

***prima***

# Stainless Steel Slow Cooker



**Model: PSO350s**

# User Guide & Recipes

Visit our web site

[www.prima-international.com](http://www.prima-international.com)

## **IMPORTANT SAFEGUARDS**

- Please read all of the instructions before using your Slow Cooker
- Do not leave the unit plugged in when not in use
- Always remove the plug from the mains socket when cleaning
- Close supervision is necessary when using this or any other appliance in the presence of children
- Do not allow the power cord to come into contact with hot surfaces
- Never allow the power cord to hang over the counter top
- Do not use the Slow Cooker if the power cord or main unit becomes damaged. There are no user-serviceable parts inside. Contact Prima service dept.
- This appliance gets hot during use.
- Only use the handles when the unit is hot - preferably using oven mitts.
- Allow the unit to cool before cleaning.

## **PRECAUTIONS/TIPS WHEN USING THE CROCK POT**

Like any ceramic, the stoneware cooking pot cannot withstand severe and sudden changes in temperature. Adding cold water to a very hot ceramic crock could cause it to break.

- Don't preheat the crock before adding food
- Don't put the crock in the freezer
- Don't put the crock in the oven - it is designed to be used with the Slow Cooker base only.
- You can use the crock in a microwave - if it will fit but NEVER put the glass lid in a microwave - it has metal parts
- Don't put the crock on a gas burner or electric hob

**PLEASE NOTE THAT THIS APPLIANCE USES A TYPE 'Z' CORD ATTACHMENT AND IS NOT REPLACEABLE. IF THE POWER CORD BECOMES DAMAGED THE UNIT CANNOT BE REPAIRED.**

**Please read and retain these instructions for future reference**

## USING YOUR SLOW COOKER

Before using your Slow Cooker for the first time it is good practice to wash the ceramic crock first. Simply wash with warm soapy water, rinse and dry. Your Slow Cooker is now ready for its first use.

### General

1. Place the base on a dry, level, heat resistant surface, away from the counter edge.
2. Place ingredients into the ceramic crock, cover and put the crock into the base. If you need to pre-cook or brown foods prior to slow cooking, this must be done by some other method. Do not try to brown or pre-cook food in the slow cooker.
3. With the selector switch set to the OFF position, plug the unit into the mains socket.
4. Set the heat control to LO, HI, or AUTO and cook for the recommended time given in the recipe.

## Cooking Guidelines

Most meat and vegetable combinations will need 8-10 hours of cooking at the LO setting, 4-6 hours at HI and 5-7 hours at AUTO. When set to AUTO cooking will start at the HI level then automatically switch to LO after several hours.

Avoid removing the cover during cooking as this will increase cooking time due to temperature loss. Remove the cover only when necessary e.g. stirring or adding ingredients.

Only use plastic or wooden utensils for stirring etc. Metal utensils may damage the glaze on the ceramic crock.

Use oven mitts when handling the cover as it will become very hot during cooking.

After food is cooked, reduce heat to LO or leave at LO for serving or turn control to OFF position. Unplug the cord from the mains after use and allow the unit to cool before cleaning.

## Slow Cooking tips!

- Less tender, less expensive cuts of meat are better suited to slow cooking than expensive cuts. Remove excess fat from meat when possible before slow cooking. It is usually better to remove skin from poultry. If you prefer to brown meat or poultry first then this should be done under a conventional grill or in a conventional oven but do not brown the meat whilst it is in the crock pot.
- Raw vegetables typically take longer to cook than meats as the liquid simmers rather than boils. To ensure complete doneness of vegetables, cut into uniform, 1/2 inch cubes before adding to cooking pot.
- If desired, ingredients for recipe can be combined in the cooking pot and kept refrigerated (but not frozen) for up to 2 days before cooking. When ready to cook simply place the crock into cooking base and set heat control for desired setting.
- Insert a meat thermometer into roasts, hams or whole chickens to ensure they are cooked to the desired or recommended degree of doneness.
- Fresh or thawed fish and seafood fall apart during long hours of cooking. To avoid this, add these ingredients about an hour before serving.
- Because milk, soured cream and natural cheese break down during long hours of cooking, add these ingredients just before serving or substitute with undiluted condensed creamed canned soups or evaporated milk. Processed cheese tends to give better results than naturally aged cheese.
- Rice and pasta may either be cooked separately or added, uncooked, during the last hour of cooking time. If added uncooked, make sure that there are at least 2 cups (half litre) of liquid in the cooking pot. Stir occasionally to prevent pieces from sticking together.
- An extra hour of cooking won't ruin your recipe so don't worry if you get home a little later. Your meal will not be spoiled.

# Recipes

- Many of your favourite recipes can be adapted to the slow cooker. Use the following table as a rough guide.

| If recipe says to cook: | Cook on LO  | Cook on HI | Cook on AUTO |
|-------------------------|-------------|------------|--------------|
| 30 minutes              | 6-8 hours   | 3-4 hours  | 5-7 hours    |
| 35-60 minutes           | 8-10 hours  | 5-6 hours  | 6-8 hours    |
| 1 - 3 hours             | 10-12 hours | 7-8 hours  | 8-10 hours   |

## MINISTRONE SOUP

- 3 Cups Water
- 2 10½-ounce cans chicken broth
- 1 Medium onions, chopped
- 4 Carrots, diced
- 1 Medium Zucchini, halved and cut in ¼-inch slices
- 2 Cups chopped cabbage
- 1 15-ounce can garbanzo beans, undrained
- 2 28-ounce cans whole tomatoes, undrained, cut-up
- 6 Slices bacon, cut into ½-inch pieces, optional
- 2 Cloves garlic, minced
- 1½ Teaspoons Italian seasoning
- 1 Teaspoon salt
- ½ Teaspoon pepper
- 1 Cup small elbow macaroni or other pasta, uncooked

**Cook at:** LO for 8 to 10 hours  
HI for 6 to 7 hours  
AUTO for 5 to 6 hours

1. Combine all ingredients, except macaroni, in stoneware cooking pot; stir to blend. Place cooking pot into heating base, cover and cook at desired heat setting for time given or until vegetables are tender.
2. Increase heat to HI setting and add macaroni; stir to blend. Cover and cook for 30 minutes. Serves 8 to 10. Set at LO for serving.

## CHILLI

- 2½-3 Pounds lean ground beef or turkey
- 1½ Cups chopped onion
- 1½ Cups chopped green pepper
- 2 Cloves garlic, minced
- 2 28-ounce cans whole tomatoes, undrained, cut-up
- 2 15-ounce cans kidney beans, undrained
- 2½ Tablespoons chilli powder
- 1½ Teaspoons ground cumin
- 1½ Teaspoons salt
- ¾ Teaspoon pepper

**Cook at:** LO for 8 to 10 hours  
HI for 4 to 5 hours  
AUTO for 6 to 7 hours

1. Brown ground beef or turkey with onion, green pepper and garlic in skillet over medium heat of range unit. Remove excess grease. Transfer mixture into stoneware cooking pot. Add remaining ingredients; stir to blend.
2. Place cooking pot into heating base, cover and cook at desired heat setting for time given. Serves 6 to 8. Set at LO for serving.

## BOSTON BAKED BEANS

- 3 Cups dried navy beans
- 9 Cups water
- 1 Teaspoon salt
- 1 Large onion, chopped
- ½ Pound salt pork, cut into 1-inch cubes
- ½ Cup molasses
- ¾ Cup catsup
- ¾ Cup brown sugar
- 1 Tablespoon dry mustard

**Cook at:** LO for 15 to 18 hours

1. Rinse and sort beans. Place beans, water, salt, onion and salt port in stone-ware cooking pot. Place pot into heating base, cover and cook at LO for 13 to 15 hours or overnight until beans are tender.
2. Drain beans, reserving 2 cups liquid. Return beans to cooking pot. In bowl combine reserved bean liquid with remaining ingredients. Pour over beans and stir to blend. Cover and cook at LO for 2 to 3 hours to blend flavours. Makes about 3 quarts or 12 to 16 servings.

### **TO HEAT AND SERVE CANNED BAKED BEANS**

Canned baked beans may be heated in your slow cooker. Simply add desired amount of beans to stoneware cooking pot and add any additional ingredients as desired, stirring to blend. Place cooking pot into heating base, cover and heat at LO for 5 to 6 hours, at HI for 2 to 3 hours or at AUTO for 3 to 4 hours, stirring occasionally. Set control to LO for serving.

### **HEARTY CHICKEN NOODLE SOUP**

- 6 Cups water
- 2lb Chicken pieces (skinned if desired)
- 1 Large onion, chopped
- 6 Carrots, cut into ½-inch pieces
- 10 Ribs celery, cut into ½-inch pieces
- 1 14½-ounce can whole tomatoes, undrained, cut-up
- 1½ Tablespoons instant chicken bouillon
- 1 Tablespoon dried parsley flakes
- 1 Teaspoon salt
- ½ Teaspoon dried rosemary leaves
- ½ Teaspoon pepper
- 1½ Cups uncooked fine egg noodles

**Cook at:** LO for 8 to 10 hours  
HI for 5 to 6 hours  
AUTO for 6 to 7 hours

1. Combine all ingredients, except egg noodles, in stoneware cooking pot. Place pot into heating base, cover and cook at desired heat setting for time given or until chicken and vegetables are tender.
2. Remove chicken pieces from cooking pot and set aside to cool slightly. Set control to HI and add noodles, stirring to combine. Cover and continue to cook for 30 minutes.
3. Meanwhile, remove chicken from bones and cut into bite-size pieces. Return meat to cooking pot and cook until noodles are tender. Serves 6 to 8. Set at LO for serving.

## **SLOW COOKER STEW**

- 3 Pounds beef stew meat, cut into 1-inch pieces
- 1 Large onion, chopped
- 6 Carrots, cut into ½-inch pieces
- 4 Ribs celery, cut into ½-inch pieces
- 5 medium potatoes, cut into ½-inch pieces
- 1 28-ounce can whole tomatoes, undrained, cut-up
- 2 10½-ounce cans beef broth
- 1½ Teaspoons Worcestershire sauce
- 2 Tablespoons dried parsley flakes
- 2 Bay leaves
- 1½ Teaspoons salt
- ½ Teaspoon pepper
- 3 Tablespoons quick cooking tapioca

**Cook at:** LO for 8 to 10 hours  
HI for 5 to 6 hours  
AUTO for 6 to 7 hours

1. Combine all ingredients in stoneware cooking pot; stir to blend.
2. Place cooking pot into heating base, cover and cook at desired heat setting for time given or until meat and vegetables are tender. Remove bay leaves before serving. Serves 6 to 8. Set at LO for serving.

## CHICKEN VEGETABLE STEW

- 3 Pounds chicken parts; skinned if desired
- 5 Carrots, cut into ½-inch pieces
- 3 Ribs celery, cut into ½-inch pieces
- 1 8-ounce can mushroom stems and pieces, undrained
- 1 15-ounce jar whole small onions, undrained OR 1 medium onion, chopped
- 1 16-ounce bag frozen peas, rinsed with hot water
- 1 Teaspoon salt
- ¾ Teaspoon dried thyme leaves
- ¾ Teaspoon paprika
- ½ Teaspoon rubbed sage
- ½ Teaspoon pepper
- 1 Cup water
- 1 6-ounce can tomato paste
- 2 10½-ounce cans chicken broth
- 3 Tablespoons cornstarch
- ⅓ Cup Water

**Cook at:** LO for 8 to 10 hours  
HI for 5 to 6 hours  
AUTO for 6 to 7 hours

1. Place chicken parts, carrots, celery, mushrooms, onions and peas in stoneware cooking pot. In medium bowl combine salt, thyme, paprika, sage, pepper, water, tomato paste and broth. Pour over chicken mixture.
2. Place cooking pot into heating base, cover and cook at desired heat setting for time given or until chicken and vegetables are tender.
3. Remove chicken pieces and set aside to cool slightly. Remove meat from bones and cut into bite-size pieces. Return meat to cooking pot; stir to combine. Set control to HI. Combine cornstarch and water; stir slowly into stew until thickened. Serves 6 to 8. Reduce to LO for serving.

## HERBED PORK ROAST

- 4 Large cloves garlic, quartered
- 5-6 Pound pork roast, boneless or bone-in
- 1 Teaspoon salt
- 1 Teaspoon ground thyme
- ½ Teaspoon rubbed sage
- ½ Teaspoon ground cloves
- 1 Teaspoon grated lemon peel
- ½ Cup water
- 3 Tablespoons cornstarch, optional
- 3 Tablespoons water, optional

**Cook at:** LO for 9 to 10 hours  
HI for 5 to 6 hours  
AUTO for 7 to 8 hours

1. Cut 16 small pockets into roast and insert garlic pieces. In small bowl combine salt, thyme, sage, cloves and lemon peel. Rub into pork road.
2. Pour ½ cup water into stoneware cooking pot. Add roast. Place pot into heating base, cover and cook at desired heat setting for time given or until meat thermometer inserted into centre of roast reads 170°F or higher.
3. Allow roast to stand 10 to 15 minutes before carving. Remove garlic pieces. Juices may be thickened for gravy if desired. Dissolve cornstarch in water. Set control to HI. Stir slowly into juices until thickened. Serves 6 to 8.

## BEEF ROAST WITH VEGETABLES

- 4-5 Pound beef roast
- Salt and pepper
- 1 Large onion, quartered or sliced
- 8 Carrots, cut into 1-inch pieces
- 8 Medium potatoes, quartered and halved
- ½ Cup water

**Cook at:** LO for 9 to 10 hours  
HI for 5 to 6 hours  
AUTO for 7 to 8 hours

1. If desired, brown roast in skillet over a medium heat of range unit before placing into stoneware cooking pot. Season as desired. Place vegetables around roast. Add water.
2. Place pot into heating base, cover and cook at desired heat setting for time given or until meat and vegetables are tender. (Meat thermometer should read 170°F for well done). Thicken juices with mixture of 2 tablespoons cornstarch and 2 tablespoons water if desired. Set control to HI and slowly stir mixture into juices until thickened. Serves 8.

## **MORE INFORMATION**

Please note that Prima does not have any more recipes other than those listed above. However, there are many, many commercially available recipe books available for slow cooking.

If you experience any difficulties operating your slow cooker, please contact Prima Service on: 0113 251 1500