

Cuisinart®

Recipe Booklet

Instruction Booklet on reverse side



THE FLAVOUR SAVOUR – 6 LITRE SLOW COOKER

Nothing beats the smell and flavours of slow cooking using the Flavour Savour - 6 Litre Slow Cooker. Create you own new favourites or classics by simply setting in the morning and allowing the slow cooking method to have a meal ready for dinner.

Develop and extend the taste of casseroles and curries, soups and shanks, to even poached pears and plum puddings. The Flavour Savour slowly tenderises and combines flavours by breaking down and liquefying the natural collagen in foods that produce those silky, melt-in-your-mouth restaurant-quality textures. Impress your family and friends and create simple and relaxing, dinners and desserts.

With three preset cooking modes and a programmable timer, you're only a push, of a few buttons away from having delicious, hot, homemade meals waiting for you, ready when you are. It's easy to operate, easy to serve from, and easy to clean. Let the slow cooker savour the flavour, and enjoy.

IMPORTANT SLOW-COOKING NOTES

- The ceramic pot should always be at least half full for best results; however, never more than three-quarters full (about 7cm from the top rim). Never heat the ceramic pot when there is nothing in it or on a heated stovetop element.
- Food should always be at room temperature or slightly warm before slow-cooking, this includes any frozen foods. If foods are below room temperature, cook on the HIGH setting for the first 2 hours. This ensures the food reaches 60°C & will shorten the cooking time. Change to the LOW setting after 2 hours.
- Whole chickens should not be cooked in the slow cooker; they may not reach a safe temperature.
- Any leftover food should be removed from the ceramic pot & stored in plastic containers or frozen for future use.
- Avoid sudden temperature changes. Really cold food or liquid can crack a hot ceramic pot.
- Dairy products (milk, sour cream, some cheeses) will break down & curdle during the slow cooking process. Substitute with canned evaporated milk or non-fat dry milk, or add dairy products in the last 30 minutes of cooking.
- When making soups, add liquid to cover solid foods. If a thinner soup is desired, add more liquid.
- If your recipe calls for precooked pasta – UNDERCOOK it.
- Add cooked rice to recipes during the last hour of cooking.
- NEVER reheat food in the slow cooker; harmful bacteria may develop during the slow cooking process - always reheat food in a heat-safe container on a stovetop or in an oven or microwave.

QUICK TIPS GUIDE

Food		Beef	Lamb	Veal	Pork
When cooking meat, The FSANZ recommend setting the slow cooker on HIGH for 1 hour then reducing the temperature to LOW if that is your preferred cooking Setting.	Meat & Poultry for Slow Cooking	Chuck, skirt, round steak, gravy beef	Shoulder, shanks, shoulder	Shoulder, forequarter chops and steaks, diced leg, knuckle	Diced shoulder, diced belly, leg steaks, boneless loin chops
		<ul style="list-style-type: none"> When possible select leaner cuts of meat. If you can, trim the fat that is accessible to cut off. Brown & sear to caramelise the meats, locks in the moisture & adds flavour. 			
	Meat & Poultry for Roasting	Beef	Lamb	Veal	Pork
		Blade, rump, rib roast, sirloin, silverside, topside	Leg, midloin, rack, crown roast, shank, shoulder	Leg, loin, rack, shoulder/forequarter	Loin, neck, leg, racks
	<ul style="list-style-type: none"> Sear all sides of the meat on high heat. This seals in the juices & makes a crusty brown exterior, but also enhances the savoury flavours & creates layers of nutty & coffee-like bitterness. 				
	Ground Meats & Uncooked Sausages	<ul style="list-style-type: none"> Always brown then drain before adding to the slow cooker. Cooking ground meats in the slow cooker without browning them first is not recommended, as ground meat has a high incidence of bacterial contamination. If browning the night before, ensure the meat is cooked completely through, & properly refrigerated. Combine with other ingredients just before slow cooking. 			
	Game	<ul style="list-style-type: none"> Game generally tends to be less tender so it is perfect for the slow cooker e.g. venison, roasts & stewed meat, pheasant, duck thighs & legs. 			
Vegetables		<ul style="list-style-type: none"> To ensure consistency & more-even cooking, always cut vegetables in even-sized pieces. Root vegetables such as carrots & potatoes will take longer to cook. Either cut the vegetables into smaller pieces or place on the bottom of the slow cooker. 			
Dried Beans		<ul style="list-style-type: none"> Soak overnight; drain & rinse twice before cooking. Do not add salt or any acid to beans when cooking, as it will prevent them from softening. Dried beans can be cooked ahead, drained & frozen. Thaw before adding to your recipes. 			

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ENTRÉES, SIDES & SAUCES

Apricot Pecan Brown Bread

Makes 8 slices

1tbsp	unsalted butter, melted
½ cup	polenta
½ cup	rye flour
½ cup	whole-wheat flour
1tsp	baking soda
½tsp	salt
⅓ cup	honey
1 cup	buttermilk
⅓ cup	chopped dried apricots
⅓ cup	toasted & chopped pecans

1. Cut a sheet of aluminium foil 50cm long. Fold to double (or use a single sheet of heavy duty foil, 25cm in length). Brush the bottom and sides of a 22 x 10 x 5cm/5 cup loaf pan with butter. Brush an area in the centre of the doubled foil the size of the top of the loaf pan with butter. Reserve.
2. Place the polenta, rye flour, whole-wheat flour, baking soda and salt in a medium bowl; stir with a whisk. Add the honey and buttermilk. Stir until blended and smooth. Fold in the apricots and pecans. Turn into the prepared pan. Cover with the foil, buttered side down. Press the foil to the sides of the pan. Use kitchen twine to tie the foil tightly around the sides of the pan.
3. Place the rack in the ceramic pot of the slow cooker, followed by placing the covered loaf pan on the rack. Add hot water to come halfway up the pan. Cover and press the ON/OFF button to turn the unit on. Set time to 3 hours and press HIGH.
4. Once cooking time elapses, remove loaf pan from the slow cooker using potholders. Place on a cooking rack. Loosen string, lift off foil covering from back to front. Turn bread onto cutting board and slice.

New Potatoes with Rosemary

Makes 6 servings

1.8kg	new potatoes, washed & left whole
2tbsp	extra virgin olive oil
3tbsp	finely chopped fresh rosemary
3	garlic cloves, peeled & minced
1tsp	flaked salt
½tsp	freshly ground pepper

1. Combine all ingredients in ceramic pot of slow cooker. Cover and press the ON/OFF button to turn the unit on. Set time to 4 hours and press LOW; slow cooker will automatically switch to WARM when cooking time has elapsed.

Irish Oatmeal

Makes 8 servings

	cooking spray
2 cups	steel-cut Irish Oatmeal
2 litres	water
2tsp	flaked salt

1. Lightly coat the interior of the ceramic pot of the slow cooker with cooking spray. Place oatmeal, water and salt in the pot; stir. Cover and press the ON/OFF button to turn the unit on. Set time to 3 hours and press LOW; slow cooker will automatically switch to WARM after cooking time has elapsed.

Tip: For a fruity oatmeal add chopped dried fruits such as apples, pears, plums, apricots, peaches, cherries or cranberries; about 1 to 2 tablespoons per serving.

Roasted Beet Salad

Makes 8 servings

1.4kg	fresh beetroots
3tbsp	white balsamic vinegar or fruit flavoured vinegar
1tsp	Dijon-style mustard
¼tsp	flaked salt
⅛tsp	freshly ground pepper
4tbsp	vegetable oil
2tbsp	walnut oil
2	bunches watercress, washed, dried, tough stems removed
2	heads of endive, cut into 6mm pieces on the diagonal
½ cup	shelled white pistachios, lightly salted

1. Remove stems and leaves from beets, leaving about 5cm of stem. Scrub beets well to remove dirt. Place beets on cooking rack in ceramic pot of slow cooker. Cover and press the ON/OFF button to turn the unit on. Set time to 2½ hours and press HIGH. Once beets are cooked through, remove to cool. Turn off slow cooker.
2. Once beets are cool enough to handle, rub each with a paper towel to remove the skins (beets may be sliced or diced and served warm at this point). Cool/chill whole beets while preparing salad. Place vinegar, mustard, salt, and pepper in a small bowl. Whisk to emulsify. Add the oils in a slow, steady stream while whisking, and continue whisking to emulsify; reserve (the dressing may also be prepared in a food processor or blender).
3. Cut cooled beets into 12mm cubes; reserve. Place a wide layer of watercress on a large serving platter. Next, make a narrower layer of endive slices. Top with a mound of beets. Sprinkle with pistachios. Drizzle with vinaigrette.

Note: Salad may also be composed on 8 individual plates.

Barbecue Sauce

Makes 2 cups

2tsp	butter, unsalted
1	green apple, peeled & diced
1	finely chopped onion
1tsp	garlic clove, peeled & crushed
1tbsp	smoked paprika
½tsp	cloves, ground
1tbsp	wholegrain mustard
2tbsp	Worcestershire sauce
2tbsp	tomato paste
½ cup	brown sugar
½ cup	apple cider vinegar
1	can (440g) diced tomatoes
2tbsp	treacle

1. Melt the butter in a 3.75 litre saucepan over medium heat. Add onion and garlic; cook over medium heat until softened and opaque.
2. Place the onion and garlic in the ceramic pot of the slow cooker. Add the rest of the ingredients into the slow cooker. Cover and press the ON/OFF button to turn the unit on. Set time to 8 hours and press LOW; slow cooker will automatically switch to WARM when cooking time has elapsed.
3. Blend with a stick mixer until relatively smooth.
4. Cool and refrigerate in a covered container until ready to use.

Tomato Sauce

Makes about 10 cups

1tbsp	extra virgin olive oil
450g	onions, peeled, finely chopped
360g	carrots, peeled, chopped
4	celery stalks, peeled, finely chopped
3	garlic cloves, peeled, finely chopped
1tbsp	dried basil
½tbsp	dried marjoram
½tbsp	dried oregano
2	cans (1kg each) Roma tomatoes
1	can (840g) tomato purée, salt-free if available
3tbsp	salt-free tomato paste
½ cup	dry white wine or vermouth
1tsp	flaked salt

1. Heat the olive oil in a 30cm frypan over medium heat. Add the chopped onions, carrots, celery, and garlic; cook until the vegetables are softened, but not browned, about 5 minutes. Add the basil, marjoram, and oregano; cook until the herbs are aromatic, 2 to 3 minutes longer.
2. Place the cooked vegetables in the ceramic pot of the slow cooker. Add the tomatoes, tomato purée, tomato paste, wine and salt to the slow cooker and stir to blend. Cover and press the ON/OFF button to turn the unit on. Set time to 8 hours and press SIMMER; the slow cooker will automatically switch to WARM when cooking time has elapsed.

Apple Sauce

Makes about 7 cups

1.8kg	red apples*, washed
2	lemons, juiced
	sugar, optional
	cinnamon, optional

1. Core apples, but do not peel. Cut into 5cm chunks. Mix lemon juice with enough water to make 1 cup.
2. Add the apples and water mixture to slow cooker. Cover and press the ON/OFF button to turn the unit on. Set time to 4 hours and press LOW; slow cooker will automatically switch to WARM when cooking time has elapsed.
3. Use a potato masher to smash apples for a chunky applesauce, or purée the apple mixture in ceramic pot using a hand blender. Use a gentle up and down motion, moving the hand blender throughout the ceramic pot – do not lift completely out of the applesauce while blending. Season with sugar and/or cinnamon if desired.

Tip: To make Apple Butter from Apple Sauce, stir 1½ cups packed brown sugar into puréed Apple Sauce in slow cooker, along with 1 tablespoon ground cinnamon, 1 teaspoon ground allspice, 1 teaspoon freshly grated nutmeg, and ½ teaspoon ground cloves. Cook on LOW without covering for 1 to 3 hours (time will depend on moisture of apples), until mixture is thick. Cool and place in jars to store in refrigerator.

Some* apples are more appropriate for applesauce. You may use all of one variety or mix to create your own blends. They may be peeled or not.

SOUPS & STOCKS

Caramelised Onion Soup

Makes 8 servings

1.8kg	onions, peeled & sliced
2tbsp	unsalted butter, melted
2tbsp	extra virgin olive oil
1½tsp	flaked salt
2tbsp	unbleached plain flour
1tbsp	brown sugar
6 cups	meat stock, hot
2tbsp	Port

1. Combine onions, butter, olive oil and salt in the slow cooker. Cover and press the ON/OFF button to turn the unit on. Set time for one hour and press HIGH. Once time elapses, reset time for 5 hours and press LOW to cook until nicely browned. Stir every hour so the onions colour evenly.
2. When onions are done, sprinkle in flour and sugar. Cook on LOW for 30 minutes, stirring occasionally. Add hot stock and cook on HIGH for one hour. Reduce to LOW for 2 hours longer. Stir in Port.

Tomato Soup

Makes 8 servings

4	cans (420 g each) diced tomatoes, juices drained
3	garlic cloves peeled, & chopped
1	large onion, peeled, & chopped
2	medium carrots, chopped
2	celery stalks, chopped
4 cups	chicken or vegetable stock
1	bay leaf
1tsp	dried basil
½tsp	thyme

1. Place tomatoes, garlic, onion, carrots and celery in the slow cooker. Add the stock, bay leaf, basil and thyme. Cover and press the ON/OFF button to turn the unit on. Set time for 6 hours and press SIMMER. The slow cooker will automatically switch to WARM when cooking time has elapsed.
2. Serve as is or purée with a hand blender.

Curried Yellow Pea Soup

Makes 12 cups

1tbsp	unsalted butter
240g	onion, peeled & chopped
2	garlic cloves, peeled & chopped
1	piece ginger (2.5cm) peeled, thinly sliced
2tbsp	jalapeño pepper, cored, seeded & chopped
1tbsp	curry powder
½tsp	cumin seed
450g	yellow split peas, rinsed
240g	red potatoes, skin on, quartered
240g	mushrooms, halved
240g	baby carrots
240g	parsnips, peeled & cut into 2.5cm slices
240g	cauliflower, separated into 4cm florets
⅓ cup	brown rice
4 cups	vegetable stock
3 cups	water

1. Melt butter over medium-high heat in a 26cm nonstick frypan. Cook onion until soft, about 3 to 5 minutes. Add garlic; stir for 1 minute. Add ginger, jalapeño, curry and cumin. Cook until fragrant, 1 to 2 minutes. Transfer to ceramic pot of slow Cooker.
2. Add split peas, potatoes, mushrooms, carrots, parsnips, cauliflower and rice to slow cooker; stir. Add stock and water. Cover and press ON/OFF button to turn the unit on. Set time to 7 hours and press LOW; slow cooker will automatically switch to WARM when cooking time has elapsed.

Classic Split Pea Soup

Makes 8 servings

2	garlic cloves, peeled
240g	onion, peeled & chopped
1	celery stalk, chopped, top off
360g	waxy potatoes, cut into 1.5cm cubes
360g	carrots, peeled & thinly sliced
450g	green split peas, rinsed
6 cups	chicken stock (page 10)
1	ham hock, approx. 350g
1tsp	freshly ground pepper
1tbsp	thyme
¼ cup	dry sherry

1. Place all ingredients but the sherry into the ceramic pot of the slow cooker. Cover and press the ON/OFF button to turn the unit on. Set time for 1 hour and press HIGH. Once time elapses reset time for 7 to 8 hours and press LOW; slow cooker will automatically switch to WARM until ready to serve.
2. To reserve, remove ham hock and discard bone; chop meat, and return it to soup. Stir in sherry.

Brown Beef Stock

Makes 8 cups

1.2kg	beef &/or veal bones
450g	beef chuck or other stew beef, in 2.5cm cubes
2	large carrots, peeled, cut into 8cm lengths
2	celery stalks, cut into 8cm lengths
2	large onions, peeled & quartered
2tbsp	olive or vegetable oil
6	chives
6	sprigs parsley
6	sprigs thyme
3	garlic cloves
12	peppercorns

1. Preheat oven to 220° C. Arrange bones, beef cubes, and vegetables in a shallow roasting pan. Drizzle with oil and toss to coat. Roast for 25 minutes, then turn and roast for an additional 25 minutes. Tie chives, parsley and thyme into a bundle using butcher's twine.
2. Transfer browned bones, meat, and vegetables to the ceramic pot of the slow cooker. Add bundle of herbs, garlic cloves and peppercorns. Cover with 8 cups cold water. Cover and press the ON/OFF button to turn the unit on. Set time to 2 hours and press HIGH. Once time elapses, reset time to 5 hours and press SIMMER; slow cooker will automatically switch to WARM when cooking time has elapsed. Strain, reserving stock; discard solids. Cover and refrigerate.

Note: Fat will solidify and come to the top. Remove and discard fat. Keep stock refrigerated until ready to use, up to 5 days or freeze.

Chicken Stock

Makes 8 cups

1.4kg	chicken wings &/or backs
2	medium onions, peeled & quartered
2	celery stalks, cut into 5cm lengths
2	carrots, peeled, cut into 5cm lengths
2	leeks, trimmed, halved lengthwise, cleaned
2	parsnips, peeled, cut into 5cm lengths
2	bay leaves
12	black peppercorns
3	sprigs parsley
3	sprigs thyme
10 cups	water

1. Rinse chicken and drain. Place in ceramic pot of slow cooker along with the onion, celery, carrots, leeks, parsnips, bay leaves, peppercorns, parsley, and thyme. Add water. Cover and press ON/OFF button to turn unit on. Set timer to 3 hours and press HIGH. Once time elapses reset time to 4 hours and press SIMMER; slow cooker will automatically switch to Warm again when cooking time has elapsed.

2. Strain, discarding the chicken bones, meat, skin, vegetables, and herbs. Pass through a fine mesh strainer to remove small bits. Cover and refrigerate. When chilled and congealed, remove chicken fat and discard or reserve for another use.

Note: Chicken stock will keep for 3 days in the refrigerator, or can be frozen for up to 6 months.

Roasted Vegetable Stock

Makes 7 cups

3	large carrots, peeled, cut into 8cm lengths
2	celery stalks, cleaned, cut into 8cm lengths
2	leeks, roots removed, trimmed to include 5cm of green, cut in half lengthwise & cleaned
2	large onions (180g each), peeled, quartered
2	parsnips, peeled, cut into 8cm lengths
2	large red or yellow capsicums, cored, seeded & quartered
240g	portobello mushrooms, cleaned, sliced
4	garlic cloves
2tbsp	extra virgin olive oil
6	sprigs fresh thyme
6	fresh chives
12	peppercorns

1. Preheat oven to 230°C. Arrange vegetables and garlic on large baking sheet with sides or in shallow roasting pan. Drizzle with olive oil and toss to coat completely.

2. Place pan in oven and roast for 25 minutes. Turn vegetables and roast an additional 15 minutes. Tie thyme and chives together into a bundle using butcher's twine.

3. Transfer the roasted vegetables and accumulated juices, scraping up and including the flavourful browned bits from the pan, to the slow cooker. Add the bundle of herbs, peppercorns, and 8 cups water. Cover and press the ON/OFF button to turn the unit on. Set the time to 6 hours and press LOW; slow cooker will automatically switch to WARM when cooking time has elapsed.

4. Strain vegetables from stock and discard. Cover and refrigerate stock until ready to use.

STEW & CASSEROLES

Beef Chilli

Makes 16 servings

	cooking spray
2tsp	good quality olive oil
675g	onions, peeled and finely chopped
6	garlic cloves, peeled and minced
2tsp	flaked salt
½tsp	freshly ground pepper
1.4kg	minced ground beef
½ cup	chilli powder
1½tbsp	oregano
1½tbsp	cumin
1tbsp	paprika
1	red pepper, cored, seeded, chopped
1	green pepper, cored, seeded, chopped
1	yellow pepper, cored, seeded, chopped
2	cans (420g each) diced tomatoes, juices drained, separated
2	cans (90g each) tomato paste, salt-free
3tbsp	red wine vinegar
3	cans (450-480g each) beans, drained, rinsed & drained again (e.g red kidney beans)

1. Lightly coat the interior of the ceramic pot of the slow cooker with cooking spray. Heat a 30cm nonstick frypan over medium-high heat and add 1 teaspoon olive oil; sauté onions and garlic until soft. Season with ½ teaspoon salt and ¼ teaspoon pepper. Place in ceramic pot.
2. In the same frypan, heat another teaspoon of oil; cook ground beef until brown, breaking up clumps with the back of a spoon. Stir in remaining salt and pepper, chilli powder, oregano, cumin and paprika; cook over low heat until spices are fragrant. Transfer meat mixture to slow cooker. Add sliced red, green, and yellow peppers. Stir in diced tomatoes, tomato paste and red wine vinegar. Cover and press the ON/OFF button to turn the unit on. Set time to 10 hours and press LOW; slow cooker will automatically switch to WARM when cooking time has elapsed.
3. One hour before serving, turn heat to HIGH. Stir in beans and slow cook until heated through.

Seafood Chilli

Makes 8 servings

3 cups	chopped onion
6	garlic cloves, peeled & chopped
2	jalepeño peppers, seeded & chopped
1	red pepper, seeded & chopped
1	green pepper, seeded & chopped
2	tbsp chilli powder
1tbsp	oregano
2tsp	ground cumin
1tsp	ground coriander
1tbsp	extra virgin olive oil
2	cans (420g each) diced tomatoes with juice
2	cans (180g each) chopped clams, drained, ½ cup juice reserved
2tbsp	polenta
450g	large prawns, peeled & deveined
450g	large sea scallops, tough muscle removed
340g	Snapper (or other firm white fish), cut into 2.5cm pieces
450g	mussels, rinsed & debearded
½ cup	chopped fresh coriander

1. Combine onions, garlic, jalapeño peppers, red pepper, green pepper, chilli powder, oregano, cumin, and coriander with the olive oil in ceramic pot of the slow cooker. Stir in diced tomatoes and ½ cup clam juice. Cover and press the ON/OFF button to turn the unit on. Set timer to 4 hours and press LOW; the slow cooker will automatically switch to WARM until you are ready to finish cooking.
2. Turn heat to HIGH and stir in polenta; cover and cook 15 minutes. Add chopped clams, prawns, scallops, and halibut; stir gently. Place mussels on top. Cook on HIGH for 1 minute or until prawns are pink and mussels have opened. Garnish with fresh chopped Coriander.

Slow Cooked Lamb Shanks

Makes 8 servings

- 4** **lamb shanks (about 340-450g each)**
- 1tsp** **flaked salt**
- 1tsp** **freshly ground black pepper**
- 1tbsp** **olive oil**
- 1tbsp** **unsalted butter**
- 1** **medium onion, peeled & chopped**
- 1** **medium carrot, peeled & chopped**
- 1** **celery stalk, chopped**
- 4** **garlic cloves, chopped**
- 1tsp** **herbes de Provence**
- 1/3 cup** **dry red wine**
- 1** **can (840g) Roma tomatoes, drained well & roughly chopped**
- 2tbsp** **tomato paste**
- 1** **bay leaf**

1. Trim the lamb shanks of as much visible fat and silver skin as possible. Season them with 1/2 teaspoon of the salt and 1/2 teaspoon of the pepper. Heat olive oil and butter in a 30cm sauté pan over medium-high heat. When hot add the seasoned lamb shanks and brown well on all sides. Remove and reserve. Reduce heat to low and add chopped onion, carrot, and celery; cook over low heat until vegetables are softened, about 3 to 4 minutes. Add the chopped garlic, remaining salt and pepper and the herbes de Provence and sauté for an additional 2 minutes. Stir in the red wine, scraping any brown bits that may have accumulated on the bottom of the pan with a wooden spoon. Finally, stir in the chopped tomatoes and the tomato paste. Tuck the bay leaf and the browned lamb shanks into the mixture. Transfer to slow cooker.
2. Cover and press the ON/OFF button to turn the unit on. Set time to 8 hours and press LOW; slow cooker will automatically switch to WARM when cooking time has elapsed. Remove lamb shanks and degrease as necessary. Taste and adjust seasonings accordingly.
3. Serve one lamb shank per person, or remove the meat from the bones and serve up to 6 diners.

Lemon Chicken with Rosemary

Makes 8 servings

- 1.4kg** **bone-in, skinless chicken thighs**
- 3/4tsp** **flaked salt**
- 1/2tsp** **freshly ground pepper**
- 1tsp** **olive oil**
- 1/2 cup** **unbleached, plain flour**
- 2** **large onions, peeled, halved & sliced**
- 4** **garlic cloves, peeled & chopped**
- 2** **rosemary sprigs**
- 1/3 cup** **fresh lemon juice**
- 1/2 cup** **chicken broth**
- 2tsp** **lemon zest**
- 1** **lemon, thinly sliced**
- chopped rosemary for garnish**

1. Heat a 30cm frypan over medium heat. Season the chicken thighs on both sides with 1/2 teaspoon of salt and 1/2 teaspoon of black pepper. Once frypan is hot add the olive oil so that it shimmers across the pan but does not smoke. Dredge half of the chicken thighs in flour to coat lightly. Place chicken in hot frypan skin side down. Brown on both sides about 5 to 7 minutes. It is important not to move the chicken when it is first placed in pan; chicken will come loose once it is browned. Dredge remaining chicken and repeat. Reserve.
2. Pour all but 1 tablespoon of oil out of the frypan. Sauté onions and garlic for 2 to 3 minutes until softened. Stir in the rosemary sprigs and remaining 1/4 teaspoon of salt. Add the lemon juice to the frypan, scraping up any brown bits that remain on the bottom with a wooden spoon. Let juice come to a boil and reduce by half. Add the chicken broth and let come to a boil.
3. Add onion mixture to the ceramic pot of the slow cooker, and stir in the lemon zest. Nestle the browned chicken thighs in the onion mixture. Place lemon slices on top of the chicken.
4. Cover and press the ON/OFF button to turn the unit on. Set time to 6 hours and press LOW; slow cooker will automatically switch to WARM when cooking time has elapsed. Taste and adjust seasoning accordingly.
5. Serve in shallow bowls with rice or mashed potatoes.

Red Beans & Sausage

Makes 8 servings

450g	dried red beans
	cooking spray
1	ham hock, approx. 350g
1 cup	chopped onion
1½ cups	chopped green pepper
1	bay leaf
1tbsp	chilli powder
4	cloves garlic, peeled & chopped
1tbsp	oregano
½tbsp	thyme
1tbsp	dry coriander
1tbsp	dried basil
4 cups	low-sodium chicken broth
1tbsp	extra virgin olive oil
900g	turkey or chicken sausage, cut into 8 portions
1tsp	hot sauce, to taste
½tsp	flaked salt

1. Soak beans in water to cover by 8cm overnight (at least 8 hours). Drain, pick over beans and rinse. Lightly coat the ceramic pot of the slow cooker with cooking spray. Combine the drained beans, ham hock, onion, green pepper, bay leaf, chilli powder, garlic, oregano, thyme, coriander, basil, and chicken broth in the pot. Cover and press the ON/OFF button to turn the unit on. Set timer to 6 hours and press LOW; the slow cooker will automatically switch to WARM when cooking time has elapsed.
2. Heat oil in a 30cm frypan over medium heat. Brown the turkey kielbasa on all sides, about 5 minutes, and add to slow cooker. Cook for another 2 hours. Remove ham hock and cut meat from the bone. Return the meat to slow cooker and discard the bone. Add hot sauce to taste. Add salt if desired. Serve with cooked white rice.

Mushroom Ragout

Makes 8 servings

	cooking spray
60g	dried mushrooms (shiitake, porcini)
300g	mixed wild mushrooms (shiitake, cremini, oyster)
3tbsp	unsalted butter, divided
3tbsp	extra virgin olive oil, divided
1½ cups	minced shallots
½ cup	dry sherry
450g	white button mushrooms, quartered
450g	portobello mushrooms, cut into 12mm slices
1	red capsicum, cored, seeded, thinly sliced
4	spring onions, cut into 3mm slices
½ cup	lightly packed chopped parsley
1tsp	thyme
1tsp	flaked salt
½tsp	freshly ground pepper
3tbsp	salt-free tomato paste
1 cup	chicken or vegetable stock

1. Lightly coat interior of ceramic pot of the slow cooker with cooking spray.
2. Place dried mushrooms in small bowl; cover with 2 cups boiling water. Let stand for 10 minutes; drain, reserving soaking liquid. Remove and discard tough stems; chop. Place in ceramic pot of slow cooker with mixed wild mushrooms.
3. Heat 1 tablespoon each butter and olive oil in a 30cm nonstick frypan over medium heat. Add shallots; cook until soft, about 5 minutes. Add sherry; bring to boil. Cook until reduced by half. Add to mushrooms in slow cooker.
4. Heat ½ tablespoon each butter and oil in same frypan; cook white mushrooms until golden in two batches. Transfer to slow cooker. Brown portobellos in remaining butter/oil in 2 batches. Transfer to slow cooker. Add red pepper, spring onions, parsley, thyme, salt and pepper to slow cooker. Combine tomato paste, reserved mushroom liquid and chicken stock; stir in. Cover and press the ON/OFF button to turn the unit on. Set time to 4 hours and press LOW; slow cooker will automatically switch to WARM until ready to serve.

Ratatouille

Makes 12 cups

675g	eggplant, cut into 1.5cm dice
1½tsp	flaked salt, divided
450g	zucchini, cut into 1.5cm half moons
450g	yellow summer squash, cut into 1.5cm dice
1	large red capsicum, cored, seeded & cut into 1.5cm dice
1	large yellow pepper, cored, seeded & cut into 1.5cm dice
2½ cups	diced tomatoes, fresh or canned, juices drained
1 cup	tomato purée (salt-free if available)
2 cups	chopped onion
2tbsp	chopped garlic
½ cup	sun-dried tomatoes, not oil-packed, cut into slivers
¼ cup	chopped fresh parsley
2tsp	dried basil
2tsp	herbes de Provence
1tsp	freshly ground pepper
2tbsp	extra virgin olive oil

1. Place eggplant in a colander over a plate or in the sink. Sprinkle with ½ teaspoon salt; toss to combine. Let rest at least 45 minutes. Rinse well to remove salt; dry thoroughly with a towel.
2. Combine eggplant, zucchini, yellow squash, peppers, tomatoes, tomato purée, onions, garlic, sun-dried tomatoes, parsley, basil, herbes de Provence, and pepper in the ceramic pot of the slow cooker. Drizzle with olive oil. Cover and press the ON/OFF button to turn the unit on. Set time to 5 hours and press LOW; slow cooker will automatically switch to WARM until ready to serve.

Macaroni with Four Cheeses

Makes 12 cups

450g	elbow macaroni
4tbsp	unsalted butter
4tbsp	unbleached, plain flour
4 cups	fat-free evaporated milk, not reconstituted
1tbsp	Worcestershire sauce
1tsp	dry mustard
1tsp	flaked salt
1tsp	freshly ground pepper
360g	reduced-fat sharp Cheddar, shredded
240g	Gruyère (not processed), shredded
	cooking spray
1	can diced tomatoes (420g), drained (about 1½ cups)
240g	part-skim mozzarella, shredded
1 cup	fresh breadcrumbs
30g	freshly grated Parmesan, approx. ¼ cup

1. Parboil elbow macaroni about 5 minutes, until very al dente but cooked through. Rinse under cool water in a colander, drain thoroughly and set aside in a large bowl.
2. Melt butter in a 3¼-litre saucepan; stir in flour. Cook, stirring constantly for 3 minutes. Add milk; stir until it boils. Stir in Worcestershire sauce, dry mustard, salt and pepper. Turn off heat; stir in Cheddar and Gruyère until blended. Add to pasta and stir to combine.
3. Lightly coat the interior of the ceramic pot of the slow cooker with cooking spray. Add half the macaroni mixture. Spread the drained tomatoes in a layer; top with the mozzarella, then the remaining macaroni. Combine breadcrumbs and Parmesan; sprinkle over top. Cover and press the ON/OFF button to turn the unit on. Set time to 5 hours and press LOW; slow cooker will automatically switch to WARM when cooking time has elapsed.

DESSERTS

Ginger Poached Pears

Makes 8 servings

	juice of 1 lemon
3	cans ginger ale
4	strips lemon peel, 5 x 1.5cm, bitter white pith removed
12	slices (size of a quarter) fresh ginger
8	medium pears (Bartlett, Anjou, or Bosc), slightly underripe, but fragrant – with stems
¼ cup	crystallised ginger, chopped
	Honey yoghurt (to serve)
	Chocolate sauce (to serve)

1. Combine lemon juice and 4 cups water in a medium bowl. Place the ginger ale, lemon peel, and fresh ginger in the slow cooker; stir. Peel the pears, leaving.
2. Cover and press the ON/OFF button to turn the unit on. Set time to 4 hours and press LOW. When pears are tender, turn slow cooker off. Allow pears to cool in poaching liquid. Chill in liquid (if desired, before serving, liquid may be thickened to a syrup-like consistency by simmering until it is reduced by half.)
3. To serve, arrange each pear on a deep plate (rimmed soup bowl works well). Spoon poaching liquid over pears. Garnish with a dollop of honey yoghurt cream, chocolate sauce and sprinkle with chopped crystallized ginger.

Tip: Served chilled as an easy, do-ahead dessert.

Lemon Cheesecake

Makes one 18cm cheesecake

1tsp	unsalted butter
½ cup	granita biscuit crumbs
1tbsp	unsalted butter, cut into 4 pieces
480g	reduced-fat cream cheese, cut into 2.5cm pieces, at room temperature
½ cup	plus 2tbsp white sugar
2	large eggs, at room temperature
2tbsp	fresh lemon juice
1tbsp	grated lemon zest
½tsp	vanilla extract
½tsp	lemon Essence

1. Lightly coat the bottom and sides of an 18cm springform pan with 1 teaspoon unsalted butter; reserve.
2. Place the granita biscuit crumbs, the 2 tablespoons of sugar and the butter in a food processor fitted with the metal blade. Process for 30 seconds. Press the granita biscuit mixture into the bottom of the prepared 18cm springform pan.
3. Place cream cheese and ½ cup of sugar in a medium bowl. Using a hand-held electric mixer on medium speed, beat until very smooth. Add eggs, one at a time, then beat in lemon juice, zest, and extracts.
4. Pour the mixture into the springform pan. Set the rack in the ceramic pot of the slow cooker. Place the springform pan on the rack. Cover and press the ON/OFF button to turn the unit on. Set time to 2 hours and press HIGH; slow cooker will automatically switch to WARM when cooking time has elapsed. Set timer for 30 minutes. Once the cheesecake has rested for 30 minutes, remove it from the slow cooker using hot pads, and place on a wire rack to cool completely.
5. When cool, place in the refrigerator for at least 8 hours before serving.

Chocolate Pudding Cake

Makes 8 to 12 servings

1tsp	unsalted butter, room temperature
1¼ cups	white sugar, divided
1 cup	unbleached, plain flour
¼ cups	plus 3tbsp unsweetened cocoa powder, divided
2tsp	baking powder
¼tsp	salt
½ cup	plus 1 tbsp reduced-fat milk, hot
⅓ cup	unsalted butter, melted
1½tsp	vanilla essence
½ cup	packed light brown sugar
½ cup	chopped pecans, lightly toasted
1tsp	espresso powder
1¼ cups	hot water
¼tbsp	Kirschwasser® or Kahlúa® vanilla ice cream or frozen yoghurt (to serve)

1. Lightly coat a 2 litre soufflé dish with teaspoon butter. Combine ¾ cup white sugar in large bowl with the flour, 3 tablespoons cocoa, baking powder and salt. Add hot milk, melted butter, and vanilla. Using a Hand Mixer on low speed, beat until smooth. Spread into prepared soufflé dish.
2. Stir together remaining ½ cup white sugar, brown sugar, remaining ¼ cup cocoa and toasted pecans in small bowl; sprinkle mixture evenly over batter. Combine hot water, espresso and Kirschwasser; pour over batter. Do not stir.
3. Insert rack in the ceramic pot of the slow cooker. Place soufflé dish on the rack. Cover and press the ON/OFF button to turn the unit on. Set time to 3 hours and press HIGH; slow cooker will automatically switch to WARM when cooking time has elapsed. Let stand for 30 minutes before serving.
4. Serve warm or chilled in dessert dishes, spooning both cake and pudding-like mixture on bottom into the dish. Add a scoop of vanilla ice cream or frozen yoghurt, if desired.

Vanilla Rice Pudding

Makes 18 servings

	cooking spray
2 cups	Arborio rice, uncooked
5	cans (360g each) fat-free evaporated milk (not reconstituted)
2	cans (420g each) lite coconut milk
½ cup	water
1⅔ cups	white sugar
1	vanilla bean, slit in half lengthwise
1tbsp	pure vanilla essence

1. Lightly coat the interior of the ceramic pot of the slow cooker with cooking spray. Add rice. Stir in milks and sugar. Scrape in seeds and add pod of vanilla bean.
2. Cover and press the ON/OFF button to turn unit on. Set time for 4 hours and press LOW; slow cooker will automatically switch to WARM when cooking time has elapsed. Remove and discard vanilla bean, stir in vanilla essence.
3. Serve warm. Chill leftover rice pudding in a bowl, covered with a sheet of plastic wrap placed directly on the surface, to prevent a skin from forming.

Stewed Rhubarb

Makes 8 cups

1.8kg **fresh rhubarb stalks,**
 washed & dried
2 cups **white sugar**

1. Slice rhubarb 6-12mm thick. Place rhubarb in the ceramic pot of the slow cooker and stir in the sugar. Let stand at room temperature for 1 to 2 hours, until the rhubarb gives up liquid. Cover and set the slow cooker to LOW. Cook for 4 to 5 hours. Press the ON/OFF button to the turn unit on. Set time to 5 hours and press LOW; slow cooker will automatically switch to WARM when cooking time is elapsed.
2. Transfer to resealable containers and refrigerate until ready to use. Use to top oatmeal or as a topping for vanilla ice cream.

Plum Pudding

Makes 6 servings

500g **mixed dried fruit**
½ cup **brown sugar, firmly packed**
90g **butter**
⅓ cup **rum or brandy**
½tsp **baking soda**
2 **eggs, lightly beaten**
1tsp **mixed spice**
1tsp **ground cinnamon**

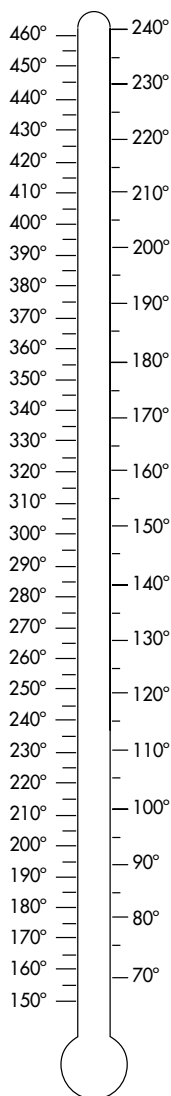
1. Melt the butter in a 3.75 litre saucepan over medium heat. Add mixed fruit, brown sugar, butter and, rum or brandy. Combine until mixture is at boiling point.
2. Remove from heat and add baking soda. Allow to cool completely.
3. Brush with butter or oil, a 1.5 litre capacity pudding basin.
4. Mix the eggs into the mixture and combine. Fold through flour, mixed spice and cinnamon. Pour mixture into the pudding basin. Fold aluminium foil to double the thickness and cover over the bowl. Using kitchen string tie around the top of the basin to tightly seal in place.
5. Place the pudding basin in the ceramic pot of the slow cooker and fill water to 2/3 of the way up of the pudding basin. Cover and press ON/OFF button, to turn unit on. Set time for 6 hours and press HIGH; slow cooker will automatically switch to WARM when cooking time has elapsed.
6. Remove basin from unit and let sit for 5 to 10 minutes. Pour over custard brandy and vanilla ice cream to serve.

WEIGHTS, MEASURES & CONVERSIONS

Temperature °F / °C

Fahrenheit

Celsius



$$^{\circ}\text{F} = \frac{9 \times ^{\circ}\text{C}}{5} + 32$$

$$^{\circ}\text{C} = \frac{5(^{\circ}\text{F} - 32)}{9}$$

Metric cup & spoon sizes

cup	metric
¼ cup	60ml
⅓ cup	80ml
½ cup	125ml
1 cup	250ml
spoon	metric
¼ teaspoon	1.25ml
½ teaspoon	2.5ml
1 teaspoon	5ml
2 teaspoon	10ml
1 tablespoon (equal to 4 teaspoons)	20ml

Liquids

Metric	cup	imperial
30 ml		1 fl oz
60 ml	¼ cup	2 fl oz
80 ml		3 ½ fl oz
100ml	⅓ cup	2 ¾ fl oz
125ml	½ cup	4 fl oz
150ml		5 fl oz
180ml	¾ cup	6 fl oz
200ml		7 fl oz
250ml	1 cup	8 ¾ fl oz
310ml	1 ¼ cups	10 ½ fl oz
375ml	1 ½ cups	13 fl oz
430ml	1 ¾ cups	15 fl oz
475ml		16 fl oz
500ml	2 cups	17 fl oz
625ml	2 ½ cups	21 ½ fl oz
750ml	3 cups	26 fl oz
1L	4 cups	35 fl oz
1.25L	5 cups	44 fl oz
1.5L	6 cups	52 fl oz
2L	8 cups	70 fl oz
2.5L	10 cups	88 fl oz

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