

INTRODUCTION TO SLOW COOKING 2
SOUPS AND PATES 7
FISH 12
VEGETABLES 16
MEAT 20
POULTRY AND GAME 31
DESSERTS AND PUDDINGS 36
OTHER THINGS 41
THE TOWER AUTO SLO-COOKER 45
THE TOWER CAREFREE SLO-COOKER 46
THE TOWER COMPACT SLO-COOKER 47
CARE USE AND CLEANING 48
RECIPE INDEX 49



INTRODUCTION TO SLOW COOKING

This is a combined recipe/hand book and gives details of use for the Tower Compact, Carefree and Auto Slo-Cookers. In the introduction you will find general points which refer to all models. For special information relating to each model turn to the following pages:

Auto – Page 45 Carefree – Page 46 Compact – Page 47

When you have read the general information section please read carefully the section dealing with your particular model. The recipes in this book are colour coded as follows:

Auto Carefree Compact

The method is the same for all Slo-Cookers.

In the case of the Carefree, which has an aluminium cooking pot, pre-browning may be done in the pot, instead of using a frying pan or saucepan as stated in each recipe.

Just follow the code for your own Slo-Cooker for cooking times. If the code does not appear on a particular recipe it means that the recipe or method is not suitable for your model.

Should your Tower Slo-Cooker require repair or should you need replacement parts, always quote the model number stated on the base plate of the outer casing, and contact an authorised service agent or, in the case of difficulty, the Service Department, TI Tower Housewares Ltd., P.O. Box 16, Wolverhampton, WV5 8AQ. Servicing of slo-cookers sold in the Republic of Ireland is carried out by Thor Appliances Ltd., Cookstown Industrial Estate, Tallaght, Co. Dublin.

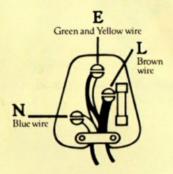
If you have any questions concerning cooking, please write to Tower's Home Economist, TI Tower Housewares Ltd., P.O. Box 16, Wolverhampton, WV5 8AQ.

Before first use, fill the cooking pot with warm, soapy water, rinse and wipe dry. If the label attached to the outer casing above the switch housing is removable peel off before use. NEVER IMMERSE IN WATER THE COMPACT SLO-COOKER (MODEL 3872) NOR THE OUTER CASES OF THE CAREFREE (MODEL 4405) OR THE AUTO (MODEL 2917).

Warning THIS APPLIANCE MUST BE EARTHED.

Important The wires in the mains lead are coloured in accordance with the following code: Green and Yellow: Earth; Blue: Neutral: Brown: Live.

As the colours of the wires in the mains lead may not correspond with the coloured markings identifying the terminals in your plug proceed as follows:



The wire which is coloured green and yellow must be connected to the terminal in the plug which is marked with the letter E or by the earth symbol \pm or coloured green or green and yellow.

The wire which is coloured brown must be connected to the terminal which is marked with the letter L or coloured red. The wire which is coloured blue must be connected to the terminal which is marked with the letter N or coloured black. If a BS 1363 fuse plug is used fit a 3 amp fuse.

As special tools are required, never attempt to repair or dismantle your slo-cooker. Always return to an authorised service agent or direct to the Service Department at the above address.

This product is manufactured to comply with the Radio Interference requirements of E.E.C. Directive 76/889/EEC.

Long, slow cooking has been used for centuries to produce tasty, tender meals. The introduction of electric slow cookers brings this traditional cooking technique right up to date and takes account of the busy lives which many of us lead today.

Delicious food

With slow cooking all cuts of meat will become tender and succulent, and delicious meals can be prepared from tougher cuts of meat. When using the Tower Slo-Cooker there is very little evaporation, therefore flavours are retained and soups and most casseroles won't dry up even if left cooking all day or overnight. As the Tower Slo-Cooker cooks so gently, without the vigorous bubbling of other types of cooking, more delicate food such as fish, fruit or vegetables won't break up even after long cooking.

Convenience and flexibility

The Tower Slo-Cooker can be left to cook unattended with safety, and recipes include minimum and maximum cooking times, so that you aren't restricted to rigid meal times. The food is just cooked after the minimum time and will still be as good until the maximum time.

If time is short in the morning, preparation may be done the previous evening and soups and casseroles may be cooked overnight. Alternatively the ingredients may be refrigerated raw and put into the Tower Slo-Cooker the next morning, using the One-Step or Browning Method.

Slow-cooking suits many life styles

- * Students with limited cooking facilities can prepare meals which will wait until they are ready to eat. In addition the room will be free from cooking smells which are kept inside the Slo-Cooker.
- * A working couple can leave a meal to cook all day while they're out at work and return to a hot meal. It doesn't matter if they are delayed because cooking times are flexible. The Slo-Cooker is ideal for entertaining.
- * Busy mothers with an active family are glad of the freedom of a Slo-Cooker. Food can be left cooking all day and is ready as soon as the children come home ravenous from school. The remaining portions won't dry up for late-comers, delayed by after school activities or the traffic.

* Slow cooking is ideal for retired people who need to budget carefully. Tower Slo-Cookers use roughly the same electricity as a light bulb, and it is therefore cheaper to leave it cooking for six to ten hours than to use the oven. They can cook, once again, many of the favourite dishes they used to enjoy years ago.

More than soups and stews

Although the Tower Slo-Cooker is superb for cooking soups and casseroles, it is also eminently suited to cooking delicate food which is often broken up in conventional cooking: e.g. fish, vegetables such as courgettes and fruit such as rhubarb. Used as a bain-marie or water bath the Tower Slo-Cooker will cook egg custards, pâtés and the lightest steamed puddings. Use your Slo-Cooker to serve hot punch or a savoury dip at a party. You can even boil ham or cook a pot roast. The gentle heat means less shrinkage, more succulent meat and the juices form a delicious gravy.

Savings - uses no more electricity than a light bulb

The Tower Slo-Cooker is designed to heat the food it contains and not the whole kitchen. That is why the kitchen remains cool in the summer if you cook with a Slo-Cooker, operating as it does, at a low wattage. Wattages vary from model to model, but generally they consume a similar amount of electricity to a light bulb, when cooking on LOW. Even when cooking on HIGH it is still cheaper to use the Slo-Cooker than to use an electric oven.

Wattages are as follows

Auto Low-100w High-140w Carefree Low-70w High-90w Compact 55w

Tower Slo-Cookers

Tower Slo-Cookers have a stoneware or aluminium pot and lid. The Compact has a permanently fixed pot. The Carefree and Auto models have removable pots which can be lifted out for serving at the table, washing up or even browning food under the grill and baking toppings in the oven.

The Tower Slo-Cooker is in operation when the indicator light is illuminated. It is safe to leave operating unattended all day in the same way as you would leave a freezer or refrigerator.

USE-Preparation

A number of our recipes recommend browning meat and sautéing vegetables first as it gives excellent results in terms of flavour and appearance. The Tower Slo-Cooker provides a slow gentle heat which is unsuitable for frying or rapid boiling. When using the Auto or Compact Slo-Cookers, which are fitted with stoneware pots, pre-browning must be carried out in a frypan or saucepan. In the case of the Carefree, pre-browning may be done in the removeable aluminium pot on a cooker hob. Do not heat the stoneware pot on a cooker hob. A One-Step method has been devised to avoid this extra preparation for those short of time in the morning, those following a low fat diet or those preferring not to pre-fry. This speedy One-Step method is described below and gives good results.

Cooking with the One-Step method

While preparing the ingredients, pre-heat the empty Slo-Cooker with its lid fitted. The ingredients should be cut to size and placed without further preparation into the Tower Slo-Cooker with seasoning, herbs and boiling hot cooking liquid. Cook for at least the minimum time given in the recipe for the One-Step method. To thicken toss the meat in the flour in the usual way.

Cooking times

The recipes have been given recommended times for the different cooking methods. If times are not given for the one-step method, it is because that particular recipe doesn't cook successfully that way.

Whichever method is used, the food will continue cooking until you switch off at the wall socket.

If time is short in the morning you can do a certain amount of preparation the previous evening. Meat may be trimmed and cubed and stored overnight in a sealed container in the fridge. Vegetables may be peeled, covered with water and stored in the fridge. Simply assembling dry ingredients in advance can save time. Quantities in our recipes are given in metric and imperial measures. Follow one or the other but not both at the same time as they are not exact equivalents. Spoon measurements are level spoonsful.

It is essential not to lift the lid during the first half of cooking, as during cooking steam condenses on the inside of the lid. Each

time the lid is raised, valuable heat is lost. To recoup this loss will add considerably to the cooking time and the food may not be ready when expected.

Checkpoints for Slo-Cooking

- * Switch on the Slo-Cooker to allow it to warm during preparation time (approximately 10 minutes).
- ★ Ensure that vegetables are cut small and immersed in the cooking liquid at the bottom of the pot. See 'Vegetables', page 16.
- ★ Whether using the browning method or one-step method, ensure that the liquid is boiling hot when added to the Slo-Cooker.
- Don't lift the lid during cooking unless recommended otherwise.
- * Ensure that nothing touches the outer casing when the Slo-Cooker is switched on and it should be placed well away from the edge of the work surface to avoid small children accidentally pulling the Slo-Cooker over.
- * Stand the Slo-Cooker on a heat-resistant surface when in use.
- * Always wear oven gloves when handling the Slo-Cooker during use.
- * Testing for this recipe/hand book was carried out under standard kitchen temperatures. In extreme cold weather conditions where kitchen temperatures will be considerably lower than normal, increased cooking times may be necessary.
- Avoid placing the Slo-Cooker by an open window or in a draught.
- * Cook whole poultry, joints of meat on HIGH only.
- * SOAK ALL DRIED BEANS AND ESPECIALLY DRIED RED KIDNEY BEANS OVERNIGHT AND BOIL FOR AT LEAST 10 MINUTES IN FRESH WATER OR FRESH COOKING LIQUID, PRIOR TO PLACING THEM IN THE SLO-COOKER.

Voltage

Slo-Cookers must only be used at their specified voltage (see product rating plate). If using your Slo-Cooker during periods when the voltage supply may have dropped i.e. very cold weather or industrial action, allow extra cooking time to compensate for this as the lowering of the voltage does adversely affect the cooking time.

Should a power cut occur during the cooking time, transfer the food to a casserole or suitable oven-proof container and refrigerate. To continue cooking, cook in the conventional way. Ensure that the food is brought to the boil and thoroughly cooked before serving.

Quantities

Most recipes give quantities for four servings in the Carefree and Auto Slo-Cookers and for two servings in the Compact Slo-Cooker. It is possible to increase the servings depending upon the capacity of the pot but you should not fill the pot more than 15mm (½") from the inner rim. Add approximately 1-2 hours to the minimum recommended cooking time. When cooking for two in the Carefree and Auto Slo-Cookers and one in the Compact, halve the ingredients in the recipe but ensure there is sufficient liquid to cover the vegetables. It may be necessary to cook the dish for the minimum time only.

Cooking liquid

This can be water, stock, wine, beer, cider, canned cooking sauces, soup or fruit juice. Packet casserole mixes may be used and should be blended with boiling water and added at the beginning. During slow cooking the juices of the meat and vegetables blend into the liquid, creating a delicious gravy. If the quantity to be cooked is reduced make sure that there is sufficient liquid to cover the vegetables. Milk will generally separate during cooking other than when used in cereal puddings. It should therefore be added during the last 30 minutes of cooking unless stated in a recipe. Stirring the soup or casserole before serving ensures that the juices blend well together and improves the appearance. Dried packet soup or sauce mixes make a quick basis for a casserole, follow manufacturer's instructions and bring to the boil before adding to the Slo-Cooker. There is no need to dilute condensed soup but it should be stirred well before boiling and adding to the other ingredients. As they are usually already seasoned, further seasoning should only be added at the end of cooking.

Thickening

During slow cooking, the juices of the meat and vegetables blend into the liquid, creating a delicious sauce. As this increases the quantity of liquid first added, the sauce should initially be thicker than preferred: it becomes thinner during cooking. For both pre-frying and one-step methods, the meat may be tossed first in flour to thicken the sauce.

In certain recipes, for example, Bacon Joint in Apple Juice, the cooking liquid may be transferred to a saucepan after cooking and thickened with comflour in the usual way.

Vegetables

One of the unusual characteristics of slow cooking is that root vegetables such as potatoes, onions and carrots take longer to cook than meat. To ensure that these vegetables cook within the recommended time they should be cut small into 5mm (1/4") slices, sticks or dice. If possible they should be gently sautéed for 2-3 minutes before slo-cooking in the Tower Slo-Cooker. Ensure that root vegetables are always put at the bottom of the pot and immersed in the liquid. For convenience, dried vegetables such as onions, mushrooms and mixed peppers may be added to soups or casseroles at the start of cooking. These should also be immersed in the liquid.

Pasta, Rice and Pulses (Dried Beans, including Red Kidney Beans, Peas and Lentils)

For best results use 'easy cook' pasta or rice. Raw rice absorbs liquid so do ensure that you add 150ml (¼ pt) of liquid for each 100g (4 oz) long grain rice. Pasta is not suitable for all day cooking as it will become unacceptably soft. Consequently, the pasta (unless otherwise stated in a recipe) may be stirred in 30-45 minutes before the end of cooking. If the recipe includes dried peas or beans, it is important to soak them overnight in cold water with a teaspoon of bicarbonate of soda to help the softening process. It is not necessary to add bicarbonate when soaking lentils. DRAIN THE BEANS (AND ESPECIALLY DRIED RED KIDNEY BEANS) OR PEAS AND BOIL THEM IN FRESH COOKING LIQUID FOR 10 MINUTES BEFORE ADDING TO THE TOWER SLO-COOKER. ON NO ACCOUNT SHOULD THEY BE ADDED WITHOUT BOILING THEM FIRST.

Seasoning should be added at the end of cooking. If dried pulses are stale they will not cook successfully, even with conventional methods, so do ensure they are fresh.

Note: If using canned beans or peas in a recipe, simply drain and add them 30 minutes before the end of the cooking time.

Flavour

As there is little evaporation most of the flavour is retained, consequently more strongly flavoured vegetables and herbs should be used sparingly until you can judge the right amounts to suit your taste.

Toppings

If the cooking pot is removable, you can lift it out (using oven gloves), cover the cooked food with a topping and bake in a pre-heated oven or brown under the grill. Suggestions for different toppings are given in the following recipes and you may wish to vary recipes by taking the scone topping of Pork Cobbler and adding it to Beef Carbonnade instead of the recommended bread topping. As easy reference the toppings can be found in the following recipes: French Onion Soup — crisped cheese-topped bread; Pork Cobbler — scone; Spicy Lamb — dumplings; Beef Carbonnade — crisped French bread; Rabbit Pudding — suet pastry.

Roasting

Although meat roasted in the Slo-Cooker won't be as crisp as when cooked in a conventional oven, the results are superb in every other respect. The meat shrinks less and retains an excellent texture for carving. What's more, the meat is less likely to dry up. Ensure that the joint fits easily in the pot with the lid fitting correctly. Never place frozen or partially frozen meat in the Slo-Cooker. Excess fat should be trimmed and, to encourage a good colour, the meat may be browned quickly on all sides in a frypan before adding to the cooking pot when using the Compact or Auto Slo-Cooker. When using the Carefree Slo-Cooker, this step may be carried out in the aluminium pot on a cooker hob, and the pot containing the meat, lifted back into the outer casing. Cook only on HIGH. The juices which normally evaporate in an oven are retained in the pot and form the basis of a delicious gravy. After cooking, meats, such a pork, may be quickly browned under a hot grill for extra crispness.

Adapting recipes

Your favourite recipes can be adapted to slow cooking by following the suggestions given above. Find in this book a recipe with similar ingredients and use that as your guide for timing and liquid quantity. Always remember that root vegetables take longer to cook than meat.

Freezing and frozen food

Frozen raw ingredients such as meat, poultry or vegetables may be used but must be thawed completely first. Frozen cooked food should not be re-heated in the Tower Slo-Cooker and should always be brought quickly to a high temperature in a saucepan or an oven.

Storing food

If you prepare ingredients the previous evening they should be kept overnight in a covered container in the refrigerator.

Uncooked food should not be left in the Tower Slo-Cooker at room temperature as it could spoil. The Slo-Cooker should not be put in the refrigerator.

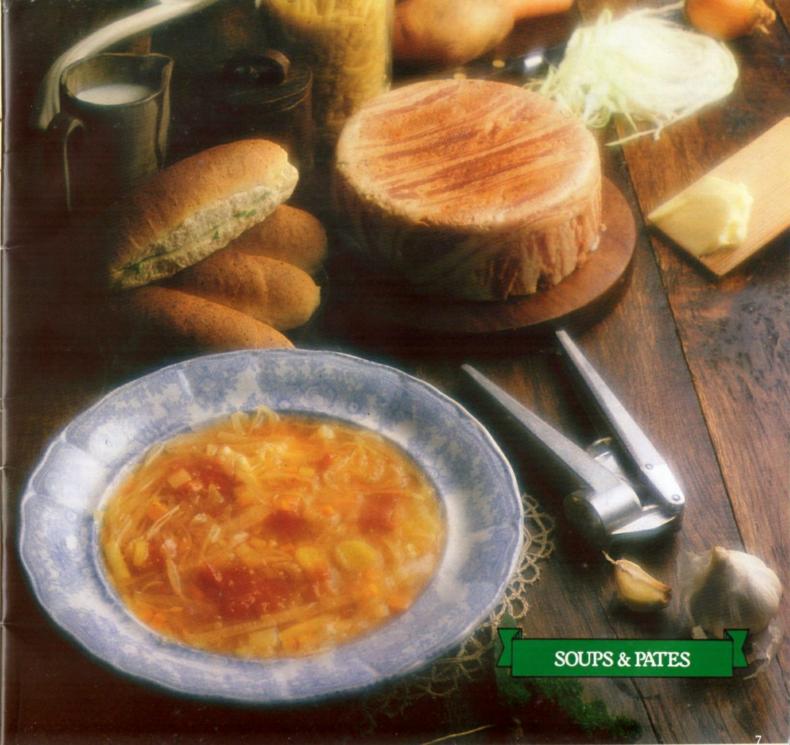
As with food cooked in a saucepan or in an oven, any leftovers to be eaten on another occasion should be transferred to a clean container, while still hot, cooled rapidly and stored in the refrigerator or freezer until required. Re-heat cold leftover food quickly in a saucepan until piping hot. This is not necessary, of course, for food often eaten cold, e.g. boiled ham, fruit, etc. As cooked food should not be left to cool down slowly in the disconnected but still warm Slo-Cooker, do not use a time switch to automatically switch off at the end of the required cooking time. Remember, if you are likely to be late home, most soup and casserole recipes won't spoil even if left an extra hour or so.

Unsatisfactory cooking

Our recipes have been tested to determine the recommended cooking times, but if you find that food is not cooking within these times, please check the following points:

- ★ Times are for average quality meat. Tougher meat will take an hour or so longer.
- * The cooking time for vegetables depends on age, size and quality. If in doubt cut them small as they will take longer to cook than meat.
- * Are you sure that the time you have selected corresponds to the method you have followed? For example, if you are following the One-Step method, ensure that you adhere to the times given for this method, using the correct code for your Slo-Cooker.
- * Has the lid been raised in the first half of cooking? If so, this will add to the cooking time.

Please refer to the back of this book for information concerning your particular Slo-Cooker.



If home-made soups appeal to you, then try some in your Tower Slo-Cooker. Tasty home-made soups can be left simmering all day or overnight. Soups benefit from lengthy cooking, so there is no need to worry if they are left for a few hours longer than intended. Flavours develop and mingle slowly and gently.

General method for making soup

- 1 Trim and cut up the meat and/or vegetables.
- 2 In a large saucepan, fry lightly in a little fat (cooking oil, lard, dripping, butter or margarine).
- 3 If thickening is required, stir in the flour or cornflour and then gradually add the stock.
- 4 Bring to the boil. Season to taste and transfer to the Slo-Cooker.
- 5 Cook for the time given for the method used and your Slo-Cooker model. Adjust seasoning.
- 6 Milk should not be added until the final half hour of cooking. Cream or egg yolk may be added just before serving.

One-Step method

When preparing soups by the one step method just put all the prepared ingredients into the pot. Stir in the boiling stock, cover and cook for the times given for this method and your Slo-Cooker model.

Pâtés

The Slo-Cooker is ideal for cooking pâtés. Prepare the pâté as in the recipe, and simply use the Slo-Cooker as a water bath to provide the gentle even temperature necessary for cooking this dish.

STOCK

Ingredients		•
Bones, raw or cooked	1.4Kg (3 lb)	700g (1½ lb)
Onion, chopped	1	1 small
Carrot, chopped	1	1 small
Celery, stick, chopped	1	1 small
Bouquet garni	1	1 small
Boiling water		

Break up the bones as small as possible so that all the flavour will be extracted. Place bones and chopped vegetables in Slo-Cooker and pour in boiling water to cover. Add bouquet garni and cook for the recommended time. Note: do not add starchy food such as potatoes, bread, thickened sauces, gravies, green vegetables, or milk.

Carefree	Auto	Compact
High 4-6 hours	High 5-7 hours	10-14 hours
Low 10-14 hours	Auto 10-14 hours	

MINESTRONE SOUP (photograph on page 7)

Ingredients		•
Butter	25g (1 oz)	15g (1/2 oz)
Garlic, crushed	1 clove	1 small clove
Leek	1 large	1
Carrot, chopped small	1 large	1
Potato	1 large	1
Onion	1 large	1
Celery sticks, thinly sliced	2	1
Cabbage, finely shredded	175g (6 oz)	75g (3 oz)
Canned tomatoes, including juice	397g (14 oz)	227g (8 oz)
Salt and black pepper	to taste	to taste
Chicken stock	1.4 lt (21/2 pts)	700ml (11/4 pts)
Bay leaves	2	1
Bouquet garni	1	1
Thin cut macaroni	50g (2 oz)	25g (1 oz)
Parmesan cheese		

Heat the butter in a large pan. Add the garlic, leek, carrot, potato, onion and celery. Sauté until the butter is absorbed. Add the remaining ingredients, except for the macaroni, and bring to the boil. Transfer to the Slo-Cooker and cook for the recommended time. 45 minutes before serving, remove the bay leaves and bouquet garni and add the macaroni. Adjust the seasoning if necessary and serve with grated Parmesan cheese.

Carefree	Auto	Compact
High 3-5 hours	High 4-5 hours	5-10 hours
1 Step High 4-6 hours	1 Step Auto 12-13 hours	1 Step 10-12 hours
Low 6-8 hours	Auto 5-10 hours	

CELERY SOUP

Ingredients		•
Celery sticks, finely chopped	12 sticks	6 sticks
White stock or water	900ml (1½ pts)	450ml (3/4 pt)
Salt and pepper	to taste	to taste
Bay leaf	1	1
Milk	300ml (1/2 pt)	150ml (1/4 pt)
Flour	50g (2 oz)	25g (1 oz)
Butter	1 knob	1 knob

Put the celery in the Slo-Cooker with the bay leaf, seasoning and boiling stock. Cook for recommended time, remove bay leaf, and liquidise. Blend the flour with the milk and add to the soup with the knob of butter. Bring to the boil in a saucepan, stirring all the time.

Carefree	Auto	Compact
High 3-4 hours	High 4-6 hours	6-10 hours
Low 6-10 hours	Auto 8-10 hours	

LENTIL SOUP

Ingredients		•
Butter	25g (1 oz)	15g (1 oz)
Streaky bacon, chopped	100g (4 oz)	50g (2 oz)
Onions, finely sliced	2 medium	1
Carrots, diced	2 medium	1
Celery sticks, finely sliced	1	1 small
Chicken stock	1lt (2 pts)	550ml (1 pt)
Bouquet garni	1	1
Lentils	225g (8 oz)	100g (4 oz)
Cream	60ml (4 tbsp)	30ml (2 tbsp)

Heat the butter in a pan. Add the bacon and fry lightly. Add the vegetables and toss gently until they have absorbed the fat. Add the stock, bouquet garni and lentils. Bring to the boil and transfer to the Slo-Cooker. Season. Cook for the recommended time. Remove bouquet garni. Liquidise and sieve. Bring to the boil. Return the soup to the Slo-Cooker for serving. Adjust seasoning if necessary. Finally, stir in the cream.

Carefree	Auto	Compact
High 3-4 hours	High 4-6 hours	6-10 hours
Low 5-10 hours	Auto 6-10 hours	

TOMATO SOUP

Ingredients		•
Butter	25g (1 oz)	15g (1/2 oz)
Onion, finely chopped	1	1 small
Carrot, finely chopped	1	1 small
Rashers streaky bacon, chopped	4	2
Tomatoes, skinned and chopped	700g (1½ lb)	350g (3/4 lb)
Chicken stock	900ml (11/2 pts)	450ml (3/4 pt)
Sugar	5ml (1 tsp)	2.5ml (1/2 tsp)
Sweet basil	good pinch	small pinch
Salt and pepper	to taste	to taste

Sauté the onion, carrot and bacon in the butter for 3-4 minutes. Stir in the remaining ingredients and transfer to the Slo-Cooker and cook for the recommended time. Stir well before serving. If preferred, this soup may be liquidised for a smooth consistency.

Carefree	Auto	Compact
High 3-4 hours	High 4-6 hours	5-10 hours
1 Step High 4-6 hours	1 Step Auto 12-14 hours	1 Step 8-10 hours
Low 6-9 hours	Auto 6-10 hours	

SCOTCH BROTH

Ingredients		•
Scrag end mutton cut into pieces	350g (12 oz)	175g (6 oz)
Water, boiling	1 lt (2 pts)	550ml (1 pt)
Pearl barley	50g (2 oz)	25g (1 oz)
Onions, sliced	2	1
Carrots, cut into small dice	175g (6 oz)	1 large
Turnip, cut into small dice	175g (6 oz)	1 small
Leeks, thinly sliced	2	1
Salt and pepper	to taste	to taste
Chopped parsley		

Put the mutton into a pan, cover with cold water and bring to the boil. Remove any scum. Add the rest of the ingredients except for the parsley. Bring to the boil again and transfer to the Slo-Cooker. Cook for the recommended time. Lift out the bones, trim off the meat and return to the broth. Adjust seasoning if necessary. Sprinkle with parsley just before serving.

Carefree	Auto	Compact
High 4-6 hours	High 7-9 hours	9-12 hours
	Auto 14-16 hours	

FRENCH ONION SOUP

Ingredients	A	•
Butter or margarine	25g (1 oz)	15g (1/2 oz)
Onions, sliced	450g (1 lb)	225g (8 oz)
Chicken stock	550ml (1 pt)	300ml (1/2 pt)
Salt and pepper	to taste	to taste
Bay leaf	1	1
Slices French Bread	4	2
Grated Cheese	100g (4 oz)	50g (2 oz)

Melt the butter/margarine in a large pan and fry onions till golden brown. Add stock, bay leaf and seasoning to taste. Bring to the boil and transfer to Slo-Cooker. Cook for recommended time.

To serve in the Carefree and Auto Slo-Cookers: sprinkle slices of French bread with grated cheese and float on top of the soup. Remove the cooking pot and brown under a hot grill until the cheese bubbles.

To serve in the Compact Slo-Cookers: toast the cheese covered bread separately and float on the soup just before serving.

Carefree	Auto	Compact
High 3-4 hours	High 3-4 hours	6-10 hours
Low 6-10 hours	Auto 7-10 hours	

POTATO AND LEEK SOUP

Ingredients		•
Butter	25g (1 oz)	15g (1/2 oz)
Potatoes, thinly sliced	225g (8 oz)	100g (4 oz)
Leeks, thinly sliced	900g (2 lb)	450g (1 lb)
Flour	15g (1/2 oz)	5ml (1 tsp)
Chicken stock	550ml (1 pt)	300ml (1/2 pt)
Salt and pepper	to taste	to taste
Milk	150ml (1/4 pt)	75ml (1/8 pt)

Heat the butter in a large pan and fry the vegetables for 2-3 minutes. Stir in the flour and add the stock. Season to taste. Bring to the boil, stirring all the time. Transfer to the Slo-Cooker. Cook for the recommended time. Add the milk and cook for 30 minutes.

Note: this soup may be liquidised for a smoother consistency.

Carefree	Auto	Compact
High 3-4 hours	High 4-6 hours	8-10 hours
1 Step High 4-6 hours	1 Step Auto 14-16 hours	1 Step 12-14 hours
Low 6-10 hours	Auto 8-12 hours	

MULLIGATAWNY SOUP

Ingredients		•
Oil	15ml (1 tbsp)	10ml (2 tsp)
Minced Beef	225g (8 oz)	100g (4 oz)
Onion, finely chopped	1	1 small
Carrot, finely chopped	1	1 small
Cooking apple, chopped	1	1 small
Curry powder	20ml (4 tsp)	10ml (2 tsp)
Flour	50g (2 oz)	25g (1 oz)
Beef stock	1.1 lt (2 pts)	550ml (1 pt)
Salt and pepper	to taste	to taste
Easy cook long grain rice	15g (1 oz)	25g (1 oz)
Chutney	20ml (4 tsp)	10ml (2 tsp)
Lemon Juice	20ml (4 tsp)	10ml (2 tsp)
Cream	30ml (2 tbsp)	15ml (1 tbsp)

Heat the oil in a pan. Fry the meat, onion, carrot and apple gently. Stir in the curry powder and flour and slowly add the stock and seasoning. Bring to the boil and add the rice, chutney and lemon juice. Transfer to the Slo-Cooker and cook for recommended time. Stir in the cream just before serving.

Carefree	Auto	Compact
High 3-4 hours	High 4-6 hours	7-10 hours
I on 6-10 hours	Auto 8-12 hours	

OLD FASHIONED VEGETABLE SOUP

Ingredients		•
Butter Mixed vegetables, chopped	25g (1 oz)	15g (½ oz)
e.g. potato, onion, carrot, parsnip, celery, tomato Flour	1Kg (2 lb) 25g (1 oz)	450g (1 lb) 15g (½ oz)
Stock Salt and pepper	900ml (1½ pts) to taste	450ml (¾ pt) to taste
Mixed herbs	5ml (1 tsp)	2.5ml (1/2 tsp)

Melt the butter in a large pan and fry the vegetables gently for 2-3 minutes. Stir in the flour and add the stock. Bring to the boil, season to taste and add mixed herbs. Transfer to Slo-Cooker. Cook for the recommended time.

Carefree	Auto	Compact
High 3-4 hours	High 4-6 hours	8-10 hours
Low 6-10 hours	Auto 8-12 hours	

BORTSCH

Ingredients		•
Uncooked beetroot, skinned		
and finely diced	450g (1 lb)	225g (8 oz)
Carrot, finely diced	1 large	1 small
Onion, finely chopped	1 large	1 small
White cabbage, finely shredded	100g (4 oz)	50g (2 oz)
Caster sugar	5ml (1 tsp)	2.5ml (1/2 tsp)
Bay leaf	1	1
Lemon juice	30ml (2 tbsp)	15ml (1 tbsp)
Chicken stock	1 lt (2 pts)	550ml (1 pt)
Salt and pepper	to taste	to taste
Sour cream to serve	150ml (1/4 pt)	75ml (1/8 pt)
Chopped parsley	to garnish	to garnish

Put the ingredients except for the cream and parsley into the cooking pot. Cook for the recommended time. Remove bay leaf.
Allow to cool slightly and liquidise until smooth.

To Serve Hot

Reheat in a saucepan. Serve in soup bowls with cream swirled over the top and sprinkle with chopped parsley.

To Serve Cold

Refrigerate until required. Serve in glass bowls and garnish as above.

Carefree	Auto	Compact
High 31/2-5 hours	High 51/2-9 hours	5-7 hours
Low 7-10 hours	Auto 9-12 hours	

COCK-A-LEEKIE SOUP

Ingredients	A	•
Chicken portions, skinned	2	1
Leeks, sliced	4	2
Potato, diced	1 large	1 medium
Easy cook long grain rice	30ml (2 tbsp)	15ml (1 tbsp)
Dried pitted prunes	8	4
Salt and pepper	to taste	to taste
Stock, boiling	1.1 lt (2 pts)	550ml (1 pt)

Put all ingredients into the Slo-Cooker. Cook for recommended time. Remove chicken joint and cut the meat from the bones. Chop meat into small pieces and return to the soup.

Carefree	Auto	Compact
High 3-4 hours	High 3½-5 hours	5-10 hours
	Auto 6-8 hours	

FARMHOUSE PÂTÉ

Ingredients	A	•
Bay leaf	3	2
Butter	25g (1 oz)	15g (1/2 oz)
Chicken liver	350g (12 oz)	175g (6 oz)
Pigs liver	225g (8 oz)	100g (4 oz)
Garlic, crushed	1 clove	1 small clove
1 egg	1 egg	1 egg yolk
Single cream	90ml (6 tbsp)	45ml (3 tbsp)
Salt	to taste	to taste
Black pepper	to taste	to taste

Select a 16cm (6") round cake tin if using the Carefree/Auto Slo-Cookers or a 550ml (1 pt) pudding basin if using the Compact Slo-Cooker. Butter the inside and place the bay leaves in the bottom. Heat the butter in a frying pan and gently fry the liver till lightly coloured and stiff. Cool. Put the liver, garlic and egg into liquidiser and blend until smooth. Blend in the cream and seasoning then pour the mixture into the prepared container. Cover with foil. Stand the tin in the Slo-Cooker. Pour boiling water round and cook for the recommended time. (The pâté should be firm to touch.) Allow to cool in the container. Chill before serving.

Carefree	Auto	Compact
High 2-3 hours	High 3-5 hours	4-5 hours
Low 3-5 hours		

CHICKEN LIVER PÂTÉ (photograph on page 7)

	•
4	2
450g (1 lb)	225g (8 oz)
1 medium	1 small
2	1
2	1
1	1
5ml (1 tsp)	2.5ml (1/2 tsp)
50g (2 oz)	25g (1 oz)
50g (2 oz)	25g (1 oz)
150ml (1/4 pt)	75ml (1/8 pt)
1 clove	1 small clove
30ml (2 tbsp)	15ml (1 tbsp)
1, Size 2	1, Size 4
to taste	to taste
to taste	to taste
	1 medium 2 2 1 5ml (1 tsp) 50g (2 oz) 50g (2 oz) 150ml (¼ pt) 1 clove 30ml (2 tbsp) 1, Size 2 to taste

Select a 16cm (6") round cake tin or small loaf tin if using the Carefree/Auto Slo-Cookers or a 550ml (1 pt) pudding basin if using the Compact Slo-Cooker. Butter the inside and line the bottom with bacon rashers. Put the liver, onion, cloves, bay leaf, bouquet garni and salt into a saucepan. Add a little water to cover. Bring to the boil and cook for a few minutes until the liver stiffens. Cool. Remove the cloves, bay leaf and bouquet garni. Put liver, onion and about 30ml (2 tbsp) of juice into liquidiser. Blend for about 1 minute or until smooth (this process may be done by chopping the liver finely with a sharp knife). Melt the butter in a saucepan and stir in the flour. Gradually add the milk and cook until thick. Add liver, garlic, cream and egg. Season to taste with black pepper and salt. Turn into prepared container. Cover with foil. Stand in the Slo-Cooker and pour the boiling water around. Cook for the recommended time. (The pâté should be firm to touch.) Allow to cool in the tin. Chill before serving.

Carefree	Auto	Compact
High 4-6 hours	High 3-5 hours	4-5 hours
Low 6-8 hours		

MELBATOAST

Serve soup and pâté with Melba Toast. Toast a slice of white bread on both sides. Remove the crusts and using a sharp knife cut down between the toasted sides. Remove the doughy excess and toast untoasted sides. Place in air-tight tin until required.



To appreciate its delicate flavour and texture, fish should not be cooked for long periods. Fish cookery using the Tower Slo-Cooker has two main advantages. Firstly, delicate flavours are developed subtly and slowly, with the flavour and nutritive value retained inside the Tower Slo-Cooker. Secondly, the fish holds together very well. For these reasons the following suggestions for fish preparation are given.

General method

- 1 Grease the base of the cooking pot with butter or margarine.
- 2 Clean, trim and wash the fish (rolled fillets or steaks are most suitable).Frozen fish should be completely thawed before slow cooking. Dry and place in the Tower Slo-Cooker.
- 3 Season well, sprinkle with lemon juice, then add hot stock, water or wine, etc.
- 4 Dot some butter over the fish if liked.
- 5 Cook as follows:

Carefree	Auto	Compact
Low approx 2 hours	Auto approx 2 hours	Approx 2 hours

Reduce the cooking time for thinner fillets of fish e.g. plaice.

SOUSED HERRINGS (photograph on page 12)

Ingredients	A	•
Herrings, boned and flattened	4	2
Vinegar	150ml (1/4 pt)	75ml (1/8pt)
Water	150ml (1/4 pt)	75ml (1/8pt)
Onion, cut into thin rings	1	1 small
Bay leaf	1	1
Peppercorns	8	4
Salt and pepper	to taste	to taste

Wash the herrings, place skin-side down on a board. Season and roll up from tail end. Put in Slo-Cooker. Place remaining ingredients in a saucepan and bring to the boil. Transfer to Slo-Cooker and cook for the recommended time. Remove the cooking pot and allow the fish to become cold in the liquid. Chill before serving. If using the Compact slow cooker, transfer the fish to a suitable dish and pour over the cooking liquid.

Carefree	Auto	Compact
Low 2-4 hours	Auto 11/2-4 hours	11/2-4 hours

PORTUGUESE HADDOCK

Ingredients		•
Butter	25g (1 oz)	15g (1/2 oz)
Onion, thinly sliced	1 medium	1 small
Haddock or cod steaks or fillets	4	2
Salt and pepper	to taste	to taste
Condensed cream of tomato soup	298g (101/2 oz) can	298g (101/2 oz) can
Bay leaf	1	1

Butter the base of the cooking pot. Arrange the onion in the Slo-Cooker with the fish on top. Season to taste. Stir the tomato soup well. Heat in a pan to boiling point, and pour over the fish. Add the bay leaf. Cook for the recommended time. Remove the bay leaf before serving.

Carefree	Auto	Compact
Low 3-6 hours	Auto 3-4 hours	21/2-4 hours

SOLE IN WHITE WINE SAUCE

Ingredients		•
Fillets of sole	8 large	4 large
Lemon juice	to sprinkle	to sprinkle
Salt and pepper	to taste	to taste
Spring onions, chopped	4	2
Dry white wine	300ml (1/2 pt)	150ml (1/4 pt)
Bay leaf	1	1
Cornflour	30ml (2 tbsp)	15ml (1 tbsp)
Egg yolk	1	1 small
Double cream	90ml (6 tbsp)	45ml (3 tbsp)
Green grapes (reserve 12 for garnish) halve and deseed		
remainder	150g (6 oz)	75g (3 oz)
Peeled prawns	100g (4 oz)	50g (2 oz)

Remove black skin from fish. Place skin-side uppermost and sprinkle with salt and pepper and lemon juice. Fold each fillet into three and transfer to Slo-Cooker. Add spring onions, wine and bay leaf. Cook for the recommended time. Remove fish, discard bay leaf and pour liquid into small pan. Return fish to Slo-Cooker or put into serving dish and keep hot. Blend the cornflour with 10ml (2 tsp) water. Stir into the fish liquor and bring to the boil, stirring continuously until thickened. Remove from the heat and allow to cool slightly. Beat in the egg yolk and cream and adjust seasoning if necessary. Stir in the grapes and prawns. Pour over fish, replace lid and cook for further 30 minutes. Serve with creamed potatoes and garnish with whole grapes and lemon fans.

Carefree	Auto	Compact
Low 2-3 hours	Auto 11/2-3 hours	2-3 hours

STUFFED PLAICE WITH ORANGE

Ingredients	A	•
Butter or margarine	15g (1/2 oz)	15g (1/2 oz)
Button mushrooms, sliced	100g (4 oz)	50g (2 oz)
Hard boiled eggs, chopped	2	1
Salt and pepper	to taste	to taste
Plaice fillets	8	4
Butter	25g (1 oz)	15g (1/2 oz)
Oranges, juice of	2	1

Heat the fat in a pan and gently fry the mushrooms for 1-2 minutes. Add the eggs and season. Remove the black skin from the plaice and put a little of the mixture on to each fillet. Roll up and secure with cotton or a wooden cocktail stick. Arrange the fish in the Slo-Cooker, dot with butter and pour round orange juice. Cook for the recommended time.

To serve: the juice may be thickened with a little cornflour if liked.

Carefree	Auto	Compact
Low 11/2-3 hours	Auto 11/2-3 hours	11/2-3 hours

STUFFED MACKEREL

Ingredients		•
Mackerel	4	2
Tomatoes, skinned and chopped	2	1
Lemon juice	20ml (4 tsp)	10ml (2 tsp)
Cooking apple, peeled,		
cored and chopped	1 medium	1 small
Sliced bread, crumbled	2	1
Chopped parsley	10ml (2 tsp)	5ml (1 tsp)
Salt and pepper	to taste	to taste

Gut and clean the mackerel. Remove the heads and fins but don't cut off the tails. Place the mackerel, skin side down on a board. Season and sprinkle with lemon juice. Mix all the remaining ingredients together to form the stuffing. Divide the stuffing between the mackerel and roll up from head to tail. Secure with a wooden cocktail stick or length of cotton. Butter two strips of aluminium foil and stand the fish on the strips, tail uppermost. Lower into the buttered Slo-Cooker and cook for the recommended time.

Carefree	Auto	Compact
Low 3-4 hours	Auto 3-4 hours	2-4 hours

FISHERMAN'S CASSEROLE

Ingredients	A	•
Cod	700g (1½ lb)	350g (3/4 lb)
Hard boiled eggs, chopped	3	2 small
Button mushrooms, sliced	100g (4 oz)	50g (2 oz)
Salt and pepper	to taste	to taste
Butter	50g (2 oz)	25g (1 oz)
Onion, finely chopped	1	1 small
Flour	50g (2 oz)	25g (1 oz)
Milk	400ml (3/4 pt)	200ml (8fl.
Cheddar cheese, grated	75g (3 oz)	25g (1 oz)
Bay leaf	1	1
Clove	2	1
Topping		
Cheddar cheese, grated	50g (2 oz)	25g (1 oz)
Tomatoes, sliced	3	1
Slices of toast	4	2
Parsley	for garnish	for garnish

Cut the cod into pieces and put into the Slo-Cooker. Add the eggs, mushrooms and season well. Heat the butter in a pan and add the onion and fry without browning. Stir in the flour and gradually stir in the milk. Bring to the boil, stirring continuously. Add the cheese, bay leaf and cloves. Pour over the fish and cook for the recommended time. Remove the bay leaf and cloves and stir gently. Sprinkle cheese on top and arrange the tomato slices in a circle. Remove the cooking pot and brown under a hot grill. If using the Compact Slo-Cooker sprinkle the topping cheese over before cooking. Garnish with toast triangles and parsley.

Carefree	Auto	Compact
High 21/2-31/2 hours	High 2-21/2 hours	3-6 hours
Low 3-4 hours	Auto 3-6 hours	

TROUT WITH ALMONDS

Ingredients		
Trout, cleaned	4	
Salt and pepper	to taste	
Lemon, juice of	1	
Butter, melted	100g (4 oz)	
Flaked almonds	30ml (2 tbsp	

Butter the inside of the cooking pot. (Remove heads of trout when using the Carefree Slo-Cooker.) Season with salt and pepper, inside and out. Arrange head to tail in the Slo-Cooker. Pour over the lemon juice, melted butter and flaked almonds. Cook for the recommended time.

Carefree	Auto
High 2-3 hours	High 2-3 hours
Low 3-6 hours	Auto 3-6 hours

PRAWN RISOTTO

Ingredients		•
Water	900ml (1½ pts)	450ml (3/4 pt)
Canned tomatoes including juice	396g (14 oz)	227g (8 oz)
Savoury rice mix	2 pkts x 140g (4.94 oz)	1 pkt x 140g (4.94 oz)
Bay leaf	1	1
Green pepper, deseeded		
and chopped	1	1 small
Button mushrooms, sliced	100g (4 oz)	50g (2 oz)
Peeled prawns	225g (8 oz)	100g (4 oz)

Heat the water and tomatoes in a pan. Add the savoury rice and bay leaf. Bring to the boil. Stir in the green pepper. Transfer to the Slo-Cooker and cook for the recommended time. Stir in the mushrooms and prawns and cook for a further 30 minutes. Remove the bay leaf before serving.

Carefree	Auto	Compact
Low approx 11/2 hours	Auto approx 11/4 hours	approx 3 hours

SCAMPI EN TOMATE

In mediante

Ingredients		
Butter	25g (1 oz)	15g (1/2 oz)
Onion, finely chopped	1 large	1 medium
Garlic, crushed	1 clove	1 small clove
Tomatoes, skinned and sliced	350g (12 oz)	175g (6 oz)
Chopped parsley	45ml (3 tbsp)	30ml (2 tbsp)
Tomato purée	60ml (4 tbsp)	30ml (2 tbsp)
Chicken stock	150ml (1/4 pt)	75ml (1/8pt)
Sugar	5ml (1 tsp)	2.5ml (1/2 tsp)
Salt and black pepper	to taste	to taste
Unbreaded Scampi	450g (1 lb)	225g (1/2 lb)
Double cream	150ml (1/4 pt)	75ml (1/8pt)

Heat the butter in a frying pan and in it lightly fry the onion and garlic. Add the tomato, half the parsley, tomato purée, stock, sugar and salt and pepper to taste. Transfer to the Slo-Cooker. Cook for recommended time. Stir in the scampi and continue to cook for a further 30 minutes. Just before serving, stir in cream and remaining parsley. Serve with boiled rice.

Carefree	Auto	Compact
Low 3-4 hours	Auto 21/2-4 hours	21/2-4 hours

POACHED CUTLETS OF SALMON

Ingredients		•
Salmon Cutlets	$4 \times 175g - 225g$	2x175g - 225g
	(60z - 80z)	(60z-80z)
Water	300ml (½ pt)	150ml (1/4 pt)
White wine	150ml (1/4 pt)	75ml (1/8 pt)
Salt	5ml (1 tsp)	2.5ml (1/2 tsp)
Bay leaf	1	1
Peppercorns	2	1
Onion	1 slice	1 thin slice
Parsley	1 sprig	1 sprig

Put each salmon cutlet onto a piece of foil cut to a suitable size and lower into the cooking pot. Into a saucepan put the remaining ingredients. Bring to the boil and pour over the salmon. Replace the lid and cook for the recommended times.

Carefree	Auto	Compact
Low approx 21/2 hours	Auto approx 2 hours	approx 21/2 hours

To serve hot: Lift from the cooking pot, remove the foil and serve with melted butter or hollandaise sauce.

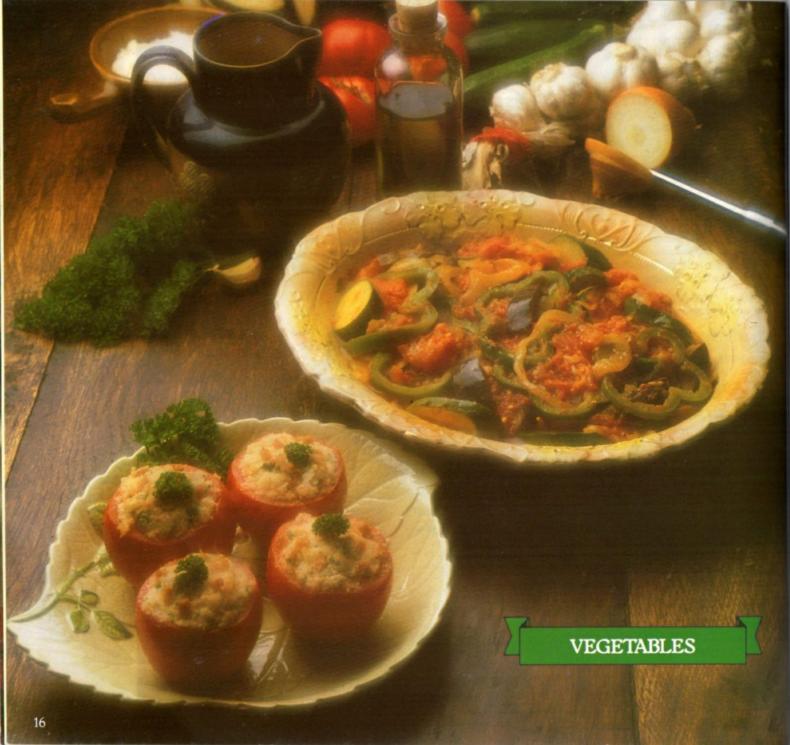
To serve cold: Transfer the salmon to a dish and pour over the cooking liquid. When cold, drain and serve with salad or coat with aspic made from the cooking liquid.

DEVILLED BAKED FISH

Ingredients		•
Cod fillets, skinned	4	2, and rolled
Worcestershire sauce	10ml (2 tsp)	5ml (1 tsp)
Curry powder	2.5ml (1/2 tsp)	2.5ml (1/2 tsp)
Cayenne pepper	pinch	pinch
Celery salt	2.5ml (1/2 tsp)	2.5ml (1/2 tsp)
Butter, melted	25g (1 oz)	15g (1/2 oz)

Place the cod fillets into the Slo-Cooker. In a basin, mix together the remaining ingredients and generously brush the mixture all over the fillets. Cook for the recommended time. Serve with a little juice poured over the top.

Carefree	Auto	Compact
Low 3-6 hours	Auto 3-6 hours	2-4 hours



In a Tower Slo-Cooker, vegetables can be prepared in advance to accompany food needing last minute cooking: grilled or fried food for example. With rising meat costs, some vegetable recipes, such as stuffed peppers, have even become main course dishes.

There is little evaporation of moisture and all the juices, and therefore all the delicate vegetable flavours, are retained.

A surprising characteristic of slow cooking is that root vegetables, such as potatoes, carrots, turnips, swedes etc. require longer cooking than meat. These vegetables should generally be cut small (5mm (¾") slices, sticks or dice) and immersed in the cooking liquid.

Cooking times will depend on personal preference as well as the type and age of the vegetables. Experience will soon help you determine average times. Quickly cooked vegetables, such as frozen peas and sweet-com, should be added to a dish half an hour before the end of cooking, having been completely thawed first.

It is not advisable to cook baked potatoes in their jackets in the Slo-Cooker.

Dried Pulse Vegetables (Beans, Peas and Lentils)

If a recipe includes dried peas or beans, it is important to soak them overnight in water with a teaspoon of bicarbonate of soda to help the softening process. Soaking isn't necessary for lentils. Drain and rinse the beans or peas (and especially DRIED RED KIDNEY BEANS) and BOIL them in the cooking liquid for 10 minutes before adding to the Slo-Cooker. ON NO ACCOUNT SHOULD THEY BE ADDED WITHOUT BOILING THEM FIRST, NOR SHOULD THEY BE EATEN RAW OR UNDERCOOKED. Seasoning should be added at the end of cooking. If dried pulses are stale they will not cook successfully, even with conventional methods, so do ensure that they are fresh.

Note: If using canned beans or peas in a recipe, simply drain and add them 30 minutes before the end of the cooking time.

STUFFED TOMATOES (photograph on page 16)

Ingredients		•
Tomatoes, firm	4 large	4 medium
Fresh bread crumbs	50g (2 oz)	25g (1 oz)
Boiled ham, finely chopped	50g (2 oz)	25g (1 oz)
Cheese, grated	50g (2 oz)	25g (1 oz)
Salt and pepper	to taste	to taste
Chopped parsley	5ml (1 tsp)	2.5ml (1/2 tsp)

With a sharp knife cut a shallow lid from the top of each tomato and using a spoon, carefully scoop out the tomato pulp. Mix together the breadcrumbs, ham, cheese, seasoning and parsley, using a little of the tomato pulp to bind the mixture together. Spoon into the tomatoes and stand each tomato on a small square of greased foil. Excess filling can be placed in the pot. Stand in the cooking pot and cook for the recommended time.

Carefree	Auto	Compact
High 11/2-2 hours	High 11/2-2 hours	11/2-21/2 hours
Low 2-3 hours	The state of the s	

RATATOUILLE (photograph on page 16)

Ingredients		•
Aubergine, sliced	1	1 small
Cooking oil	30ml (2 tbsp)	15ml (1 tbsp)
Onions, chopped	2	1
Garlic, crushed	1 clove	1 small clove
Green peppers, deseeded and sliced	2	1
Tomatoes, skinned and sliced	450g (1 lb)	225g (1/2 lb)
Courgettes, sliced	4	2
Salt and pepper	to taste	to taste

Slice the aubergine and sprinkle with salt. Leave for half an hour, rinse and pat dry. In a large pan heat the oil and fry the onion and garlic until transparent. Add remaining ingredients, mix well. Cook for a further 2 minutes, stirring all the time and transfer to Slo-Cooker. Cook for the recommended time.

Carefree	Auto	Compact
High 3-4 hours	High 4-5 hours	6-8 hours
1 Step High 4-5 hours	1 Step Auto 8-10 hours	1 Step 8-10 hours
Low 6-8 hours	Auto 7-9 hours	

VEGETARIAN CURRY

Ingredients	A	•
Cooking oil	60ml (4 tbsp)	30ml (2 tbsp)
Onions, chopped	2	1
Garlic, crushed	1 clove	1 small clove
Chilli	2.5ml (1/2 tsp)	2.5ml (1/2 tsp)
Turmeric	2.5ml (1/2 tsp)	2.5ml (1/2 tsp)
Coriander	2.5ml (1/2 tsp)	2.5ml (1/2 tsp)
Cummin	2.5ml (1/2 tsp)	2.5ml (1/2 tsp)
Lentils	225g (8 oz)	100g (4 oz)
White stock	900ml (11/2 pts)	450ml (3/4 pt)
Lemon juice	5ml (1 tsp)	2.5ml (1/2 tsp)
Salt and pepper	to taste	to taste
Carrots, diced	2	1
Apple, peeled, cored and chopped	1	1 small
Sultanas	50g (2 oz)	25g (1 oz)

Heat the oil in a pan. Sauté the onion and the garlic lightly. Add the chilli, turmeric, coriander, cummin and lentils. Cook gently for one minute. Stir in the stock, lemon juice, salt and pepper. Bring to the boil and continue to boil for 5 minutes. Transfer to the Slo-Cooker and stir in the carrots, apple and sultanas. Cook for the recommended time.

Carefree	Auto	Compact
High 3-4 hours	High 3-4 hours	7-9 hours
Low 6-10 hours	Auto 7-10 hours	

SAUSAGE STUFFED ONIONS

Ingredients Onions, skinned Sausagemeat Dry stuffiing mix Tomato ketchup Chopped parsley . Butter Beef stock cube

4 large 100g (4 oz) 60ml (4 tbsp) 60ml (4 tbsp) 10ml (2 tsp) 25g (1 oz)

2 large 50g (2 oz) 30ml (2 tbsp) 30ml (2 tbsp)

5ml (1 tsp) 15g (1/2 oz)

Put the onions in a large pan, cover with salted water and boil for about 20 minutes or until tender. Drain and retain 300ml (1/2 pt) cooking water. When cool carefully remove the onion centres leaving about 1/2" thick onion shells. Chop half the centres. Mix together the sausagemeat, dry stuffing mix, ketchup, parsley and chopped onion. Press into the centre of each onion shell. Stand in the Slo-Cooker. Add the stock cube to the onion liquid. Bring to boil and pour over onions. Top each with a knob of butter. Cook for recommended time.

Carefree High 3-5 hours Auto High 31/2-51/2 hours

Compact 4-7 hours

Auto 5-8 hours

CABBAGE ROLLS

Ingredients Butter Lean minced beef Chopped parsley Cooked long grain rice Onion, finely chopped Salt and pepper Mixed herbs Mixed spice Beef stock Medium sized cabbage leaves Can condensed cream of

25g (1 oz) 450g (1 lb) 30ml (2 tbsp) 50g (2 oz) to taste good pinch good pinch 150ml (1/4 pt)

12

298g (101/2 oz)

15g (1/2 oz) 225g (8 oz) 15ml (1 tbsp) 25g (1 oz) 1 small to taste

> pinch pinch 75ml (48pt)

1/2 x 298g $(10\frac{1}{2} \text{ oz})$

Heat the butter in a frying pan and cook the meat until brown. Add parsley, rice, onion, seasoning, herbs, spice and stock. Continue cooking for 5 minutes until stock is absorbed. Blanch the cabbage leaves by dipping them in boiling water for 2 minutes. Drain well. Place a little filling in the centre of each leaf and roll up, tucking in the ends to form a neat parcel. Place the rolls in the Slo-Cooker. Turn tomato soup into a small pan, bring to boil and pour over the rolls. Cook for the recommended time.

Carefree High 3-4 hours Low 6-8 hours

tomato soup

Auto High 31/2-41/2 hours Auto 5-8 hours

Compact 4-7 hours

STUFFED MARROW

Ingredients Marrow Salt and pepper Butter Onion, chopped Button mushrooms, sliced Lean cooked ham, diced Chopped parsley Mixed herbs

Fresh white breadcrumbs Salt and black pepper Tomatoes

Cheddar cheese, grated 50g (2 oz)

1, to fit cooking pot

to taste 75g (3 oz) 1 small 100g (4 oz) 225g (8 oz) 10ml (2 tsp) 2.5ml (1/2 tsp) 75g (3 oz) to taste 3-4

Peel the marrow and cut in half lengthways. Remove the seeds and sprinkle with salt and pepper. Melt the butter in a pan, add the onions and mushrooms and sauté until the onion is transparent. Add the remaining ingredients. Spoon onto the marrow halves. Wrap each in foil with an opening at the top. Put into the Slo-Cooker side by side and pour 150ml (1/4 pt) boiling water around. Cook for the recommended time. Lift out carefully and remove the foil. Drain the remaining liquid from the Slo-Cooker. Return the two halves of marrow to the Slo-Cooker. Arrange slices of tomato down the centre of each half and sprinkle with grated cheese. Remove the cooking pot from the Slo-Cooker and brown under a hot grill.

Carefree High 4-6 hours Low 7-8 hours

Auto High 5-6 hours Auto 8-12 hours

SAVOURY RICE

Ingredients Chicken stock

Easy cook long grain rice Mixed dried peppers Celery stalks, finely sliced Onion, finely chopped Turmeric

900ml (11/2 pts) 225g (8 oz) 30ml (2 tbsp) 2

2.5ml (1/2 tsp)

425ml (3/4 pt) 100g (4 oz) 15ml (1 tbsp) 1 small 2.5ml (1/2 tsp)

Put the hot stock and the remaining ingredients into the Slo-Cooker. Stir and cook for the recommended time. Serve hot as a vegetable. To serve cold as a salad, or with cold meat, rinse well in a sieve under running cold water, drain and dry thoroughly in a clean tea towel or kitchen paper. Season and add suitable dressing to taste.

Carefree Low approx 2 hours Auto Auto approx 2 hours

Compact approx 31/2 hours

STUFFED PEPPERS-ITALIAN STYLE

Ingredients	A	•
Thin cut macaroni	50g (2 oz)	25g (1 oz)
Onion, chopped	1 medium	1 small
Garlic, crushed	1 clove	1 small clove
Cooking oil	30ml (2 tbsp)	15ml (1 tbsp)
Minced beef	450g (1 lb)	225g (1/2 lb)
Flour	10ml (2 tsp)	5ml (1 tsp)
Tomato purée	10ml (2 tsp)	5ml-(1 tsp)
Beef stock	150ml (1/4 pt)	75ml (1/8pt)
Button mushrooms, sliced	100g (4 oz)	50g (2 oz)
Mixed herbs	2.5ml (1/2 tsp)	large pinch
Green peppers	4 large	2 large

Cook the macaroni in boiling salted water until tender. Drain. Fry the onion and garlic lightly in the oil and add the beef. Continue to fry for 2-3 minutes. Stir in the flour, tomato purée, ketchup and beef stock. Boil until thickened. Add the mushrooms, herbs and drained macaroni. Remove the stalk and cut a cap from the top of each pepper. Remove the seeds. Fill with beef mixture. Stand in the Slo-Cooker. Add 150ml (¼ pt) slightly salted water. Cook for the recommended time.

Carefree	Auto	Compact
High 3-4 hours	High 3-4 hours	4-6 hours
Low 5-8 hours	Auto 5-8 hours	

SPANISH BEAN POT

Ingredients	A	•
Butter beans	225g (8 oz)	100g (4 oz)
Bicarbonate of soda	5ml (1 tsp)	5ml (1 tsp)
Butter	50g (2 oz)	25g (1 oz)
Garlic, crushed	1 clove	1 clove
Onions, thinly sliced	2 large	1 large
Canned tomatoes	396g (14 oz) can	227g (8 oz) can
Paprika pepper	10ml (2 tsp)	5ml (1 tsp)
Salt	to taste	to taste
Water	150ml (1/4 pt)	75ml (1/8 pt)
Chicken stock cube	1	1/2

Soak the beans overnight in 550ml (1 pt) of water with 5ml (1 tsp) of bicarbonate of soda. Drain. Melt the butter in a pan. Lightly fry the garlic and onions. Add the tomatoes, paprika pepper, salt and water. Sprinkle in the crushed stock cube and stir until dissolved in the liquid. Add the drained beans. Bring to the boil, and continue to boil for 10 minutes. Transfer to the Slo-Cooker. Cook for the recommended time. Serve with cold or grilled meats.

Carefree	
High 21/2-5 hours	
Low 3-8 hours	

Auto
High 2½-5 hours
Auto 3½-6 hours

Compact 3-6 hours

CHEESEY LAYER BAKE

Ingredients		•
Sauce		
Butter	50g (2 oz)	25g (1 oz)
Flour	50g (2 oz)	25g (1 oz)
Milk	550ml (1 pt)	300ml (1/2 pt)
Cheddar cheese, grated	100g (4 oz)	50g (2 oz)
Pepper and salt	to taste	to taste
Made mustard	2.5ml (½ tsp)	1/2 2.5ml spoon (1/4 tsp)
Butter	50g (2 oz)	25g (1 oz)
Potatoes, peeled and very		
thinly sliced	900g (2 lb)	450g (1 lb)
Onions, sliced	2	1
Leeks, sliced	2	1
Pepper and salt	to taste	to taste
Cheddar cheese, grated	50g (2 oz)	25g (1 oz)

To make the sauce, melt the butter in a pan, add the flour and gradually stir in the milk. Bring to the boil stirring all the time. Add the cheese, salt pepper and mustard to taste. Butter the cooking pot. Melt the butter in a pan. Quickly sauté the potato slices and onion. Arrange alternate layers of potato and onion, leeks and grated cheese. Season each layer with pepper and salt. Pour over the hot sauce. Cook for the recommended time. If using the Carefree or Auto Slo-Cooker a little extra cheese may be sprinkled over just before serving. Remove the pot from the outer casing and brown under a hot grill. Serve with triangles of toast and grilled tomatoes.

Carefree	Auto	Compact
High 4-5 hours	High 5-6 hours	5-7 hours
Low 5-7 hours		



A wide variety of tasty meat dishes, traditional and special, can be prepared in your Slo-Cooker.

Slow cooking tenderises meat and this is especially beneficial for cheaper cuts which are often rich in flavour and nutritive value. Slow gentle cooking also means less shrinkage, a boiled bacon joint is a particularly good example. When roasting, the juices of the meat do not 'spit' or evaporate as in conventional cooking so flavour and nutritive value are retained. As a result the juices after cooking are ready to make into a tasty sauce or gravy. The size and shape of a joint, its quality, and the proportion of lean, fat and bone, will all affect cooking times. Experience will soon help you judge these. When testing a dish to see if it is cooked, do not forget it is the root vegetables which usually take longer to cook.

Frozen meat should be thawed completely before cooking.

Recipe times in the meat section are intended as a guide. Where a different cut of meat is used cooking times may need to be lengthened. Whenever possible, avoid cooking meats which have a high proportion of fat. Always trim away excess fat to give the best cooking results.

General Method for Roasting in the Carefree and Auto Slo-Cookers. Some Joints up to $1.6 \, \text{Kg} (3\frac{1}{2} \, \text{lb})$ (see chart), can be cooked depending on shape and capacity of the Slo-Cooker. It is important that the lid should not be raised by the meat.

1 Season the meat. In a frying pan, brown the meat on all sides in cooking oil, lard or dripping.

2 Transfer to the Slo-Cooker and cook on HIGH for the recommended time.

3 Pork joints with rind may be grilled for 10 minutes to crisp.

Meat	Weight	Setting	Carefree	Auto
Beef	1-1.6Kg (2-3½ lb)	HIGH	4-5	5-7
Lamb	1-1.6Kg (2-3½ lb)	HIGH	4-5	5-7
Pork	1-1.6Kg (2-31/2 lb)	HIGH	4-5	5-7

If it is convenient, joints may be turned quickly about half-way through the cooking period to ensure more even cooking results.

The Compact Slo-Cooker

The Compact Slo-Cooker is ideal for cooking small joints of meat and chops. It will also boil a piece of ham up to $1 \text{Kg} (2^{1/2} \text{lb})$ in weight (See recipes).

SAVOURY PORK CASSEROLE (photograph on page 20)

Ingredients		· Constitution
Cooking Oil	30ml (2 tbsp)	15ml (1 tbsp)
Lean pork, cut into cubes	700g (1½ lb)	350g (3/4 lb)
Onions, sliced	2 large	1 large
Flour	30ml (2 tbsp)	15ml (1 tbsp)
White wine	300ml (1/2 pt)	150ml (1/4 pt)
Chicken stock	150ml (1/4 pt)	75ml (1/8pt)
Tomato purée	60ml (4 tbsp)	30ml (2 tbsp)
Green pepper, deseeded		,
and chopped	1	1 small
Button mushrooms	225g (8 oz)	100g (4 oz)
Salt and pepper	to taste	to taste
Dried sage	5ml (1 tsp)	2.5ml (1/2 tsp)
Tomatoes, skinned and sliced	4 large	2 large

In a large pan, heat the oil and fry the pork until lightly browned. Add the onions. Stir in the flour and add the wine, stock and tomato purée. Add the green peppers and mushrooms. Bring to the boil, season to taste and add sage and tomatoes. Transfer to Slo-Cooker. Cook for the recommended time.

Carefree	Auto	Compact
High 3-5 hours	High 3-4 hours	5-10 hours
1 Step High 4-5 hours	1 Step Auto 8-10 hours	1 Step 7-10 hours
Low 6-8 hours	Auto 6-10 hours	

BOILED HAM (photograph on page 20)

Ingredients		•
Gammon joint	1.8Kg (4 lb)	1Kg (21/2 lb)

Put the gammon in a pan and cover with cold water. Bring to boil, drain and rinse. Stand in Slo-Cooker and cover with boiling water. Cook for the recommended time. Drain and allow to cool slightly before removing skin. Wrap tightly in kitchen foil or film. Put into refrigerator until well chilled. Coat fat with toasted breadcrumbs before serving.

Carefree	Auto	Compact
High 31/2-41/2 hours	High 4-5 hours	4-5 hours

CASSEROLE OF OXTAIL

Ingredients		•
Streaky bacon, chopped	100g (4 oz)	50g (2 oz)
Onion, finely sliced	1 large	1 small
Cooking oil	30ml (2 tbsp)	15ml (1 tbsp)
Oxtail, jointed	900g (2 lb)	700g (11/2 lb)
Flour	50g (2 oz)	25g (1 oz)
Beef stock	550ml (1 pt)	300ml (1/2 pt)
Carrots, thinly sliced	225g (8 oz)	2
Bouquet garni	1	1
Salt and pepper	to taste	to taste

Fry the bacon and onion in the oil. Dip the oxtail in the flour and fry until browned. Stir in remaining flour. Add the stock and bring to the boil. Add the carrots, bouquet garni and salt and pepper to season. Transfer to Slo-Cooker. Cook for the recommended time. Remove bouquet garni before serving.

Carefree	Auto	Compact
High 4-6 hours	High 5-6 hours	9-12 hours
1 Step High 5-7 hours	1 Step Auto 8-14 hours	1 Step 10-12 hours
Low 6-10 hours	Auto 6-12 hours	

ROAST STUFFED BREAST OF LAMB

Ingredients		•
Breasts of lamb, boned	2 x 700-900g (1½-2 lb each)	1x700-900g (1½-21b)
Salt	to season	to season
Butter	15g (1/2 oz)	15g (1/2 oz)
Onion, chopped	1 large	1 small
Fresh white breadcrumbs	100g (4 oz)	50g (2 oz)
Sultanas	75g (3 oz)	50g (2 oz)
Rosemary	5ml (1 tsp)	2.5ml (1/2 tsp)
Thyme	5ml (1 tsp)	2.5ml (1/2 tsp)
Orange, grated rind of	2	1
Orange, juice of	1	1/2

Prepare the lamb by removing excess fat and outer skin. Sprinkle inner side with salt. To make the stuffing melt the butter in a small pan. Sauté the onion until tender. Stir in the remaining ingredients including sufficient orange juice to form a stiff paste. Spread the stuffing over the meat. Roll up and tie securely with string. Transfer to the Slo-Cooker. Cook for recommended time. Remove from the Slo-Cooker, cut and remove the string and keep hot. If you wish to use the juices for gravy, skim off excess fat with a spoon or kitchen paper. Pour into a saucepan. Add 150ml (¼ pt) stock. Blend 15ml (1 tbsp) cornflour with a little water. Stir into the gravy. Bring to the boil and continue to boil stirring all the time, until thickened.

Carefree	Auto	Compact
High 4-5 hours	High 5-6 hours	6-8 hours
22		

VEAL AND APRICOT CASSEROLE

Ingredients		•
Butter	25g (1 oz)	15g (1/2 oz)
Onion, chopped	1	1 small
Rashers bacon, chopped	2	1
Stewing veal, cubed	700g (1½ lb)	350g (¾ lb)
Flour, seasoned	25g (1 oz)	15g (1/2 oz)
Tomato purée	30ml (2 tbsp)	15ml (1 tbsp)
White wine	300ml (1/2 pt)	150ml (1/4 pt)
Chicken stock cube, crumbled	1	1/2
Dried apricots	100g (4 oz)	50g (2 oz)

In a pan gently heat the butter and fry the onion and bacon for 2-3 minutes. Transfer to the Slo-Cooker. Toss the veal in the seasoned flour and brown on all sides in the pan. Add the purée, wine, stock cube and apricots, stirring until thickened. Add to the Slo-Cooker and cook for the recommended time.

Carefree	Auto	Compact
High 3-4 hours	High 3-4 hours	5-8 hours
1 Step High 4-5 hours	1 Step Auto 8-9 hours	1 Step 7-8 hours
Low 6-7 hours	Auto 6-8 hours	Maria III

HAM AND PEA CASSEROLE

Ingredients	A	•
Dried peas	450g (1 lb)	225g (1/2 lb)
Bicarbonate of soda	5ml (1 tsp)	5ml (1 tsp)
Chicken stock	700ml (11/4 pts)	450ml (3/4 pt)
Cooking oil	30ml (2 tbsp)	15ml (1 tbsp)
Ham Steaks, cut into 15mm		
(½") strips	4	2
Onion, finely chopped	1	1 small
Celery, sliced	4 sticks	2 sticks
Carrots, cut into sticks	2	1
Black pepper	to taste	to taste
Sugar	10ml (2 tsp)	5ml (1 tsp)
Bouquet garni	1	1
Salt	to taste	to taste

Cover peas with 550ml (1 pt) cold water. Add bicarbonate of soda and soak overnight. Drain the peas and put into a pan. Add the stock. Bring to boil and continue to boil for 10 minutes. Heat oil in a pan and gently fry but do not brown the ham. Add onion, celery and carrots. Continue to cook until all fat has been absorbed. Add the peas and stock, pepper, sugar and bouquet garni. Bring to the boil and transfer to the Slo-Cooker. Cook for the recommended time. Add salt to taste. If 'mushy' peas are preferred, cook for the longer time and add an additional 150ml (½ pt) stock at the beginning.

Carefree	Auto	Compact
High 21/2-4 hours	High 3-5 hours	5-10 hours
Low 4-7 hours	Auto 4-7 hours	

BOILED BACON IN APPLE JUICE

Ingredients		•
Collar of bacon	1.1Kg (2½ lb)	700g (1½ lb)
Apple juice	550ml (1 pt)	300ml (1/2 pt)
Onion, sliced	1	1 small
Black pepper, freshly ground	to taste	to taste
Cornflour	30ml (2 tbsp)	15ml (1 tbsp)

Place bacon in a large saucepan and cover with cold water. Bring to the boil slowly, lift out and place in Slo-Cooker. Discard the water. Add the apple juice and onion to the pan and bring to the boil. Pour over the bacon and season with pepper. Cook for the recommended time. Remove bacon and place on a serving dish, keep warm. Place the cornflour in a small pan and blend with a little cold water. Gradually stir in the apple juice. Bring to the boil and simmer for 2 minutes. Serve with the bacon.

Carefree	Auto	Compact
High 3-4 hours	High 4-5 hours	5-9 hours

BEEF CARBONNADE

Ingredients		•
Cooking oil	30ml (2 tbsp)	15ml (1 tbsp)
Stewing steak, cubed	800g (13/4 lb)	450g (1 lb)
Onions, chopped	4	2
Lean bacon, chopped	50g (2 oz)	25g (1 oz)
Flour	30ml (2 tbsp)	15ml (1 tbsp)
Brown ale	300ml (1/2 pt)	150ml (1/4 pt)
Salt and pepper	to taste	to taste
French mustard	5ml (1 tsp)	2.5ml (½ tsp)
Sugar	10ml (2 tsp)	5ml (1 tsp)
Bouquet garni	1	1
French crusty bread	4 slices	2 slices
Fytra French mustard		

In a large pan, heat the oil and fry the steak until lightly browned. Add the onions and bacon and fry for a further 1-2 minutes. Stir in the flour and then add the brown ale. Add remaining ingredients and bring to the boil. Transfer to Slo-Cooker. Cook for the recommended time. Remove bouquet garni. To serve: Spread a little mustard on the bread. Arrange it mustard side down on the meat carbonnade. Remove the cooking pot from the outer casing and crisp the bread under a hot grill. If the pot isn't removable toast the bread on one side. Spread a little mustard on the untoasted side and arrange it mustard side down on the carbonnade.

Carefree	Auto	Compact
High 3-5 hours	High 4-6 hours	6-10 hours
1 Step High 4-5 hours	1 Step Auto 7-10 hours	1 Step 7-10 hours
Low 6-8 hours	Auto 6-8 hours	And the second s

BEEF BOURGUIGNON

Ingredients		•
Cooking oil	15ml (1 tbsp)	10ml (2 tsp)
Stewing steak, cubed	1Kg (2 lb)	450g (1 lb)
Streaky bacon, chopped	100g (4 oz)	50g (2 oz)
Flour	30ml (2 tbsp)	15ml (1 tbsp)
Red wine	300ml (1/2 pt)	150ml (1/4 pt)
Brandy	30ml (2 tbsp)	15ml (1 tbsp)
Stock	150ml (1/4 pt)	75ml (1/8 pt)
Thyme	good pinch	pinch
Bay leaf	1	1
Garlic, crushed	1 clove	1 small clove,
Shallots or tiny onions, whole	10-12	6
Salt and pepper	to taste	to taste

Heat the oil in a large pan and fry the beef and bacon until lightly browned. Add the flour and gently stir in the wine and brandy. Add the remaining ingredients and season well. Bring to the boil and transfer to Slo-Cooker. Cook for the recommended time. Remove bay leaf before serving.

Carefree	Auto	Compact
High 3-5 hours	High 4-6 hours	6-10 hours
1 Step High 4-5 hours	1 Step Auto 7-10 hours	1 Step 7-10 hours
Low 6-8 hours	Auto 6-8 hours	Nogista de Maria

KIDNEYS À LA REINE

Ingredients		•
Lambs kidneys, skinned, halved		
and cores removed	12-16	6-8
Flour	50g (2 oz)	25g (1 oz)
Butter	50g (2 oz)	25g (1 oz)
Chipolata sausages, halved	8	4
Onion, chopped	1 large	1 small
Bacon, chopped	100g (4 oz)	50g (2 oz)
Beefstock	550ml (1 pt)	300ml (1/2 pt)
Button mushrooms	100g (4 oz)	50g (2 oz)
Tomato ketchup	20ml (4 tsp)	10ml (2 tsp)
Sherry	30ml (2 tbsp)	15ml (1 tbsp)
Salt and pepper	to taste	to taste

Coat the kidneys in the flour. Melt the butter in a frying pan and add the bacon, onion, kidneys and sausages. Fry gently for a few minutes and then add remaining flour. Stir in the stock gradually and add mushrooms, tomato sauce, sherry and seasoning. Bring to the boil and transfer to the Slo-Cooker. Cook for the recommended time.

Carefree	Auto	Compact
High 3-4 hours	High 3-4 hours	4-8 hours
Low 4-6 hours	Auto 41/2-8 hours	

STEAK & KIDNEY PUDDING

Ingredients		•
Suet Crust	Use 1 litre (1½ pt) pudding basin	Use 550ml (1 pt) pudding basin
Self-raising flour	225g (8 oz)	100g (4 oz)
Salt	2.5ml (1/2 tsp)	pinch
Shredded suet	100g (4 oz)	50g (2 oz)
Water	150ml (1/4 pt)	75ml (1/8pt)
Filling		
Stewing Steak, cubed	350g (12 oz)	175g (8 oz)
Kidney, skinned and chopped	100g (4 oz)	50g (2 oz)
Flour	25g (1 oz)	15g (1/2 oz)
Salt and pepper	to taste	to taste
Onion, finely chopped	1	1 small
Beef stock boiling	150ml (1/4 pt)	75ml (1/8 pt)

Pre-heat Slo-Cooker for 20 minutes.

Suet Pastry.

Sieve together the flour and salt and stir in the suet. Using a fork, mix in the water to form a soft dough. Roll two-thirds of the dough into a circle and use to line the greased pudding basin. Roll the remaining dough into a circle to form the lid of the pudding.

Filling.

Toss the steak and kidney in the seasoned flour and mix in the onion and seasoning. Fill the pastry-lined basin with this mixture. Pour in the beef stock and dampen the edges of the dough. Cover with the pastry lid and press the edges firmly together. Cover with foil or a double layer of greaseproof paper, tied on with string. As the pudding will rise, make a pleat in the covering. Stand the basin in the Slo-Cooker and pour sufficient boiling water around the basin to come halfway up the sides. Cook on HIGH only for the recommended time.

Carefree	Auto	Compact
High 5-7 hours	High 7-8 hours	7-8 hours



BRAISED STEAK CHASSEUR

Ingredients	A	•
Braising steak, cut into 4 portions Seasoned flour	700g (1½ lb)	350g (¾ lb)
Cooking oil	30ml (2 tbsp)	15ml (1 tbsp)
Shallots, thinly sliced	8	4
Button mushrooms, sliced	225g (8 oz)	100g (4 oz)
Beef stock	300ml (1/2 pt)	150ml (1/4 pt)
White wine	150ml (1/4 pt)	150ml (1/4 pt)
Mixed herbs	5ml (1 tsp)	2.5ml (1/2 tsp)
Chopped parsley	to garnish	to garnish

Coat the meat in seasoned flour. Heat oil in a frypan. Quickly fry steak on both sides. Transfer to Slo-Cooker. Add shallots to frypan and cook until softened. Add the beef stock and wine. Season and add the mushrooms. Bring to the boil, pour over steak and cook for the recommended time. Serve sprinkled with chopped parsley.

Carefree	Auto	Compact
High 3-4 hours	High 3-4 hours	3-10 hours
Low 5-7 hours	Auto 5-7 hours	

Carefree

BEEF AND VEGETABLE CASSEROLE

Ingredients		•
Stewing beef (shin, shoulder		
or chuck)	700g (1½ lb)	350g (¾ lb)
Flour	25g (1 oz)	15g (1/2 oz)
Salt and pepper	to taste	to taste
Cooking oil	30ml (2 tbsp)	15ml (1 tbsp)
Onions, sliced	2 large	1 large
Beefstock	550ml (1 pt)	300ml (1/2 pt)
Carrots, thinly sliced	3 medium	3 small
Potatoes, thinly sliced	450g (1 lb) (Auto only)	225g (1/2 lb)

Cut the meat into even-sized cubes and toss in seasoned flour. Heat the oil in a large saucepan and fry the meat until browned. Transfer to the Slo-Cooker. Add the onions to the pan and fry lightly. Stir in the remaining flour, gradually add the stock and carrots. Bring to the boil and transfer to the Slo-Cooker. Stir so that the vegetables are under the cooking liquid. Cook for the recommended time.

When cooking by the One Step method it is important that all the vegetables are put into the Slo-Cooker first and the meat on top.

Carefree	Auto	Compact
High 3-5 hours	High 4-6 hours	5-10 hours
1 Step High 6-8 hours	1 Step Auto 11-14 hours	1 Step 9-10 hours
Low 6-10 hours	Auto 7-11 hours	

TRADITIONAL TRIPE AND ONIONS

Ingredients		•
Tripe	700g (1½ lb)	350g (¾ lb)
Onions, roughly chopped	3 large	2 medium
Salt and black pepper	to taste	to taste
Milk	400ml (3/4 pt)	200ml (8fl oz)
Butter	25g (1 oz)	15g (1/2 oz)
Flour	25g (1 oz)	15g (1/2 oz)
Chopped parsley	60ml (4 tbsp)	30ml (2 tbsp)

Cut the tripe into strips about 20mm (¾") wide. Put into the pan with the onions, seasoning and milk. Bring to the boil and transfer to the Slo-Cooker. Cook for recommended time. Strain off the liquid reserving 400ml (¾ pt) for Carefree and Auto recipes and 200ml (8 fl oz) for Compact. In a pan melt the butter. Stir in the flour and gradually add the milk. Bring to the boil stirring all the time. Continue to boil until the sauce thickens. Add the tripe, onions and parsley. Adjust seasoning. Serve with creamed potatoes.

Carefree	Auto	Compact
High 21/2-3 hours	High 4-5 hours	5-7 hours
Low 4-6 hours	Auto 5-7 hours	

Times may vary depending upon the blanching carried out by the butcher.

STUFFED LAMBS HEARTS

Ingredients		•
Stuffing		
Onion, chopped	1	1 small
Celery, chopped	2	1
Unsmoked streaky bacon, chop	ped 50g (2 oz)	25g (1 oz)
Fresh white breadcrumbs	50g (2 oz)	25g (1 oz)
Chopped parsley	60ml (4 tbsp)	30ml (2 tbsp)
Curry powder	5ml (1 tsp)	2.5ml (1/2 tsp)
Lemon zest	1	1
Honey	20ml (4 tsp)	10ml (2 tsp)
Butter, melted	25g (1 oz)	25g (1 oz)
Salt and pepper	to taste	to taste
Lambs hearts	4-8	2-4
Flour, seasoned	50g (2 oz)	25g (1 oz)
Cooking oil	15ml (1 tbsp)	15ml (1 tbsp)
Beefstock	550ml (1 pt)	300ml (1/2 pt)
Onion, chopped	1	1 small
Carrots, thinly sliced	4	2
Celery, thinly sliced	4	2

Prepare the stuffing by binding together all the ingredients. Wash the hearts thoroughly in cold water. Cut away any tubes and gristle. Fill with stuffing and sew up opening. Coat hearts in seasoned flour. Heat oil in pan and fry on all sides until evenly browned. Transfer to the Slo-Cooker. Sauté remaining vegetables until softened. Add remaining flour and gradually stir in the stock. Bring to boil and pour over the hearts. Cook for the recommended time. Remove cotton and serve.

High 3-5 hours Low 5-8 hours	High 4-8 hours Auto 5-10 hours	5-10 hours	
IRISH STEW			
Ingredients	A	•	
Carrots thinhyslicad	3	2	

Auto

Ingredients		•
Carrots, thinly sliced	3	2
Onions, thinly sliced	2	1
Potatoes, thinly sliced	450g (1 lb)	225g (1/2 lb)
Neck of Lamb chops	8	4
Chicken stock	550ml (1 pt)	300ml (1/2 pt)
Salt and pepper	to taste	to taste

Put all the vegetables into the Slo-Cooker. Trim the chops of any excess fat and lay these on top of the vegetables. Add the seasoning and boiling stock and cook for the recommended time.

Carefree	Auto	Compact
High 5-8 hours	High 6-8 hours	8-10 hours
	Auto 10-14 hours	

Compact

SPICY LAMB WITH PARSLEY DUMPLINGS

Ingredients		•
Lamp chops, middle or scrag		
end of neck	700g (11/2 lb)	450g (1 lb)
Onions, chopped	2	1
Carrots, sliced	2	1
Canned tomatoes, including juice	227g (8 oz)	227g (8 oz)
Worcestershire sauce	30ml (2 tbsp)	15ml (1 tbsp)
Beefstock	550ml (1 pt)	300ml (1/2 pt)
Salt	to taste	to taste
D		

Dumplings Self-raising flour 100g (4 oz) 50g (2 oz) Salt 2.5ml (1/2 tsp) pinch Shredded suet 50g (2 oz) 25g (1 oz) Chopped parsley 30ml (2 tbsp) 15ml (1 tbsp) Cold water 90ml (6 tbsp) 45ml (3 tbsp)

In a large pan, fry the lamb without adding fat to brown on both sides. Add onions and carrots to pan and fry for 2-3 minutes. Add tomatoes, Worcestershire sauce, salt, stock and lamb. Bring to the boil and transfer to Slo-Cooker. Cook for the recommended time.

Dumplings

Make the dumplings by mixing flour, salt, suet and parsley. Add water and mix to a soft dough. Shape into 8 balls (4 for Compact). Add to the casserole and cook for 45 minutes with the lid on. In the Carefree and Auto Slo-Cookers, cook dumplings on HIGH only.

Carefree	Auto	Compact
High 3-5 hours	High 4-5 hours	6-10 hours
1 Step High 5-7 hours	1 Step Auto 9-14 hours	1 Step 7-10 hours
Low 6-9 hours	Auto 7-10 hours	Mark Chall

BRAISED LIVER AND ONIONS

Ingredients		•
Cooking oil	60ml (4 tbsp)	30ml (2 tbsp)
Lambs liver, thinly sliced	450g (1 lb)	225g (8 oz)
Plain flour	50g (2 oz)	25g (1 oz)
Onions, thinly sliced	2 large	1 large
Beefstock	400ml (3/4 pt)	200ml (8fl oz)

Heat the oil in a frypan. Coat the liver in the flour and fry until sealed. Transfer to the Slo-Cooker. Add the onions to the pan and fry until golden. Stir in the remaining flour and stock. Continue to stir and bring to the boil. Pour over the liver and cook for the recommended time. Serve with grilled bacon.

Carefree	Auto	Compact
High 2-4 hours	High 2-4 hours	2-6 hours
Low 3-6 hours	Auto 31/2-6 hours	

LASAGNE VERDI

Ingredients

nigrements		
Meat Sauce		
Cooking oil	5ml (1 tsp)	2.5ml (1/2 tsp)
Minced beef	225g (8 oz)	100g (4 oz)
Bacon, chopped	50g (2 oz)	25g (1 oz)
Onion, chopped	1 medium	1 small
Carrot, chopped	1 medium	1 small
Mushrooms, sliced	100g (4 oz)	50g (2 oz)
Dried peppers	30ml (2 tbsp)	15ml (1 tbsp)
Can tomatoes, including juice	397g (14 oz)	226g (8 oz)
Tomato purée	60ml (4 tbsp)	30ml (2 tbsp)
Bay leaf	1	1
Bouquet garni	1	1
Chicken stock	300ml (1/2 pt)	150ml (1/4 pt)
Cider	150ml (1/4 pt)	75ml (1/8pt)
Sugar	5ml (1 tsp)	2.5ml (1/2 tsp)
Salt and black pepper	to taste	to taste

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Béchamel Sauce		
Milk	550ml (1 pt)	300ml (1/2 pt)
Onion	1 small	1/2 small
Cloves	2	1
Butter	50g (2 oz)	25g (1 oz)
Flour	50g (2 oz)	25g (1 oz)
Pepper and salt	to taste	to taste
Lasagne Verdi	225g (8 oz)	100g (4 oz)
Parmesan cheese grated	750 (302)	400 (11/2 02)

To make the meat sauce:

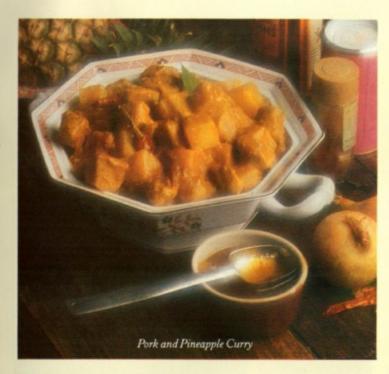
Heat the oil in a pan. Add the minced beef, bacon and onion. Fry lightly. Stir in the remaining ingredients. Bring to the boil and season to taste. Cook gently for about 30 minutes until tender. Keep hot.

To make the béchamel sauce:

Put the milk, onion and cloves into a pan. Bring to the boil. Remove from the heat. Cover and allow to cool. Strain and make up to 300ml (½ pt) if necessary. Melt the butter in a pan. Stir in the flour and gradually add the milk. Bring to the boil stirring all the time until the sauce thickens. Season, cover and keep hot until required.

Butter the cooking pot. Arrange sheets of the dry lasagne to cover the base. Add a layer of hot meat sauce, then béchamel sauce and sprinkle with parmesan cheese. Repeat these layers until all the ingredients are used, finishing with a layer of lasagne topped with béchamel sauce and sprinkled with cheese. Cover with the lid and cook for the recommended time. If using the Carefree or Auto Slo-Cooker, the pot may be removed and browned under a hot grill. Serve hot.

Carefree	Auto	Compact
High 3-4 hours	High 4-5 hours	3-4 hour



BRAISED BRISKET OF BEEF

Ingredients	A	•
Brisket	1.5Kg (3 lb)	. 700g (1½ lb)
Salt and pepper	to taste	to taste
Butter	25g (1 oz)	15g (1/2 oz)
Onion, chopped	1 large	1 small
Carrot, finely chopped	1 large	1 small
Beefstock	300ml (½ pt)	150ml (1/4 pt)
Bay leaf	1	1
Flour or cornflour	to thicken	to thicken

Season the meat well. Heat the butter in a large pan and brown the meat well on all sides. Transfer to Slo-Cooker. In remaining butter fry the onions and carrot lightly until onion is transparent. Add stock and bay leaf and bring to the boil. Pour round the meat. Cook for the recommended time. Remove the meat and place on a serving dish. Keep hot. Strain the stock. In a saucepan blend a little flour with cold water to make a paste. Gradually add the stock. Bring to the boil stirring all the time. Adjust seasoning if necessary. Serve the gravy with the meat.

Carefree Auto Compact
High 5-6 hours High 6-8 hours 7-10 hours

PORK AND PINEAPPLE CURRY

Ingredients		
Lean pork, cut into cubes	1Kg (2 lb)	450g (1 lb)
Flour	40g (11/2 oz)	25g (1 oz)
Salt	5ml (1 tsp)	2.5ml (1/2 tsp)
Cooking oil	30ml (2 tbsp)	15ml (1 tbsp)
Onion, chopped	1 large	1 small
Curry powder	15ml (1 tbsp)	10ml (2 tsp)
Paprika pepper	15ml (1 tbsp)	10ml (2 tsp)
Chicken stock	300ml (1/2 pt)	150ml (1/4 pt)
Dried red chillies	2	1
Mango Chutney	15ml (1 tbsp)	10ml (2 tsp)
Worcestershire sauce	5ml (1 tsp)	2.5ml (1/2 tsp)
Pineapple cubes, including syrup	454g (1 lb) can	210g (71/2 oz) can
Bay leaves	2	1

Toss the pork in the flour and salt. In a large pan heat the oil and brown the meat. Lift out onto a plate with a draining spoon. In the same pan, fry the onions until soft. Stir in the curry powder and paprika pepper. Fry for 2 minutes then return meat to the pan. Stir well and cook for a few minutes. Add remaining ingredients, bring to the boil and transfer to Slo-Cooker. Cook for the recommended time. Remove bay leaves before serving.

Carefree	Auto	Compact
High 3-4 hours	High 3-4 hours	5-10 hours
1 Step High 4-5 hours	1 Step Auto 7-9 hours	1 Step 7-10 hours
Low 5-7 hours	Auto 6-8 hours	

SWEET & SOUR SPARE RIBS

Ingredients		
Soy Sauce	75ml (1/8pt)	30ml (2 tbsp)
Can crushed pineapple	210ml (71/2 oz) can	210ml (71/2 oz)
Sherry	150ml (1/4 pt)	75ml (5 tbsp)
Brown sugar	15ml (1 tbsp)	5ml (1 tsp)
Garlic, crushed	1 clove	1 small clove
Spare ribs of pork	1.1Kg (2½ lb)	700g (11/2 lb)
Seasoned flour	to coat	to coat
Cooking oil	15ml (1 tbsp)	15ml (1 tbsp)

Combine first five ingredients to make sauce. Dip the spare ribs in seasoned flour. Heat the oil in a large pan and brown the spare ribs all over. Drain off surplus fat. Add sauce to the spare ribs and bring to the boil. Transfer to Slo-Cooker. Cook for the recommended time.

Carefree	Auto	Compact
High 3-5 hours	High 4-6 hours	4½-10 hours
Low 5-7 hours	Auto 5-7 hours	

PRESSED TONGUE

Ingredients	A
Ox tongue	1-11/2Kg (2-31/2 lb)
Onion, sliced	1
Celery, thinly sliced	2 sticks
Carrot, thinly sliced	1
Peppercorns	6
Bay leaves	2
Bouquet garni	1
Salt	10ml (2 tsp)
Granulated gelatine	15ml (3 tsp)

Wash the tongue thoroughly and put into a saucepan. Cover with cold water, bring to the boil and drain. Curl the tongue and put into the Slo-Cooker. Add sufficient boiling water to cover. Add the onion, celery, carrot, peppercorns, bay leaves, bouquet garni and salt. Cook for the recommended time. Remove tongue and reserve stock. Plunge the tongue into cold water and remove the skin and gristle at once. Put into a small cake tin or soufflé dish. Dissolve the gelatine in 300ml (½ pt) of the strained stock. Pour over the tongue. Cover with a small plate or saucer and press with a heavy weight. Chill until set.

Carefree	Auto
High approx 7 hours	High approx 8 hours

BEEF GOULASH

Ingredients		•
Stewing steak, cubed	800g (1¾ lb)	450g (1 lb)
Seasoned flour	30ml (2 tbsp)	15ml (1 tbsp)
Cooking oil	30ml (2 tbsp)	15ml (1 tbsp)
Onions, chopped	2 large	1 large
Green pepper, deseeded and sliced	1	1 small
Beef stock	150ml (1/4 pt)	75ml (1/8pt)
Canned tomatoes, including juice	397g (14 oz)	227g (8 oz)
Paprika	10ml (2 tsp)	5ml (1 tsp)
Tomato purée	30ml (2 tbsp)	15ml (1 tbsp)
Bouquet garni	1	1
Salt and pepper	to taste	to taste
Soured cream or natural yoghurt	1x142ml (5fl oz) carton	30ml (2 tbsp)

Toss the meat in seasoned flour. In a large pan heat the oil and fry the meat till lightly browned. Add the onions and pepper and cook for a further 1-2 minutes. Add stock and tomatoes, paprika, tomato purée and bouquet garni. Season to taste. Bring to the boil then transfer to Slo-Cooker. Cook for the recommended time. Remove bouquet garni. To serve: pour soured cream or yoghurt over the meat.

Carefree	Auto	Compact
High 3-5 hours	High 4-6 hours	6-10 hours
1 Step High 4-5 hours	1 Step Auto 7-10 hours	1 Step 7-10 hours
Low 6-8 hours	Auto 6-8 hours	
20		

RED HOT BEEF

Ingredients		•
Braising steak, cut into cubes	1Kg (2 lb)	450g (1 lb)
Flour	25g (1 oz)	15g (1/2 oz)
Salt and pepper	to taste	to taste
Ground ginger	2.5ml (1/2 tsp)	large pinch
Lard	50g (2 oz)	25g (1 oz)
Tabasco sauce	2.5ml (1/2 tsp)	dash
Can tomatoes, including juice	227g (8 oz)	227g (8 oz)
Button mushrooms, sliced	100g (4 oz)	50g (2 oz)
Worcestershire sauce	15ml (1 tbsp)	10ml (2 tsp)
Soft brown sugar	30ml (2 tbsp)	15ml (1 tbsp)
Wine vinegar	30ml (2 tbsp)	15ml (1 tbsp)
Garlic, crushed	2 cloves	1 clove
Bay leaf	1	1
Can red kidney beans	400g (15 oz)	227g (8 oz)
Canned red pepper, sliced	1	1

Toss the meat in the mixture of flour, seasoning and ginger. In a large pan heat the lard and fry beef quickly until browned. Transfer to Slo-Cooker. Add to the pan all remaining ingredients except kidney beans and red pepper. Bring to the boil. Pour over the meat and cook for the recommended time. Add the drained can of kidney beans 30 minutes before serving. Stir in the red pepper and remove bay leaf before serving.

Carefree	Auto	Compact
High 3-4 hours	High 3-4 hours	6-10 hours
1 Step High 4-5 hours	1 Step Auto 7-10 hours	1 Step 7-10 hours
Low 5-7 hours	Auto 6-8 hours	

BACON HOTPOT

Ingredients	A	•
Boiling bacon joint	700g (1½ lb)	350g (¾ lb)
Onion	1	1 small
Carrots, sliced	4	2
Sticks celery, sliced	.2	1
Leeks, sliced	2	1
Hot chicken stock	550ml (1 pt)	300ml (1/2 pt)

Remove excess fat from the bacon and cut into cubes. Put the bacon in a saucepan, cover with cold water and bring to the boil. Discard this water. Put the prepared vegetables into the Slo-Cooker and add the bacon and stock. Do not add salt. Cook for the recommended time. Adjust seasoning and thicken at the end of cooking, if necessary.

Carefree	Auto	Compact
High 4-5 hours	High 4-6 hours	6-10 hours
	Auto 6-8 hours	

REDCURRANT LEG OF LAMB

Ingredients

Redcurrant ielly Made mustard Water Leg lamb Salt Garlic, crushed Butter

Rosemary

Cornflour

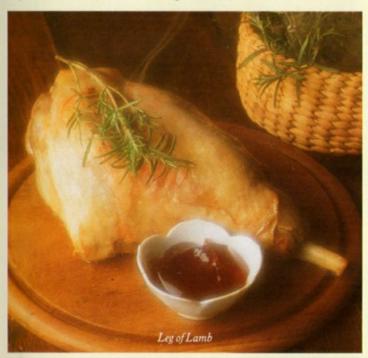
227g (8 oz) jar 15ml (1 tbsp) 30ml (2 tbsp) 11/2Kg (31/2 lb) to taste 1 clove 25g (1 oz)

10ml (2 tsp)

30ml (2 tbsp)

Warm the redcurrant jelly with the water in a pan and stir in the mustard. Rub the lamb all over with salt and crushed garlic. Heat the butter in a frypan and brown the joint on all sides. Transfer to the Slo-Cooker and pour over the redcurrant glaze. Sprinkle with rosemary and cook for the recommended time. Baste once or twice during cooking if convenient. At the end of the cooking time put the joint on a serving dish and keep hot. Remove excess fat from gravy, using kitchen paper. Blend the comflour with a little cold water, mix with the gravy and pour into a saucepan. Boil until thick, strain and serve.

Carefree High 4-5 hours Auto High 6-7 hours



BOLOGNESE SAUCE

Ingredients Cooking oil Onions, finely chopped Garlic, crushed Minced beef Can tomatoes, including juice Tomato purée Beef stock Button mushrooms, sliced Dried basil Bay leaf Bouquet garni

15ml (1 tbsp) 5ml (1 tsp) 2 1 clove 1 small clove 700g (11/2 lb) 350g (3/4 lb) 396g (14 oz) 227g (8 oz) 64g (21/2 oz) can 140g (5 oz) can 300ml (1/2 pt) 150ml (1/4 pt) 100g (4 oz) 50g (2 oz) 10ml (2 tsp) 5ml (1 tsp)

Heat the oil in a pan. Add the onion and garlic and fry lightly. Add the beef and continue to fry until golden brown. Stir in the remaining ingredients and bring to the boil. Transfer to the Slo-Cooker and cook for the recommended time. Remove the bay leaf and bouquet garni. Serve in the traditional style with spaghetti or noodles and top with grated Parmesan cheese or with fresh crusty bread.

Carefree	Auto	Compact
High 2-5 hours	High 3-4 hours	3-10 hours
Low 5-8 hours	Auto 6-8 hours	

STUFFED PORK CHOPS

Ingredients Thick pork chops Cooking apples, peeled, cored and chopped 1 large Granulated sugar 10ml (2 tsp) Fresh white breadcrumbs 50g (2 oz) Walnuts, chopped 15g (1/2 oz) Onion, finely chopped 1/2 small Salt to taste Freshly ground pepper to taste Butter, melted 25g (1 oz) little Beaten egg

2 1 small 5ml (1 tsp) 25g (1 oz) 2-3 1/4 to taste to taste 15g (1/2 oz) little

Cut a slit in the skin and fat of each chop, taking the knife through the flesh right to the bone, forming a pocket. Mix together in a bowl the remaining ingredients using sufficient beaten egg to form a stiff paste. Fill each pocket with the stuffing mixture. Lightly grease the cooking pot and arrange the stuffed chops over the base. Season with salt and pepper. Cook for the recommended time.

Carefree High 2-3 hours Auto High 3-4 hours Auto 5-7 hours

Compact 6-10 hours

LAMB CHOPS IN PORT WINE

Ingredients		•
Cooking oil	15ml (1 tbsp)	15ml (1 tbsp)
Lamp chops, loin or chump	8 loin, 4 chump	4 loin, 2 chump
Button mushrooms	100g (4 oz)	50g (2 oz)
Onion, finely chopped	1	1 small
Port	150ml (1/4 pt)	75ml (1/8pt)
Chicken stock	150ml (1/4 pt)	75ml (1/8pt)
Red currant jelly	30ml (2 tbsp)	15ml (1 tbsp)
Salt and pepper	to taste	to taste

Heat oil in frypan and fry chops and mushrooms on all sides until golden brown. Transfer to the Slo-Cooker. Add onion and fry gently. Stir in the port, stock, redcurrant jelly and seasoning. Boil for 2-3 minutes until the liquid begins to thicken and reduce slightly. Pour over the chops and mushrooms and cook for recommended time.

Carefree	Auto	Compact
High 2-21/2 hours	High 2-21/2 hours	5-10 hours
Low 3-4 hours	Auto 3-31/2 hours	

BEEF RISOTTO

Ingredients		•
Cooking oil	10ml (2 tsp)	5ml (1 tsp)
Minced beef	450g (1 lb)	225g (1/2 lb)
Onion, chopped	1 large	1 medium
Chicken stock	550ml (1 pt)	300ml (1/2 pt)
Garlic, crushed	1 clove	1 small clove
Mixed herbs	5ml (1 tsp)	2.5ml (½ tsp)
Can tomatoes, including juice	425g (15 oz)	227g (8 oz)
Bay leaf	1	1
Dried mixed peppers	30ml (2 tbsp)	15ml (1 tbsp)
Sherry	30ml (2 tbsp)	15ml (1 tbsp)
Green peppers, deseeded and diced	1	1 small
Button mushrooms, sliced	100g (4 oz)	50g (2 oz)
Easy cook long grain rice	100g (4 oz)	50g (2 oz)

Heat the oil in a pan. Add the meat and fry lightly. Add the onion and continue to fry until golden brown. Stir in the stock, garlic, herbs, canned tomatoes, bay leaf and dried peppers. Bring to the boil. Add the sherry and transfer to the Slo-Cooker. Cook for recommended time. Stir in the green pepper, mushrooms and rice. Cook for recommended time.

Carefree	Auto	Compact
High 4-6 hours	High 4-7 hours	3-5 hours
Low 5-7 hours	Auto 41/2-7 hours	Rice approx
Rice approx 1 hour	Rice approx 1 hour	11/2 hours

PORK COBBLER

Ingredients		•
Onion, sliced	1 large	1 small
Streaky bacon, chopped	100g (4 oz)	50g (2 oz)
Cooking oil	15ml (1 tbsp)	15ml (1 tbsp)
Flour	25g (1 oz)	15g (1/2 oz)
Lean pork, cut into cubes	700g (11/2 lb)	350g (3/4 lb)
Salt and pepper	to taste	to taste
Chicken stock	150ml (1/4 pt)	75ml (1/8 pt)
Canned tomatoes, including juice	425g (15 oz)	227g (8 oz)
Paprika	15ml (1 tbsp)	10ml (2 tsp)
Sugar		2.5ml (1/2 tsp)
Bay leaf	1	1
Scone Topping		
	225g (8 oz)	100g (4 oz)
Salt and pepper	shake of each	shake of each
Butter or margarine	50g (2 oz)	25g (1 oz)
Milk	150ml (1/4 pt)	75ml (1/8pt)
	Onion, sliced Streaky bacon, chopped Cooking oil Flour Lean pork, cut into cubes Salt and pepper Chicken stock Canned tomatoes, including juice Paprika Sugar Bay leaf Scone Topping Self raising flour Salt and pepper Butter or margarine	Onion, sliced Streaky bacon, chopped Cooking oil Flour Lean pork, cut into cubes Salt and pepper Chicken stock Canned tomatoes, including juice Paprika Sugar Bay leaf Scone Topping Self raising flour Salt and pepper Streaky bacon, chopped 100g (4 oz) 25g (1 oz) 700g (1½ lb) to taste 150ml (¼ pt) 425g (15 oz) 15ml (1 tbsp) 5ml (1 tsp) 1 Scone Topping Self raising flour Salt and pepper Shake of each Butter or margarine 50g (2 oz)

Sauté the onion and bacon in the oil in a pan. Toss the pork in seasoned flour and add to the pan. Fry until golden. Add the stock, tomatoes, paprika, sugar and bay leaf. Stir well and bring to the boil. Transfer to the Slo-Cooker and cook for the recommended time. Remove the bay leaf and if wished, add the scone topping.

Scone Topping

Pre-heat an oven on gas mark 7 or 220°C (420°F) while making up the scone mixture. Sieve the flour, salt and pepper into a bowl and rub in the fat. Mix to a soft dough, using the milk. Roll out to 10mm (½") thickness and cut into 50mm (2") circles. If the pot isn't removable transfer cooked meat to a warm ovenproof dish. Overlap the scones around the edge of the cooked pork casserole and brush with milk. Place the cooking pot or ovenproof dish in the pre-heated oven. Bake for 15-20 minutes or until golden brown.

Carefree	Auto	Compact
High 3-4 hours	High 3-4 hours	4-10 hours
1 Step High 4-5 hours	1 Step Auto 7-10 hours	1 Step 6-10 hours
Low 5-8 hours	Auto 5-10 hours	



Poultry and game are ideal for cooking in the Tower Slo-Cooker as they remain deliciously succulent. The recommended times indicated when the recipe is at its peak. However, if left for a couple of hours longer than the maximum time specified, the food will still be enjoyable but the meat may have fallen off the bone. When cooking poultry using the One-Step method, it is better to remove the skin first.

General Method for roasting in the Carefree and Auto Slo-Cookers

Poultry up to $1\frac{1}{2}$ Kg (3 lb) can be cooked. Ensure that the lid is not raised by the meat. Frozen poultry and game MUST be completely thawed before slow cooking. Always cook whole poultry unstuffed, and on the HIGH setting.

- 1 Wash and dry the poultry and season well inside and out.
- 2 In a frypan brown the bird on all sides using a little butter and oil.
- 3 Transfer to the Slo-Cooker and cook for the recommended time on HIGH.

Poultry	Weight	Setting	Times
Chicken	11/2Kg (3 lb)	HIGH	41/2-5 hours
Pheasant	Large	HIGH	3-4 hours

General Methods for roasting in the Compact Slo-Cooker

The Compact Slo-Cooker is ideal for roasting poultry and game portions. Use the same General Method of preparation as above and follow the recommended cooking times below.

Poultry pieces	No.	Times
Chicken portions	2	4-6 hours
Chicken drumsticks	4	3-5 hours

CHICKEN WITH BARBECUE SAUCE (photograph on page 31)

Ingredients		•
Butter	40g (1½ oz)	25g (1 oz)
Chicken	Whole 1-11/2Kg (21/2-3 lb)	2 portions
Salt and pepper	to taste	to taste
Onion, finely chopped	1 medium	1 small
Tomato ketchup	60ml (4 tbsp)	30ml (2 tbsp)
Vinegar	30ml (2 tbsp)	15ml (1 tbsp)
Mango chutney, chopped	30ml (2 tbsp)	15ml (1 tbsp)
French mustard	2.5ml (½ tsp)	2.5ml (1/2 tsp)
Caster sugar	5ml (1 tsp)	2.5ml (1/2 tsp)
Worcestershire sauce	15ml (1 tbsp)	10ml (2 tsp)

Rub the inside of the cooking pot with a little of the butter. Wipe the chicken and season inside and out with a little salt and pepper. In a large pan heat the remaining butter and brown the chicken all over. Transfer to Slo-Cooker. Add the onion to the butter remaining in the pan and cook for 2-3 minutes, without colouring. Add the remaining ingredients to the pan and bring to the boil. Pour over the chicken and cook for recommended time, basting occasionally.

Carefree	Auto	Compact
High 4-5 hours	High 41/2-5 hours	4-8 hours

COQAUVIN

Ingredients		•
Cooking oil	15ml (1 tbsp)	10ml (2 tsp)
Chicken joints, skinned	4	2
Flour	50g (2 oz)	25g (1 oz)
Salt and pepper	to taste	to taste
Streaky bacon, chopped	100g (4 oz)	50g (2 oz)
Onion, chopped	1 large	1 medium
Chicken stock	300ml (1/2 pt)	150ml (1/4 pt)
Red wine	300ml (1/2 pt)	150ml (1/4 pt)
Button mushrooms, sliced	100g (4 oz)	50g (2 oz)
Bay leaf	1	1
Cloves	2	1
Bouquet garni	1	1

Heat the oil in a frypan. Coat the chicken joints in seasoned flour and fry on all sides in the frypan. Transfer to the Slo-Cooker. Add the bacon and onion to the frypan and soften but do not brown. Add the remaining flour and all the other ingredients. Bring to the boil, stirring continuously and pour over the chicken joints. Cook for the recommended time. Remove bay leaf, cloves and bouquet garni before serving.

Carefree	Auto	Compact
High 3-5 hours	High 31/2-5 hours	31/2-10 hours
1 Step High 31/2-51/2 hours	1 Step Auto 6-8 hours	1 Step 4-10 hours
Low 4-6 hours	Auto 41/2-8 hours	

COUNTRY CHICKEN CASSEROLE

Ingredients		•
Chicken joints skinned	4	2
Can tomatoes, including juice	397g (14 oz)	227g (8 oz)
Can sweet corn, drained	198g (7 oz)	198g (7 oz)
Sticks celery, finely chopped	2	1
Onion, finely chopped	1 medium	1 small
White cabbage, finely shredded	50g (2 oz)	25g (1 oz)
Bay leaf	1	1
Mixed herbs	5ml (1 tsp)	2.5ml (1/2 tsp)
Fresh ground black pepper	to taste	to taste
Salt	to taste	to taste
Chicken stock, boiling	300ml (1/2 pt)	150ml (1/4 pt)

Put all ingredients into the Slo-Cooker making sure that the fresh vegetables are covered by the boiling hot stock. Cook for the recommended time.

Carefree	Auto	Compact
High 3-5 hours	High 5-7 hours	5-10 hours
	Auto 6-8 hours	

DEVON TURKEY

Ingredients		•
Butter	25g (1 oz)	15g (1/2 oz)
Onions, sliced	2	1
Rashers streaky bacon, chopped	4	2
Celery, sliced	4 sticks	2 sticks
Turkey portions (for Compact		
use Chicken)	4	2
Condensed mushroom soup	300g (10 oz) can	300g (10 oz) ca
Dry cider	300ml (1/2 pt)	150ml (1/4 pt)
Mixed herbs	pinch	pinch
Salt and pepper	to taste	to taste
Eating apple, cored and sliced	1	1 small
Button mushrooms	100g (4 oz)	50g (2 oz)
Soured cream	150ml (1/4 pt)	75ml (1/8 pt)

In a large pan heat the butter and fry the onion, bacon and celery for 5-10 minutes. In the same pan fry the turkey and transfer to Slo-Cooker. Add the mushroom soup and cider to the pan, mix well and bring to the boil. Add herbs and seasoning then transfer to Slo-Cooker. Cook for the recommended time. Add apples and mushrooms for the last hour's cooking. Stir in cream, leave for 10 minutes then serve.

Carefree	Auto	Compact
High 3-5 hours	High 4-5 hours	31/2-10 hours
1 Step High 31/2-51/2 hours	1 Step Auto 6-8 hours	1 Step 4-10 hours
Low 4-6 hours	Auto 5-8 hours	

DUCK AND ORANGE

Ingredients		•
Cooking oil	15ml (1 tbsp)	10ml (2 tsp)
Garlic, crushed	1 clove	1 small clove
Duck portions	4	2
Butter	15g (1/2 oz)	15g (1/2 oz)
Onions	2	1
Button mushrooms, thinly sliced	100g (4 oz)	50g (2 oz)
Flour	25g (1 oz)	15g (1/2 oz)
Orange juice	400ml (3/4 pt)	200ml (8 fl oz)

In a large pan heat the oil and fry the duck joints on all sides until well browned. Transfer to Slo-Cooker. Without adding fat, cook for the recommended time. Drain off the fat and discard. In a saucepan heat the butter and fry the onions and mushrooms until soft. Add the flour and slowly stir in the orange juice. Pour over the duck in the Slo-Cooker and cook for a further hour on HIGH.

Carefree	Auto	Compact
High 3-5 hours	High 5-51/2 hours	5-6 hours
+1 hour on HIGH	+1 hour on HIGH	+1 hour

CHICKEN ESPAGNOLE

Ingredients		•
Butter	50g (2 oz)	25g (1 oz)
Chicken joints	4	2
Rashers bacon, chopped	1	1
Onion	1 medium	1 small
Flour	50g (2 oz)	25g (1 oz)
Chicken stock	550ml (1 pt)	300ml (1/2 pt)
Carrot	1	1
Tomato purée	140g (5 oz)	60ml (4 tbsp)
Bay leaf	1	1 small
Bouquet garni	1	1
Dried peppers	30ml (2 tbsp)	15ml (1 tbsp)
Button mushrooms, sliced	100g (4 oz)	50g (2 oz)
Salt and pepper	to taste	to taste
Sherry	45ml (3 tbsp)	30ml (2 tbsp)

Heat the butter in a large pan and fry the chicken joints until golden. Transfer to Slo-Cooker. In the remaining butter fry the bacon and onion lightly. Stir in the flour and gradually add the stock. Bring to the boil stirring all the time. Add the carrot, tomato purée, bay leaf, bouquet garni, peppers and mushrooms. Season to taste. Pour over the chicken. Cook for the recommended time. Remove bay leaf and bouquet garni. Stir in sherry 34 hour before serving.

Carefree	Auto	Compact
High 3-5 hours	High 31/2-5 hours	31/2-10 hours
1 Step High 31/2-51/2 hours	1 Step Auto 6-8 hours	1 Step 4-10 hours
I on 4-6 hours	Auto Alla 6 hours	

SHROPSHIRE PIGEON CASSEROLE

Ingredients		•
Pigeons, plucked and drawn	4	2
Salt and pepper	to taste	to taste
Butter	25g (1 oz)	15g (1/2 oz)
Leeks, sliced	2	1
Cooking apples, peeled, cored		
and diced	2	1
Flour	30ml (2 tbsp)	15ml (1 tbsp)
Dry cider	300ml (1/2 pt)	150ml (1/4 pt)

Season the pigeons and fry in the butter, turning until golden brown on all sides. Transfer to the Slo-Cooker. Add the leek and apple to the pan and fry until brown. Add the flour and stir until absorbed. Slowly stir in the cider and bring to the boil. Add seasoning and pour over the pigeons. Cook for the recommended time.

Carefree	Auto	Compact
High 4-5 hours	High 41/2-61/2 hours	6-9 hours
Low 7-8 hours	Auto 6-8 hours	

CHICKEN RISOTTO

Ingredients	A	•
Cooking oil	15ml (1 tbsp)	10ml (2 tsp)
Onion, chopped	1	1 small
Bacon, chopped	175g (6 oz)	50g (2 oz)
Cooked chicken cut into		3()
small pieces	350g (12 oz)	100g (4 oz)
Canned tomatoes, including juice	397g (14 oz)	227g (8 oz)
Green pepper, deseeded and diced	1	1 small
Button mushrooms, sliced	75g (3 oz)	50g (2 oz)
Mixed herbs	5ml (1 tsp)	2.5ml (1/2 tsp)
Chicken stock	550ml (1 pt)	300ml (1/2 pt)
Bay leaf	1	1
Salt and pepper	to taste	to taste
Easy cook long grain rice	175g (6 oz)	50g (2 oz)

Heat the oil in a pan. Add the onion, bacon and chicken and fry lightly. Stir in tomatoes, green pepper, mushrooms, herbs, stock, bay leaf and seasoning. Bring to the boil. Transfer to Slo-Cooker and stir in the rice. Cook for the recommended time.

Carefree	Auto	Compact
Low approx 2 hours	Auto approx 2 hours	approx 2-3 hours

NORMANDY PHEASANT

Ingredients		
Pheasant	1 whole, jointed	2 joints
Butter	50g (2 oz)	25g (1 oz)
Cooking apples, peeled and sliced	2 large	1 large
Lemon, juice of	1/2	1/4
Salt and freshly ground		
black pepper	to taste	to taste
Double cream	150ml (1/4 pt)	75ml (1/8pt)
Butter	25g (1 oz)	15g (1/2 oz)
Apple	1	1/2

Cut the pheasant into four portions. Melt the butter in a pan and brown the pheasant evenly. Transfer to the Slo-Cooker. Sauté the apple in the remaining butter and then spoon around the pheasant. Add the lemon juice, salt and pepper. Cook for the recommended time. Add the cream and stir. Garnish with slices of unpeeled apple, sautéed in butter.

Carefree	Auto	Compact
High 31/2-4 hours	High 31/2-4 hours	5-7 hours
Low 5-7 hours	Auto 5-7 hours	

RABBIT PUDDING

Ingredients		•
Joints of Rabbit	6-8	700g (1½ lb)
Butter	25g (1 oz)	25g (1 oz)
Onions	2	1
Flour	45ml (3 tbsp)	30ml (2 tbsp)
Chicken stock	400ml (3/4 pt)	300ml (1/2 pt)
Tomatoes, skinned and chopped	3	2
Tomato purée	30ml (2 tbsp)	15ml (1 tbsp)
Mixed herbs	2.5ml (1/2 tsp)	pinch
Salt and pepper	to taste	to taste
Suet Crust		
Self raising flour	225g (8 oz)	175g (6 oz)
Salt	2.5ml (1/2 tsp)	good pinch
Shredded suet	100g (4 oz)	75g (3 oz)
Cold water	to mix	to mix

Dry the rabbit joints thoroughly with kitchen paper, Heat the butter in a frypan and fry the joints until golden brown. Transfer to the Slo-Cooker. In the remaining butter fry the onions until transparent. Stir in the flour and gradually add the stock. Bring to the boil and add the tomatoes, tomato purée, mixed herbs, salt and pepper. Pour over the rabbit.

Suet Crust

Mix together the flour, salt and suet. Add sufficient cold water to form a soft dough. Roll out into a circle the size of the Slo-Cooker lid. Moisten the edges with cold water. Place over the rabbit and press against the edges of the pot. Cook for the recommended time.

Carefree	Auto	Compact
High 31/2-7 hours	High 41/2-8 hours	5-9 hours

CHICKEN CORDON BLEU

Ingredients	A	•
Chicken breasts, boned		
and skinned	4	2
Slices cooked ham	4	2
Slices Cheddar Cheese	4	2
Eggs, beaten	2, size 3	1, size 3
Breadcrumbs	to coat	to coat
Butter	for frying	for frying
Salt and pepper	to taste	to taste

Rub the inside of the Slo-Cooker with butter. Slit horizontally into the chicken breasts until nearly cut through. Season inside and out and place a slice of ham and cheese inside each. Coat well with egg and breadcrumbs. Fry until golden brown in a frying pan and transfer to the buttered Slo-Cooker and cook for the recommended time.

Carefree	Auto	Compact
High 2-3 hours	High 2-3 hours	4-7 hours
Low 3-6 hours	Auto 4-6 hours	

CHINESE CHICKEN & MUSHROOM

	•
15ml (1 tbsp)	10ml (2 tsp)
4	2
2	1
30ml (2 tbsp)	15ml (1 tbsp)
150ml (1/4 pt)	75ml (1/8 pt)
350g (12 oz)	175g (6 oz)
30ml (2 tbsp)	15ml (1 tbsp)
1	1/2
5ml (1 tsp)	2.5ml (1/2 tsp)
to taste	to taste
	4 2 30ml (2 tbsp) 150ml (¼ pt) 350g (12 oz) 30ml (2 tbsp) 1 5ml (1 tsp)

In a large pan heat the oil and fry the chicken until golden brown. Transfer to Slo-Cooker. In the remaining oil fry the onions until transparent. Stir in the comflour and add the stock gradually, stirring all the time. Add remaining ingredients and bring to the boil. Pour over the chicken. Cook for the recommended time.

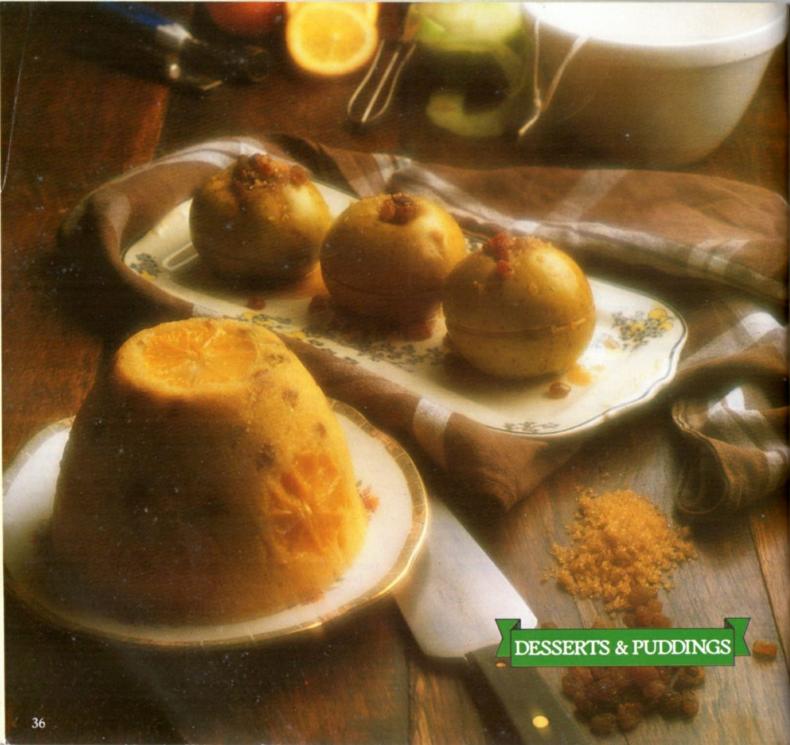
Carefree	Auto	Compact
High 3-5 hours	High 31/2-5 hours	31/2-10 hours
1 Step High 31/2-51/2 hours	1 Step Auto 6-8 hours	1 Step 4-10 hours
Low 4-6 hours	Auto 41/2-8 hours	

FRICASSÉE OF RABBIT

Ingredients	A	•
Cooking oil	30ml (2 tbsp)	15ml (1 tbsp)
Rabbit, jointed	1	700g (11/2 lb)
Onion, finely sliced	1	1 small
Flour	50g (2 oz)	25g (1 oz)
Chicken stock	400ml (3/4 pt)	300ml (1/2 pt)
Bouquet garni	1	1
Lemon juice	5ml (1 tsp)	2.5ml (1/2 tsp)
Cloves	2	1
Bay leaf	1	1
Cream from top of milk	75ml (1/8pt)	45ml (3 tbsp)
Button mushrooms	100g (4 oz)	50g (2 oz)
Button onions, boiled in		
salted water	6	4
Crescents of fried bread	to garnish	to garnish
Parsley, chopped	to garnish	to garnish

Heat the oil in a large pan. Seal the rabbit joints on all sides but do not brown. Transfer to the Slo-Cooker. Add the onion to the pan and cook gently until transparent. Stir in the flour and gradually add the stock. Bring to the boil. Add the bouquet garni, lemon juice, cloves and bay leaf. Pour over the rabbit. Cook for the recommended time. Remove the bouquet garni, cloves and bay leaf. Stir in the cream and mushrooms. Cook for a further 30 minutes. In the Carefree and Auto Slo-Cookers use HIGH setting only. Serve garnished with button onions, crescents of fried bread and chopped parsley.

Carefree	Auto	Compact
High 31/2-7 hours	High 31/2-8 hours	5-10 hours
1 Step High 4-6 hours	1 Step Auto 7-10 hours	1 Step 6-10 hours
Low 5-9 hours	Auto 5-10 hours	



Carefree

High 41/2-5 hours

Golden syrup

Milk or water

Egg, beaten

Your Tower Slo-Cooker will enable you to taste all over again those traditional puddings and custards.

Fruit prepared in the Tower Slo-Cooker remains beautifully whole for serving, and during the long cooking, the flavours of spices and wines etc. are allowed to blend gently. To poach fruit follow the basic method given for Pears in Red Wine and Rhubarb with Orange. If the pot is removable a meringue topping may be added to poached fruit.

Egg custards cook so gently that there is little risk of overcooking or curdling. Steamed puddings cook successfully without the kitchen filling with steam or the need to top up with boiling water during cooking. Use a lifting strap to lower the pudding basin into the Slo-Cooker. Choose a basin of china, boilable plastic or Pyrex which fits into the pot without touching the sides or lifting the lid. Fold lengthways a 45cm (18") piece of aluminium cooking foil until it is approximately 5cm (2") wide. Stand the basin on the strap and lower into the Slo-Cooker. Leave in place during cooking and use to remove the hot basin. Pour sufficient boiling water into the Slo-Cooker to come half-way up the basin and cook for the recommended time.

Carefree and Auto Slo-Cookers

When cooking steamed puddings or those containing a raising agent such as Chocolate and Pineapple Upside Down Pudding always pre-heat the pot for at least 20 minutes and cook on HIGH for the recommended time.

Compact Slo-Cooker

When cooking steamed puddings such as Ginger Pudding, Zesty Orange Pudding and Christmas Pudding always preheat the pot for at least 20 minutes and then cook for recommended time. When placing a 550 ml (1 pt) basin into the Compact, always remember to pour the boiling water in first, approx 300 ml (½ pt) due to the limited space.

BAKED APPLES (photograph on page 36)

Ingredients		•
Butter	15g (½ oz)	15g (1/2 oz)
Soft brown sugar	100g (4 oz)	50g (2 oz)
Sultanas	50g (2 oz)	25g (1 oz)
Cooking apples, cored	4 medium	2 medium
Boiling water	150ml (1/4 pt)	75ml (1/8pt)

Grease the cooking pot with the butter. Run a sharp knife around the centre of each apple enough to score the skin. Mix together the sugar and sultanas and pack tightly into the apples. Stand each apple on a square of foil shaped to form a saucer. Arrange the apples and foil in the Slo-Cooker and pour in the boiling water. Cook for the recommended time. Cooking time for this recipe does depend to some extent on the variety of apple used.

Carefree	Auto	Compact
High 2-3 hours	High 2-3 hours	4-5 hours
Low 4-6 hours	Auto 4-7 hours	

ZESTY ORANGE PUDDING (photograph on page 36)

Ingredients		Serves 4.
Orange, peeled and sliced	1 small	1 small
Soft margarine	50g (2 oz)	50g (2 oz)
Caster sugar	50g (2 oz)	50g (2 oz)
Egg, beaten	1, size 3	1, size 3
Self-raising flour	75g (3 oz)	75g (3 oz)
Salt	pinch	pinch
Orange, grated zest and juice	1	1
Sultanas	25g (1 oz)	25g (1 oz)

Pre-heat the Slo-Cooker while preparing the mixture. Butter a 550ml (1 pt) basin and line the base with a buttered circle of foil. Put one orange slice on the base and arrange the others around the sides. Cream the margarine and sugar until light and fluffy. Beat in the egg a little at a time. Fold in the sieved flour and salt. Add the orange zest and sufficient juice to form a soft dropping consistency. Carefully fold in the sultanas and turn into the prepared basin. Cover loosely with foil. Using the lifting strap lower the basin into the Slo-Cooker. Pour sufficient boiling water into Slo-Cooker to come halfway up the basin. Cook for the recommended time.

Auto

High 5-7 hours

GINGER PUDDING		
Ingredients		Serves 4.
Flour	50g (2 oz)	50g (2 oz)
Bicarbonate of soda	2.5ml (1/2 tsp)	2.5ml (1/2 tsp)
Salt	pinch	pinch
Dried ginger	5ml (1 tsp)	5ml (1 tsp)
Fresh white breadcrumbs	50g (2 oz)	50g (2 oz)
Shredded suet	50a (2 az)	500 (202)

Pre-heat the empty Slo-Cooker for 20 minutes while preparing the pudding. Butter a 550ml (1 pt) basin. Sieve together the first four ingredients. Mix in the breadcrumbs and suet. Add the golden syrup and beaten egg and mix (adding a little milk or water if necessary) to make a soft dropping consistency. Put the mixture into the prepared basin, smoothing the top with a knife. Cover with foil. Stand the basin in the cooking pot. Pour boiling water round to come half way up the sides of the basin. Cook for the recommended time.

60ml (4 tbsp)

1, size 3

to mix

Carefree	Auto	Compact
High 4-5 hours	High 5-6 hours	6-8 hours

Compact

6-8 hours

60ml (4 tbsp)

1. size 3

to mix

CARAMEL CUSTARD

Ingredients		•
Caramel Caster sugar	75g (3 oz)	50g (2 oz)
Water	45ml (3 tbsp)	30ml (2 tbsp)
Custard		
Eggs	4, size 3	2, size 3
Caster sugar	25g (1 oz)	15g (1/2 oz)
Vanilla essence	5ml (1 tsp)	2.5ml (1/2 tsp)
Milk	550ml (1 pt)	300ml (1/2 pt)

To make the caramel, put the sugar and water into a pan. Allow to dissolve, stirring continuously, and then boil without stirring until golden brown. Stir and turn into a suitable 1 lt (2 pt) for Carefree and Auto Slo-Cookers, 550ml (1 pt) in Compact, soufflé dish or basin. To prepare the custard blend together the eggs, sugar and vanilla essence. Warm the milk in a pan until hot but not boiling and pour over the egg mixture, stirring well. Strain the custard into the dish and cover with foil. Stand in the cooking pot and pour in sufficient cold water to come half way up the sides of the dish. Cook for the recommended time OR until a knife inserted in the centre comes out clean. Remove from the Slo-Cooker and chill thoroughly before serving. Turn out.

Carefree	Auto	Compact
Low approx 4 hours	High approx 3 hours	approx 4 hours
	Auto approx 4-5 hours	

BREAD AND BUTTER PUDDING

Ingredients		•
Bread and butter slices, quartered Dried fruit such as sultanas,	8	3-4
raisins etc.	50g (2 oz)	25g (1 oz)
Sugar	50g (2 oz)	25g (1 oz)
Milk	550ml (1 pt)	300ml (1/2 pt)
Eggs	2, size 3	1, size 3
Grated nutmeg	pinch	pinch

Butter a soufflé dish; 1 lt (2 pt) for Carefree/Auto Slo-Cookers, 550ml (1 pt) for Compact. Arrange the bread and butter in layers in the dish, sprinkling the fruit in between. Beat together the egg, milk and sugar and pour over. Top with a little grated nutmeg. Cover with foil and stand in the Slo-Cooker using a lifting strap. Put sufficient boiling water into the Slo-Cooker to reach half way up the dish. Cook for the recommended time until set. Lift the dish from the Slo-Cooker, remove the foil and brown the top under a hot grill.

Carefree	Auto	Compact
High 2-3 hours	High 2-3 hours	2-3 hours
Low 3-5 hours	Auto 2-4 hours	

APPLE AND SULTANA ROLL

Ingredients		•
Suet Pastry		
Self-raising flour	225g (8 oz)	175g (6 oz)
Salt	pinch	pinch
Shredded suet	100g (4 oz)	75g (3 oz)
Cold water	to mix	to mix
Filling		
Cooking apple, peeled, cored		
and chopped	1 medium	1 small
Ground cinnamon	10ml (2 tsp)	5ml (1 tsp)
Demerara sugar	50g (2 oz)	25g (1 oz)
Caster sugar	50g (2 oz)	25g (1 oz)

Heat the Slo-Cooker during preparation for at least 20 minutes. To make the pastry sieve together the flour and salt and stir in the suet. Using a fork, add sufficient cold water and mix to form a soft dough. Roll out the pastry into a rectangle approximately 5mm (¼") thick. Mix together the apple, cinnamon, sultanas and sugar. Spread this mixture evenly over the pastry leaving about 2.5cm (1") free around the edges. Fold the 2 long edges in, over the mixture. Moisten with water and roll up from the short edge to form a sausage shape. Make sure that this is at least 5cm (2") shorter than the width of the pot. Wrap in kitchen foil allowing for the pudding to expand and sealing very well along each joint to prevent the water from getting in. Place the roll lengthways on the base of the pot. (For the Compact stand the roll upright.) Add sufficient boiling water to come ²/3 up the sides of the pot. Cook for recommended time. Lift carefully from the pot, unwrap and put onto hot serving dish. Dredge with caster sugar and serve at once with custard.

Carefree	Auto	Compact
High 3-4 hours	High 3-4 hours	6-8 hours

CREAMY RICE PUDDING

	Serves 4.
15g (1/2 oz)	15g (1/2 oz)
400ml (3/4 pt)	400ml (3/4 pt)
150ml (1/4 pt)	150ml (1/4 pt)
50g (2 oz)	50g (2 oz)
50g (2 oz)	50g (2 oz)
	400ml (¾ pt) 150ml (¼ pt) 50g (2 oz)

Butter the inside of the cooking pot. Add all the ingredients and stir. Cook for recommended time.

Carefree	Auto	Compact
High 21/2-3 hours	High 4-41/2 hours	6-7 hours
Low 4-5 hours	Auto 4-7 hours	

CHOCOLATE AND PINEAPPLE UPSIDE DOWN PUDDING

 Ingredients
 ▲

 Margarine
 175g (6 oz)

 Caster sugar
 175g (6 oz)

 Eggs
 3, size 3

 Self-raising flour
 200g (7 oz)

 Baking powder
 5ml (1 tsp)

 Cocoa
 25g (1 oz)

 Pineapple rings
 1 small can (4 slices)

Rub the inside of the cooking pot with butter and line the base with a greased circle of foil, cut to fit. Switch on the Slo-Cooker to HIGH and pre-heat for at least 20 minutes. Cream the margarine and sugar until light and fluffy. Add the beaten eggs gradually. Fold in the sieved dry ingredients, adding sufficient pineapple juice to give a soft dropping consistency. Arrange the drained pineapple slices on the foil and carefully spread the chocolate sponge mixture evenly on top. Replace the lid and cook for the recommended time or until cooked. Take care when lifting the lid not to let condensation run onto the sponge. Dry any moisture from the rim of the pot.

Using oven gloves remove the pot from the outer casing and turn the pudding onto a warm serving plate. The remaining pineapple juice may be thickened with a little arrowroot or comflour and served as a sauce.

Carefree High 2-3 hours Auto High 2-21/2 hours

RASPBERRY SPONGE PUDDING

Ingredients		Serves 4.
Raspberryjam	30ml (2 tbsp)	30ml (2 tbsp)
Soft margarine	50g (2 oz)	50g (2 oz)
Caster sugar	50g (2 oz)	50g (2 oz)
Egg, beaten	1, size 3	1, size 3
Self-raising flour, sieved	75g (3 oz)	75g (3 oz)
Milk or water	To mix	To mix

Pre-heat the empty Slo-Cooker for 20 minutes. Butter a 550ml (1 pt) basin and put jam in the base. In a bowl cream the margarine and sugar until light and creamy. Gradually beat in the egg. Fold in the flour gently, adding a little milk or water to make a soft dropping consistency. Put the mixture into the prepared basin. Smooth the surface with a knife and cover with foil. Stand the basin in the cooking pot. Pour boiling water round to come half-way up the sides of the basin. Cook for the recommended time.

Carefree High 41/2-5 hours Auto High 5-6 hours Compact 6-8 hours

POACHED DRIED FRUIT

Ingredients	A	•
Mixed dried fruit e.g. prunes,		
apricots, pears, apples etc.	450g (1 lb)	225g (1/2 lb)
Sugar	100g (4 oz) according to taste	50g (2 oz)
Lemon or orange, juice of	1/2	1/2
Water	700ml (11/4 pt)	300ml (1/2 pt)

Place the fruit and water in the Slo-Cooker and soak overnight. If apple slices float to the surface, hold in place with a prune. Next day, add remaining ingredients and cook for the recommended time. Serve hot or chilled.

Carefree	Auto	Compact
High 3-4 hours	High 3-4 hours	5-8 hours
Low 4-8 hours	Auto 4-5 hours	

PEARS IN RED WINE

Ingredients		•
Sugar Red wine	100g (4 oz) 400ml (¾ pt)	50g (2 oz) 300ml (½ pt)
Lemon, rind and juice of Cloves	1/2	1/2
Ripe pears	4 large or 6 medium	2 large or 4 medium
Cochineal	2 drops	1 drop

Switch on the Slo-Cooker. Add the sugar, wine, lemon rind, juice and cloves. Stir until sugar dissolves. Add the cochineal. Peel the pears leaving them whole complete with stalks. Place them in the Slo-Cooker with the stalks standing upwards. Baste with the syrup. Cook for the recommended time. Turn the pears from time to time to allow them to become coated in the syrup and to colour evenly. Remove the cloves. Serve hot or chilled with cream.

Carefree	Auto	Compact
High 2-3 hours	High 3-5 hours	5-8 hours
Low 4-6 hours	Auto 4-9 hours	

(The cooking times for this recipe depends to some extent on the ripeness of the pears.)

BLACK FOREST GÂTEAU

Ingredients

175g (6 oz)

Self-raising flour Cocoa Salt Soft margarine Caster sugar Golden syrup Vanilla essence Cochineal Eggs

60ml (4 tbsp) pinch 175g (6 oz) 175g (6 oz) 40g (11/2 oz) 5ml (1 tsp) 5ml (1 tsp) 3. size 3 25ml (5 tsp)

45-90ml (3-6 tbsp) according to taste

Cherry pie filling Double cream, whipped Plain chocolate, grated Black cherries

403g (141/2 oz) can 450ml (3/4 pt) 75g (3 oz) 425g (15 oz) can

Serves 6.

Milk

Brandy

Grease and line the base of an 18cm (7") cake tin. Sieve flour, cocoa and salt. Cream together margarine, sugar, syrup, vanilla essence and cochineal until light and fluffy. Beat in eggs one at a time. Fold in the flour and cocoa and add the milk. Transfer to prepared tin. Cover with foil. Fold a long strip of foil to form a lifting strap which passes under the cake tin. Stand in the Slo-Cooker and pour sufficient boiling water around the tin to come two thirds up the sides. Cook on HIGH for the recommended time. Lift out and remove the foil. Allow to cool slightly in the tin. Turn out and cool on a wire tray. Cut into three layers and sprinkle with brandy. Spread two layers, each with a quarter of the cream and sandwich the three layers together. Spread half the remaining cream around the sides. Dip into grated chocolate. Use rest of cream to spread over the top and pipe a border around the top edge. Spoon the pie filling onto the top. Decorate with whole black cherries. Serve chilled.

Carefree High approx 21/2 hours High approx 3 hours

RHUBARB AND ORANGE

Ingredients





Rhubarb washed and cut into 2.5cm (1") pieces Sugar Orange, grated rind and juice Water

1Kg (2 lb) 150-225g (6-8 oz) 1 large 400ml (2/3pt)

450g (1 lb) 75-100g (3-4 oz) 1 small 200ml (1/3 pt)

Place all ingredients into the Slo-Cooker and cook for the recommended time.

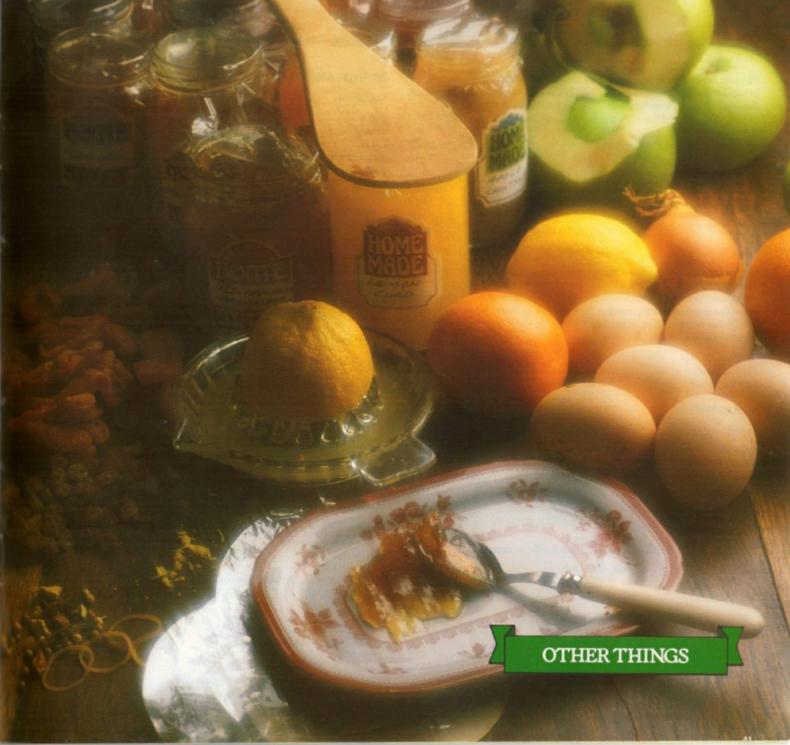
Carefree High 11/2-2 hours Low 21/2-31/2 hours Auto High 2-21/2 hours Compact 11/2-3 hours

CHRISTMAS PUDDING

Ingredients		•
Self-raising flour	50g (2 oz)	25g (1 oz)
Cinnamon	5ml (1 tsp)	2.5ml (½ tsp)
Nutmeg	5ml (1 tsp)	2.5ml (1/2 tsp)
Mixed spice	5ml (1 tsp)	2.5ml (1/2 tsp)
Shredded suet	100g (4 oz)	50g (2 oz)
Fresh white breadcrumbs	100g (4 oz)	50g (2 oz)
Lemon, rind and juice of	1/2	1/2
Soft brown sugar	50g (2 oz)	25g (1 oz)
Blanched almonds, chopped	50g (2 oz)	25g (1 oz)
Seedless raisins	100g (4 oz)	50g (2 oz)
Currants	100g (4 oz)	50g (2 oz)
Sultanas	100g (4 oz)	50g (2 oz)
Mixed peel	50g (2 oz)	25g (1 oz)
Prunes, stoned and chopped	50g (2 oz)	25g (1 oz)
Black treacle	15ml (1 tbsp)	10ml (2 tsp)
Rum	45ml (3 tbsp)	30ml (2 tbsp)
Stout or ale	150ml (1/4 pt)	75ml (1/8pt)
Eggs	2, size 3	1, size 3

Sieve together the flour and spices. Add the suet, breadcrumbs, lemon rind, sugar, nuts and dried fruit. Warm the treacle in a pan until it becomes runny. Add the rum, stout and lemon juice. Pour over the eggs and mix together. Add to the dry ingredients. Mix thoroughly, cover and stand overnight. Add a little milk if the mixture has stiffened. Pre-heat the Slo-Cooker for 20 minutes. Turn the mixture into a buttered 1 lt (2 pt) pudding basin for Carefree/Auto Slo-Cookers, 550ml (1 pt) pudding basin for Compact. Select a basin which comfortably fits in the Slo-Cooker without raising the lid. Cover with foil. Stand in the cooking pot and add enough boiling water to come ²/3 up the sides of the basin. Cook for the recommended time. Allow to become cold. Remove foil and cover with greaseproof paper and fresh foil.

Cooking Times Carefree High approx 12 hours	Auto High approx 13 hours	Compact approx 12 hour
To reheat Carefree High approx 3 hours	Auto approx 5 hours	Compact approx 4 hours



Previous sections show how to prepare soups, fish, vegetables, roasts, casseroles and desserts. In addition the Slo-Cooker can be used to soften fruit for jams, jellies and marmalade and you need not be at home while it is cooking. Lemon curd is easily prepared in a Slo-Cooker and the result is superb.

The Slo-Cooker is also perfect for preparing hot punch or a wine cup and will keep it hot until the last drop.

HERB BREAD OR ROLLS

Loaf or rolls, white or brown

In			

Mixed herbs

Butter







4 small rolls

50g (2 oz)

5ml (1 tsp) Cut the loaf into 10mm (1/2") slices, without cutting through the bottom crust or cut the rolls almost in half. Mix the herbs with the butter and carefully spread over both sides of each slice of bread or cut sides of rolls. To prevent the bread fanning open during cooking, secure with a 'cap' of moulded aluminium foil. Do not totally enclose in foil. Stand in the Slo-Cooker and cook for the

Carefree	Auto	Compact
High 1-2 hours	High 1-2 hours	1-2 hours
Low 2-3 hours	Auto 2-3 hours	

MULLED WINE

recommended time.

	•
2 bottles	1 bottle
300ml (½ pt)	150ml (1/4 pt)
225g (8 oz)	100g (4 oz)
2	1
5ml (1 tsp)	2.5ml (1/2 tsp)
1	1/2
1	1/2
	2 bottles 300ml (½ pt) 225g (8 oz) 2

Put all ingredients into Slo-Cooker and heat for the recommended time.

Carefree	Auto	Compact
High 1-2 hours	High 1-2 hours	3-31/2 hours

BRANDY AND ORANGE PUNCH

Ingredients		•
Sugar	275g (10 oz)	150g (5 oz)
Boiling water	550ml (1 pt)	300ml (1/2 pt)
Cloves	6	3
Cinnamon	10ml (2 tsp)	5ml (1 tsp)
Lemons, zest and juice of	2	1
Oranges, juice of	2	1
Orange, sliced	1	1/2
Orange squash	60ml (4 tbsp)	30ml (2 tbsp)
White wine	1 bottle	1/2 bottle
Brandy	150ml (1/4 pt)	75ml (1/8pt)

Put into the Slo-Cooker the sugar and boiling water. Stir in all the other ingredients except the brandy. Heat for the recommended time. Just before serving stir in the brandy.

Carefree	Auto	Compact
High 1-2 hours	High 1-2 hours	3-31/2 hours

YOGURT

Ingredients		•
UHT long life milk	550ml (1 pt)	550ml (1 pt)
Natural yogurt	150g (5 oz) pot	150g (5 oz) pot
Dried milk	15ml (1 tbsp)	15ml (1 tbsp)
Sugar (optional)	10ml (2 tsp)	10ml (2 tsp)

Mix all ingredients together in the Slo-Cooker. Do not fit the lid but cover with a clean folded tea-towel. Heat for the recommended time or, if a thermometer is available, until the milk reaches 43°C (110°F). Switch off the Slo-Cooker, place lid over the tea-towel, and leave undisturbed for 2 hours. Stir well, pour into a clean basin, cover and refrigerate for at least 4 hours. Flavour with stewed or fresh fruit, jam, nuts etc. if required.

Carefree Low approx 40 minutes plus 2 hours	Auto Low approx 45 minutes plus 2 hours	Compact approx 70 minutes plus 2 hours
		2 nours

LEMON CURD

Ingredients		•
Butter	100g (4 oz)	50g (2 oz)
Lemons, grated outer rind and juice	4	2
Caster sugar	450g (1 lb)	225g (1/2 lb)
Eggs, size 3	4	2

In a saucepan melt the butter. Add lemon juice, rind and sugar. Stir until dissolved. Allow to cool. Beat the eggs lightly and stir into the mixture. Pour into 1 lt (1¾ pt) basin for Carefree and Auto Slo-Cookers and 550ml (1 pt) basin for the Compact. Cover with foil. Stand the basin in the Slo-Cooker. Pour sufficient boiling water into the Slo-Cooker to come half-way up the basin. Cook for the recommended time or until thickened. Stir thoroughly, pour into warmed pots and allow to cool. Store in a cold place for no longer than 2 weeks.

Carefree	Auto	Compact
High approx 2-21/2 hours	High approx 21/2-3 hours	approx 3-4 hours
Low approx 3-31/2 hours	Auto approx 3-31/2 hours	

EASY COOK OLD ENGLISH MARMALADE

Ingredients		•
Seville oranges	900g (2 lb)	450g (1 lb)
Lemons	2	1
Boiling water	1.1 lt (2 pts)	550ml (1 pt)
Sugar	1.8Kg (4 lb)	900g (2 lb)

Cut the oranges and lemons in half. Put into the Slo-Cooker and add the boiling water. Make sure that the fruit is covered with the liquid. Cook for recommended time. Allow to cool. Using a teaspoon scoop the centres from the fruit and press through a sieve. Discard the remaining pips and pith. Shred the peel finely. Put the cooking liquid, sieved pulp and shredded peel into a large pan. Add the sugar. Stir until dissolved. Bring to the boil and continue to boil rapidly for about 25-30 minutes or until setting point is reached. Cool pot and cover in the usual way.

Carefree	Auto	Compact
High approx 8-9 hours	High approx 8-9 hours	approx 8-9 hours
or overnight	or overnight	or overnight

APRICOT PRESERVE

Ingredients	A	•
Dried apricots	450g (1 lb)	225g (8 oz)
Cold water	13/4 lts (3 pts)	900ml (11/2 pts)
Lemon, juice of	1	1/2
Sugar	1½ Kg (3 lb)	700g (1½ lb)

Cut the apricots into halves. Put into the Slo-Cooker. Cover with the water. Cook for recommended time. Transfer to a large pan. Add the lemon juice and sugar. Heat slowly until all the sugar has dissolved. Bring to the boil and continue to boil briskly until setting point is reached (approximately 15-20 minutes). Allow to cool, pot and cover in the usual way.

Carefree	Auto	Compact
High approx 8 hours or overnight	High approx 8 hours or overnight	approx 9 hours or overnight
or consider	or overlaga.	or occumin

CURRY SAUCE

Ingredients		
Margarine or butter	50g (2 oz)	25g (1 oz)
Onion, finely chopped	1	1 small
Cooking apple, chopped	1	1 small
Flour	50g (2 oz)	25g (1 oz)
Curry powder	20ml (4 tsp)	10ml (2 tsp)
Stock	550ml (1 pt)	300ml (1/2 pt)
Sultanas	50g (2 oz)	25g (1 oz)
Mango chutney	20ml (4 tsp)	10ml (2 tsp)
Redcurrant jelly	10ml (2 tsp)	5ml (1 tsp)
Lemon juice	10ml (2 tsp)	5ml (1 tsp)
Salt and pepper	to taste	to taste

Melt the fat in a pan and sauté the onion and apple. Stir in the flour and curry powder and then add the stock gradually. Add the remaining ingredients and transfer to the Slo-Cooker and cook for the recommended time.

Carefree	Auto	Compact
High 2-3 hours	High 3-4 hours	6-10 hours
Low 4-5 hours	Auto 4-6 hours	

CHEESEY EGGS EN COCOTTE

 Butter
 15g (½ oz)
 15g (½ oz)

 Eggs
 4
 2

 Salt and black pepper
 to taste
 to taste

 Cream
 60ml (4 tbsp)
 30ml (2 tbsp)

 Cheddar cheese, grated
 50g (2 oz)
 25g (1 oz)

Select 4 (2) suitably sized ramekin dishes or cups and thoroughly butter the insides. Crack an egg into each dish. Season with salt and pepper. Spoon over the cream and top with grated cheese. Stand in the Slo-Cooker. Pour in sufficient cold water to come ²/₃ up the sides of the dishes. Cook for the recommended time. Serve at once.

Carefree	Auto	Compact
High approx 11/2 hours	High approx 21/2 hours	approx 21/2 hours
Low approx 21/2 hours	Auto approx 3 hours	

APPLE CHUTNEY

Ingredients		
Apples, peeled and finely chopped	1.4Kg (3 lb)	700g (11/2 lb)
Onions, finely chopped	450g (1 lb)	225g (1/2 lb)
Brown sugar	700g (1½ lb)	350g (3/4 lb)
Sultanas	225g (8 oz)	100g (4 oz)
Vinegar	300ml (1/2 pt)	150ml (1/4 pt)
Salt	20ml (4 tsp)	10ml (4 tsp)
Cayenne pepper	good pinch	pinch
Cloves of garlic, crushed	2	1
Pickling spice	10ml (2 tsp)	5ml (1 tsp)
Root ginger	1 niece	1 small piece

Put into the Slo-Cooker the apples, onions, sugar, sultanas, vinegar, salt, cayenne pepper and garlic. Tie the spices and root ginger in a muslin bag and add to the pot. Stir thoroughly until the sugar is dissolved. Cook for recommended time. Remove the bag of spices. Stir well. Pour into heated jars and cover.

Carefree	Auto	Compact
High 8-9 hours	High 8-9 hours	8-9 hours
or overnight	or overnight	or overnight

CHEESE FONDUE

Ingredients		•
Garlic, cut in half	1 clove	1 small clove
Dry white wine	300ml (1/2 pt)	150ml (1/4 pt)
Gruyère cheese, grated	225g (8 oz)	100g (4 oz)
Emmenthal cheese, grated	225g (8 oz)	100g (4 oz)
Cornflour	20ml (4 tsp)	10ml (2 tsp)
Pepper	to taste	to taste
Nutmeg, grated	to taste	to taste

Rub the inside of the cooking pot with garlic. Add the wine and cook (Carefree LOW, Auto AUTO) for 30 minutes.

Mix cheese with the comflour and seasonings thoroughly. Add the cheese mixture to the wine and stir well. Cook for 1½ hours, stirring after 30 minutes. The fondue may now be left in the Slo-Cooker for the recommended time.

Carefree	Auto	Compact
Low 1 hour	Auto 1 hour	1 hour

To serve: serve in the disconnected Slo-Cooker. Spear cubes of crusty bread and dip in the fondue.

PORRIDGE

Ingredients		•
Water	1 lt (2 pts)	550ml (1 pt)
Pinhead or coarse oatmeal	175g (6 oz)	75g (3 oz)
Salt	5ml (1 tsp)	2.5ml (½ tsp)

Butter the inside of the Slo-Cooker. Add ingredients and stir well. Cook for the recommended time or overnight. Stir well again before serving as it separates during cooking.

Carefree	Auto	Compact
Low 7-8 hours	Low 7-8 hours	7-9 hours
or overnight	or overnight	or overnight

The Tower Auto Slo-Cooker Model 2917



The Tower Auto Slo-Cooker has a 3.5 litre (6 pint) capacity and can cook between two and eight portions. The food cooks in the stoneware pot which sits inside the outer casing containing a base heating element. The stoneware pot may be lifted out, using oven gloves, for serving at the table, washing up or, if required, browning food under the grill and baking toppings in the oven.

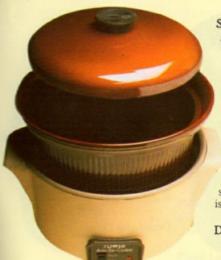
The lid is also made of stoneware to ensure good heat retention. The lid, however, should never be put into a hot oven as the knob will not withstand high temperatures.

The lead is detachable for easy serving and is the recommended length for safety. Ensure that when attaching a plug it is fitted with a 3 amp fuse (see page 2).

The Auto Slo-Cooker has 3 heat settings.

When cooking on the LOW setting the Tower Auto Slo-Cooker operates at 100 watts and on the HIGH setting 140 watts. When switched to AUTO, it operates first on HIGH (two lights showing) then switches automatically to LOW (one light showing). With the Auto Slo-Cooker you have a choice of cooking times and methods. On the AUTO setting once the Slo-Cooker has switched from HIGH to LOW automatically, the food will continue to cook very slowly all day. The HIGH setting is used when there is less time available, say for a mid-day meal or when cooking steamed puddings and all joints of meat.

For storage see page 47.



Stoneware Lid

attractive and heat retentive

Removable Stoneware Pot easier serving and cleaning

Two Heat Settings

Auto Setting switches automatically to LOW

Neon Light shows when Slo-Cooker is switched on

Detachable Lead

Cooking Times

The recipes in this book have been given recommended times for different cooking methods.

For example

AUTO 6-10 hours means that you follow the method exactly and cook on the AUTO setting for at least 6 hours but no more than 10 hours. ONE STEP AUTO 9-14 hours means that you should put all the prepared ingredients into the stoneware pot add the boiling liquid and cook on AUTO for at least 9 hours but no more than 14 hours. HIGH 3½-4 hours means that you should follow the recipe exactly and cook on the HIGH setting for at least 3½ hours but no more than 4 hours.

Always switch on the Slo-Cooker allowing the pot to warm through for about 10 minutes before adding the food.

RECIPES

You will find a wide range of recipes in the recipe section of this book suitable to be cooked in your Tower Auto Slo-Cooker.

- * Ingredients for the Auto Slo-Cooker recipes are listed in the left hand column and are sufficient for four persons.
- * Both imperial and metric measurements are given. Follow one or the other but not both at the same time as they are not exact equivalents.
- ★ All spoon measurements are level e.g. 15ml (1 tbsp)=1 level tbsp.
- * Follow the general method for preparation unless you decide to use the one-step method.
- ★ Always follow the colour code for cooking times. (▲)
- * If there are no times given for a particular method e.g. ONE STEP AUTO it means that the recipe is not suitable for this method.

The Tower Carefree Slo-Cooker Model 4405

The Tower Carefree Slo-Cooker has a 2.5 litre (4.4 pt) capacity and cooks between two and six portions. The food cooks in the aluminium pot which sits in the outer casing containing the base heating element. The aluminium pot is ideal for slo-cooking as the aluminium conducts the heat evenly and efficiently through the food thus ensuring good cooking results. The inside of the pot is finished with Teflon 2, a tough non-stick finish, making washing up easy. The outside is coated with a tough heat and stain resistant finish.

The aluminium pot may be removed from the outer casing and used to pre-fry foods on an oven hob when using the browning method. This cuts out the necessity to use a frypan for this purpose. Due to the properties of the non-stick coating of the cooking pot, the calorie conscious may pre-fry using the minimum amount of fat, or in some cases, without any fat at all, e.g. minced beef, bacon, etc. As it will become hot always use oven gloves to hold the pot.

It may also be lifted out after slo-cooking for browning food under a grill, baking toppings in the oven and washing up.

N.B. The aluminium pot of this Slo-Cooker is not suitable to be used on ceramic or solid fuel type hobs. If your cooker hob is one of these just use a suitable frypan or saucepan for recipes prepared by the browning method and transfer the ingredients to the pot as described in the method of each recipe. The lid which has a non-stick interior coating is also made of aluminium but should not be put into a hot oven as the knob will not withstand high temperatures.

The lead is detachable and is the recommended length for safety. Ensure that when attaching a plug it is fitted with a 3 amp fuse (see Page 2). The Carefree Slo-Cooker has two heat settings HIGH and LOW. When cooking on the LOW setting the Tower Carefree Slo-Cooker operates on 70 watts and on the HIGH setting at 90 watts. Select the setting required for the recipe and press the rocker switch to the setting indicated; either LOW (marked with one bar) or HIGH (marked with two bars). The light will show when switched to HIGH or LOW. This indicates that the cooker is on. On the LOW setting the food cooks very slowly all day or overnight. The HIGH setting is used when there is less time available, say a mid-day meal or when cooking steamed puddings and joints of meat.

For storage see page 47.

Cooking Times

The recipes in this book have been given recommended times for the different cooking methods, for example:

LOW 7-10 hours means that you should follow the method exactly and cook on the LOW setting for at least 7 hours but not more than 10 hours.

If you wish to follow the LOW times and method given in the recipe section but do not wish to use additional fat, pre-frying may be done in the non-stick cooking pot, omitting the fat given in the recipe. ONE-STEP HIGH 6-8 hours means that you should put all the prepared ingredients and the boiling liquid into the cooking pot and cook on HIGH for at least 6 hours but no more than 8 hours. HIGH 4-6 hours means that you should follow the recipe exactly and cook only on the HIGH setting for at least 4 hours, but not more than 6 hours.

In all cases it is advisable to switch on the Slo-Cooker allowing the pot to warm through for about 10 minutes before adding the food.

Recipes

You will find a wide range of recipes in the recipe section of this book suitable to be cooked in your Carefree Slo-Cooker.

- ★ Ingredients for the Carefree recipes are listed in the left hand column and are sufficient for four persons.
- * Both imperial and metric measurements are given. Follow one or the other, but not both at the same time as they are not exact equivalents. All spoon measurements are level e.g. 15ml (1 tbsp)=1 level tbsp.
- ★ Follow the general method for preparation unless you decide to use the ONE-STEP HIGH method.
- * Always follow the colour code for cooking times. ()
- ★ If there are no times given for a particular method e.g. ONE STEP HIGH it means that the recipe is not suitable for this method.



The Tower Compact Slo-Cooker Model 3872



The Tower Compact Slo-Cooker cooks for one, two or three people with a capacity of 1.5 litre (2½ pints). It therefore suits all life styles.

Savings - uses no more electricity than a light bulb

The Tower Compact Slo-Cooker is designed to heat the food it contains and not the whole kitchen. It operates at a low wattage, as little heat is lost. When cooking only 55 watts are being consumed. That is less than most light bulbs so it is cheaper to leave a casserole cooking all day than to use your electric oven.

Tower Compact Slo-Cooker

The food cooks in the stoneware pot to which the heating element is attached, and is permanently fitted inside the outer casing. The lid is also made of stoneware to ensure good heat retention. The attached lead is of the recommended length for safety.

The Compact Slo-Cooker is in operation when the indicator light is illuminated. It is safe to leave operating unattended all day in the same way as you would leave a freezer or refrigerator. Please read the instructions on page 2 of this book and ensure that when attaching a plug it is fitted with a 3 amp fuse.

When cooking in the Compact Slo-Cooker remember to follow the general rules for slo-cooking given at the front of this book.

Cooking Times

A number of recipes recommend times for different cooking methods. You can either follow the method given in the recipe and follow the times given e.g. Savoury Pork Casserole, page 21, 5-10 hours or you can use the *one-step method*. In this case you simply put all the prepared ingredients into the stoneware pot, add the boiling liquid and cook for 7-10 hours. Always switch on the Slo-Cooker to allow the pot to warm through during preparation time for approximately 10 minutes.

Recipes

In the recipe section of this book you will find a wide range of recipes suitable to be cooked in your Compact Slo-Cooker.

- * Ingredients for the Compact Slo-Cooker are listed in the right hand column of each recipe and are sufficient for two persons unless otherwise stated. If no ingredients are listed it means that the recipe is not suitable for the Compact Slo-Cooker.
- * Both imperial and metric measurements are given. Follow one or the other, but not both at the same time as they are not exact equivalents. All spoon measurements are level e.g. 5ml (1tsp)=1 level teaspoon.
- * Follow the general method for preparation.
- ★ Always following the colour code for cooking times. (●)
- * If there are no times given for the one-step method, it means that the recipe is *not* suitable for this method.
- ★ When placing a 550ml (1 pt) basin of china, Pyrex or boilable plastic into the Compact Slo-Cooker, always remember to pour boiling water in first due to the limited space.



Stoneware Lid attractive and heat retentive

Fixed Stoneware Pot

Heat Setting for all day cooking

Neon Light shows when Slo-Cooker is switched on

Fixed Lead

STORAGE OF ALL SLO-COOKERS

Always store the Slo-Cooker in a well ventilated cupboard and ensure that the pot is thoroughly clean and dry. Failure to do this may encourage the formation of mould. Allow air to circulate in the pot during storage.

To prevent accidents never store the empty Slo-Cooker in the oven. When storing the detachable flex inside the Carefree Slo-Cooker cover the base of the pot with a piece of kitchen paper to prevent scratching the Teflon coating.

The Auto Slo-Cooker with a removable stoneware pot and detachable lead

During use, always ensure that the lead is pushed, fully home, into the outer casing socket.

The stoneware pot can be damaged if put in the refrigerator or freezer or stood on the gas burner, electric ring or hotplate of a cooker. For the same reason the outer casing should not be pre-heated empty before adding the cold pot. Similarly the hot stoneware pot should not be transferred from the outer casing to a cold work surface — use a place mat or chopping board. Never pour boiling water into a cold stoneware pot, nor cold water into a very hot stoneware pot. As the knob on the lid won't withstand high temperatures, don't put the lid in the oven. The outer casing contains all the electrical components and should never be immersed in water. Food should not be cooked in the metal base of the outer casing. When recipes recommend browning under the grill or in the oven, please remove the pot from the outer casing, otherwise the casing will become damaged.

To wash the Slo-Cooker after use, first switch off and disconnect the plug at the wall. Remove the hot pot using oven gloves. Even if you don't intend to wash up immediately, remove the pot from the casing and fill with warm water otherwise the residual heat will bake on the remains and they will be more difficult to remove. Avoid putting the base of the stoneware pot directly on a work surface as it may cause scratching. Stoneware if dropped will crack or break. Avoid knocking the pot or lid against the taps when washing up.

They may be washed by hand using hot soapy water and a nylon or plastic scourer or in a dishwasher. Similarly, after steaming a pudding the whitish bloom or tide mark left around the pot, caused by the natural minerals in water, may be removed in the same way. Don't use abrasive pads inside or outside the Slo-Cooker. Rinse in clean water and dry. Don't put the wet pot into the outer casing.

The outer casing may be wiped with a damp cloth on the exterior and interior but remember that the metal lining may still be hot. Take care not to let food spill out of the pot into the inner lining as it will tend to burn on. NEVER put water into the outer casing.

The Carefree Slo-Cooker with removable aluminium pot and detachable lead

During use always ensure that the lead is pushed fully home into the outer casing socket.

The aluminium cooking pot may be used to pre-fry foods for slocooking on solid and radiant electric and gas hobs only. In all other cases use a suitable frypan or saucepan and transfer the food to the Slo-Cooker as described in the general method for each recipe. Do not use on a ceramic or solid fuel hob. Always hold the pot with oven gloves as it will get hot. Use the size of electric ring which fits the pan or adjust the gas flame to cover only the base of the pot. Flames licking up the sides of the pot may affect the external surface. Never heat the pot empty on a hob as this may affect the non-stick inner surface and always use a medium heat setting. Where possible always use wooden or nylon cooking tools specially designed for non-stick cookware. Metal implements will damage the coating.

To wash the Slo-Cooker after use, first switch off and disconnect the plug at the wall. Remove the pot using oven gloves. Even if you don't intend to wash up immediately, remove the pot from the casing and fill with warm water, otherwise the residual heat will bake on the food remains. Using a nylon pad which is made specially for cleaning non-stick surfaces wash the pot in hot soapy water making sure that all particles of food and grease are removed. Inadequate cleaning will lead to a gradual build-up of food deposits which will mask the non-stick surface and will no longer be effective. Even if the Slo-Cooker has been used for cooking foods in a water bath i.e. steamed puddings, caramel custard, the pot should still be washed thoroughly to remove the mineral salts naturally found in water that will be deposited on the non-stick surface. Both the lid and pot may be washed in a dishwasher, although you may find that the enamelled exterior becomes dull. The outer casing may be wiped with a damp cloth on the exterior and interior but remember that the metal lining may still be hot. Take care not to let food spill into the inner lining as it will burn on. NEVER put water into the outer casing.

The Compact Slo-Cooker with a permanently fixed pot and attached lead

The Compact Slo-Cooker contains electrical components and therefore should never be immersed in water or put in a fridge or freezer. To wash the Compact Slo-Cooker, after use, first switch off and disconnect the plug at the wall. Even if you don't intend to wash up immediately, pour in warm water, otherwise the residual heat will bake on the remains and they will become more difficult to remove. Never pour boiling water into a cold stoneware pot, nor cold water into a very hot stoneware pot.

Place the lead over your shoulder and stand the Slo-Cooker on the draining board. Pour in hot, soapy water and use a nylon or plastic scourer.

Don't use harsh abrasive pads inside or outside the Slo-Cooker. Rinse with clean water and dry. The outer casing may be wiped with a damp cloth.

RECIPE INDEX

Apple and Sultana Roll 38

Apples, Baked 37 Apple Chutney 44 Apricot Preserve 43

Bacon in Apple Juice, Boiled 23

Bacon Hot Pot 28 Bean Pot, Spanish 19 Beef Bourguignon 23 Beef Carbonnade 23 Beef Goulash 23 Beef, Red Hot 28

Beef and Vegetable Casserole 25

Bolognese Sauce 29

Bortsch 10

Beef Risotto 30

Brandy and Orange Punch 42 Bread and Butter Pudding 38 Bread, Herb or Rolls 42 Brisket of Beef, Braised 27

Broth, Scotch 9 Cabbage Rolls 18 Caramel Custard 38 Celery Soup 8

Cheesey Eggs en Cocotte 44

Cheese Fondue 44 Cheesey Layer Bake 19

Chicken with Barbecue Sauce 32 Chicken Casserole, Country 32 Chicken, Cordon Bleu 35 Chicken Espagnol 33

Chicken and Mushroom, Chinese 35

Chicken Risotto 34 Chocolate and Pineapple Upside-Down Pudding 39 Christmas Pudding 40 Cock-a-Leekie Soup 10

Coq au Vin 32

Curry, Pork and Pineapple 27

Curry, Vegetarian 17

Desserts and Puddings 36-40

Duck and Orange 33

Fish 12-15

Fish, Devilled Baked 15

Fishermans Casserole 14 Fruit, Poached Dried 39 Gateau, Black Forest 40 Ginger Pudding 37 Haddock, Portuguese 13

Ham, Boiled 21

Ham and Pea Casserole 22 Herrings, Soused 13 Kidneys à la Reine 23 Lamb Chops in Port Wine 30

Lambs Hearts, Stuffed 25

Lamb with Parlsey Dumplings, Spicy 26

Lamb, Redcurrant, Leg of 29

Lamb, Roast Stuffed Breast of 22

Lasagne Verdi 26 Lemon Curd 43 Lentil Soup 9

Liver and Onions, Braised 26

Mackerel, Stuffed 14

Marmalade, Easy Cook Old English 43

Marrow, Stuffed 18
Meat 20-30
Melba Toast 11
Minestrone Soup 8
Mulligatawny Soup 10
Onions, Sausage Stuffed 18
Onion Soup, French 9
Orange Pudding, Zesty 37
Other Things 41-43
Oxtail, Casserole of 22

Oxtail, Casserole of 22 Pâté Chicken Liver 11

Pâté Farmhouse 11 Pears in Red Wine 39

Peppers Italian Style, Stuffed 19

Pheasant, Normandy 34

Pigeon Casserole, Shropshire 33 Plaice with Orange, Stuffed 14 Pork Casserole, Savoury 21 Pork Chops, Stuffed 29 Pork Cobbler 30 Porridge 44

Potato and Leek Soup 10 Poultry and Game 31-35 Prawn Risotto 15 Rabbit Fricassee 35 Rabbit Pudding 34

Raspberry Sponge Pudding 39

Ratatouille 17

Rhubarb and Orange 40 Rice Pudding, Creamy 38

Rice, Savoury 18

Salmon, Poached Cutlets of 15

Scampi en Tomate 15

Sole in White Wine Sauce 13

Soups and Pâtés 7-11

Spare Ribs, Sweet and Sour 27 Steak Chasseur, Braised 24

Steak and Kidney Pudding 24

Stew, Irish 25 Stock 8 Tomato Soup 9

Tomatoes, Stuffed 17 Tongue, Pressed 28

Tripe and Onions, Traditional 25

Trout with Almonds 14 Turkey, Devon 33

Veal and Apricot Casserole 22

Vegetables 16-19

Vegetable Soup, Old Fashioned 10

Wine, Mulled 42 Yogurt 42

