

Healthy Choice™
SC3-250SS

3 POT SLOW COOKER

THREE 2.5 LITRE CERAMIC COOKING POTS



Model: SC3-250SS
Batch: PR4348

This appliance is intended for household use only.
Please read and retain these instructions for future reference.

The illustrations used in the manual are to illustrate the operation method and product structure of the product. Where there is a small difference between the physical item and the illustrations, please take the physical as the standard.

INTRODUCTION:

Your new Slow Cooker can cook tenderised meats, chicken curries, soups, stews, casseroles, risottos, pastas, dumplings, broths, puddings and so much more – all cooked to perfection.

This 3 Pot Slow Cooker is also easy to operate, with three control knobs to control each cooking pot, to adjust off, low or high heat settings, and a 4 hours-long keep warm mode

The three removable non-stick ceramic cooking pots come with three serving spoons, three tempered glass lids and three lid holders, providing delicious and healthy home-cooked meals for the entire family or small party gathering

Save money at the store, because this 3 Pot Slow Cooker will make plenty of food to pack away leftovers as well as tenderising inexpensive meat cuts such as chuck steak, rump roast and pork shoulder

SAFETY INSTRUCTIONS:

 DANGER	 WARNING	 CAUTION
DANGER - Immediate hazards which WILL result in severe personal injury or death.	WARNING - Hazards or unsafe practices which COULD result in severe personal injury or death.	CAUTION - Hazards or unsafe practices which COULD result in minor personal injury.

The temperature of accessible surfaces may be hot whilst the slow cooker is operating.

1. Read all instructions carefully before using your new slow cooker.
2. Always turn the power off at the power outlet before you insert or remove the power plug. Remove by grasping the plug - do not pull on the cord.
3. **DANGER:** Do not operate slow cooker if:
 - i) the cord or plug is split, melted or damaged.
 - ii) the slow cooker has malfunctioned.
 - iii) the slow cooker has been damaged in any manner.If any of the above incidents occur, return your slow cooker to the nearest authorised service centre for examination, repair or adjustment.
4. **DANGER:** Do not under any circumstances immerse the power cord, mains plug or slow cooker body in water or any other liquid.
5. **WARNING:** Do not touch the outer surfaces whilst slow cooker is in operation. Use handles and knobs only as some surfaces may become hot whilst the appliance is in use.
6. **WARNING:** If the mains supply cord is damaged, it must be replaced by the manufacturer, its service agent or a similarly qualified person in order to avoid a hazard.
7. **CAUTION:** Wait for the slow cooker to cool before moving. Carry only by the outer side handles.
8. **CAUTION:** Keep the slow cooker and its cord out of reach of children less than 8 years old.
9. **CAUTION:** Do not use your slow cooker without the ceramic pots inserted.
10. **CAUTION:** Exercise caution when removing the tempered glass lids from the slow cooker whilst in use. Steam from foods being cooked will be released when lifting the lid and could potentially cause burns or personal injury.

11. CAUTION: Do not allow your slow cooker to boil dry as this will cause damage to the ceramic pots and slow cooker.
12. CAUTION: The ceramic pots are suitable for use with wood, nylon and plastic utensils. Do not use metal utensils as they may scratch the ceramic pot coating. Scratching of the ceramic pot surface is not covered by warranty.
13. This slow cooker is not intended to be operated by means of an external timer or separate remote-control system.
14. Close supervision is necessary when any appliance is used by or near children.
15. Clean the outer surfaces with a soft damp cloth only after unplugging the slow cooker from the mains supply.
16. Any appliance that has been dropped or damaged should not be used until examined by an authorised service centre.
17. Do not permit the mains supply cord or plug to touch hot objects or allow the power cord to lay across the slow cooker.
18. This appliance is deemed for use indoors only.
19. Do not use harsh or abrasive cleaning agents. The outside surface may be wiped clean with a soft, damp cloth and dried thoroughly. If necessary, a mild dishwashing detergent may be applied to the cloth but not directly applied to the slow cooker.
20. This slow cooker can be used by children aged from 8 years old and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the slow cooker in a safe way and understand the hazards involved.
21. Children should not play with the slow cooker.
22. Your slow cooker should not be unattended while in use.
23. This slow cooker should not be used in a commercial environment such as a restaurant, hotel or hostel dining room.
24. Always use this slow cooker with a power outlet of the voltage (A.C. only) marked on the base of the slow cooker.
25. Do not use slow cooker for any purpose other than its intended use.
26. Do not place your slow cooker on or near a hot gas flame, electric element, heated oven or any hot surface.
27. Do not place your slow cooker on top of any other appliance.
28. Do not allow the power cord of this slow cooker to hang over the edge of a table or bench top.
29. Always use oven mitts when handling the ceramic pots during or after use.
30. Do not use a ceramic pot or lid if they are chipped or cracked.

SAFETY PRECAUTIONS:

1. The body of the slow cooker may become hot during use. Do not touch.
2. Do not use the side handles to move the slow cooker if full of liquids/foods. Remove the ceramic pots from the body and move each item separately.
3. Always use oven mitts when handling the ceramic pots during or after use.
4. Do not under any circumstances immerse the slow cooker body, mains cord or mains plug in water or any other liquid.
5. Do not overfill the slow cooker with liquid as it may over-boil or spill-over.
6. Do not operate the slow cooker without the ceramic pots inserted.
7. Do not place the ceramic pots directly onto a stove-top or into the oven. They are designed for use with this slow cooker only.

POWER SUPPLY CORD INSTRUCTIONS:

1. Do not attempt to modify the power cord or plug in any way.
2. A short power supply cord is provided to reduce the risk of becoming entangled in or tripping over a longer cord.
3. If the power supply cord is too short, do not use an extension cord. Have a qualified electrician or serviceman install an outlet near the appliance.

INSTALLATION GUIDE:

1. Carefully unpack your electric slow cooker.
2. Carefully remove packaging around the slow cooker and power cord. Do not remove warning labels.
3. Wash the ceramic pots and lids before use.
4. **DANGER:** Do not under any circumstances immerse the slow cooker body, mains cord or mains plug in water or any other liquid.

BEFORE FIRST USE:

Before first use, the ceramic pots and tempered glass lids must be cleaned.

Wash the ceramic pots and lids with hot water and mild detergent. Rinse with fresh water and dry thoroughly.

Your slow cooker is now ready for use.

PLEASE NOTE: The initial 15 minutes of use may result in minimal smell and smoke. This is normal and harmless and comes from the protective substance applied to the heating elements during manufacturing.

PARTS AND FEATURES:



1. Tempered glass lids allow viewing and monitoring of foods without the need to lift the lids.
2. Lid holders conveniently keep lids propped up whilst serving foods.
3. 3 x Removable ceramic pots maintain and distribute heat evenly.
4. 3 setting control panel for easy operation.
5. Cool touch base.

TEMPERATURE CONTROLS:

OFF: Select this setting to turn it off.

HIGH: Select this setting for faster cooking times.

LOW: (Recommended) as the slower cooking times helps to further tenderise.

WARM: Keep foods warm and ready for serving.



OPERATION:

1. Ensure temperature control is set to off.
2. Re-insert ceramic pots into slow cooker body.
3. Plug the power cord into the power outlet and switch on.
4. Add meal ingredients into the ceramic pots.
5. Place tempered glass lids back onto your slow cooker.
6. Turn each temperature control panel knob to the desired temperature setting.
7. To stop operation, turn each temperature control panel knob to the OFF position.

HEAT LEVEL:

MODE	POWER USED SINGLE POT	POWER USED THREE POTS
LOW	105 W	315 W
HIGH	135 W	405 W
KEEP WARM	30 W	90 W

TEMPERATURES AND TIMES:

ITEM	RECCOMENDED TEMP	TIME
Roasts and large cuts of meat	Low	5 – 8 hours
Stews, Casseroles	High	3 – 5 hours
Soups	High	4 – 5 hours
Fish	High	2 – 4 hours
Chicken breast, thighs	High	3 – 5 hours
Desserts	High	1 – 2 hours

MAX RUN TIMES:

High: 6 hours

Low: 8 hours

Keep warm: 4 hours

To stop operation, turn each temperature control panel knob to the OFF position.

TIPS FOR SLOW COOKING:

- Slow cooking has always been the best way to prepare a nutritious hot meal with minimum preparation and maximum free time away from the kitchen.
- Traditional slow cooking has centred on soups and casseroles, but with this oval ceramic pot you can also produce most modern family meals and dinner party dishes. This pot is convenient to take straight to the table for serving. (Always place the slow cooker on a heat proof mat or surface).
- This method of cooking is ideal for preparing tougher cuts of meat, giving them the long, gentle simmering that ensures that they become tender and full of flavour.
- The slow cooker should be at least half full for best results and to avoid over-spilling.
- Slow cooking retains moisture. If you wish to reduce moisture in the cooker, remove the lid after cooking and turn the control to high and simmer for 30 to 45 minutes.
- The lid is not a sealed fit. Don't remove unnecessarily as the built-up heat will escape. Each time you remove the lid, allow an additional 10 minutes to the cooking time.
- If cooking soups, leave a 5 cm space between the top of the cook pot and the food surface to allow simmering.
- Many recipes demand all day cooking, if you do not have time to prepare food that morning prepare it the night before and store the food in a covered container in the refrigerator. Transfer the food to the slow cooker and add liquid/gravy.
- Most meat and vegetable recipes require 8-10 hours on low or 4-6 hours on high.
- Some ingredients are not suitable for slow cooking. Pasta, seafood, milk, and cream should be added towards the end of the cooking time. Many things can affect how quickly a recipe will cook, water and fat content, initial temperature of the food and the size of the food.
- Food cut into small pieces will cook quicker. A degree of 'trial and error' will be required to fully optimize the potential of your slow cooker.
- Vegetables usually take longer to cook than meat, so try and arrange vegetables in the lower half of the pot.
- After food is cooked, switch the slow cooker off and leave covered with the lid. There will be enough heat in the slow cooker to keep warm for 30 minutes. If you require longer to keep warm, switch to the warm setting.
- All food should be covered with a liquid, gravy or sauce. In a separate pan or jug prepare your liquid, gravy or sauce and completely cover the food in the slow cooker.
- Cut root vegetables into small, even pieces, as they take longer to cook than meat. They should be gently sautéed for 2-3 minutes before slow cooking. Ensure that root vegetables are always placed at the bottom of the pot and all ingredients are immersed in the cooking liquid.
- Trim all excess fat from meat before cooking, since the slow cooking method does not allow fat to evaporate.

- If adapting an existing recipe from conventional cooking, you may need to cut down on the amount of liquid used. Liquid will not evaporate from the slow cooker to the same extent as with conventional cooking.
- Never leave uncooked food at room temperature in the slow cooker.
- Do not use the slow cooker to reheat food.
- Insert a meat thermometer into joints of roasts, hams, or whole chickens to ensure they are cooked to the desired temperature.
- Authentic stoneware is fired at high temperatures therefore the ceramic pot may have minor surface blemishes; the glass lid may rock slightly due to these imperfections. Low heat cooking does not produce steam so there will be little heat loss. Due to normal wear and tear through the products' life, the outer surface may start appearing "crazed".
- Do not put the ceramic pot or glass lid in an oven, freezer, and microwave or on a gas/electrical hob.
- Do not subject the ceramic pot to sudden changes in temperature. Adding cold water to a very hot pot could cause it to crack.
- Do not allow the pot to stand in water for a long time (you can leave water in the pot to soak).
- There is an area on the base of the ceramic pot that must remain unglazed for manufacturing purposes. This unglazed area is porous, therefore will soak up water, this should be avoided.
- Do not switch the slow cooker on when the ceramic pot is empty or out of the base.

CLEANING:

1. DANGER: Do not under any circumstances immerse the power cord, mains plug or slow cooker body in water or any other liquid.
2. Do not use harsh or abrasive cleaning agents. The outside surface may be wiped clean with a soft damp cloth and dried thoroughly. If necessary, a mild dish washing detergent may be applied to the cloth but not directly applied to the slow cooker.
3. Allow the slow cooker to cool thoroughly after using. Exposing the ceramic pots or lids to water whilst hot will cause cracking and/or damage.
4. Once cooled, filling the ceramic pots with water and allowing it to soak will assist in the removal of tough baked on particles.
5. When washing, non-abrasive cloths and plastic bristle kitchen brushes may be used to remove stubborn food particles from the ceramic pots and lids. Do not use abrasive cloths and cleaning materials as they will damage the surface
6. Ensure ceramic pots and lids are dried thoroughly after cleaning and placed back into the slow cooker body. Store in a dry place away from steam and humidity where possible.

TROUBLESHOOTING:


If the slow cooker fails to operate:

1. Check to make sure the slow cooker is plugged in correctly and securely. If it is not, remove the plug from the outlet, wait 10 seconds and plug it back in securely.
2. Check for a blown or tripped circuit breaker in your home. If these seem to be working correctly, test another appliance in the same outlet to ensure the outlet is working correctly.

IF NONE OF THE ABOVE SOLVES THE PROBLEM, DO NOT TRY TO ADJUST OR REPAIR THE SLOW COOKER YOURSELF.

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