 hours	1 hour
Black-eyed peas	1 cup	3-4 cups	1-2 hours	1 hour
Brown/green/ red lentils	1 cup	2-3 cups	1 hour	30 min - 1 hour
Petite French lentils	1 cup	3 cups	1 hour	30 min - 1 hour

- Place the drained, pre-soaked beans or lentil into clay pot and cover with fresh water as noted above. Ensure beans are covered by about 1” of water.
- Add 1 to 2 Tablespoons oil (to prevent boiling over) and seasonings as desired.
- Press the **Slow Cooking key to select the stew or soup mode** on the control panel and use the Timer key to set desired time.
- Check every 30 minutes as cooking time will vary depending on the bean variety. Some beans will take just an hour and some 2 hours. Lentils can take under an hour or more if you like them very soft.
- Test to ensure they are soft and thoroughly cooked.
- After the cooking cycle completed, the Cooker will switch to “Warm” mode.
- The best rule for the first time of cooking is to check halfway cooking to see if the beans are covered with the cooking liquid during cooking. This allow you to know how much water and time is required for your bean variety and taste.

*Use the “VitaClay Cooking Charts for VM7900 & VF7700” for first-time cooking. After that, reduce or add liquid amount and cooking time as needed based on your results and preferences.*

## **A General Guide to Cooking Oatmeal**

- Add 1 cup **steel cut or rolled oatmeal** and 3-4 cups water in your clay pot.
- Press the Stew key on the control panel, then press the Timer key to set cooking for 30 minutes.
- You may leave cooked steel cut oats in Warm mode for additional 30 minutes for a softer texture.

## **A General Guide to Steaming Vegetables**

- Add 2-3 cups water to the clay pot and place a bowl or steamer basket on top, ensuring that the water does not come above the base of the steamer basket.
- Place vegetables in the bowl or steamer basket.
- Press the Stew key on the control panel, then press the Timer key to set cooking time.
- Cooking time will depend on the amount and size of each piece of vegetable.
  - Zucchini and other soft vegetables will take the least amount of time. Set the Timer for 30 minutes but check at 15-20 minutes as time depends on the amount of food and size of the pieces.
  - Broccoli, cauliflower and firmer vegetables will take a little longer.
  - Whole potatoes, yams or whole beets will take about 1 hour and if chopped approximately 30 minutes.

## **A General Guide to Steaming Fish**

- Add 2-3 cups water to the clay pot and place a bowl or steamer basket on top, ensuring that the water does not come above the base of the steamer basket.
- Place the fish in the bowl or steamer basket.
- Press the Stew key on the control panel, then press the Timer key to set cooking time 30 minutes or longer.
- Check at 20 minutes and continue cooking until fish is cooked through.

## **A General Guide to One Pot Pasta Meal**

- To the clay pot add: 4 oz dry pasta (any type), 2 cups water or broth, and 1 cup marinara or pesto sauce and stir.
- If desired, add ½-pound cooked meatballs, sausage or chicken plus vegetables (small pieces of bell peppers and onions or peas for example) and give the pot another stir.
- Press the Stew key on the control panel, then press the Timer key to set cooking for 30 minutes if more than above than 1 hour (although you will not be cooking for 1 hour).
- Check doneness at 20 minutes for thin pasta shapes and note that thick shapes may take longer than 30 minutes.

*Use the “VitaClay Cooking Charts for VM7900 & VF7700” for first-time cooking. After that, reduce or add liquid amount and cooking time as needed based on your results and preferences.*



## Care, Cleaning and Proper Maintenance

### The Clay Pot and Lid

- Like any ceramic material, the removable clay pot will be damaged by sudden temperature changes.
- For general washing, wait until the clay pot cools. Then wash it in warm water with a very small amount of dishwashing liquid and rinse thoroughly.
  - **Do NOT put the clay pot in the dishwasher.** Sudden temperature changes may crack it and excessive soap will clog the pores.
  - When washing the clay pot, it is recommended that a soft cloth or pad be placed between the pot and sink to protect the pot from hitting the sink.
  - Do NOT use abrasive scouring powders or steel wool. A plastic brush or nylon scrub pads can be used as needed.
  - Use hot water if you wash the clay pot right after cooking. **Do NOT use cold water if the pot is hot.**
- After washing, dry thoroughly and store with the lid inverted upside down in the Cooker, ideally with a towel between the layers. Avoid storing the Cooker with the lid sealed because it may become moldy if not carefully dried.
  - If the Cooker should become moldy, make a paste of baking soda and water, cover the clay pot and lid with the paste and allow it to dry. When the paste is dry, rinse with water and dry well.
- For hard to remove residue or to do a thorough cleaning, allow the clay pot to soak overnight in the sink with water and ¼ cup baking soda. Wash using a brush or nonmetallic scrubbing pad. Follow this treatment after cooking fish or foods with strong seasoning.
- Some cooking residue may fill inside the venting holes of the clay or around the lip of the clay lid. To clean, remove any residue from the venting holes of the clay lid and wash with warm water.
- Store your Cooker in a dry and clean environment.

### The Outside of the Cooker Housing

- The outside of the Cooker Housing 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 Display or any electrical mechanisms within the unit get wet.
- Remember to check the water collector and empty as needed.

### The Inside of the Cooker Housing

- Use a damp, soft cloth to clean and dry the Steam Valve and the large silicone ring around the edge of the Housing lid (being careful not to remove it).
- If an object becomes stuck to the heat element lightly rub it off using a fine-grade sandpaper (#600 grit), Magic Eraser sponge or steel wool. Then wipe with a damp cloth.

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.

## Tips, Shortcuts & Frequently Asked Questions

- **Please note:** For cooking in VitaClay Cookers there must have liquid (water or clear broth) present at all times. No "dry cooking" should be done in any VitaClay pot. Please ensure adequate liquids throughout the cooking cycle, as burning or "going dry" can compromise the integrity of the clay. For detailed refer to the **"VitaClay Cooking Charts for VM7900 & VF7700"**.
- **How do I convert cooking time from a regular Crock-Pot/slow cooker recipe to use with this Cooker?**
  - For a pot that is at least 2/3 full: If your recipe calls for cooking on "Low" for 8 hours or "High" for 4 hours use the Stew mode for 2 hours or until food is cooked.
  - For a pot that is 1/4 full (small amount of food): Use the Stew mode for 30 minutes or until food is cooked.
- **How long does it take to cook chicken in this Cooker?** Approximately 2 hours for a 3-4-pound whole chicken with 1 cup liquid in the Stew mode and 30 to 40 minutes for 1 pound of boneless breasts in 1 cup of liquid in the Stew mode.
- **How long does it take this Cooker cook a roast?** This will depend on the size and cut. You should allow 2-1/2 to 3-1/2 hours in the Soup mode or 2 hours in the Stew mode.
- **How long should I cook bone broth?** Cook chicken bone broth for 2 to 3 hours and beef for 4 to 5 hours in the Soup mode. Let the bone broth settle in the Warm mode for an additional 8 to 9 hours to ensure all the nutrients have been extracted.
- **How can I start the cooking in the morning to have dinner ready when I get home?** This VitaClay Cooker cooks at a rate 4 times faster than a conventional slow cooker. Once the cooking is complete, the Cooker will automatically switch to the Warm for up to 12 hours. Your food will be warm and have a perfect texture when you are ready for dinner!
- **Is the clay pot oven and microwave safe?** Yes!
- **Is the clay pot stove-top safe?** No.
- **How do I cook "Porridge" in my Cooker?** For rice- or grain-based porridge, use the Soup mode to cook for at least 1.5 hours. Do NOT add milk until serving time as it may cause overflow or food burning. See the Soup Cooking Mode section of this booklet for more details.
- **Do I have account for high elevations?** Yes, if you live at an altitude greater than 5,000 feet, it may affect boiling time and may increase cooking time. Take the usual steps to adjust.

*Use the **"VitaClay Cooking Charts for VM7900 & VF7700"** for first-time cooking. After that, reduce or add liquid amount and cooking time as needed based on your results and preferences.*

# VitaClay Cooking Charts for VM7900 & VF7700 Aug 2018

## VitaClay Rice / Brown / Quinoa Cooking Chart

Ingredients	Amount of Food	Amount of Liquid (or broth)	Setting	Cook Time
White Rice	1 cup	1 cup (after rinse rice)	Regular	Automatic
Quinoa	1 cup	1 ½ - 2 cups	Regular	Automatic
Brown rice or mixed whole grains, or wild rice	1 cup	1 ½ cups	Brown	Automatic
Sweet Rice	1 cup	1 ½ cups	Brown	Automatic

## VitaClay Quick Easy One Pot Meal Cooking Chart

Ingredients	Amount of Food	Amount of Liquid (or broth)	Setting	Cook Time
Penne Pasta + (Sauce, meat...)	2 cups	2 cups + (sauce + meat)	Stew	30 minutes
Quinoa (or rice) + meat (marinated fish, chicken, or shrimp)	2 cups	3 cups + (marinated meat)	Regular (white rice)	Automatic
Brown rice + (marinated fish, chicken, or shrimp)	2 cups	3 cups + (marinated meat)	Brown (rice)	Automatic

## VitaClay Meat Cooking Chart

\*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.***

Ingredients (Thawed Meat)	Amount of Food (Thawed)	Liquid amount*	“Soup” Setting	“Stew” 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 pieces	3 cups broth /water	--	40 min – 1 hour or fully cooked
Bone-in Chicken Thighs	8 pieces(5-7 oz each)	4 cups broth /water	--	1 -2 hours or fully cooked
Whole Chicken	4 pounds remove giblets	3 cups broth: immerse and fill pot		2-3 hours or fully cooked
Bone-in Turkey Breast	4-5 pounds	4 cups	-	1-2 hours or fully cooked
Ground Meat Any Type	1 pound	2 cups	--	30 min or fully cooked
Boneless Pork Butt	4 pounds (1-inch pieces)	4 cups	2-3 hours or fully cooked	2 hours or fully cooked
Pork Ribs, Boneless	3 pounds (1-inch pieces)	4 cups	2-3 hours or fully cooked	2 hours or fully cooked
Beef Short Ribs, Boneless	3 pounds (1-inch pieces)	5 cups	3 hours or fully cooked	2-3 hours or fully cooked
Beef Chuck Roast	3 pounds (1-inch pieces)	3 cups	2-3 hours or fully cooked	2 hours or fully cooked
Leg of Lamb, boneless	3 pounds (1-inch pieces)	3 cups	2-3 hours or fully cooked	1-2 hours or fully cooked
Pork Tenderloin Roast	1 pound	3 cups	1 hour or fully cooked	30 min or fully cooked
Boneless Pork Butt Roast	4 pounds	4-5 cups	3 hours or fully cooked	2 hours or fully cooked
Boneless Beef Top Sirloin Roast	3 pounds	4-5 cups	3 hours or fully cooked	2 hours or fully cooked
Beef Brisket	2-4 pounds	3 - 6 cups	3 hours or fully cooked	2 hours or fully cooked
Boneless Beef ChuckEye Roast	3-4 pounds	4 - 6 cups	3 hours or fully cooked	2 hours or fully cooked
Pork Baby Back Ribs	1.5-2 pounds (1/2 rack)	6 cups	3 hours or fully cooked	2 hours or fully cooked
Bone-in Beef Short Ribs	2-3 pounds	6 cups	3 hours or fully cooked	2 hours or fully cooked
Boneless Beef Short Ribs	2-3 pounds	6 cups	3 hours or fully cooked	2 hours or fully cooked
Osso Buco Veal Shanks	2-4, 6-10 oz shanks	6 cups	3-4 hours or fully cooked	2-3 hours or fully cooked

At the first-time cooking, for longer than an hour of cooking time, please check the contents in half way of cooking time to ensure enough liquid is present.

## VitaClay Broth Cooking Chart

\*Cookers automatically default to warm setting (160 degrees) for up to 12 hours after cooking. For those who prefer longer broth cooking time, 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.

Ingredients (Thawed Meat)	Amount of Food (Thawed)	Liquid amount*	“Soup” Setting	“Stew” Setting
Whole Chicken Broth	3-4 pounds organic whole chicken with Veggies	Fill the pot	2-3 hours*	-
Beef Bone Broth	3 pounds organic beef bones / or short ribs with veggies	Fill the pot	3-4.5 hours*	-
Mixed Bone Broth	3 pounds organic mixed bones with veggies	Fill the Pot	3-4.5 hours*	-
Vegetable Broth	Veggie mix, herbs /spices	Fill the pot	1-1.5 hours	-
Mushroom Broth	Various Mushrooms, 13 pounds	Fill the pot	1 hour	-
Chicken Noodle Soup	1 chicken (3 garlic, 4 carrots, 3 celery, noodles)	Fill the pot	2 hours	-
Meat Broth	2+ pounds any meat	Fill the pot	2 hours	-

*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 Beans Cooking Chart

It is recommended that all beans, legumes and grains be soaked prior to cooking to improve digestibility and increase the available nutrient absorption. 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. Most VitaClay recipes indicate pre-soaked beans. Dry beans require more liquid and longer time to cook.

Ingredients	Amount of Food	Amount of Liquid	“Soup” Setting	“Stew” Setting
Soaked Black Beans	1 cup	3 cups or more	1-2 hours	1 hour
Dry Black Beans	1 cup	4 cups or more	2 hours	1.5-2 hours
Soaked Pinto Beans	1 cup	3 cups or more	1-2 hours	1 hour

Dry Pinto Beans	1 cup	4 cups or more	2 hours	1.5-2 hours
Soaked Navy Beans	1 cup	3 cups or more	1-2 hours	1 hour
Dry Navy Beans	1 cup	4 cups or more	2 hours	1.5-2 hours
Soaked Mixed Beans	1 cup	3 cups or more	1-2 hours	1 hour
Dry Mixed Beans	1 cup	4 cups or more	2 hours	1.5-2 hours
Soaked Split Peas	1 cup	3 cups or more	1 hour	1 hour
Dry Split Peas	1 cup	4 cups or more	1-1 ½ hours	1.5-2 hours
Soaked BlackEyed Peas	1 cup	3 cups or more	1-2 hours	1 hour
Dry Black-eyed Peas	1 cup	4 cups or more	2 hours	1.5-2 hours

#### VitaClay Oatmeal / Porridge / Congee Cooking Chart

Ingredients	Amount of Food	Amount of Liquid (or broth)	Setting	Cook Time
Mixed whole- grain cereal (black, millet, quinoa, wild rice, etc)	2 cups Whole Grain Cereal	16 cups water (milk can be added after cooking)	Soup	1 ½ -2 hours
Chinese Rice Porridge (Jook/Zhou)	2 cups white rice, rinsed, add-ins optional	16 cups water or broth	Soup	1 ½ hours
Steel cut Oatmeal or Roll cut Oatmeal	1 cup oat	3-4 cups water (Optional: add milk to your serving bowl to avoid burnt or overflow)	Soup or Stew	30 minutes (additional 30 minute in WARM for softer texture)

#### VitaClay Steamed Vegetables or Fish Cooking Chart

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.

To steam veggies or fish:

1. Add 2-3 cups water in your clay pot.
2. Add ingredients in a ceramic bowl or stainless-steel steam basket.
3. Place the basket in your clay pot. Set Slow Cooking on “Stew” for 30 minutes.

<b>Ingredients</b>	<b>Amount of Food</b>	<b>Amount of Liquid</b>	<b>“Soup” Setting</b>	<b>“Stew” Setting</b>
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 pound	2 cups	--	30 min or until tender
Butternut Squash	1 butternut squash - peeled, seeded, and cut into 1-inch cubes	2 cups	--	30 min or until tender
Red/Green Cabbage	8 wedges	2 cups	--	30 min or until tender
Carrots	1 pound, chopped	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
<b>Red potatoes</b>	1-2 Lbs. cut up	2 cups	--	30 min or until tender
Red Potatoes (mash)	1-2 pounds whole	2 cups	--	1 hour or until tender
Russet Potatoes (mash)	1-2 pounds, sliced	2 cups	--	30 min or until tender
Sweet Potatoes (for mash)	1-2 pounds, sliced	2 cups	--	30 min or until tender
Broccoli	1-2 pounds	2 cups	--	30 min or until tender
Salmon fillets	1-2 pounds	3 cups	--	30 min or until cooked

## LIMITED ONE-YEAR WARRANTY

To register your new product: Go online to **vitaclaychef.com**, scroll down to the bottom of the homepage, under the center "Support" column, click on "Product Registration"

*Essenergy, Inc. (Essenergy) warrants their Products 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) damage due to incorrect customer instruction, installation or set up; (2) cosmetic damage or damage due to an act of God, accident, misuse, abuse, or negligence; (3) commercial use of the Product; (4) modification of any part of the Product; (5) damage due to improper operation, improper maintenance, or connection to an improper voltage supply; (6) damage due to an attempted repair of the Product by anyone not authorized by Essenergy to service the Product; (7) normal wear of parts; (8) damage or defects caused by shipping or faulty packaging or mishandling in transit; (9) any non-electric mechanical attachments and accessories and disposable parts including measure cup, spoon, inner pot, outside case, cord and plug; (10) any use outside of North America.*

*SAVE 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. Product must be registered in order to claim warranty services. Please visit <https://vitaclaychef.com/pages/product-registration> to register.*

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

*You will be given a Case ID / or claim ID number after your claim is submitted. If you are instructed to return the unit for testing or repair, the complete electronic housing (without clay pot or lid) must be returned and insured with freight prepaid. 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 damages from shipment without insurance, the warranty will be invalidated. Please include Case ID, / or claim ID, your name, address, telephone number, and a description of the problem along with return postage. 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. Essenergy will repair your electronic cooking unit and pay to ship back a working unit to you. 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 and Canada.*

**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, A PARTICULAR PURPOSE ON THIS PRODUCT IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.*

*Some states Do NOT allow the exclusion or limitation of incidental or consequential damages or allow limitations on how long an implied warranty lasts, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.*

**Essenergy, Inc.**  
www.vitaclaychef.com  
service@essenergy.com  
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