



# VitaClay® Multi-Crock & Stock Pot

## Operating and Care Instructions

For model VM7800



**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 Multi-Crock & Stock Pot!**

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 Multi-Crock & Stock Pot or any electrical appliances, basic electrical

**Read all instructions before using your Multi-Crock & Stock Pot. Save for future reference.**

precautions should always be followed to reduce the risk of fire, electric shock and injury, including but not limited to the following:

- Your Multi-Crock & Stock Pot (“Multi-Crock”) appliance is intended for **household countertop use only** and is not intended for commercial or outdoor use. Do not place Multi-Crock on or near a hot gas or electric stove burner. Do not place Multi-Crock 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 the Multi-Crock 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 Multi-Crock 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 Multi-Crock when it is in cooking or warm mode.** After cooking, use extreme care when moving your Multi-Crock 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 Multi-Crock when not in use or before cleaning. Allow Multi-Crock to cool before cleaning or removing parts.

- Do not use this Multi-Crock 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 Multi-Crock. The Multi-Crock 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 cap vents needs to be in place for safety and performance. Do not touch the steam cap during cooking process as it becomes very hot. DO NOT 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 Multi-Crock; DO NOT use a cloth to cover the steam vents, as this may damage the Multi-Crock.
- 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 Multi-Crock, 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:

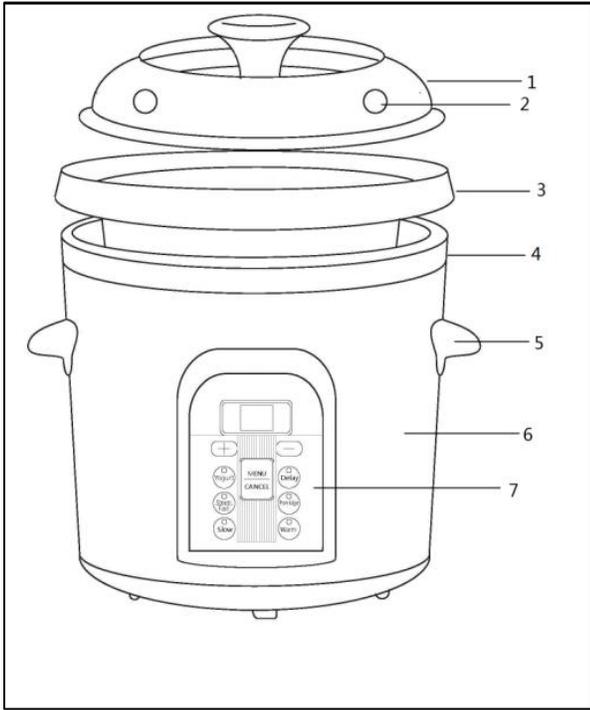
- Use only 3-wire extension cord with 3-blade grounding plug.
- The marked rating of extension cord must be equal to or greater than the rating of this appliance. Electrical rating is listed on the bottom of this unit.

## 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 Multi-Crock 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 Multi-Crock to cool down naturally. During cooling, **DO NOT** add water or remove your pot from the Multi-Crock 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 Multi-Crock 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 Multi-Crock will still be hot, **DO NOT** place clay or stoneware 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.

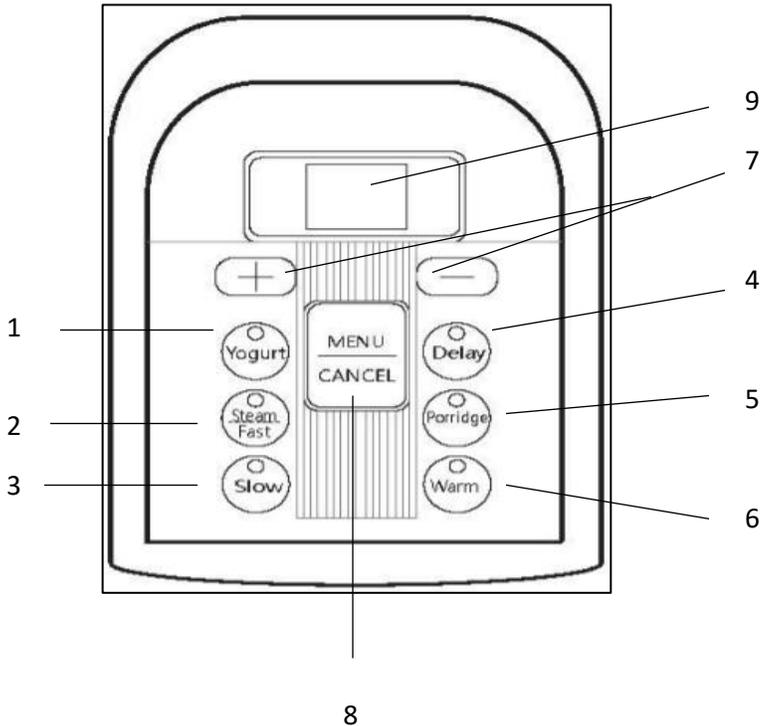
# Your Multi-Crock & Stock Pot Parts & Assembly



## Key to Parts

- (1) Clay (or Stoneware) Pot Lid
- (2) Silicon Steam Valve Plug, "Plugs"  
(4 pieces + 4 spares)
- (3) Clay (or Stoneware) Pot
- (4) Heat insulator
- (5) Handle
- (6) Multi-Crock & Stock Pot Housing, "Housing"
- (7) Control Panel Display, see below
- (8) Power Cord – not shown
- (9) Plastic cup – not shown

## Control Panel Display



## Key to Display Panel Functions

- (1) YOGURT key
- (2) STEAM / FAST (cooking) key
- (3) SLOW (cooking) key
- (4) Delay Timer key
- (5) PORRIDGE key
- (6) WARM key
- (7) Timer keys "+" & "-"
- (8) MENU / CANCEL Button
- (9) LED display

## Let's Get Started!

Remove all packaging from your Multi-Crock & Stock Pot and its accessories prior to use. Make sure all parts are accounted for (see Parts & Assembly), undamaged and free of debris.

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

- Hand wash the pot, lid and “plugs” in warm water with a small amount of detergent
- Rinse and dry thoroughly before placing in Housing
- DO NOT submerge the Housing in water, it is ok to gently wipe it with damp cloth

## Multi-Crock & Stock Pot Basics

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

Your VitaClay Multi-Crock & Stock Pot is a faster, easier, truly mess-free way to make delicious and nutritious batches of soup, jook, chili, stew, or bone broth as well as steamed vegetables or fish.

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

There are 4 cooking modes + a keep warm mode: Steam/Fast Cook Mode, Slow Cook Mode, Porridge Mode and Yogurt Mode. Below we discuss how to select the best mode for your recipe as well as details on each type of cooking.

Each cooking mode defaults to a cooking time within 7 seconds of selecting a mode. You must use the Time Keys (“+” & “-”) to adjust a custom cooking time.

**To get to know your new cooker, please follow the recipes in the booklet provided and refer often to the “VitaClay Cooking Chart for VM7800” for food to liquid ratios as well as approximate cooking times.**

This model does evaporate liquid more quickly than other models, so recipes that are primarily liquid based are recommended. This model does NOT make rice like a rice cooker nor is it recommended for recipes with less liquid, such as a roast or other “dry cooking”.

The minimum volume for cooking should be at least  $\frac{1}{4}$  of the pot cooking volume.

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

During cooking, the Multi-Crock does automatic temperature adjustments, and you may hear a ‘clicking’ sound. This is completely normal.

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.

During the first use of the Multi-Crock, if the display is blinking, unplug the power and then plug it back in.

Keep the Multi-Crock surface and Multi-Crock Housing inside clean and on a flat surface to maintain normal operating conditions.

Please do not disassemble the Multi-Crock, as this will invalidate the warranty.

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.

**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.

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

## How to Choose a Cooking Mode

This cooker operates similar to a chef using the stovetop. It brings the pot to a boil four times faster than a conventional Crock-Pot/slow cooker; then it automatically adjusts the heat to **gradually** bring your meal to a slow simmer. This method creates a better texture and preserves nutrients unlike food soaked in water for long hours or on a long boil where the food becomes soggy. There are 4 cooking modes + a keep warm mode:

- When to choose the **Steam/Fast cooking mode**
  - Ideal for items that cook from 30 minutes to 1-1/2 hours (90 minutes). A one pot pasta meal, half or full pot of vegetable stew, all chicken dishes, or oatmeal.
  - Steam fish or vegetables (even root vegetables such as yams, beets or potatoes), one pot beef and pepper stew or an eggplant and chicken curry.
  
- When to choose the **Slow cooking mode**
  - If you want to cook a "slow food-style" meal such as hearty stew, savory chili, beans and lentils, healing soup or broth then chose the slow cooking mode. You get all of the benefits of the "slow" cooked meal in a fraction of the time.
  - A perfect setting for larger cuts of meat like pork shoulder, a whole chicken or a turkey breast.
  
- When to choose the **Porridge mode**
  - If you love a warming and satisfying rice porridge such as Jook or Congee, or slow cooked grains (For oatmeal use the Steam/Fast mode, see details below).

- **The Yogurt mode** is great for healthy, home-made quality yogurt.

Function Mode	Maximum Temperature	Duration	Comments
Yogurt	110 degrees	4-8+ hours depending on volume and culture	Truly “raw” cooking to preserve enzymes
Steam/Fast	212 degrees	Boils in 40-60 minutes, recommended cooking time is 30 minutes to 1-1/2 hours	
Slow	212 degrees	Boils in 60+ minutes, recommended cooking time is 1-4 hours	
Porridge	212 degrees	40 minutes to 1 hour 20 minutes depending on volume and age of grains	Uses fuzzy logic Delay start option
Warm	160 degrees	When your food is cooked, your cooker will automatically switch to warm mode and will hold your dinner until you are home.	Great parties, teas and tinctures too

All cooking times are approximate as food may need less or more time depending on a number of factors including (1) the cut and type of the protein; (2) age of legume or grain; (3) size of vegetable pieces; (4) density of pasta shape; etc. Until you have used your Multi-Crock a number of times and have a solid understanding of how it works, **get into the habit of checking the progress of your meal**. Carefully open the lid and use a knife or fork to check doneness – you won’t ruin anything by checking on the progress, you will have a better end product and a faster learning curve.

**See Trouble-shooting section for additional guidance**

## How to Cook with each Mode

### Steam/Fast Cooking Mode

The Steam/Fast mode is designed for “fast cooking” foods such as vegetable-based broth, soup and stew; steamed vegetables or fish; and one-pot meals. Choose this mode when the desired cooking time is between 30 minutes to 1-1/2 hours (Length of time will depend on amount of food and liquid added to the crock.) If you want to cook longer than 1-1/2 hours, choose “Slow” mode setting instead.

A full pot takes about 40 to 60 minutes to reach to a boil (212 degrees) and after 60 minutes the pot will slow to a simmer as the clay releases the heat through the steam holes. Note that between 1/4 cup to 1/2 cup of liquid may be lost each hour due to evaporation and this is why it is so important to start with the appropriate amount of liquid.

**ALWAYS** start the cooking process with at least 2-3 cups (US cup) in the pot to avoid burning or dry heating your pot.

### **General Cooking Directions for Steam/Fast Cooking Mode**

- Place your 4 silicon steam plugs in the holes on the clay top to help regulating the steam pressure built inside and prevent from evaporation.

- Press MENU key until the “Steam/Fast” light indicator flashes.
- The LED display timer will automatically show “2.0” which means cooking time is set for 2 hours. Use the two “Timer” keys (“+” or “-”) to adjust the timer to desired cooking time. The timer can be adjusted in “0.5” or 30-minute increments.
  - **If you do not adjust the Timer Keys within 7 seconds of selecting a cooking mode, the pot will default to standard cooking time which may be more time than you need.**
  - **Remember that the Steam/Fast mode is meant to be used for 1-1/2 hours or less.**
- Within 6 seconds, the “Steam/Fast” indicator light will stop flashing and turn to on and the LED display timer will start to countdown in 6-minute intervals.
- After cooking completes, your food will be ready to serve. The Multi-Crock will automatically enter to “Warm” mode for up to 9.5 hours.

**NOTE: You cannot change the cooking time once the Multi-Crock enters a cooking mode. Simply press “MENU/CANCEL” to cancel the current cooking mode and start over.**

**Caution:**

1. To prevent overflow: do not fill the cooker more than ¾ full of water and food.
2. Ensure all ingredients are fully cooked before serving. If food is not cooked through, restart the cooking cycle to cook longer.
3. If the Stew or food becomes too dry, it may cause the cooker to overheat and you will hear a warning “beep” as the cooker switches to the Warm cycle. You can cancel the cooking cycle.

*Use the “VitaClay Cooking Chart for VM7800” for first-time cooking. After that, reduce or add liquid amount and cooking time as needed based on your results and preferences.*

**How to steam vegetables in your Multi-Crock**

- Add 3 cups water to the bowl of the clay pot.
- Place your vegetable in a bowl or steamer basket.
- Place the bowl or steamer basket in your clay pot ensuring that the water does not come above the base of the steamer basket.
- Place the clay pot lid on the pot (ensure steam plugs are in place), place into to cooker base and plug in device.
- Press the “Menu” key to select “Steam/Fast” and use the “Timer” Keys ( + /- ) 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. Start with 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.
  - Chopped potatoes or yams and whole beets will take about 1 hour.

### How to steam fish in your Multi-Crock

- Add 3 cups water to the bowl of the clay pot.
- Place your fish in a bowl or steamer basket.
- Place the bowl or steamer basket in your clay pot ensuring that the water does not come above the base of the steamer basket.
- Place the clay pot lid on the pot (ensure steam plugs are in place), place into to cooker base and plug device in.
- Press the “Menu” key to select “Steam/Fast” and use the “Timer” Keys ( + /- ) to set cooking time to 30 minutes.
- Check doneness and reset timer if fish is not yet cooked through.
- Consider adding aromatics such as lemon slices or herbs to the water or lay them on top of the fish to add a hint of flavor.

### How to make a one-pot pasta dinner in your Multi-Crock

- Add 4 oz dry pasta, any shape will do to clay pot (2 oz of dry pasta is roughly 1 cup of cooked pasta; this varies a bit depending on shape).
- Stir in 1 cup marinara sauce (or pesto) plus 2 cups water or broth.
- Add 1/2-pound cooked meatballs, sausage or chicken and vegetables (small pieces of bell peppers and onions or peas for example) and give the pot another stir.
- Place the clay pot lid on the pot (ensure steam plugs are in place), place into to cooker base and plug device in.
- Press the “Menu” key to select “Steam/Fast” and use the “Timer” Keys ( + /- ) to set cooking time to 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 (and a full pot) will take longer than 30 minutes.
- Divide between two bowls, spoon remaining sauce over and top with grated parmesan cheese if desired.

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

### How to make oatmeal using the “Steam/Fast” cooking mode

Why cook oatmeal on “Steam/Fast” instead of using the “Porridge”? Oatmeal requires stirring and the general texture can cause it to stick to your pot if cooked too long.

- Add 1 cup **steel-cut or rolled oats** and 4 cups water or broth to your clay pot .
  - It is ok to use 50% milk and 50% water for this recipe but NEVER use 100% milk as the sugar in the milk will cause it to stick to the clay or possibly boil over.
- Place the clay pot lid on the pot (ensure steam plugs are in place), place into to cooker base and plug in device.
- Press the “Menu” key to select “Steam/Fast” and use the “Timer” Keys ( + /- ) to set cooking time to 30 minutes.
- Stir at 15 minutes.
- Serve immediately with your favorite toppings or leave oats on “Warm” for up to 30 minutes for a softer texture.
- **DO NOT** cook this oatmeal recipe longer than 30 minutes or it may stick to the bottom of the clay pot.

## Slow Cooking Mode

The “Slow” mode setting heats gentler than “Steam/Fast” setting and is good for making soup, stew, bone broth, beans or chili. The recommended cooking time is from 1 hour up to 3 hours. Bone broth can cook longer and be held on warm, see below for details.

A full pot takes 60 minutes to reach to a boil (212 degrees) and after 60 minutes the pot will slow to a simmer as the clay releases the heat through the steam holes. Note that between ¼ cup to 1 cup of liquid will be lost each hour due to evaporation and this is why it is so important to start with the appropriate amount of liquid.

**ALWAYS** start the cooking process with at least 2-3 cups (US cup) in the pot to avoid burning or dry heating your pot.

*Use the “VitaClay Cooking Chart for VM7800” for first-time cooking. After that, reduce or add liquid amount and cooking time as needed based on your results and preferences.*

### **General Cooking Directions for Slow Cooking Mode**

- Place your 4 silicon steam plugs in the holes on the clay top to help regulating the steam pressure built inside and prevent from evaporation.
- Press MENU key until the “Slow” light indicator flashes.
- The LED display timer will automatically show “2.0” which means cooking time is set for 2 hours. Use the two “Timer” keys (“+” or “-”) to adjust the timer to desired cooking time. The timer can be adjusted in “0.5” or 30-minute increments.
  - **If you do not adjust the Timer Keys within 7 seconds of selecting a cooking mode, the pot will default to standard cooking time which may be more time than you need.**
  - **Remember that the Slow mode is generally used for 1-3 hours but bone broths can cook longer.**
- Within 6 seconds, the “Slow” indicator light will stop flashing and turn to on and the LED display timer will start to countdown in 6-minute intervals.
- After cooking completes, your food will be ready to serve. The Multi-Crock will automatically enter to “Warm” mode for up to 9.5 hours.

***NOTE: You cannot change the cooking time once the Multi-Crock enters a cooking mode. Simply press “MENU/CANCEL” to cancel the current cooking mode and start over.***

### **Caution:**

1. To prevent overflow: do not fill the cooker more than ¾ full of water and food.
2. Ensure all ingredients are fully cooked before serving. If food is not cooked through, restart the cooking cycle to cook longer.
3. If the Stew or food becomes too dry, it may cause the cooker to overheat and you will hear a warning “beep” as the cooker switches to the Warm cycle. You can cancel the cooking cycle.

## **A general guide on how to make soups and stews in your Multi-Crock**

Your Vitaclay Multi-Crock & Stock Pot is, as the name implies, a great tool for making flavorful and nutritious soups and stews. Always use the “**Slow**” mode setting as the cooking is gentler than in the “Steam/Fast” mode. Check out recipes in the booklet provided or go online.

To convert a standard crockpot recipe, divide the “low heat setting” cooking time by 4 and ensure the recipe is one with sufficient liquid.

- Simply add your ingredients to the clay pot.
- Place the clay pot lid on the pot (ensure steam plugs are in place), place into to cooker base and plug in device.
- Press the “Menu” key to select “Slow” and use the “Timer” Keys ( + /- ) to set cooking time as per the recipe and the VitaClay Cooking Chart that came with your Multi-Crock. Most recipes will be done in 2-3 hours.
- Once the cooking cycle is complete, your Multi-Crock will automatically switch to the “Warm” mode and hold your perfectly cooked dish for up to 9-1/2 hours.

## **How to make quinoa and sweet potato chili in your Multi-Crock**

5 cups broth	1 tablespoon cumin powder
1-2 sweet potatoes, diced	1 teaspoon oregano
1 cup cooked black beans, drained	Garlic powder, to taste
1 cup cooked kidney beans, drained	Onion powder, to taste
2 tomatoes, diced (about 1.5 cups)	Sea salt, to taste
1 red onion, diced	Black pepper, to taste
6 oz tomato paste	1.5 tablespoons chili powder
1 cup uncooked quinoa	Avocado, sour cream, cilantro and/or
5 garlic cloves, minced	diced onion, for garnish (optional)

- Add all ingredients (except garnishes) to the clay pot.
- Place the clay pot lid on the pot (ensure steam plugs are in place), place into to cooker base and plug in device.
- Press the “Menu” key to select “Slow” and use the “Timer” Keys ( + /- ) to set cooking time to 1 hour.
- Chili will be ready to eat when the cooking cycle is done.
- Garnish as desired and serve.

## **How to make chicken bone broth in your Multi-Crock (short version)**

- Place raw or cooked carcass of 4-pound free-range chicken (bones, skin, cartilage, neck, gizzards) in clay pot.
- Add extra bones or chicken feet, optional.
- Add any organic or pesticide-free vegetable scrapes as well as garlic, herbs and spices if you wish.
- Add 1 tablespoon of “acid” such as organic apple cider or white vinegar or lemon juice (this helps to draw the minerals out of the bones).
- Cover ingredients with water to no more than  $\frac{3}{4}$  full.
- Place the clay pot lid on the pot (ensure steam plugs are in place), place into to cooker base and plug in device.

- Press the “Menu” key to select “Slow” and use the “Timer” Keys ( + /- ) to set cooking time from 2 to 3 hours. See important note below.
- Strain the broth into glass containers (leave 2” of air space at top if freezing) and store in the refrigerator for up to 3 days or in the freezer for up to 3 months.
- Consider making this in the evening so that it cooks overnight and then sits in the “Warm” mode until you are awake and ready to strain it.

**IMPORTANT: DO NOT** overcook bone broth or meat soups. Chicken bone broth takes about 2-3 hours. Beef bone broth takes about 4-6 hours. To release gelatin and extract minerals from bones, we recommend cooking for appropriate time plus allowing pot to stay on WARM for additional 2-9-1/2 hours. With VitaClay 2-4 hours at the most is necessary to achieve the same nutritional values and texture. **There is NO NEED to cook your broth for 24 hours.**

*Chef's Tip: Bone broth is about health, always use the best quality bones/joints/feet/knuckles from free-range and pastured animals and organic or pesticide-free vegetables, herbs and spices.*

*Use the “VitaClay Cooking Chart for VM7800” for first-time cooking. After that, reduce or add liquid amount and cooking time as needed based on your results and preferences.*

## Porridge Cooking Mode

The “Porridge” mode is for cooking congee, jook, and mixed or whole grains porridges such quinoa. The Porridge mode takes about 45 to 80 minutes to complete cooking depending on the volume of contents.

To make porridge, we recommend using 8 cups of water or broth per cup of rice or grains. Please use silicon plug to help regulating the steam pressure built inside. You may choose more or less liquid based upon personal taste, but please ensure adequate liquid is always present in the pot. Stir well if the grain becomes starchy to avoid having the grain stick or burn on bottom.

Do not cook polenta or oatmeal in this mode as they will stick and cause damage to your clay pot.

*Note: Adding boiled water may not necessarily shorten porridge cooking time, it may soften the grain further instead.*

### **Unique features of the “Porridge” Cooking Mode:**

The “Porridge” mode utilizes “Fuzzy Logic” to ensure your rice and grains are cooked perfectly every time; therefore, this mode does not have you set a cooking time.

The “Delay” mode is a unique option while using the “Porridge” mode. While the “Delay” key will light up when using the “Porridge” mode it will NOT come into use when using the standard method. Below are instructions for both.

### **A general guide on how to cook porridge (standard method)**

- Add ingredients to clay pot.
- Place the clay pot lid on the pot (ensure steam plugs are in place), place into to cooker base and plug in device.
- Press “Menu” key until both “Delay” and “Porridge” light indicators are flashing.
- Wait for 6-7 seconds, your Multi-Crock will automatically enter the “Porridge” cooking mode without delay. Please Note:
  - **The LED Display will show “0.0”** (and will count up as time passes so you know how long your food has been cooking)
  - **This is the ONLY time you do NOT use the “Timer” keys.** The Multi-Crock uses fuzzy logic as noted above.
- In about 45 minutes to 1 hour and 20 minutes, your porridge will be ready to serve and enter to “Warm” mode for up to 9.5 hours.
- To Stop cooking at any time, press the “CANCEL” key, which will turn off the Multi-Crock.

**NOTE:** Please do not use this function mode to cook oatmeal, use “Steam/Fast” cooking mode to cook for 30 minutes instead. Leave the cooked oats for additional 30 minutes for softer texture.

### **A general guide on how to cook porridge in the “Delay Start” mode (useful for overnight cooking)**

- Add ingredients to clay pot.
- Place the clay pot lid on the pot (ensure steam plugs are in place), place into to cooker base and plug device in.
- Press “Menu” key until both “Delay” and “Porridge” light indicators are flashing.
- Use the “Timer” keys “+” or “-” to set the amount of time you want to DELAY COOKING (for example, if you want to delay the start time for 8 hours from now, press timer key “+” or “-” until the LED displays “8.0”. Your porridge will start cooking 8 hours from now).
- Within 6 seconds, both the “Delay” and the “Porridge” indicator lights will stop flashing and turn on. Your Multi-Crock is now set on the Delay timer (waiting state) to cook in the “Porridge” mode.
- When “Delay” time is up, the Multi-Crock will automatically enter to the “Porridge” cooking mode.
- In about 45 minutes to 1 hour and 20 minutes, your porridge will be ready to serve and enter to “Warm” mode for up to 9.5 hours.

*Use the “VitaClay Cooking Chart for VM7800” for first-time cooking. After that, reduce or add liquid amount and cooking time as needed based on your results and preferences.*

# Yogurt Cooking Mode

## General Cooking Directions for Yogurt Cooking Mode

- Place **at least** 48 oz (6 cups) of fresh milk into a high-sided saucepan (1 cup of milk makes about a cup of yogurt) and place on a stove top burner set to medium heat.
- Meanwhile, set out your active yogurt culture to warm to room temperature (see below for details)
- Heat the milk to **180°F (82°C)**. If you do not have a thermometer, heat the milk until it just starts to froth but well before it boils.
- Remove the saucepan from heat and allow the milk to cool to 110°F (43°C). If not using a thermometer, wait until the pot is just cool enough to touch with your bare hands (still very warm but not hot). It is very important that the temperature is not too hot, or you will kill the active cultures.
- When the temperature reaches **110°F (43°C)**, add about a cup of milk to your yogurt culture and stir to distribute it evenly. Add the culture mixture to the balance of the milk and stir until you have a smooth mixture and then pour into your clay pot.
- Place the clay pot into the VitaClay Multi-Crock Housing and place lid on pot.
- Place your 4 silicon steam plugs in the holes on the clay top to help regulating the steam pressure built inside and prevent from evaporation.
- Press MENU key until the “Yogurt” light indicator flashes.
- Use the two “Timer” keys (“+” or “-”) to adjust the timer for 8 hours. At the beep the pot will start the incubation.
  - **If you do not adjust the Timer Keys within 7 seconds of selecting a cooking mode, the pot will default to standard cooking time which may be less time than you need.**
- Once the yogurt is done, dispense the yogurt into your own containers or leave in the clay pot to refrigerate at least 4 hours before using. The yogurt will thicken as it cools.
- Store in the refrigerator and enjoy within 7 days.

**IMPORTANT: THE YOGURT MAKER SHOULD REMAIN PERFECTLY STILL DURING THE INCUBATION PROCESS. DO NOT MOVE THE APPLIANCE AS THIS WILL AFFECT THE FIRMNESS OF THE YOGURT.**

## Good to know details on Yogurt Making

- 8 hours is best. The longer the yogurt incubates beyond that time, the flavor will become tarter.
- Water may condense on the lid of the Multi-Crock. When you remove the lid, take care not to drip any accumulated water into the finished yogurt.
- Chill the yogurt in the refrigerator for a minimum of 4 hours before eating. If the whey (yellow, watery substance) pools at the top you can simply mix it back in or strain it off, so the yogurt becomes thicker. If you strain it off, **SAVE IT!** This can be used to start a new batch of yogurt.

- **The taste and texture of the yogurt varies according to the milk and yogurt starter selected.** It can be thin like kefir or thicker and more European style. You should experiment with milk of various fat contents to determine which one you prefer.
- Don't forget to save a small amount to make the next batch (or save the whey as mentioned above).

Check out this video: <https://www.everythingkitchens.com/how-to-make-yogurt-at-home-vitaclay.html#>

### **How to choose a culture and how much to use**

- Culture may either be purchased freeze-dried or you can use plain yogurt from the store or a previous homemade batch. The type of culture, the amount of time you give it to culture the milk and even the temperature all affect the end result.
- If using a purchased culture, follow the directions of the package for the amount to use and how to incorporate it into the warm milk.
- If using plain yogurt (or whey) there must be live active cultures in the yogurt, add 1 tablespoon yogurt per cup of milk.
- To learn more, check out the **New England Cheesemaking Supply Company** at [cheesemaking.com](http://cheesemaking.com) or **Cultures for Health** at [culturesforhealth.com](http://culturesforhealth.com).

### **Which milk to use for yogurt**

- The following types of milk may be used: raw or pasteurized cow, sheep or goat's milk of any fat content, powdered milk, long-life UHT sterilized milk, or coconut milk.
- Keep in mind that the higher the fat content the creamier and richer the yogurt will be.
- Nut milks such as almond may also be used but require a bit more work. There are many recipes online.

### **How to make Greek yogurt**

- If you would like a thicker Greek-style yogurt you will need to strain the whey once the yogurt has cooled (next day is best).
- Consider bringing the milk to a full boil (212°F, 100°C) instead of 180 °F which will also create a thicker yogurt.
- For an even thick yogurt or to make yogurt cheese, drain the yogurt in cheesecloth.

### **How to make flavored yogurt**

The yogurt can be flavored with jam, jelly, honey or fresh fruit. Here are two techniques to try:

#### **Yogurt flavored with jam, jelly, honey or syrup**

Ingredients:

- 4-5 tablespoons of jam, jelly, honey or syrup
- 4 tablespoons of unflavored yogurt or active culture as recommended on package
- 4 cups milk

Gently heat the jam or jelly until barely warm. Add this to the milk when adding the culture and as per the basic yogurt instruction.

## **Yogurt flavored with fresh fruit**

### Ingredients:

- ½ cup chopped fresh fruit of choice
- 4 tablespoons of sugar or to taste
- 1-2 cups water
- 4 tablespoons of unflavored yogurt or active culture as recommended on package
- 4 cups milk

Cook the fruit in the sugar and water over low heat for 10-15 minutes or until thickened. Let cool to 110°F (43°C). Add the fruit mixture to the milk when adding the culture and proceed as per the basic yogurt instruction.

## **Care, Cleaning and Proper Maintenance for your Multi-Crock**

- Unplug power and wait until cool to clean.
- To clean clay/stoneware pot and lid, use warm water with a very small amount of dish washing liquid to clean and rinse thoroughly. If necessary, a soft plastic brush may be used. Dry completely.
  - DO NOT use abrasive scouring powders or steel wool.
  - 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.
- For hard to remove residue or to do a thorough cleaning, allow the clay pot to soak 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 into the venting holes of the clay lid itself, or around the clay lid. To clean, remove the 4 steam/vent plugs, use a warm water to wash the clay lid.
  - Remember to replace the Steam/vent plugs before putting your Multi-Crock away.
  - A set of 4 spare plugs is provided in the package. You may purchase additional plugs and other parts on [www.vitaclaychef.com](http://www.vitaclaychef.com).
- Use damp cloth to clean outer Multi-Crock housing only. DO NOT use abrasive detergent to clean. DO NOT soak the Multi-Crock Housing in water.
  - Grease may be removed with diluted ammonia. Do not let the Control Panel or any electrical mechanisms within the unit get wet.
- After washing, dry thoroughly and store with the lid inverted upside down in the bottom, ideally with a towel between the layers. Avoid storing the Multi-Crock with the lid sealed because it may become moldy if not dried and cleaned properly.
- If the pot and lid should become moldy, make a paste of baking soda and water, cover the pot and lid with the paste and allow it to dry. When the paste is dry, rinse with water and dry well.
- Always store your Multi-Crock in a dry environment with adequate air circulation.

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.

## Troubleshooting

- **Unit does not have power**, check if power plug is secure on both the appliance and at the wall outlet. Unplug both ends of the cord and then plug in again. Make sure it is pushed in all the way, securely, so nothing jiggles. If this does not resolve the power issue, please contact us.
- If your LED Display displays **Error Codes E1 or E2**, please contact us.
- A remedy to **remove burnt food from the bottom of the pot**
  - Put 6 cups water, 1 cup vinegar, and 5 tablespoons of baking soda into clay pot. Cover with lid and set your Multi-Crock to the "Slow" mode for 1 hour.
  - Let the pot cool with liquid in it and then gently scrub bottom with a plastic brush or non-metal scrubby.
  - If boiling for longer periods of time, always ensure the water does not completely evaporate.
- If an **object becomes stuck to the heat element** lightly rub it off using a fine sandpaper #600, steel wool or a Mr. Clean Magic Sponge and then wipe with a damp cloth.

## Tips, Shortcuts & Frequently Asked Questions

- **How do I convert timing from a Crock-Pot recipe to use with my Multi-Crock?**
  - If your recipe calls for cooking on "Low" for 8 hours use "Slow" mode for 2 hours.
  - If your recipe calls for cooking on "High" for 4 hours use "Steam/Fast" mode for 1.5-2 hours.

Remember: This model does evaporate liquid more quickly than other models, so recipes including primarily liquids are recommended, cooking time is significantly shortened and no "dry cooking" should be done in this or any VitaClay pot. Please ensure adequate liquids throughout the cooking cycle, as burning or "going dry" can compromise the integrity of the clay.

*Use the "VitaClay Cooking Chart for VM7800" for first-time cooking. After that, reduce or add liquid amount and cooking time as needed based on your results and preferences.*

- **How do I cook small amounts of foods, say 4 pieces chicken breasts?** Add 2 cups water or chicken broth and set on "Steam/Fast" cooking for 30 minutes only.

- **How long does this Multi-Crock take to cook most recipes?** Between 30 minutes to 1.5 hours in "Steam/Fast" mode and 2-3 hours in "Slow" mode.
- **How do I adjust the default time?** Use the two "Timer" keys ("+" or "-") to adjust the timer.
  - If you do not adjust the Timer Keys within 7 seconds of selecting a cooking mode, the pot will default to standard cooking time which may be more time than you need.
- **How long do I cook my lentil soup?** Generally 30-60 minutes depending on the type of lentil you choose. If you prefer a softer style of soup (closer to dal in texture) it may take longer than 1 hour at a ratio of 4 cups (water or broth) to 1 cup (lentils). Because different lentils cook at different rates, always check at 30 minutes to see progress. And remember that the minimum cooking volume is  $\frac{1}{4}$  or  $\frac{1}{3}$  of the pot.
- **How long should I cook bone broth?** Chicken bone broth will cook in 2 to 3 hours in "Slow" mode. Beef bone broth will need 4 to 6 hours in the "Slow" mode. Let the bone broth settle in the "Warm" mode for 2-9-1/2 hours if you like to ensure all of the collagen, vitamins and minerals have been drawn out (optional).
- **What if I want my foods cooking all day long while I am away from home?** No problem but remember that the VitaClay cooks approximately 4 times faster than a conventional slow cooker. The automatic "Warm" mode (up to 9.5 hours) feature will keep your food at the perfect texture and temperature until you are ready to serve it!
- **How long does it take to cook beans?** Beans take time to learn to cook no matter what method you use. Cooking time and amount of water needed will vary by size and age of bean 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 tough. Salt your beans at the beginning of cooking to ensure they obtain a full, rich flavor. Below is an approximate guide:
  - For soaked beans, 1 hour in "Steam/Fast" mode or 1.5 hours in "Slow" mode. Remember the liquid to bean ratio is 3 to 1 for cooking up to 1 hour, or 4 to 1 for cooking for 1.5 hours.
  - For dry beans, liquid to bean ratio is 5 to 1 for cooking 1.5 -2 hours in "Slow" mode.
  - Medium to large size beans will take more time and water.
  - If you need to add water during cooking, ensure it is warm to hot in temperature. Do not add cold water to a hot pot.
  - Do not cook beans on "Fast" for more than 1 hour, or "Slow" for more than 2 hours.

Note on phytates/phytic acid in beans: It is generally recommended to soak your beans in water for up to 12 hours to (1) shorten cooking time, (2) make beans easier to digest and (3) decrease the phytic acid which can inhibit mineral absorption. That said, phytic acid may also play an antioxidant role and for many people it is a non-issue. If you have time to soak your beans, do so. If you do not have trouble digesting beans and do not

have time, do not worry about it. Either way, to increase nutrition add a 2" piece of Kombu seaweed to the pot!

- **What's the minimum cooking volume in this stock pot?** 1/4 of the pot.
- **What is "Porridge" setting for?** Porridge is mainly for rice or grains with water or broth-based cooking. It is NOT for "standard" rice cooking as far more liquid is needed. Please do not cook polenta (corn meal), or oatmeal and do not cook with milk only in this setting as it will cause overflow or pot damage.
- **How do I cook my Steel cut or roll cut oats?** Add 1 cup oat and 4 cups water, set on "Steam/Fast" for 30 minutes (optional, let sit for 30 minutes in "Warm" mode for softer texture). It is best to add milk to your serving bowl to avoid it burning in the pot or causing the contents to overflow.
- **Is the clay pot oven and microwave safe?** Yes!
- **Is the clay pot stove-top safe?** No.
- **How do I select each cooking function?** Press the "Menu" key until the function you want lights up. Use the two "Timer" keys ("+" or "-") to adjust the cooking time and within a few seconds, Multi-Crock will start cooking immediately. NOTE: Porridge mode does not allow for setting the cooking time.
- **When or what foods should I cook for only 30 minutes?** Using the "Steam/Fast" cooking mode, any recipe that starts with 1-1/2 cups clear liquid), all 1- or 2-quart meals such as vegetable stew or soup, 2-4 boneless chicken fillets (with sufficient pot liquid) or try steaming fish or diced root vegetables (yams, beets, potatoes). Please see the "**VitaClay Cooking Chart for VM7800**" for more details. More food or liquid will require you cook longer than 30 minutes. For example, a recipe with at least 3 cups of clear liquid should cook at least 1 hour.
- **Do I have account for high elevations?** Yes, if you live at an altitude greater 5K miles, it may affect boiling time and may increase cooking time. Take the usual steps to adjust.

# VitaClay Cooking Chart for VM7800-5

## VitaClay Broth Cooking Chart

\*VitaClay automatically defaults to WARM setting (160 degrees) for up to 9.5 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.

**\* A measuring cup is based on US cup size.**

Ingredients (Thawed Meat)	Amount of Food (Thawed)	Liquid amount*	“Slow” Setting	“Fast” Setting
Whole Chicken Broth	4-5 pounds organic whole chicken with Veggies	Fill the pot	2-3 hours*	-
Meaty Beef Bone Broth	3 pounds mixed organic beef bones and short ribs with veggies	Fill the pot	4-6 hours*	-
Mixed Bone Broth	3 pounds organic mixed bones with veggies	Fill the Pot	4-6 hours*	-
Vegetable Broth	Veggie mix, herbs /spices	Fill the pot	1-1.5 hours	-
Mushroom Broth	Various Mushrooms, 1-3 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 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	3 cups + (1 cup sauce + meat)	Fast	30 minutes

## 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.***

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.

**\* A measuring cup is based on US cup size.**

<b>Ingredients</b> (Thawed Meat)	<b>Amount of Food</b> (Thawed)	<b>Liquid amount*</b>	<b>“Slow” Setting</b>	<b>“Fast” Setting</b>
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	--	40 min – 1 hour 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	6 cups	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 hours or fully cooked	---
Pork Ribs, Boneless	3 pounds (1-inch pieces)	6 cups	2 hours or fully cooked	---
Beef Short Ribs, Boneless	3 pounds (1-inch pieces)	6 cups	2 hours or fully cooked	---
Beef Chuck Roast	3 pounds (1-inch pieces)	3 cups	2 hours or fully cooked	---
Leg of Lamb, boneless	3 pounds (1-inch pieces)	3 cups	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	2- 3 hours or fully cooked	---
Boneless Beef Top Sirloin Roast	3 pounds	4-5 cups	2-3 hours or fully cooked	---
Beef Brisket	4 pounds	6 cups	2-3 hours or fully cooked	---
Boneless Beef ChuckEye Roast	3-4 pounds	4 - 6 cups	3 hours or fully cooked	---
Pork Baby Back Ribs	1.5-2 pounds (1/2 rack)	6 cups	2 - 2 1/2 hours or fully cooked	---
Bone-in Beef Short Ribs	2-3 pounds	6 cups	3 hours or fully cooked	---
Boneless Beef Short Ribs	2-3 pounds	6 cups	3 hours or fully cooked	---
Osso Buco Veal Shanks	2-4, 6-10 oz shanks	6 cups	3-4 hours or fully cooked	---

### 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 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.

**\* A measuring Cup is based on U.S. cup.**

Ingredients	Amount of Food	Amount of Liquid	“SLOW” Setting	“FAST” Setting
Acorn Squash	8 wedges, seeded	3 cups	--	30 min or until tender
Artichokes	4, Stemmed	3 cups	--	30 min or until tender
Baby Artichokes	8, Stemmed	3 cups	--	30 min or until tender
Beets	6, halved	3 cups	--	30 min or until tender
Brussels Sprouts	1 pound	3 cups	--	30 min or until tender

Butternut Squash	1 butternut squash - peeled, seeded, and cut into 1-inch cubes	3 cups	--	30 min or until tender
Red/Green Cabbage	8 wedges	3 cups	--	30 min or until tender
Carrots	1 pound, chopped	3 cups	--	30 min or until tender
Cauliflower	Cored, chopped	3 cups	--	30 min or until tender
Collard Greens	Stemmed, chopped	3 cups	--	30 min or until tender
Kale	Stemmed, chopped	3 cups	--	30 min or until tender
<b>Red potatoes</b>	1-2 Lbs. cut up	3 cups	--	30 min or until tender
Red Potatoes (mash)	1-2 pounds whole	3 cups	--	1 hour or until tender
Russet Potatoes (mash)	1-2 pounds, sliced	3 cups	--	30 min or until tender
Sweet Potatoes (for mash)	1-2 pounds, sliced	3 cups	--	30 min or until tender
Broccoli	1-2 pounds	3 cups	--	30 min or until tender
Salmon fillets	1-2 pounds	3 cups	--	30 min or until cooked

### 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.

**\* A measuring cup is based on US cup size.**

Ingredients	Amount of Food	Amount of Liquid	“Slow” Setting	“Fast” Setting
Soaked Black Beans	2 cup	4 cups or more	1 hour	1 hour
Dry Black Beans	1 cup	6 cups or more	2 hours	---
Soaked Pinto Beans	2 cup	4 cups or more	1 hour	1 hour
Dry Pinto Beans	1 cup	6 cups or more	2 hours	---

Soaked Navy Beans	2 cup	4 cups or more	1 hour	1 hour
Dry Navy Beans	1 cup	6 cups or more	2 hours	---
Soaked Mixed Beans	2 cup	4 cups or more	1 hour	1 hour
Dry Mixed Beans	1 cup	8 cups or more	2 hours	---
Soaked Split Peas	2 cup	4 cups or more	1 hour	1 hour
Dry Split Peas	1 cup	4-6 cups or more	1-1 ½ hours	---
Soaked BlackEyed Peas	2 cup	4 cups or more	1 hour	1 hour
Dry Black-eyed Peas	1 cup	6 cups or more	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)	Porridge	automatic
Chinese Rice Porridge (Jook/Zhou)	2 cups white rice, rinsed, add-ins optional	16 cups water or broth	Porridge	automatic
Steel cut Oatmeal or Roll cut Oatmeal	1 cup oat	4 cups water (Optional: add milk to your serving bowl to avoid burnt or overflow)	Fast	30 minutes (optional: add 30 minutes in WARM for softer texture)

The flavor combination possibilities are endless with oatmeal and porridge: 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

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”

[www.vitaclaychef.com](http://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](http://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.

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](http://www.VitaClayChef.com)**

**Made in China**

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