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# KRUPS FDH212 Owner's Manual

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# KRUPS

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## AUTOMATIC RICE COOKER 3.2l

*Cuiseur à riz automatique • Arrocera automática*

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**INSTRUCTIONS FOR USE • MODE D'EMPLOI  
INSTRUCCIONES DE USO**

## SHORT CORD INSTRUCTIONS

A short power-supply cord (or detachable power-supply cord) is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.

Longer detachable power-supply cords or extension cords are available and may be used if care is exercised in their use.

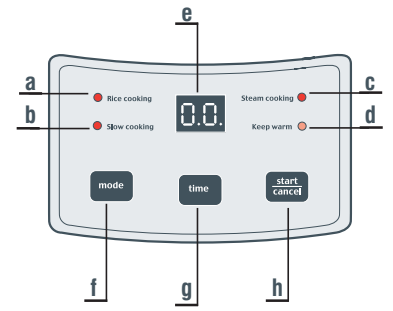
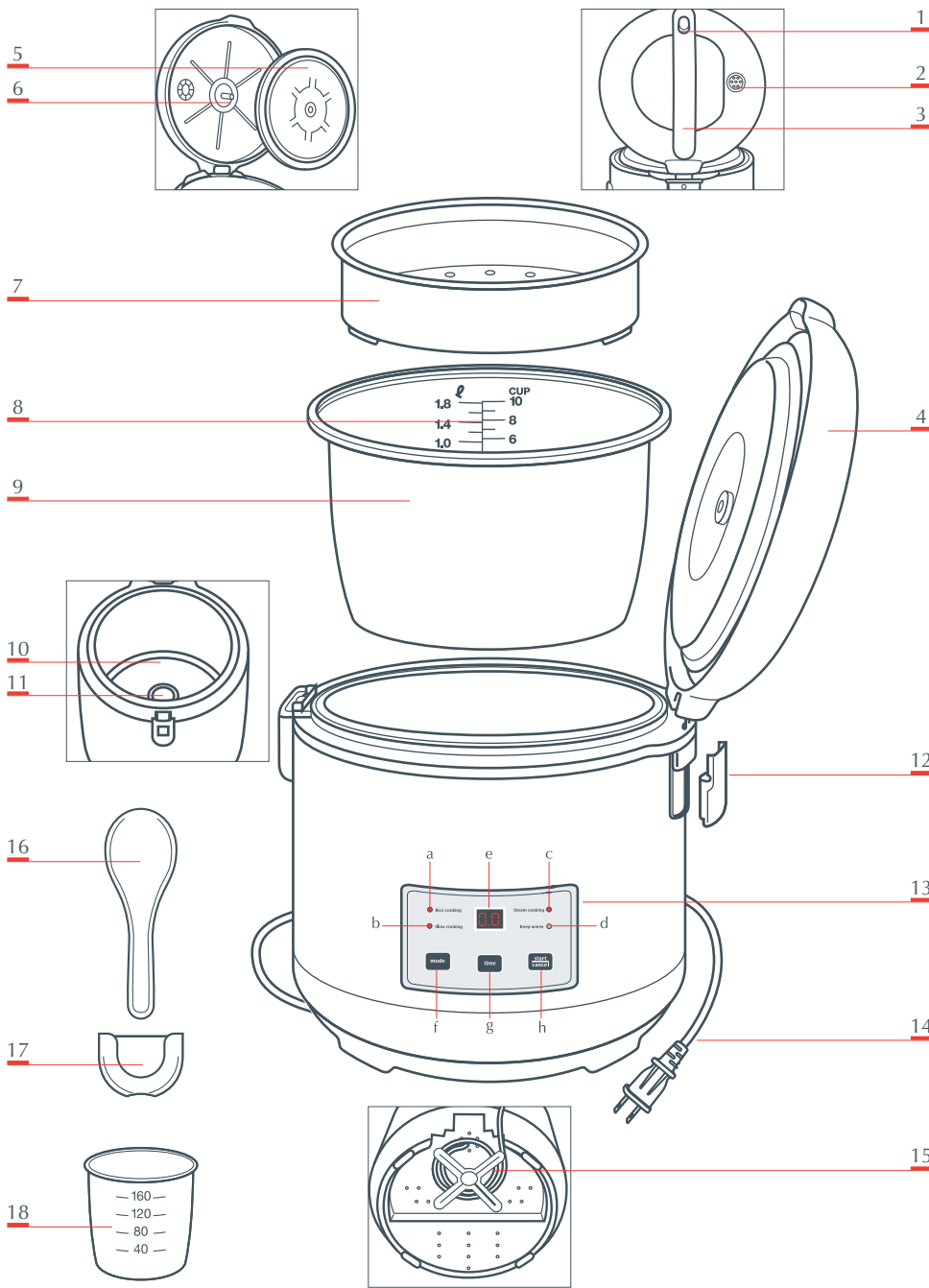
If a longer detachable power-supply cord or extension cord is used

- 1) The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance, and
- 2) The cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.

If the appliance is of the grounded type, the extension cord should be a grounding-type 3-wire cord.

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

# AUTOMATIC RICE COOKER 3.2l



## Features

- 1 Lid open
- 2 Steam
- 3 Lid Handle
- 4 Lid
- 5 Remove
- 6 Fixing
- 7 Steam
- 8 Gradua
- 9 Remove
- 10 Hotplat
- 11 Sensor
- 12 Conden

## IMPORTANT SAFETY

When using electrical appliances, basing on the following:

- 1 Read all instructions.
- 2 Do not touch hot surfaces. Use handles.
- 3 To protect against electrical shock, do not touch or other liquids.
- 4 Close supervision is necessary when children are present.
- 5 Unplug from outlet when not in use, when on or taking off parts, and before cleaning.
- 6 Do not operate any appliance with a damaged power cord, or has been damaged in any way. Return to a qualified service facility for examination and repair.
- 7 The use of accessory attachments not recommended by the manufacturer may cause injuries.
- 8 Do not use outdoors.
- 9 Do not let cord hang over edge of counter.
- 10 Do not place on or near a hot gas flame.
- 11 Extreme caution must be used when handling hot liquids.
- 12 Always attach plug to appliance before use. Do not turn any control to "off," then reinsert plug.
- 13 Do not use appliance for other than intended use.

## 14 SAVE THESE INSTRUCTIONS

## PREPARATION

### Before first use

Read the instructions and carefully follow the operating method.

#### Unpack the appliance

- Remove the appliance from the packaging and unpack all the accessories.
- Open the lid by pressing the open button located on the handle.
- Remove all the printed documents and

- the accessories.
- Remove the nonstick bowl.
- Clean the metal parts of the lid and the container with a sponge and liquid soap. Fit the steam shield onto its fixing axis - **Fig. 1**. Wipe the outside of the appliance with a damp cloth.
- Dry off carefully.

#### Install the spoon support - Fig. 2

- Insert the plastic hook of the support in the hole located under the hinge of the

lid, and slide it downwards.

### Measuring the ingredients - Max capacity of the container

#### 1) For cooking rice.

- 1 level measuring cupful corresponds to 150 grams of rice.
- Pour the rice into the bowl.
- Fill with water up to the "CUP" mark printed in the corresponding bowl. (See table opposite).
- NOTE : the graduation in litres tells you the quantity of water that you should add after pouring the ingredients into the bowl.- **Fig.3**
- The maximum quantity of water + rice should not exceed the 10 mark. (shown in "cups" inside the bowl).
- Recommendation: for 1 to 2 people,

pour in one measuring cup of rice and then add 1 measuring cup and a half of water.

#### 2) For the slow cooking function.

- The quantity of ingredients (see recipes for the measures) should not exceed the 10 CUP mark in the bowl.

#### 3) For the steam function.

- The maximum quantity of water in the container should not exceed the 6 mark (representing 2 litres of water) shown in "cups" on the container. Exceeding this level will cause overflows in operation.

### Preparation before cooking

#### When cooking rice or when slow cooking:

- Pour the quantity of water and the ingredients into the container in accordance with chosen recipe.

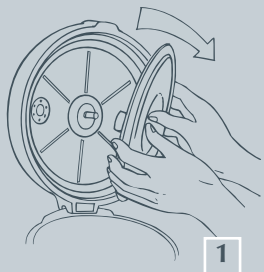
#### When steam cooking:

- Pour water into the container up to CUP mark 6.
- Place the steam basket on top of the bowl.
- Add the ingredients.

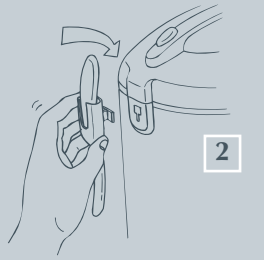
#### For all uses:

- Carefully wipe the outside of the bowl (especially the bottom). Make sure that there is no foreign residues underneath the bowl and on the hotplate - **Fig. 4**

- Place the bowl into the appliance, making sure that it is correctly positioned - **Fig. 5**
- Slightly rotate the container in both directions, so as to ensure good contact between the bottom of the bowl and the hotplate.
- Make sure that the steam shield is correctly in position.
- Close and lock the lid - **Fig. 6**
- Check that the condensation collector is correctly in position.
- Plug in the appliance.
- Do not switch on the appliance until all of the above stages have been completed.



1

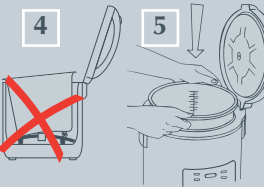


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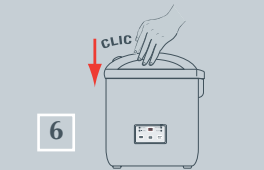
White rice	Cup	Level of water	Pers.
300 g	2	2	2 à 4
600 g	4	4	4 à 8
900 g	6	6	6 à 12
1200 g	8	8	8 à 16
1500 g	10	10	10 à 20



4



5





6

6

## COOKING

This appliance has three cooking modes: rice cooking, slow cooking, and steam cooking.

 Never place your hand on the steam exhaust during cooking, as there is a danger of burns. - Fig. 7

 If the bowl is not properly in place in the appliance, cooking cannot commence.

**Quick rice cooking:**


- Pour the required quantities of water and rice into the bowl. Close the lid. Check that the appliance is plugged in. Briefly press on the [mode] key. The first red "Rice cooking" lamp blinks.
- Press [start] to begin cooking, without selecting the cooking time beforehand. The corresponding indicator light remains steady. - Fig. 8

The rice cooker itself determines the exact cooking time as a function of the quantity of water and ingredients placed in the container (see table of correspondence).

When the volume of water has been absorbed by the rice, the appliance stops the cooking process automatically and passes into the "Keep warm" mode (the orange "Keep warm" light comes on).

**Slow cooking:**


- Select the Slow cooking mode. When the ingredients have been placed in the container and the appliance plugged in, briefly press the [mode] key. The first red "Rice cooking" light blinks. Press again on the [mode] key to sequence

 If you wish to change the selected cooking time in the event of an error, press Cancel. Select the cooking mode again and then the cooking time.

Press Start to begin the cooking process.

**Cooking of rice with delayed start-up:**

- It is possible to delay start-up for the cooking of rice.

 This is the only cooking mode for which programming of a delayed start-up is possible.

- Press the [time] key to program the time which must elapse before cooking completes. For example, if you set the timer to 3 H, This means that cooking will be completed in 3 hours. You can delay cooking for 9 hours maximum.
- Press once on [start].

**Some recommendations for better results with the cooking of rice:**

- Measure out the rice and wash it in running water in a separate receptacle. Then place the rice in the container together with the corresponding quantity of water.
- Make sure that the rice is well distributed around the whole surface of the container, in order to allow even cooking.
- On completion of cooking, when the "Keep warm" function is selected, stir the rice and then leave it in the rice cooker for a few minutes longer in order to get perfectly cooked rice.

through the lights corresponding to the different cooking modes. Stop pressing when the "Slow cooking" light blinks. - Fig. 9

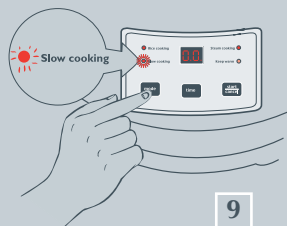
- Select the cooking time: For cooking to start, you must select a cooking time.



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8



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## COOKING (CONTINUED)

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The appliance allows you to program between 60 minutes minimum and 9 hours maximum for this cooking mode. Choose the time so as to suit the chosen recipe. Press repeatedly on the **[time]** key to increase the cooking time. You can also press continuously in

order to speed up the process. The time increases in hourly increments from 60 minutes up to 9 hours maximum.

- Press once on **[start]** to begin the cooking process.

### Steam cooking:

- Select the steam mode. Briefly press the **[mode]** key. The first red "Rice cooking" light blinks. Press again on the **[mode]** key to sequence through the lights corresponding to the different cooking modes. Stop pressing as soon as the "Steam cooking" lamp blinks.

#### - Fig. 10

- Select the cooking time. In order for cooking to start, you have to select a cooking time. The appliance allows you to program from 1 minute minimum to

60 minutes maximum for this cooking mode. You choose the time so as to suit the chosen recipe. Press repeatedly on the **[time]** key to increase the cooking time. You can also press continuously in order to speed up the process.

- Press once on **[start]** to begin cooking.

### The automatic "Keep Warm" function

- On completion of cooking, irrespective of the cooking mode chosen, the rice-cooker passes automatically to the "Keep warm" function. The orange "Keep warm" light comes on.
- The food is thus kept warm and ready to serve. To switch off this function, press **[cancel]**.
- You also have the option of manually engaging the "Keep warm" mode. Just press the **[mode]** key to sequence

through the lights until the orange lamp is selected. Press directly on **[start]** to begin the warming process. - Fig. 11

- You cannot program a time for this function. To switch it off, press **[cancel]**.

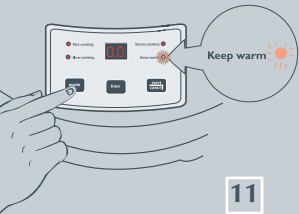
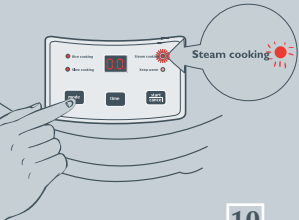
### On completion of cooking

- Open the lid.

### The escaping steam is very hot.

- Serve the food using the plastic spoon supplied with the appliance and re-close the lid.

- The food remaining in the container will keep warm for any second servings. You can also re-start the "Keep warm" mode manually (see preceding paragraph).
- Press **[cancel]**.
- Unplug the appliance.



## CLEANING AND MAINTENANCE

The condensation collector should be emptied and cleaned after each use - Fig. 12 and 13

- To remove the collector, press on each side of the plastic cover and remove.

- To put the plastic cover back, push firmly into the groove.

**Cleaning the bowl, the steam bowl and the steam shield**

- Use hot water, liquid soap and a sponge to clean the bowl and the steam plate. Scouring powders and metal sponges are not recommended.

- If food has stuck to the bottom, allow the bowl to soak for a while before washing it.
- Dry the bowl carefully.
- Do not immerse the appliance in water, nor pour water into it.

**You can also wash the bowl, the steam bowl and the steam shield in a dish washer.**

**For the bowl, carefully follow the instructions below:**

- When putting into the machine, be careful not to damage the inside coating on the dish washer racks.
- After being washed several times in the

dish washer and to renew the surface, it is recommended to wipe the whole of the inner surface of the bowl with a little oil.

- So as to keep the non stick quality for as long as possible, it is recommended not to cut food in it.
- Make sure you put the bowl back into the rice Cooker.

**Important:**

The brown marks and scratches that may appear after many hours use are not a problem. We guarantee that the non stick coating **COMPLIES WITH THE**

**RULES on materials suitable for contact with food.**

**Taking care of the bowl**

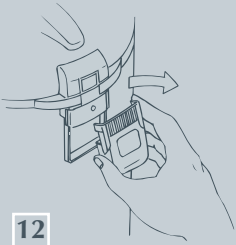
- Use a plastic or wooden spoon and not a metal one so as to avoid damaging the bowl surface.
- To avoid any risk of corrosion, do not pour vinegar into the bowl.
- The color of the bowl surface may change after using for the first time or

after longer use. This change in color is due to the action of steam and water and does not have any effect on the use of the Automatic Rice Cooker, nor is it dangerous for your health. It is perfectly safe to continue using it.

**Cleaning and care of the other parts of the appliance**

- Clean the outside of the Automatic Rice Cooker, the inside of the lid and the cord with a damp cloth and wipe dry. Do not use aggressive or abrasive products.

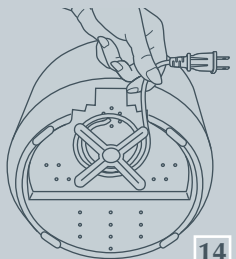
- Do not use water to clean the inside of the appliance.
- Before putting the appliance away, wind the cord underneath the appliance.
- Wind up the cord - **Fig. 14**



12



13



14

## TABLE OF CORRESPONDING MEASURES TO THE CUP

Graduations on the measuring cup	Liquid	Rice
160	160 ml (5.5 Fl. oz.)	150 g (5.2 Fl. oz.)
120	120 ml (4 Fl. oz.)	110 g (4 Fl. oz.)
80	80 ml (2.75 Fl. oz.)	75 g (2.5 Fl. oz.)
40	40 ml (1.35 Fl. oz.)	40 g (1.5 Fl. oz.)

## HOW TO PREPARE SEVERAL DIFFERENT FOODS AT THE SAME TIME

You can use the steam vent from the rice cooker to cook another type of food at the same time in the steam basket. For example, you could choose to cook the rice at the bottom and the fish at the top. For the quantity of water to put into the main bowl, refer to the indications given in the rice recipes, except for cooking brussel sprouts, potatoes and broccoli. In this case, you must add 50 ml of water.

Suggestions for combining dishes:

- rice "à la Greque" with sausages and cumin,
- rice "à la Turque" with scallops cooked in tinfoil,
- pilau rice with haddock and spinach,
- risotto with chicken breasts,
- saffron rice with sea food or a mixture of fish,
- plain rice with crunchy broccoli,
- pilau rice with honey spiced apples or pears.

## EXAMPLES

### **Rice "à la Greque" with sausages and cumin**

Prepare the rice à la greque in the bowl (see recipe in the booklet), place the 8 sausages in the steam basket and prick with a fork. Sprinkle with cumin. Close the lid. Switch on. The appliance will automatically switch over to keep warm after 15 minutes cooking.

### **Pilau rice with honey spiced apples or pears**

Prepare the pilau rice in the bowl (see recipe in the booklet). Place the 3 peeled apples or pears in the steam basket. Brush the fruit over with the honey spices (mix a tablespoon of honey with a teaspoonful of powdered cinnamon, 3 ground peppercorns and a clove). Close the lid and switch on. The appliance will automatically switch over to keep warm after 15 minutes cooking.

## COOKING VARIOUS TYPES OF RICE

Type of rice	Cup of rice	Weight of rice	Volume of water	Level in the bowl
White rice (Surinam, Basmati, Thai...)	4	600 g	800 ml	4
Round white rice (often a sticky rice)	4	600 g	800 ml	4
Whole rice	4	600 g	900 ml	4.5
Wild rice	4	400 g	600 ml	3.5
Pre-cooked risotto	4	600 g	800 ml	4

*Wash the rice before cooking except for pre-cooked risotto.*

**Please note :** *The given cooking times are only approximate and vary depending on quantities and personal taste.*

### PLAIN RICE - Rice cooking (for 4)

**Preparation:** 5 mins **Cooking time:** 13 mins

**Ingredients:** 2 measures or 300 g long grain rice, 400 ml water, salt.

*Rinse the rice under running water. Place the rice in the bowl. Season with salt. Close the lid and switch on. The appliance will automatically switch over to keep warm after 13 minutes cooking.*

### PILAU RICE - Rice cooking (for 4)

**Preparation:** 10 mins **Cooking time:** 13 mins

**Ingredients:** 2 measures or 300 g rice (Basmati or Thai), 2 measures or 400 ml chicken stock, 1 chopped onion, 50 g butter, salt.

*Rinse the rice under running water. Place the butter, chopped onion, rice and chicken stock in the bowl. Season with salt. Stir well, close the lid and switch on. The appliance will automatically switch over to keep warm after 13 minutes cooking.*

### RISOTTO MILANESE - Rice cooking (for 4)

**Preparation:** 20 mins **Cooking time:** 15 mins

**Ingredients:** 2 measures or 300 g long grain rice, 50 ml olive oil, 1 chopped onion, 100 g ham, 100 g mushrooms, 2 measures or 400 ml chicken stock, salt, pepper, 250 ml tomato sauce, parmesan cheese.

*Rinse the rice under running water. Cut the ham and mushrooms into small pieces. Place the olive oil, chopped onion, mushrooms, ham and rice in the bowl. Stir well. Add the chicken stock and season. Close the lid and switch on. The appliance will automatically switch over to keep warm after 15 minutes cooking. Serve with tomato sauce and parmesan cheese.*

**RICE A LA TURQUE** - Rice cooking (for 4)**Preparation:** 10 mins**Cooking time:** 13 mins

**Ingredients:** 2 measures or 300 g long grain rice, 50 ml olive oil, 1 chopped onion, 2 measures or 400 ml chicken stock, 150 ml tomato puree, saffron, salt, pepper.

*Rinse the rice under running water. Place the olive oil, chopped onion and rice in the bowl. Stir well. Add the chicken stock and a pinch of saffron. Season. Close the lid and switch on. The appliance will automatically switch over to keep warm after 13 minutes cooking. Carefully mix in the tomato puree before serving.*

**PORTUGUESE RICE** - Rice cooking (for 4)**Preparation:** 15 mins**Cooking time:** 15 mins

**Ingredients:** 2 measures or 300 g long grain rice, 50 ml olive oil, 1 chopped onion, 2 tomatoes, 2 red peppers, 2 measures or 400 ml chicken stock, salt, pepper.

*Rinse the rice under running water. Peel the tomatoes and remove the seeds. Cut the red peppers into small pieces. Place the olive oil, chopped onion and rice in the bowl. Stir well. Add the tomatoes and peppers. Season and add the chicken stock. Close the lid and switch on. The appliance will automatically switch over to keep warm after 15 minutes cooking. Serve with tomato sauce and parmesan cheese.*

**RICE A LA GREQUE** - Rice cooking (for 4)**Preparation:** 10 mins**Cooking time:** 15 mins

**Ingredients:** 2 measures or 300 g long grain rice, 50 ml olive oil, 1 chopped onions, 50 g sausage meat, 100 g frozen peas, 50 g red peppers, 2 measures or 400 ml chicken stock, salt, pepper.

*Rinse the rice under running water. Cut the red pepper into small pieces. Place the olive oil, chopped onion, rice and sausage meat in the bowl. Stir well. Add the chicken stock and stir in the frozen peas and red pepper. Season. Close the lid and switch on. The appliance will automatically switch over to keep warm after 15 minutes cooking.*

**CANTONESE RICE** - Rice cooking (for 4)**Preparation:** 30 mins**Cooking time:** 13 mins

**Ingredients:** 2 measures or 300 g long grain rice, 2 measures or 400 ml water, 50 ml olive oil, 1 onion, 30 dried black mushrooms, 100 g shelled shrimps, 2 eggs, 3 soup spoonfuls soy sauce, 2 soup spoonfuls nuoc-man, salt, pepper.

Soak the mushrooms in cold water for 30 minutes. Wash the rice under the tap. Put the rice and water into the container, add salt. Close the lid. Plug in. The appliance will switch to keep warm after 16 minutes cooking. Thinly slice mushrooms and onion and fry in olive oil. Make a well-cooked omelette with the eggs and cut into pieces. Mix the mushrooms, onion, omelette and shrimps into the rice. Season with pepper, soy sauce, nuoc-man. Keep warm before serving.

**PILAU RICE WITH HADDOCK** - Rice cooking (for 4)**Preparation:** 10 mins**Cooking time:** 13 mins

**Ingredients:** 2 measures or 300 g long grain rice, 150 g haddock, 100 g chopped onions, 120 g butter, 1 bouquet garni, 2 measures or 400 ml water, salt, pepper, 200 ml single cream, juice of 1 lemon.

Cut the haddock into large pieces. Rinse the rice under running water. Place the melted butter, chopped onion, pieces of haddock and rice in the bowl. Stir well. Add the water and the bouquet garni. Season. Close the lid and switch on. The appliance will automatically switch over to keep warm after 13 minutes cooking. Remove the bouquet garni and serve the rice with the hot cream mixed with the lemon juice.

**POLENT** - Rice cooking (for 4)**Preparation:** 10 mins**Cooking time:** 8 mins

**Ingredients:** 200 g corn flour, 850 ml water, 50 g butter, 50 g parmesan cheese, salt.

Place the boiling water, salt and the butter in the bowl. Pour in the flour and mix well. Close the lid and switch on. The appliance will automatically switch over to keep warm after 8 minutes cooking. Open the lid after 10 minutes keeping warm and stir in the parmesan cheese. Pour into a dish for it to take shape. Unmould and serve. You can leave it to cool before cutting into pieces. Colour with butter in a frying pan or sprinkle with grated gruyère cheese au gratin.

**ROMAN GNOCCHI** - Rice cooking (for 4)**Preparation:** 10 mins**Cooking time:** 10 mins**Ingredients:** 750 ml beef stock, 150 g semolina, 100 g melted butter, salt, pepper, nutmeg.

Place the warm stock, butter, salt, pepper and nutmeg in the bowl. Pour in the flour and mix well. Pour in the semolina while stirring. Mix well. Close the lid and switch on. The appliance will automatically switch over to keep warm after 10 minutes cooking. Serve with tomato sauce or au gratin.

**MACARONI AND HAM PANCAKES** - Rice cooking (for 4)**Preparation:** 10 mins**Cooking time:** 14 mins**Ingredients:** 200 g macaroni, 50 g butter, 1 slice ham, 20 g grated gruyère cheese, salt, 500 ml water.

Cut the ham into small pieces. Place the butter, macaroni, ham, gruyère, water and salt in the bowl. Mix. Close the lid and switch on. The appliance will automatically switch over to keep warm after 14 minutes cooking. Wait for 5 mins and then turn the pancake onto a round bowl before serving.

**SPAGHETTI MILANESE** - Rice cooking (for 4)**Preparation:** 10 mins**Cooking time:** 10 mins**Ingredients:** 250 g spaghetti, 2 spoonfuls oil, salt, 50 g butter, 2 litres water.

Place the water, salt and oil in the bowl. Switch on and bring to the boil. Add the spaghetti, stir and allow to cook for 10 minutes uncovered. Turn off. Drain the water. Add the butter and serve with tomato sauce or parmesan cheese. The "keep warm" function is not recommended with this recipe.

**PARISIAN POTATOES** - Rice cooking (for 2)**Preparation:** 5 mins**Cooking time:** 15 mins**Ingredients:** 300 g frozen potato cubes, 5 spoonfuls oil, 20 g butter, salt.

Place the oil and the butter in the bowl. Add the potatoes. Season with salt. Close the lid and switch on. The appliance will automatically switch over to keep warm after 15 minutes cooking.

**SCALLOPS EN PAPILOTE** - Steam cooking (for 2)**Preparation:** 10 mins**Cooking time:** 12 mins**Ingredients:** 8 scallops, 2 shallots, 30 g butter, salt, pepper, 2 squares of tinfoil, 150 ml water.

*Wash the scallops. Chop the shallots. Place 4 scallops on each square of tinfoil with a pinch of chopped shallots and a knob of butter. Season. Close the papillotes.*

*Place the water and steam basket in the bowl. Place the papillotes in the steam basket. Close the lid and switch on. The appliance will automatically switch over to keep warm after 12 minutes cooking. Serve in the tinfoil.*

**TROUT FILLET EN PAPILOTE** - Steam cooking (for 2)**Preparation:** 15 mins**Cooking time:** 15 mins**Ingredients:** 4 fillets of sea trout (approx. 150 g each), 50 g carrots, 50 g celery, 1 shallot, 30 g butter, salt, pepper, 2 squares of tinfoil, 200 ml water.

*Thinly chop the carrot and the celery. Chop the shallot. Place 1 trout fillet on each square of tinfoil with the carrot and celery and a pinch of chopped shallots and a knob of butter. Season. Close the papillotes.*

*Place the water and steam basket in the bowl. Place the papillotes in the steam basket. Close the lid and switch on. The appliance will automatically switch over to keep warm after 15 minutes cooking. Serve in the tinfoil.*

**MIXED FISH** - Steam cooking (for 2)**Preparation:** 5 mins**Cooking time:** 15 mins**Ingredients:** 100 g fillet of sea bream, 100 g fillet of mullet, 100 g fillet of salmon, 100 g fillet of cod, 50 g butter, salt, pepper, 100 ml water, 100 g butter, juice of 1 lemon.

*Place the water and steam basket in the bowl. Place the fish fillets in the steam basket. Season. Close the lid and switch on. The appliance will automatically switch over to keep warm after 15 minutes cooking. Serve with melted butter and lemon.*

**STEAMED FRENCH BEANS - Steam cooking (for 4)****Preparation:** 15 mins**Cooking time:** 30 mins**Ingredients:** 600 g French beans, 300 ml water.

*Peel and wash the beans. Put the water and steam basket into the appliance. Place the beans in the steam basket. Close the lid. Plug in. The appliance will automatically switch over to keep warm after 30 minutes cooking.*

**STEAMED ASPARAGUS - Steam cooking (for 4)****Preparation:** 15 mins**Cooking time:** 20 mins**Ingredients:** 800 g asparagus, 250 ml water.

*Peel the asparagus and wash well. Put the water and steam basket in the bowl. Place the asparagus crosswise in the steam basket. Close the lid and switch on. The appliance will automatically switch over to keep warm after 20 minutes cooking.*

**STEAMED BROCCOLI - Steam cooking (for 4)****Preparation:** 5 mins**Cooking time:** 20 mins**Ingredients:** 500 g broccoli, 250 ml water.

*Put the water and steam basket in the bowl. Place the broccoli in the steam basket. Close the lid and switch on. The appliance will automatically switch over to keep warm after 20 minutes cooking.*

**STEAMED CHICORY - Steam cooking (for 2)****Preparation:** 5 mins**Cooking time:** 45 mins**Ingredients:** 500 g chicory, 500 ml water, juice of 1/2 lemon.

*Put the water and steam basket in the bowl. Place the chicory in the steam bowl. Sprinkle with lemon juice. Close the lid and switch on the appliance. The appliance will automatically switch over to keep warm after 45 minutes cooking.*

**STEAMED SPINACH - Steam cooking (for 2)****Preparation:** 10 mins**Cooking time:** 15 mins**Ingredients:** 400 g spinach, 2 tablespoons water.

*Remove the stalks and wash the spinach well. Put the water and steam basket in the bowl. Place the spinach in the steam basket. Close the lid and switch on. The appliance will automatically switch over to keep warm after 15 minutes cooking.*

**STEAMED POTATOES - Steam cooking (for 4)****Preparation:** 10 mins**Cooking time:** 20 mins**Ingredients:** 600 g potatoes, 250 ml water, salt.

*Put the water and steam basket in the bowl. Place the potatoes in the steam basket (cut the potatoes in quarters if they are too big). Close the lid and switch on. The appliance will automatically switch over to keep warm after 20 minutes cooking.*

**STEAMED COURGETTES - Steam cooking (for 4)****Preparation:** 10 mins**Cooking time:** 20 mins**Ingredients:** 800 g courgettes, 2.5 dl water.

*Peel and cut the courgettes into slices 5 mm thick. Put the water and steam basket into the appliance. Place the courgettes in the steam basket. Close the lid. Plug in. The appliance will automatically switch over to keep warm after 20 minutes cooking.*

**YANKEE POT ROAST - Slow cooking (for 6 to 8)****Preparation:** 10 mins**Cooking time:** 8 hours**Ingredients:** 4 lbs. rump or chuck roast (stewing meat), 2 tsp. salt, 1/2 tsp. ground black pepper, 4 medium size potatoes, peeled and quartered (not baking potatoes), 4 carrots, peeled and cut into one inch pieces, 2 cups onions, sliced, 1 clove garlic, minced 1/2 cup of water or beef broth, 1 Tbs. corn starch, 1 bay leaf.

*Pour the liquid in the pot and whisk in the corn starch. Sprinkle the roast with the salt and pepper and place in the slow cooker then cover with the vegetables. Close the lid and slow cook for eight hours. Optional: 1 tsp. thyme and to add a little color to the vegetables add 1 rib of celery, diced. Serving Suggestion: Slice the roast in 1/2 inch thick slices and decorate with the vegetables, sauce and top with parsley. Serves six to eight people.*

## CHICKEN WITH SPANISH RICE - Slow cooking (for 6 to 8)

**Preparation:** 10 mins

**Cooking time:** 4 hours

**Ingredients:** 1 chicken cut up in pieces, 1 small can (10oz.) whole tomatoes, 2 cups frozen peas, 1 can (14oz.) chicken broth, 1 fresh red bell pepper, seeded and cut in strips, 1 cup onion, diced, 8 oz. long grain rice, 1 or 2 cloves garlic, minced, 2 tsp. salt, 1 tsp. each of cumin, paprika, curcuma (or 3 tsp. Mexican seasoning mix).

*Combine all the ingredients in the slow cooker, except the rice. Pour the rice on top of the rest of the ingredients. Close the lid and slow cook for 4 hours. Optional: A whole (spicy!) sausage adds a nice touch. Slice the sausage after cooking. Serving Suggestion: Place the rice and chicken in the center of a serving dish and decorate with the strips of red pepper, sausage slices and fresh chopped cilantro leaves. Serves six to eight people.*

## RANCH HAND'S BBQ BEEF - Slow cooking (for 6 to 8)

**Preparation:** 10 mins

**Cooking time:** 8 hours

**Ingredients:** 1 brisket (4 pounds) of beef, 2 bottles (14oz. each) barbecue sauce, 2 tsp. paprika or chili seasoning, 2 cloves garlic, minced, 2 tsp. lemon juice, 2 Tbs. Worcestershire sauce, 1 cup onion, chopped.

*Combine all the ingredients, except the meat, in the slow cooker. Add the meat and coat well on all sides with the sauce. Close the lid and slow cook for 8 hours. Optional: If you like the taste of BBQ pork, try this recipe with a 4 lb. pork shoulder. Serving Suggestion: Slice the roast very thin or shred it and put on rolls with lots of sauce. Goes great with coleslaw. Serves eight to ten people.*

## CALCUTTA CURRY CHICKEN - Slow cooking (for 6)

**Preparation:** 10 mins

**Cooking time:** 4 hours

**Ingredients:** 2 pounds of skinless, boneless chicken, (thighs and/or breasts), 2 cups frozen vegetables for stew, 1 can (10.5 oz.) cream of mushroom soup, undiluted, 2 apples, peeled, cored and cut into eight pieces, 1 tsp. salt, 1/2 tsp. black ground pepper, 3 Tbs. curry powder.

*Place all the ingredients in the slow cooker and stir. Close the lid and slow cook for 4 hours. Optional: To add a little zing, try 1/2 tsp. of powdered ginger. Serving Suggestion: Serve with Basmati rice. Serves six people.*

## THICK AND RICH TOMATO SAUCE - Slow cooking (for 4)

**Preparation:** 10 mins

**Cooking time:** 5 hours

**Ingredients:** 2 cans (28 oz. each) crushed tomatoes, 1 can (28 oz.) tomato puree, 2 cans (6 oz. each) tomato paste, 1 cup onion, chopped, 2 cloves garlic, minced, 1 bay leaf, 1 tsp. dried oregano or 1 Tbs. Italian seasoning, 1 Tbs. dried basil, 2 tsp. salt, 1/2 tsp. pepper, 1 Tbs. sugar.

*Place all the ingredients in the slow cooker and stir. Close the lid and slow cook for 5 hours. Optional: If fresh basil is available, take ten to twelve leaves, wash and dry them, chop fine and add to the sauce just before serving. Serving Suggestion: Use a good quality Durham wheat pasta and cook it "al dente". Sprinkle with grated Parmesan cheese to taste. Makes about 4 quarts. This sauce can be easily frozen for later use.*

## BRUSSELS BEEF AND BEER STEW - Slow cooking (for 10 to 12)

**Preparation:** 10 mins

**Cooking time:** 8 hours

**Ingredients:** 6 lbs. boneless stewing beef, cut in cubes, 1 bottle (12 oz.) dark beer, 1 Tbs. corn starch, 2 Tbs. soy sauce or 2 tsp. salt, 1/2 tsp. black ground pepper, 1 clove garlic, chopped, 1 cup onion, chopped, 1/2 cup dark brown sugar, firmly packed.

*Pour the beer into the slow cooker and whisk in the corn starch. Then add the rest of the ingredients and stir. Close the lid and slow cook for 8 hours. Optional: Add six ounces of small cocktail onions before serving. Serving Suggestion: Place the stew in a large platter and decorate with parsley potatoes. Serves ten to twelve people.*

## CASABLANCA LAMB AND APRICOT STEW - Slow cooking (for 6)

**Preparation:** 10 mins

**Cooking time:** 4 hours

**Ingredients:** 2 lbs. lamb stew meat (shoulder) cut in cubes, 1 cup onion, chopped, 3 Tbs. honey, 1 Tbs. lemon juice, 1 cinnamon stick, 1 tsp. curcuma or tumeric, 2 cloves garlic, minced, 1 tsp. salt, 3 oz. dried apricots, halved, 1 oz. raw chopped almonds.

*Place all the ingredients in the slow cooker and stir. Close the lid and slow cook for 4 hours. Optional: The smallest pinch of saffron. Serving Suggestion: Serve with round grain Arborio rice. Serves about six people.*

**LEMON CREAM - Steam cooking** (for 4)**Preparation:** 15 mins**Cooking time:** 15 mins**Ingredients:** 6 eggs, 250 g sugar, juice of 2 lemons, peel of 1 lemon, 200 ml water, 150 ml water for cooking.

Heat the water, sugar, lemon juice and lemon peel. Pour over the beaten eggs. Mix well and sieve. Pour the cream into 4 dishes. Cover with paper film. Place the 150 ml water in the bowl with the steam basket. Place the dishes in the steam basket. Close the lid and switch on. The appliance will automatically switch over to keep warm after 15 minutes cooking. Chill before serving.

**CARAMEL CREAM - Steam cooking** (for 4)**Preparation:** 15 mins**Cooking time:** 15 mins**Ingredients:** 400 ml milk, 3 eggs, 200 g sugar, vanilla, 150 ml water.

Burn 100 g sugar with 2 tablespoons of water and pour into 4 dishes. Beat the eggs with 100 g sugar, milk and vanilla. Pour into the dishes. Cover with paper film. Place the water in the bowl with the steam basket. Place the dishes in the steam basket. Close the lid and switch on. The appliance will automatically switch over to keep warm after 15 minutes cooking. Take out the dishes and allow to cool. Unmould before serving.

**VANILLA OATFLAKES - Steam cooking** (for 4)**Preparation:** 10 mins**Cooking time:** 15 mins**Ingredients:** 250 ml milk, 80 g oat flakes, 20 g butter, 50 g sugar, vanilla, 150 ml water.

Mix the hot milk with the sugar and oat flakes. Leave for 5 minutes. Fill 4 buttered dishes. Cover with paper film. Place the water in the bowl with the steam basket. Place the dishes in the steam basket. Close the lid and switch on. The appliance will automatically switch over to keep warm after 15 minutes cooking. Unmould and serve. This recipe can be served with custard or liquid caramel.

## PEARS WITH CHOCOLATE SAUCE - Steam cooking *(for 3)*

**Preparation:** 10 mins

**Cooking time:** 20 mins

**Ingredients:** 3 large ripe pears, 1 pinch of cinnamon, 200 ml water, 100 g cooking chocolate, 50 ml water, 50 ml cream.

*Peel the pears, cut in half and core. Place the water in the bowl with the steam basket. Place the pears in the steam basket and sprinkle with cinnamon. Close the lid and switch on. The appliance will automatically switch over to keep warm after 20 minutes cooking. Slowly melt the chocolate with the water and the cream. Mix. Serve the pears coated with chocolate sauce.*