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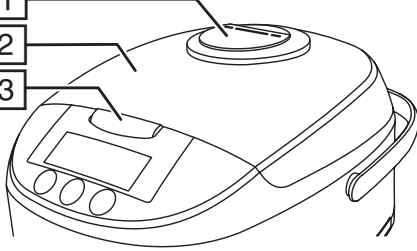
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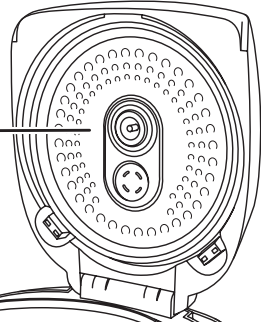
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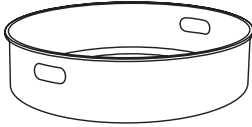
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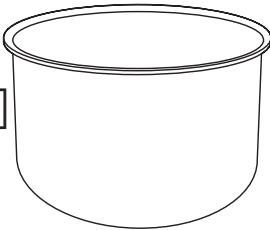
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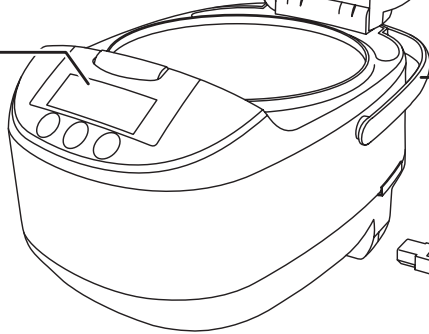
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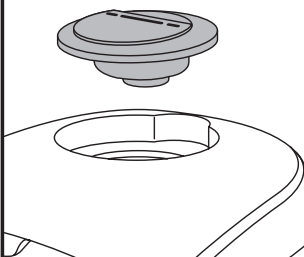


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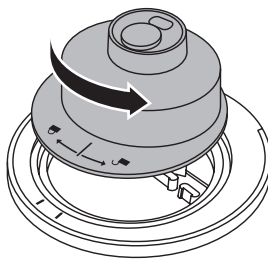


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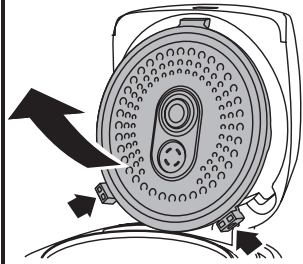
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Read the instructions, keep them safe, pass them on if you pass the appliance on. Remove all packaging before use.

IMPORTANT SAFEGUARDS

Follow basic safety precautions, including:

This appliance shall not be used by children from 0 year to 8 years. This appliance can be used by children aged from 8 years and above if they are continuously supervised. This appliance can be used by people with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Keep the appliance and its cord out of reach of children aged less than 8 years. Cleaning and user maintenance shall not be made by children. Use the appliance only with the connector and cable supplied. If the connector or cable are damaged, they must be replaced by a special assembly available from the manufacturer or its service agent. Don't connect the appliance via a timer or remote control system.

 Do not use this appliance near bathtubs, showers, basins or other vessels containing water.

 The surfaces of the appliance will get hot during use.

- Don't use the appliance near or below curtains, shelves, cupboards or anything else likely to be damaged by the escaping steam.
- Don't put frozen meat or poultry in the appliance – defrost fully before use.
- Cook meat, poultry, and derivatives (mince, burgers, etc.) till the juices run clear. Cook fish till the flesh is opaque throughout.
- Don't try to cook anything in the body of the cooker – cook only in the removable bowl.
- Don't fill the bowl above the **max** mark.
- Don't reach over the appliance, and keep hands, arms, face, etc. clear of the escaping steam.
- Don't cover the appliance or put anything on top of it.
- Don't cook foods that foam when heated they may cause damage to the appliance.
- Attach the connector to the appliance before plugging the cable into the power socket.
- Unplug the appliance when not in use.
- Don't use accessories or attachments other than those we supply.
- Don't use the appliance for any purpose other than those described in these instructions.
- Don't use the appliance if it's damaged or malfunctions.

HOUSEHOLD USE ONLY

PARTS

- | | |
|--------------------|--------------------------|
| 1. Steam vent | 7. Bowl |
| 2. Lid | 8. Handle |
| 3. Lid lock | 9. Control panel/display |
| 4. Inner lid | 10. Connector |
| 5. Measuring cup | 11. Spoon |
| 6. Steaming basket | 12. Ladle |












BEFORE USING FOR THE FIRST TIME

Hand wash the removable parts. Rinse and dry thoroughly.

CONTROLS AND FEATURES

Programs


Your multi cooker has 11 programs comprising 3 quick select programs  and 8 user-adjustable programs.


Icon	Function	Comments	Default time	Adjustment range
	Rice †	Use for cooking rice	-	None
	Slow Cook ‡	Use for slow cooking recipes	8 hours	None
	Stew †	Use for cooking stews, hot pots, etc.	1 hour	None
	Meat †	Best for cooking meat such as chicken breast etc.	20 min	10 - 60 min
	Soup* †	Use for making soup from fresh ingredients	60min	1 - 5 hours
	Yoghurt*	Use for making yoghurt	8 hours	6 - 10 hours
	Bread* †	Use for baking bread from dough	3 hours	1 - 3 hours
	Fish †	Use for cooking fish fillets, fish steaks, etc.	20 min	10 - 60 min
	Steam* †	Can be used for steaming, sautéing or boiling	30 min	30 - 120 min
	Porridge/ Risotto* †	Use for cooking porridge, risotto, etc.	60 min	1 - 4 hours
	Cake †	Use for baking cakes etc.	40 min	30 - 120 min


* These programs can be used with the timer feature.


‡ These programs have an automatic keep warm feature

Other Buttons

 **Menu** - use to select from the 8 user adjustable programs.

 **Stop** - use to stop/cancel a program or exit keep warm mode.

 **Timer** - use to program a time delay before a program starts. The timer feature can be used with the Soup, Yoghurt, Bread, Steam and Porridge/Risotto programs.

 **Keep Warm** - use to enter keep warm mode (for those programs that do not automatically have this feature).

 **Start** - use to start the selected program.





h and **min** - use to set or change the cooking time. Press the buttons when the display is flashing. Within the limits of each program, pressing **h** will increment the hours; pressing **min** will increment the minutes in intervals of 5 minutes.

PREPARATION





- Have oven gloves (or similar) to hand and a heat-resistant mat or dinner plate to put the bowl on after cooking.
- Make sure that the outside of the bowl is clean, dry and free from any cooking residue.
- 1. Place the appliance on a stable, level, heat-resistant surface.
- 2. Put the bowl inside the cooker. Give the bowl quarter of a turn each way to ensure that it is in good contact with the heating element.
- 3. Close the lid.
- 4. Attach the connector to the appliance then plug it into the power socket.

QUICK SELECT PROGRAMS





COOKING RICE

- Only use the supplied measuring cup. Use level (not heaped) measures.
- Don't use more than 10 measures of rice.
- 1. Add the required number of level measures of rice to the bowl.
- 2. Fill the bowl with water up to the number corresponding to the number of measures of rice. The scale inside the bowl is marked from 2 to 10.
- 3. Follow steps 2, 3 and 4 under PREPARATION on page 4.
- 4. Press the rice button . The  light will come on.
- 5. The outer segments of the display will flash in sequence while the appliance heats up.
- 6. Once heated, the display will show the remaining cooking time and count down.
- 7. At the end of the cooking time, the appliance will go into keep warm mode and the  light will come on.
- 8. Press the stop button  when you are ready to serve the rice.
- 9. Use the spatula to turn and mix the rice to let all the steam escape before serving.

SLOW COOKING




- For best results, we recommend that you brown any meat and heat the cooking liquid first. You can use your multicooker to do this—see SAUTÉ/BOIL on page 9.
- 1. Put the ingredients into the bowl.
- 2. Follow steps 2, 3 and 4 under PREPARATION on page 4.
- 3. Press the slow cook button . The  light will come on.
- 4. The display will show 8 hours and count down.
- 5. At the end of the cooking time, the appliance will go into keep warm mode and the  light will come on.
- 6. Press the stop button  when you are ready to serve the food.



COOKING STEWS

- For best results, we recommend that you brown any meat and heat the cooking liquid first. You can use your multicooker to do this—see SAUTÉ/BOIL on page 9.
- 1. Put the ingredients into the bowl.
- 2. Follow steps 2, 3 and 4 under PREPARATION.
- 3. Press the stew button . The  light will come on.
- 4. The display will show 1 hour and count down.
- 5. At the end of the cooking time, the appliance will go into keep warm mode and the  light will come on.
- 6. Press the stop button  when you are ready to serve the food.






USING THE USER ADJUSTABLE PROGRAMS

MEAT PROGRAM (see also recipes starting on page 10)

- The default meat program time is 20 minutes. This can be adjusted from 10 to 60 minutes.
- The cooking time will depend on the type and weight of the meat.
- Don't cook pork or poultry for less than 30 minutes.
- Cook meat, poultry, and derivatives (mince, burgers, etc.) till the juices run clear.
- 1. Follow steps 2, 3 and 4 under PREPARATION on page 4.
- 2. Put a tablespoon (15ml) of cooking oil in the bowl.
- 3. Use the menu button  to select the **meat** program .
- 4. The default time of 20 minutes will be displayed. To change the time, use the **h** and **min** buttons while the display time is flashing to enter a new time (between 10 and 60 minutes in 5 minute steps).
- 5. When you have chosen the cooking time press the start button .

6. The program will start and the display will count down.
7. Rub the meat all over with cooking oil. Rub any seasonings over the surface of the meat.
8. Allow the oil to heat for a few minutes then place the meat into the bowl.
9. At the end of the cooking time, the appliance will go into keep warm mode and the  light will come on.
10. Press the stop button  when you are ready to serve the food.

SOUP PROGRAM (see also recipes starting on page 10)





- You can use your multicooker to brown meat/vegetables—see SAUTÉ/BOIL on page 9.
1. Put the ingredients into the bowl.
 2. Follow steps 2, 3 and 4 under PREPARATION on page 4.
 3. Use the menu button  to select the **soup** program .
 4. The default time of 1 hour will be displayed. To change the time, use the **h** and **min** buttons while the display time is flashing to enter a new time (between 1 and 5 hours in 5 minute steps).
 5. At this step, you can choose if you want to use the delay timer. If you do, refer to TIMER on page 9. If you are not using the timer press the start  button.
 6. The program will start and the display will count down.
 7. At the end of the cooking time, the appliance will go into keep warm mode and the  light will come on.
 8. Press the stop button  when you are ready to serve the food.

YOGHURT PROGRAM (see also recipes starting on page 10)



To make yoghurt, you will need yoghurt culture and milk. Yoghurt culture contains the bacteria that convert milk to yoghurt. Yoghurt culture can be obtained from:




- Fresh, yoghurt—use 30ml of unflavoured yoghurt. It must be fresh (look for a long expiry date).
- Yoghurt you made previously—the bacteria you need weakens over time so you can only do this about 10 times before needing a new culture.
- Freeze-dried yoghurt culture—you can get this from a health food shop or pharmacy. If the instructions on the package differ from ours, follow those on the package.

Whole milk will make a thicker yoghurt than low fat milk. To make it even thicker, you can add up to 8 tablespoons (12g) of dried milk powder. You may also use reconstituted powdered milk, or tinned evaporated milk.






1. You need to kill the bacteria in the milk, to prevent them competing with the bacteria in the yoghurt culture.
2. To do this, use your multi cooker to bring the cooking liquid to just below boiling—see SAUTÉ/BOIL. Stop heating when small bubbles form round the edges of the bowl. Leave the milk cool to about 37-45°C.
3. With the yoghurt culture at room temperature, stir it into the milk. They must be thoroughly mixed, or the yoghurt will be lumpy.
4. Close the lid and use the menu button  to select the **yoghurt** program .
5. The default time of 8 hours will be displayed. To change the time, use the **h** and **min** buttons while the display time is flashing to enter a new time (between 6 and 10 hours in 5 minute steps).
6. At this step, you can choose if you want to use the delay timer. If you do, refer to TIMER on page 9. If you are not using the timer press the start  button.
7. The program will start and the display will count down.
8. At the end of the program, the appliance will switch to standby. Press the stop button .

BREAD PROGRAM (see also recipes starting on page 10)






- Defrost frozen dough thoroughly before use.
 - Don't use more than 500g of dough.
1. Wipe the inside of the bowl with cooking oil.
 2. Put the prepared dough into the bowl.
 3. Follow steps 2, 3 and 4 under PREPARATION on page 4.
 4. Use the menu button  to select the **bread** program .

5. The default time of 3 hours will be displayed. To change the time, use the **h** and **min** buttons while the display time is flashing to enter a new time (between 1 and 3 hours in 5 minute steps).
6. At this step, you can choose if you want to use the delay timer. If you do, refer to **TIMER** on page 9. If you are not using the timer press the start  button.
7. The program will start and the display will count down.
8. At the end of the cooking time, the appliance will go into keep warm mode and the  light will come on.
9. Press the stop button  when you are ready to remove the bread.

FISH PROGRAM (see also recipes starting on page 10)

- This program is suitable for cooking fish steaks, fillets and thick, fleshy fish portions that will fit comfortably into the bowl.
 - The cooking time will depend on the type and weight of the fish.
 - We suggest cooking times of 10 minutes per 100g of weight.
 - Cook fish till the flesh is opaque throughout.
1. Put a tablespoon (15ml) of cooking oil in the bowl.
 2. Follow steps 2, 3 and 4 under **PREPARATION** on page 4.
 3. Use the menu button  to select the **fish** program .
 4. The default time of 20 minutes will be displayed. To change the time, use the **h** and **min** buttons while the display time is flashing to enter a new time (between 10 minutes and 1 hour in 5 minute steps).
 5. Press the start button .
 6. The program will start and the display will count down.
 7. Rub the fish all over with cooking oil. Rub any seasonings over the surface of the fish.
 8. Allow the oil to heat for a few minutes then lay the fish in the centre of the bowl.
 9. At the end of the cooking time, the appliance will go into keep warm mode and the  light will come on. However, it's best to remove the fish as soon as it has cooked to prevent it drying out.
 10. Press the stop button  when you are ready to serve the fish.

STEAM PROGRAM (see also recipes starting on page 10)

- For uniform cooking, cut all pieces of food to roughly the same size.
 - For small/fragile items, make a parcel with aluminium foil.
 - Cook meat, poultry, and derivatives (mince, burgers, etc.) till the juices run clear. Cook fish till the flesh is opaque throughout.
 - You should cook leaf vegetables as quickly as possible, to keep them green and crisp. Plunging them into iced water will stop the cooking process.
1. Fill the bowl with cold water up to the 6 mark.
 2. Sit the basket inside the top of the bowl.
 3. Put the food into the basket then close the lid.
 4. Use the menu button  to select the **steam** program .
 5. The default time of 30 minutes will be displayed. To change the time, use the **h** and **min** buttons while the display time is flashing to enter a new time (between 30 minutes and 2 hours in 5 minute steps).
 6. At this step, you can choose if you want to use the delay timer. If you do, refer to **TIMER** on page 9. The delay timer is only recommended for vegetables and should not be used for meat or eggs. If you are not using the timer press the start  button.
 7. The program will start and the display will count down.
 8. At the end of the cooking time, the appliance will go into keep warm mode and the  light will come on.
 9. Press the stop button  when you are ready to serve the food.

Steaming times

Food (fresh)	Notes	Time (minutes)
Broccoli	Cut into 1-2 cm florets/pieces	13-15
Green Beans	Lay flat in the basket	13-15
Carrots	Slice approx. ½ cm thick	17-19
Cabbage (savoy)	Shred or cut into pieces	11-13

Food (fresh)	Notes	Time (minutes)
Asparagus	Lay flat in the basket	11-13
Courgettes	Slice approx. ½ cm thick	9-11
Sprouts	Whole (approx. 2 cm in diameter)	13-15
Cauliflower	Cut into 1-2 cm florets/pieces	15-17
Sweetcorn	Whole, on the cob	17-21
Potatoes	New potatoes or potatoes cut into 2-3 cm pieces	21-23






PORRIDGE/RISOTTO PROGRAM

- Only use the supplied measuring cup. Use level (not heaped) measures.
- For porridge, use the right hand scale marked ½ to 1½.

Porridge measures:	Fill to marking:
2	½
4	1
6	1 ½

- Congee is a popular Asian dish made from rice and has a consistency similar to porridge. You can find congee in most Asian supermarkets. For congee, use the left hand scale marked 1 to 3. Fill the bowl with water up to the number corresponding to the number of measures of congee.






To make Porridge or Congee

1. Add the porridge or congee to the bowl. Add the liquid.
2. Follow steps 2, 3 and 4 under PREPARATION on page 4.
3. Use the menu button  to select the **porridge/risotto** program .
4. The default time of 1 hour will be displayed. To change the time, use the **h** and **min** buttons while the display time is flashing to enter a new time (between 1 and 4 hours in 5 minute steps).
5. At this step, you can choose if you want to use the delay timer. If you do, refer to TIMER on page 9. If you are not using the timer press the start  button.
6. The program will start and the display will count down.
7. At the end of the cooking time, the appliance will go into keep warm mode and the  light will come on.
8. Press the stop button  when you are ready to serve.

To make Risotto




- We've included a recipe to guide you through the risotto making process—see MUSHROOM RISOTTO on page 14.

CAKE PROGRAM (see also recipes starting on page 10)

- Don't fill the bowl above the 6 mark on the scale.
1. Wipe the bowl with cooking oil. Put the cake mix into the bowl.
 2. Follow steps 2, 3 and 4 under PREPARATION on page 4.
 3. Use the menu button  to select the **cake** program .
 4. The default time of 40 minutes will be displayed. To change the time, use the **h** and **min** buttons while the display time is flashing to enter a new time (between 30 minutes and 2 hours in 5 minute steps).
 5. Press the start button .
 6. The program will start and the display will count down.
 7. At the end of the cooking time, the appliance will go into keep warm mode and the  light will come on. However, it's best to remove the cake as soon as it has cooked to prevent it becoming soggy.
 8. Press the stop button  when you are ready to remove the cake.



SAUTÉ/BOIL

You can use your multi cooker for browning, frying, sautéing, boiling, etc.



- Use it with a little oil to brown meat and vegetables, to sauté, to soften onions, celery, leeks, etc.
 - Use it to boil water or stock or to pre-heat cooking liquids.
1. Place the appliance on a stable, level, heat-resistant surface.
 2. Put the bowl inside the cooker. Give the bowl quarter of a turn each way to ensure that it is in good contact with the heating element.
 3. Use the menu button  to select the **steam** program .
 4. The bowl will heat up and you can use it the same way as you would use a pan on an electric hob.
 5. Press the stop button  when finished.


KEEP WARM MODE




Several programs switch to the keep warm mode automatically when they have finished. You can manually switch on the keep warm mode for those programs that don't do so automatically.

1. After the program has finished, press the keep warm button .
 2. Press stop  to exit the keep warm mode.
- The display will show in hours how long your multi cooker has been in the keep warm mode. We recommend that you don't use the keep warm mode for longer than a few hours.


TIMER

You can use the delay timer with the soup , yoghurt , bread , steam  and porridge  programs.

To set the timer, do the following immediately after setting the cooking time and before pressing the start button .

1. Press the timer button . The timer  light will come on as a reminder that the timer is set.
2. Decide when you want your food to be ready. For example, if it is 2.00 p.m. now and you want the dish to be ready at 6.00 p.m. set the delay time to 4 hours.
3. Use the **h** and **min** buttons to set the delay time.
4. Press the start button .

CARE AND MAINTENANCE

- Don't put any part of the appliance in a dishwasher.
1. Remove the plug from the power socket, then remove the connector from the power inlet on the appliance. Let the appliance cool.
 2. With the lid closed, grip the top of the steam vent and lever it out of the lid (FIG. A).
 3. Turn it over, to expose the markings underneath.
 4. Hold the steam vent lid the turn the rest of the of the vent towards the  symbol (FIG B).
 5. Press the tabs at the bottom of the inner lid and pull it outwards off the appliance (FIG C).
 6. Hand wash all removable parts.
 7. Wipe all surfaces with a clean damp cloth.
 8. Reassemble the steam vent, and replace it in the lid.
 9. Replace the inner lid in the lid.

RECIPES

SAVOURY RICE

RICE 

(Serves approx. 6)

- 2 measures of rice
- vegetable stock – to the 2 mark
- 2 sticks celery, ½ cm dice
- 1 pepper, ½ cm dice
- 2 carrots, ½ cm dice
- 1 pinch saffron
- 3 g (1 tsp) ground turmeric
- 20 g peas


Place all ingredients into the bowl and stir well, close the lid and press the rice button. This makes an ideal accompaniment to salmon.

BOLOGNAISE SAUCE

SLOW COOK 

(Serves approx. 6)

- 500 g beef mince
- 30 ml (2 tbsp) olive oil
- 2 onions, finely diced
- 3 garlic cloves, finely chopped
- 400 g tin chopped tomatoes
- 1 bay leaf
- 250 g mushrooms, sliced
- 40 g tomato purée
- 100 ml beef stock
- 2 g (1 tbsp) oregano


Select the steam program, add the oil and close the lid. After 4 minutes add the onions, garlic, and bay leaf. Cook until the onions are soft. Add the mince, season and cook for 5-6 minutes until the meat has started to colour. Add the mushrooms, oregano and cook for a further 5-6 minutes. Add the tomato purée, chopped tomatoes and stock and bring to the boil. Once boiling, press the stop button , close the lid then press the slow cook button. This sauce is ideal served with spaghetti and grated cheese or used in a lasagne.

BEEF AND CHORIZO ONE-POT

SLOW COOK 

(Serves approx. 6)

- 800 g beef brisket, cut into 2.5 cm dice
- 50 g chorizo sausage, sliced
- 2 garlic cloves, finely diced
- 2 red onions, roughly chopped
- 6 small potatoes, cut into approx. 1 cm pieces
- 2 carrots, cut into approx. 1 cm pieces
- 3 celery stick, roughly chopped
- 250 ml beef stock
- 400 g tin chopped tomatoes
- 50 g (2 tbsp) tomato purée
- 2 bay leaves
- 6 g (2 tbsp) mixed herbs
- Approx. 5 g (1 tbsp) fresh rosemary leaves
- salt and pepper to taste


Select the steam program, add the oil and close the lid. After 4 minutes add the onions, chorizo, garlic, celery, carrot and potato. Close the lid and cook for 7-8 minutes. Add the beef, close the lid and cook for a further 7-8 minutes. Add the tomato purée and stir. Add the remaining ingredients, close the lid and bring to the boil. Once boiling, press the stop button , then press the slow cook button.

THREE BEAN CHILLI

STEW 

(Serves approx. 4)

- 30 ml vegetable oil
- 1 large onion, finely diced
- 2 cloves garlic, finely chopped
- 1 red chilli, finely chopped
- 400 g tin red kidney beans, drained, rinsed and dried on paper
- 400 g tin cannellini beans, drained, rinsed and dried on kitchen paper
- 400 g tin chopped plum tomatoes
- 400 g tin black eyed beans, drained, rinsed and dried on kitchen paper
- 16 g (2 tbsp) chilli powder
- 5 g (2 tbsp) oregano
- 3 g (1 tsp) ground coriander
- 6 g (2 tsp) ground cumin
- 40 g tomato purée
- 350 ml vegetable stock
- Salt and pepper to taste


Select the steam program, add the oil and close the lid. After 4 minutes add the chopped onion, garlic, chilli, chilli powder, coriander and cumin, close the lid and cook for 5-6 minutes until the onions are soft. Add the remaining ingredients, season to taste and bring to the boil. Once boiling, press the stop button , close the lid then press the stew button. After half an hour open the lid and give it a good stir, do this again after 45 minutes. This is perfect on a jacket potato, with soured cream and grated cheese, or simply served with rice or couscous and grated cheese.

PEARL BARLEY AND BORLOTTI BEAN ONE-POT

STEW 

(Serves approx. 6)

- 30 ml (2 tbsp) olive oil
- 400 g tin borlotti beans, drained, rinsed and dried on paper
- 1 onion, finely chopped
- 2 clove garlic, finely chopped
- 1 carrot, cut into approx. ½ cm pieces
- 175 g pearl barley
- 400 g tin chopped tomatoes
- 40 g tomato purée
- 350 ml vegetable stock
- Approx. 30 g fresh parsley leaves, chopped
- Salt and pepper to taste

Select the steam program, add the oil and close the lid. After 4 minutes add the onions, garlic and carrot, close the lid and cook for 5-6 minutes. Add the tomato purée, close the lid and cook for a further 2-3 minutes. Add the remaining ingredients (except the parsley) and bring to the boil. Once boiling, press the stop button , close the lid then press the stew button. Stir in the parsley. Serve with crusty bread and butter.

CHICKEN WITH TOMATOES AND MUSHROOMS

STEW 

(Serves approx. 4)

- 400 g chicken – leg or breast, cut into 1-2 cm pieces
- 30 ml (2 tbsp) olive oil
- 1 red onion, finely diced
- 450 g brown mushrooms, sliced
- 2 garlic cloves, finely diced
- 400 g tin chopped tomatoes
- 30 g (1 tbsp) tomato puree
- 3 g (1 tsp) dried oregano
- salt and pepper to taste

Press the stew button, add the oil and close the lid. After 4 minutes add the garlic, mushroom and onion. Close the lid and cook for 2-3 minutes. Add the chicken, close the lid and cook for 5-6 minutes. Add the tomato purée and stir then add the remaining ingredients, close the lid and cook for the rest of the program. Serve with pasta, potatoes or rice.

POTATO, CHORIZO AND LENTIL STEW

STEW 

(Serves approx. 4)

- 200 g chorizo, cut into approx. 1 cm pieces
- 1 onion, finely chopped
- 2 sticks celery, roughly chopped
- 1 red chilli, deseeded, finely diced
- 1 green chilli, deseeded, finely chopped
- 2 carrots, cut into approx. 1 cm pieces
- 2 tomatoes, roughly chopped
- 2 garlic cloves, finely chopped
- 30 g (1 tbsp) tomato purée
- 3 g (1 tsp) cayenne pepper
- 100 g brown lentils
- 3 g (1tsp) smoked paprika
- 2 medium potatoes, cut into approx. 1 cm pieces
- 850 ml chicken stock

Press the stew button, add the oil and close the lid. After 4 minutes, add the chorizo, onions, chillies, paprika, garlic and cayenne. Close the lid and cook for 3-4 minutes. Add the carrot, potato, celery and tomatoes, close the lid and cook for 5-6 minutes. Add the tomato purée and stir then add the remaining ingredients, close the lid and cook for the rest of the program.

JERK CHICKEN

MEAT 

(Serves approx. 2)

- 2 chicken breasts
- 30 ml (2 tbs) olive oil
- 1 onion cut in quarters
- 2 red chilli, deseeded
- 50 g fresh ginger root, peeled
- Approx. 4 g (1 tbs) fresh thyme leaves
- 3g (1tsp) ground all spice
- 100 ml white wine vinegar
- 100 ml dark soy sauce
- Salt and pepper to taste

Blend all the ingredients together (except the oil) and pour over the chicken breasts. Leave them to marinate for 10-12 hours in the fridge. When you are ready to cook the chicken, select the meat program, add the oil to the bowl and close the lid. After 4 minutes open the lid place the marinated chicken breasts in the bowl, close the lid and cook for 5-6 minutes. Open the lid, carefully turn the chicken over, close the lid and cook for 35-40 minutes or until the juices run clear. Serve with a crispy leaf salad.

CHUNKY TOMATO SOUP

SOUP 

(Serves approx. 4)

- 1 onion, roughly chopped
- 30 ml (2 tbs) olive oil
- 400 g tin chopped tomatoes
- 2 fresh tomatoes, roughly chopped, stalk removed
- 1 red pepper, roughly chopped
- 600 ml vegetable or chicken stock
- 2 medium potatoes, peeled, roughly diced
- 1 g (1 tsp) mixed herbs
- 25 g (1 tbs) tomato purée
- 3 g (1 tsp) cracked black pepper
- Salt to taste


Select the soup program, add the oil and close the lid. After 4 minutes add the onion, pepper and potato and cook for 5-6 minutes. Add the tomato puree and stir well then add the remaining ingredients, stir and close the lid. Serve with crusty bread.

SPLIT PEA AND HAM SOUP

SOUP 

(Serves approx. 4)


- 30 ml olive oil
- 1 Litre chicken stock
- 220 g split peas
- 2 onion, finely diced
- 1 carrot, finely diced
- 2 celery stick, finely diced
- 2 garlic cloves, finely diced
- Approx. 4 g (1 tbs) fresh thyme leaves, finely chopped
- 500 g smoked ham, cut into ½ -1 cm pieces
- Pepper to taste

Select the steam program, add the oil and close the lid. After 4 minutes add the onion, garlic, carrot and celery, close the lid and cook for 4-5 minutes stirring at regular intervals. Add the ham and cook for a further 2-3 minutes. Add the remaining ingredients and bring to the boil. Once boiling, press the stop button , close the lid then select the soup program. Once the program has finished give the soup a good stir. This soup is ideal served with a spoonful of crème fraiche and some crusty bread.

HOME-MADE YOGHURT

YOGHURT 

- 1200 ml whole milk
- 100 ml plain yoghurt (full fat)

Pour the milk into the bowl and select the steam program. Allow the milk to heat up until it begins to bubble at the edges. Press the stop button  and allow the milk to cool to about 37°C. Once the milk has cooled, add the yoghurt and mix well removing all lumps. Select the yoghurt program. When the program is complete transfer the mixture to a bowl and place in the fridge to completely cool.

If you want to store your yoghurt you must sterilize the jars you are going to use. Place suitable jars in a preheated oven at around 120-130°C for about 20 minutes. Higher temperatures may crack the jars. Allow to completely cool before filling. The yoghurt should last for up to 2 weeks.

WHITE ROSEMARY LOAF

BREAD 

- 320 ml warm water (35 – 39°C)
- 7 g (1 sachet) dried yeast
- 500 g strong white flour
- 8 g (1 tsp) salt
- 10 g fresh rosemary, finely chopped

Place the flour, rosemary and salt into a bowl and mix well. Add the yeast to the water and mix with the flour until a dough forms. Knead the dough well then place it into a bowl. Cover and leave in a warm place for 20 minutes. Take the dough out and knead it lightly again. Put it back into the bowl, cover and leave again for 20 minutes. Lightly grease the inside of your multicooker bowl, place the dough in the bottom and select the bread program. When the display shows 2:30, turn the bread over for the last 30 minutes. This will help to give the top of the loaf a little colour and crunch.

SODA BREAD

BREAD 

- 450 g plain flour
- 400 ml buttermilk
- 3 g (1tsp) bicarbonate of soda
- 8 g (1tsp) salt

Mix the flour, bicarbonate of soda and salt together in a bowl. Add the buttermilk and mix well until all the ingredients are well combined and a dough has formed. Roll the dough into a ball and set aside. Lightly grease the inside of your multicooker bowl, place the dough in the bottom and select the bread program. Change the program time to 2 hours 20 minutes. After 2 hours carefully turn the bread over to allow the top to brown slightly.

FRAGRANT FISH TAGINE

FISH 

(Serves approx. 4)

- 20 ml vegetable oil
- 1 onion, finely chopped
- 2 clove garlic, finely chopped
- 1 red pepper, ½ cm diced
- 2 tomatoes, chopped
- ½ red chilli, finely chopped
- 3 g (1 tsp) ground cumin
- 3 g (1 tsp) ground ginger
- 3 g (1 tsp) ground turmeric
- 3 g (1tsp) ground cinnamon
- 300 ml fish stock
- 675 g white fish (cod), cut into 1-2 cm pieces
- 1 orange, zest and juice
- 50 g ground almonds
- Approx. 20 g fresh coriander leaves, chopped
- salt and pepper to taste

Select the fish program, add the oil and close the lid. After 4 minutes add the onion, garlic, pepper, chilli, ginger, turmeric, cinnamon and orange zest and cook for 5-6 minutes. Add the almonds, fish stock, orange juice and season. Close the lid and cook for 35 minutes, stirring regularly. With 6-7 minutes to go open the lid and stir in the fish, close the lid and allow the program to finish. Make sure the fish is cooked and flaky. Stir in the chopped coriander and check the seasoning. Delicious served with couscous.

SALMON WITH A SPICY RUB

FISH 

(Serves approx. 2)

- 2 salmon fillets – skin on
- 15 ml (1 tbsp) olive oil
- 3 g (1 tsp) smoked paprika
- 3 g (1 tsp) chili powder
- 3 g (1 tsp) ground cumin
- 3 g (1 tsp) soft brown sugar
- 1 lemon, zest
- Salt and pepper to taste

Mix the smoked paprika, chilli powder, ground cumin, sugar, lemon zest, salt and pepper in a bowl. Rub the mixture over the salmon fillets. Select the fish program, add the oil and close the lid. After 4 minutes add the salmon fillets skin side down and close the lid and allow the program to finish.

SYRUP SPONGE PUDDING

STEAM 

- 100 g unsalted butter, melted
- 100 g caster sugar
- 2 free range eggs, slightly whisked
- 4 g vanilla extract
- 175 g self-raising flour, sieved
- 100 g (4 tbsp) golden syrup


Rub the inside of a 1 litre glass oven-proof bowl with butter and set aside. Whisk the melted butter, vanilla and sugar until it starts to become light and fluffy. Add the eggs slowly whisking all the time. Fold in the flour until well combined. Put the golden syrup into the bottom of the glass bowl, then pour in the pudding mixture, cover with tin foil and place the glass bowl in the centre of your multicooker bowl. Carefully pour in boiling water until it is about 2.5cm lower than the rim of the glass bowl. Select the steam program and change the default time to 1 hour 10 minutes. After the program has finished carefully open the lid (beware of escaping steam) and test the pudding is cooked by removing the foil and lightly touching the top. It is ready when the surface returns to its previous shape and has a springy feel. Serve with ice cream or fresh cream.

VANILLA, ALMOND AND BLUEBERRY PORRIDGE

PORRIDGE/RISOTTO 

(Serves approx. 6)

- 2 measures porridge oats
- Almond milk (to the ½ mark)
- 40 g honey
- 4 g vanilla extract
- 80 g ground almonds
- 100 g fresh blueberries


Place the oats, almonds, vanilla, milk and honey into the bowl. Close the lid and select the porridge/risotto program. After 5-6 minutes open the lid carefully and stir. Close the lid and cook for a further 8-10 minutes, stirring at regular intervals. Open the lid and stir in the blueberries, cook for a further 1-2 minutes. Press the stop button . This is ideal topped with flaked almonds and more fresh blueberries.

CHOCOLATE PORRIDGE

PORRIDGE/RISOTTO 

(Serves approx. 6)

- 2 measures porridge oats
- Milk (to the ½ mark)
- 12 g cocoa powder
- 30 g honey
- 100 g dark chocolate drops


Place the oats, milk, cocoa powder and honey into the bowl. Close the lid and select the porridge/risotto program. After 5-6 minutes open the lid carefully and stir. Close the lid and cook for a further 8-10 minutes, stirring at regular intervals. Open the lid and stir in the chocolate drops. Cook for another minute. Press the stop button . Serve topped with sliced fresh strawberries.

MUSHROOM RISOTTO

PORRIDGE/RISOTTO 

Serves approx. 4)

- 30 ml (2 tbsp) olive oil
- 250 g chestnut mushrooms, ½ cm diced
- 2 shallots, finely diced
- 2 cloves garlic, finely diced
- 250 g arborio risotto rice
- 70 g parmesan, grated
- 120 g butter
- Approx. 2 g (1 tsp) fresh thyme leaves
- 900 ml vegetable or chicken stock
- Approx. 4g (1 tbsp) fresh parsley leaves, finely chopped

Select the porridge/risotto program, add the oil and close the lid. After 4 minutes add the shallots, thyme, garlic and mushrooms. Close the lid and cook for 5-6 minutes. Add the risotto rice and cook for a further 1-2 minutes. Add half (50g) the butter and cook for a further 1-2 minutes. Pour in the stock, close the lid and cook for 15-20 minutes, stirring at regular intervals. Stir in the rest of the butter and the parmesan. Cook for another 1-2 minutes the press the stop button  and stir in the parsley. This is perfect served with some fresh olive or truffle oil and some more grated parmesan on top.

CHOCOLATE BROWNIE CAKE

CAKE 

- 170 g butter unsalted, melted
- 340 g caster sugar
- 170 g cocoa powder, sieved
- 75 g plain flour, sieved
- 3 large free range eggs, lightly whisked
- 4 g (1 tsp) vanilla extract
- 4 g salt
- 100 g milk chocolate drops

Whisk the melted butter and sugar together until it starts to become light and fluffy then add the eggs slowly whisking all the time. Fold in the sieved flour, cocoa powder and salt. Once combined, fold in the chocolate drops. Line your multicooker bowl with foil then grease the foil with butter. Pour the mixture into the prepared bowl in an even layer. Close the lid and select the cake program. Change the default cake program time to 1 hour 30 minutes. When cooked, the cake should be set around the edges and soft and sticky in the centre. Serve with ice cream or double cream and icing sugar.

RECYCLING



To avoid environmental and health problems due to hazardous substances, appliances and rechargeable and non-rechargeable batteries marked with one of these symbols must not be disposed of with unsorted municipal waste. Always dispose of electrical and electronic products and, where applicable, rechargeable and non-rechargeable batteries, at an appropriate official recycling/collection point.

SERVICE

If you ring Customer Service, please have the Model Number to hand, as we won't be able to help you without it. It's on the rating plate (usually underneath the product).

The product isn't user-serviceable. If it's not working, read the instructions, check the plug fuse and main fuse/circuit breaker. If it's still not working, consult your retailer.

If that doesn't solve the problem – ring Customer Service – they may be able to offer technical advice.

If they advise you to return the product to us, pack it carefully, include a note with your name, address, day phone number, and what's wrong. If under guarantee, say where and when purchased, and include proof of purchase (till receipt). Send it to:

Customer Service

Spectrum Brands (UK) Ltd

Fir Street, Failsworth, Manchester M35 0HS

email: support@russellhobbs.com

telephone: 0345 658 9700 (local rate number)

Please note: If you have purchased the product within the last 6 months, please contact the retailer in the first instance to deal with any matters relating to warranty.

GUARANTEE

Defects affecting product functionality appearing within the guarantee period will be corrected by replacement or repair at our option provided the product is used and maintained in accordance with the instructions. Your statutory rights are not affected.

Guarantee period = 2 years from first retail purchase.

To claim an extra 1 year guarantee, register your product online within 28 days of purchase.

Register at: www.russellhobbs.co.uk/productregister/

Consumables are guaranteed only for their recommended lifecycle. Replacement/Spare parts* are excluded and are only covered by a 1 year warranty.

* Examples include filters, removable grill plates, drip trays/crumb trays etc.

ONLINE

www.russellhobbs.com for more products

REGISTER ONLINE

Register online for an EXTRA year guarantee*.

Visit www.russellhobbs.co.uk/productregister/

*You must register within 28 days of purchase.