

mistral[®]
COOKING WITH CONVENIENCE

5.6 Litre Slow Cooker



Instruction Manual

Model: MSC220B

Important Safeguards

When using electrical appliances, in order to reduce the risk of fire, electric shock and/or injury, these basic safety precautions should always be followed:

For Your Safety

Read all instructions carefully, even if you are familiar with the appliance.

- READ ALL INSTRUCTIONS.
- Do not touch hot surfaces. Use handles or knobs.
- To protect against electrical shock, do not immerse cord, plugs or appliance in water or other liquid.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- Unplug from outlet when not in use and before cleaning. Allow to cool before putting on, or taking off parts.
- If the supply cord is damaged, it must be replaced by qualified electrical person in order to avoid a hazard or the product must be disposed.
- The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
- Do not use outdoors.
- Do not let cord hang over edge of table or counter, or touch hot surfaces.
- Do not place on or near a hot gas or electric burner, or in a heated oven.
- Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.

CAUTION: To protect against damage or electric shock, do not cook in the base unit. Cook only in the ceramic pot provided.

- To disconnect, turn dial from either LOW/HIGH/KEEP WARM position to OFF, then remove plug from wall outlet.

- Do not use appliance for other than intended use.
- Avoid sudden temperature changes, such as adding refrigerated foods into the ceramic pot.
- Do not use the ceramic pot or the glass lid if chipped, cracked, or severely scratched.
- This appliance is intended to be used in household only. It should not be used for commercial purpose.
- The ceramic pot is designed for use with this appliance only. It must never be used on a cook top as it will crack and can cause burns if hot liquid or food inside. Do not use if the ceramic pot is cracked or damaged.
- Avoid sudden temperature changes by adding refrigerated foods into heated pot as the pot will crack.
- **WARNING:** Do not overfill the cooking pot beyond the "MAX" level as boiling liquids may overflow and cause personal injury or damage to the appliance or cooking area.
- **WARNING:** The heating element surface is subject to residual heat after use.

FOR HOUSEHOLD USE ONLY SAVE THESE INSTRUCTIONS

Additional Important Safeguards

CAUTION, HOT SURFACES: This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires, or other injury to persons or damage to property

- A person who has not read and understood all operating and safety instructions is not qualified to operate this appliance.
- If this appliance falls or accidentally becomes immersed in water, unplug it from the wall outlet immediately. Do not reach into the water!
- When using this appliance, provide adequate air space above and on all sides for air circulation. Do not operate this appliance while it is touching or near curtains, wall coverings, clothing, dishtowels or other flammable materials.
- Do not leave this appliance unattended during use.
- If this appliance begins to malfunction during

use, immediately turn OFF/LOW/HIGH/WARM control dial to OFF, then remove the plug from the outlet. Do not use or attempt to repair a manufacturing appliance!

- The cord to this appliance should be plugged into a 220-240V AC electrical wall outlet.
- Do not use this appliance in an unstable position.
- Never use any stoneware liner on a gas or electric cooktop or on an open flame.
- Lift off lid carefully to avoid scalding, and allow water to drip into stoneware liner.

Notes on the Cord

The provided short power-supply cord (or detachable power-supply cord) should be used to reduce the risk resulting from becoming entangled in or tripping over a longer cord. Do not use an extension cord with this product.

Plasticizer Warning

IMPORTANT! To prevent Plasticizers from migrating to the finish of the counter top or table top or other furniture, place NON-PLASTIC coasters or place mats between the appliance and the finish of counter top or table top. Failure to do so may cause the finish to darken; permanent blemishes may occur or stains can appear on the counter or table top.

Electric Power

If the electrical circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit, not used at the same time or in conjunction with other high powered appliances.

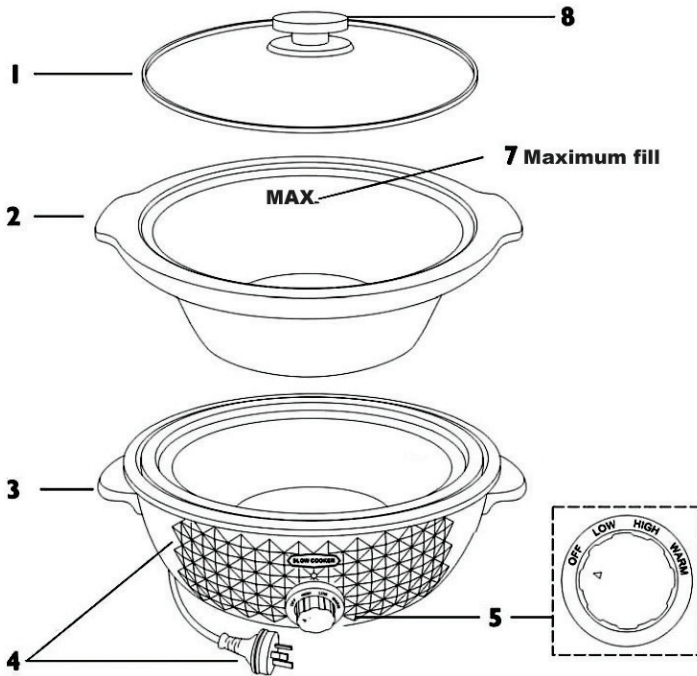
Warning

If the supply power cord is damaged, the power cord must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

This product has not been designed for any uses other than those specified in this booklet.

Save These Instructions

Features of Your Slow Cooker



- 1. Glass lid
- 2. Ceramic pot
- 3. Slow cooker handle
- 4. Slow cooker with power cord
- 5. Control Dial
- 6. Maximum fill
- 7. Lid knob

Getting to Know Your Slow Cooker

Congratulations on the purchase of your new Slow Cooker. Slow cooking is a wonderful way of transforming budget cuts of meat into delicious and tender meals that will fill the house with mouth-watering aromatic aromas.

One of the main benefits of your slow cooker is that it can be left unattended, so whilst you are at work or at play, you can enjoy delicious meals. You can cook soups, stews, casseroles at your convenience. Slow cooking allows the flavours to blend and develop. Cooking meat on a gentle heat will break down sinewy tissue, making the toughest cuts deliciously tender.

Before Using For The First Time

1. Carefully unpack your Slow Cooker. Remove all packaging and materials.
2. It is necessary to operate the Slow Cooker one time before placing food in the ceramic pot. Fill the ceramic pot with tap Water (Do not fill more than the MAX. level mark). Cover the ceramic pot with the glass lid.
3. Connect the supply cord plug into a 220-240V AC electrical power outlet.
4. Turn control dial to the HIGH position and allow to heat for approximately 20 minutes. You will notice a slight odor, this is normal and should quickly disappear.
5. Turn control dial to OFF position and allow to cool for 20 minutes.
6. Wearing oven mitts, grasp each of the liner handles carefully to lift and remove ceramic pot from the base unit: pour out the water from the stoneware liner.
7. Rinse the ceramic pot, dry thoroughly, and reposition back inside the base unit.

Ceramic Pot - Care Instructions

Like any ceramic, the ceramic pot may crack or break if not handled properly. To prevent damage, handle with care!

WARNING: Failure to follow these instructions can cause breakage which resulting in injury or property damage.

- ALWAYS USE POTHOLDERS OR OVEN MITTS WHEN HANDLING THE HOT CERAMIC POT.
- DO NOT place the hot ceramic pot on a counter/bench top. Use the base unit to serve. Keep the ceramic pot in the base unit until fully cooled.
- DO NOT place/use the ceramic pot on any range top burner, under a broiler, microwave browning element, or in a toaster oven.
- DO NOT strike utensils against rim of the ceramic pot to dislodge food.
- DO NOT use the ceramic pot to make popcorn, caramelize sugar, or make candy. This will damage/crack the ceramic pot.
- DO NOT use abrasive cleaners, scouring pads, or any object that will scratch the ceramic pot liner or accessories.
- DO NOT use or repair any liner or lid that are chipped, cracked, or broken.
- DO NOT use the ceramic pot for reheating foods or for general food storage.
- Always place foods into the ceramic pot at room temperature; then place the pot into the base unit before turning it ON.
- NEVER heat the ceramic pot when empty.

Operating Instructions

CAUTION: When the ceramic pot is filled and positioned in the base unit, the Slow Cooker is heavy. If the unit needs to be moved to a final serving position after cooking, using oven mitts, remove the filled cooking pot carefully from the base unit. Move the empty base unit to its final serving position. Then transfer the ceramic pot to position in the base unit.

1. Prepare recipe according to instructions.
2. Place food into the ceramic pot and cover it with the glass lid. DO NOT FILL ABOVE THE MAX. LEVEL MARK ON THE CERAMIC POT. For best results, the Slow Cooker should be at least half filled. When cooking soups or stews, allow a 2-inch space between the food and the top of the cooking pot, so ingredients can come to a simmer.

NOTE: When cooking meat and vegetable combination, place the vegetables in the bottom of the ceramic pot first. Then add the meat and other ingredients.

NOTE: When cooking on HIGH, check cooking progress, as some soups may come to boil.

Remember that frequent lifting of the lid during cooking delays the cook time.

WARNING: The ceramic pot CANNOT stand the shock of sudden temperature changes. If the pot is hot, DO NOT add cold food. Before cooking frozen food, add some warm water.

3. Connect the supply cord plug into a 220-240V AC electrical power outlet.
4. Turn the appropriate control dial to select temperature setting: LOW or HIGH.
5. Cook according to recipe instructions.
6. When cooking time is complete, turn the control dial to WARM to keep cooked food warm for serving.
7. To serve, using oven mitts, carefully remove the glass lid by grasping the lid knob and lifting the lid slightly away from you. This will allow the steam to escape before removing the lid. Allow a few seconds for all steam to escape.
8. Allow Slow Cooker to cool completely before cleaning, see Care & Cleaning Instructions.
9. When the appliance is turned OFF and unplugged, the Slow Cooker base unit and ceramic pot remain hot for some time after use; allow the appliance to cool completely before cleaning or storing.

Hints For Slow Cooking

- Less tender, cheaper cuts of meat are better candidates for slow cooking than more expensive cuts.
- Meats will not brown during the slow cooking process. Browning fatty meats will reduce the amount of fat and help to preserve color while adding richer flavor. Heat a small amount of oil in a skillet and brown meats prior to putting into the ceramic pot.
- Whole herbs and spices flavor better in slow cooking than crushed or ground.
- When cooking in a Slow Cooker, remember that liquids do not boil away like they do in conventional cooking. Reduce the amount of liquid in any recipe that is not designed for a Slow Cooker. The exceptions to this rule would be rice and soups. Remember, liquids can always be added at a later time if necessary. If a recipe results in too much liquid at the end of the cooking time, remove the cover and re-program the Slow Cooker to continue to cook HIGH for 1 hour. Check every 15

minutes until the amount of liquid is reduced. Turn the control dial to OFF when the desired consistency is achieved.

- Most recipes that call for uncooked meat and vegetables require about 6 to 8 hours on LOW temperature setting.
- The higher the fat content, the less liquid needed. If cooking meat with a high fat content, use thick onion slices under it so that the meat will not sit and cook in the fat. If necessary, use a slice of bread, a spoon, or a straining spoon to skim off excess fat from top of foods before serving.
- Foods cut into uniform pieces will cook faster and more evenly than foods left whole such as roast or poultry.
- Always use a meat thermometer to determine if meats have been cooked to proper temperature.
- Root vegetables such as carrots, potatoes, turnips and beets require longer cooking time than many meats. Place them on the bottom of the Slow Cooker and cover with liquid. Check to see they are fork-tender when meat temperature is reached. Remove meat and continue cooking vegetables if necessary.
- Add fresh dairy products (milk) sour cream or yogurt prior to serving. Evaporated milk or condensed creamed soups may be added at the start of cooking.
- Rice, noodles and pasta are not recommended for long cooking periods. Cook them separately and then add to the Slow Cooker during the last 30 minutes of cooking.

User Maintenance Instructions

This appliance requires little maintenance. It contains no user serviceable parts. Do not try to repair it yourself. Any servicing requiring disassembly other than cleaning, must be performed by a qualified appliance repair technician or the appliance must be disposed.

Care & Cleaning Instructions

CAUTION: NEVER IMMERSER BASE UNIT OR CORD IN WATER OR OTHER LIQUID.

1. Always unplug and allow to cool down completely before cleaning.
2. The ceramic pot, and tempered glass lid can be used in a dishwasher. To avoid damage, put the ceramic pot and glass lid in the dishwasher rack so that it will not hit other items during cleaning. To clean by hand,

wash the ceramic pan and glass lid in warm, soapy water.

3. Avoid sudden, extreme temperature changes. For example, do not place the hot ceramic pot into cold water or onto wet surface.
4. Avoid hitting the ceramic pot and glass lid against hard surfaces. CAUTION: Do not use the ceramic pot or the glass lid if chipped, cracked, or severely scratched.
5. If food sticks to the ceramic pot liner, fill it with warm soapy water and allow to soak before cleaning. A paste of baking soda may be used with a plastic scouring pad.
6. To remove water spots or mineral deposits, wipe ceramic pot with distilled white vinegar. For difficult stains, pour a small amount into the pot and allow to soak. Rinse and dry thoroughly.
7. Wipe interior and exterior of the base unit with a soft, slightly damp cloth or sponge. Never use abrasive cleansers or scouring pads to clean the base unit, as they may damage the surfaces.

Storing Instructions

1. Be sure all parts are clean and dry before storing.
2. Store Slow Cooker with the ceramic pot inside the base unit.
3. To protect the glass lid, it may be wrapped in a soft cloth and placed upside down over the ceramic pot.
4. Store the assembled unit in the original box in a clean, dry place.
6. Never store the Slow Cooker while it is hot or wet.
7. Never wrap the cord tightly around the appliance; keep it loosely coiled.

Technical Data

Model No:..... MSC220B

Voltage:240V~ 50Hz

Power:210W

NOTE: As a result of continual improvements, the design and specifications of the product within may differ slightly to the unit illustrated on the packaging.

Recipes

NOTE: When slow cooking is on HIGH setting, it is very much like a covered pot on the stovetop.

Foods will cook on HIGH in about half the time required for LOW cooking. Additional liquid may be required as foods do boil on HIGH setting.

Lemon Roasted Chicken

1.3 to 1.8 kg chicken
60g onion, chopped
25g butter.
juice of 1 lemon
10g fresh parsley
4g salt
4g thyme
4g paprika

Rinse the chicken well and pat dry; remove any excess fat. Place the onion in the cavity of the chicken and rub the skin with the butter. Place the chicken in the slow cooker. Squeeze the lemon juice over the chicken and sprinkle with the remaining seasonings. Cover and cook on Low for 10 hours or on High for 6 hours.

Spicy Pork & Potato Stew

1kg pork shoulder roast, trimmed and chopped into 1-in. cubes
13g bacon drippings (may substitute vegetable oil)
20g small red potatoes
250g onions, chopped
3 fresh poblano peppers, seeded, chopped
2 fresh jalapeno peppers, minced (remove seeds and ribs for less heat)
6 cloves garlic, minced
2 dried bay leaves
0.88kg cups chicken broth
1 (0.4kg) can stewed tomatoes, Mexican
15g chili powder
45g Saizon@Mexican Seasoning
5g dried oregano, crushed
2g cayenne pepper, more or less to taste
50g chopped fresh parsley

Add drippings to a large, heavy skillet over high heat.

Brown the meat in 2 batches, then transfer to a brown paper bag to drain the fat.

Cut potatoes in half. Arrange potatoes, onions, peppers in bottom of the ceramic pot.

Place meat over vegetables.

In a separate bowl, combine the remaining ingredients and mix well.

Pour mixture over the meat.

Cover and cook on LOW for 8 to 10 hours or HIGH for 4 to 5 hours.

Remove bay leaves before serving.

Butternut Squash Soup

250g onion, finely chopped
1 (1.3kg) butternut squash, peeled and cubed
1kg chicken broth
1kg cups apple sauce
5g salt
1g ground white pepper
1g ground nutmeg
1g ground cloves
1g curry powder
1g ground coriander
1g tsp. cinnamon

In a large skillet, cook the onions until transparent, then place the onions in the slow cooker.

Add the squash, chicken broth, applesauce, salt, pepper, nutmeg, cloves, curry powder, coriander and cinnamon.

Cover; cook on Low for 4 to 6 hours (or until squash is tender)

If desired, in a food processor, process in small batches until smooth.

Return soup to the slow cooker. Cook on Low for an additional 2 to 4 hours.

Vegetable Curry

4 potatoes, peeled and diced
1 onion, chopped
1 red pepper, chopped
2 carrots, diced
2 large tomatoes, chopped
1 (170g) can tomato paste
180g water
8g curry powder
8g cumin seeds
2g garlic powder
2g salt
450g cauliflower florets
1 (280g) Package frozen peas, thawed

Place the potatoes, onion, pepper, carrots and tomatoes in the slow cooker.

Stir in the tomato paste, water, curry powder, cumin seeds, garlic powder and salt.

Mix well and add the cauliflower florets.

Cover, cook on Low for 8 to 9 hours or on Low for 4 to 5 hours.

Stir in peas just before serving.

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GSM Retail Group has a policy of continual improvement throughout the product range.
As such the unit contained within may differ slightly from the unit illustrated on the pack.

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