

crockpot[®] express



Congratulations on receiving your new Crockpot[®] Express XL Cooking Pot & Steamer Basket!

To keep you as happy and informed about your Crockpot[®] Express accessories, we have added some additional helpful hints & tips below to guide you through the cooking process. **Note:** The non-stick Cooking Pot is compatible with Crockpot Express XL (7.6L) models only.

A NOTE BEFORE USING THE STEAMER BASKET

1. Always have minimum 1 1/2 cups (approx. 350ml) of liquid - Pressure cookers generate steam in order to build pressure. Liquid is needed to create steam. So in order for your Crockpot[®] Express to build enough pressure to cook your meal, there needs to be enough liquid in the pot to boil and generate steam. 1 1/2 cups of water is usually enough liquid to successfully build pressure, however, refer to the food chart below for more accuracy based on meal type. TIP: You can add stock to help marinate your food.
2. Capacity - Do not over fill your steamer basket, otherwise things will not cook through properly . Ensure the water sits under the steamer basket so that food is not touching water.
3. Not all meals are equal and you will find that even though you can cook broccoli for 1 minute, carrots for example are thicker and need much longer. Please see the food guide below.
4. Steaming a whole meal, place the hardest to cook items at the bottom of the steamer basket and then lay the rest on top. An example would be hard carrots on the bottom to thin strips of chicken on top.

STEAMING GUIDE

1. Place the appropriate amount of liquid in the bottom of your Crockpot[®] Express cooking pot.
2. Insert your steamer basket, folding down the handle.
3. Add the ingredients you wish to steam into the basket.
4. Place the pressure cooker lid on and lock by rotating counterclockwise to the LOCKED  position.
5. Ensure the easy steam release dial is in the SEALED  position.
6. Press the STEAM function and adjust timer to your desired cook time. Press START/STOP.
7. Once cooking is complete, release pressure via the easy steam release dial.
8. Using a kitchen glove mitt or tea-towel, carefully remove the steamer basket by lifting the handle, remove the steamed food and serve.

CAUTION: During cooking, steam will build up in the cooker, so when lifting the Lid use a kitchen glove or mitt to remove the steamer basket.

FOOD CHART

Food	Amount	Amount of water	Pre-prep	Cooking Time, minutes
Asparagus	250g	400ml	trim woody ends	2
Broccoli	300g	400ml	trim stalks	2
Brussel Sprouts	400g	400ml	peel outer leaves, leave whole	4
Butternut Squash	1 whole, 900g-1kg	400ml	cut in half, remove seeds, slice into 6	7
Carrots	500g	400ml	sliced into 1 cm rounds	5
Carrots and Swede	600g	400ml	peel and cut into similar sized pieces	6
Cauliflower	500g	400ml	cut into 5cm florets	3
Corn on the Cob	2	400ml	remove any outer leaves	3
Frozen Chunky Vegetables	500g	400ml	cook from frozen	3
Green cabbage	1 whole	400ml	cut into quarters	4
Leeks	500g	400ml	trim ends and cut into 2 cm rounds	4
New Potatoes	750g	400ml	leave whole	8
Sweet Potatoes	900g - 1kg	400ml	peel and cut into large chunks	5
White potatoes, ideal for mash	900g - 1kg	400ml	peel and cut into large chunks	9
Eggs	6	400ml	whole in shell	7
Chicken fillet	2-4 fillets	400ml	season before cooking	8
Salmon	2-4 fillets	400ml	season before cooking	3

CARE & CLEANING

Cleaning should only be carried out when the Crockpot® Express cooker is cool and unplugged. Allow the cooker to completely cool before cleaning. Do not use the removable Cooking Pot on the stovetop, inside a microwave oven or inside an oven. Use the pot only inside the Express Pressure Multicooker Heating Base. If food sticks or burns to the surface of the Cooking Pot, then fill it with hot soapy water and let it soak before cleaning. Use a rubber or nylon spatula to remove stubborn residue. If scouring is necessary, use a non-abrasive cleaner and a nylon scouring pad or brush.

Hand wash the Cooking Pot with mild detergent in warm water to protect the inner coating.

If white spots form on surface of Cooking Pot, then soak it in a solution of vinegar or lemon juice and warm water for 30 minutes. Rinse and dry.

Note: Never use metal utensils or cleaning devices on the Cooking Pot, as this may result in scratching and damaging the non-stick coating. Do not use Cooking Pot that is damaged, dented or scratched.

Dishwasher Safe: Cooking Pot and steamer basket are dishwasher safe however, the aluminum finish may discolour over time. This will not affect cooking performance performance.



WARNING: This info sheet is only regarding the Cooking Pot & Steamer Basket. It is not intended to be a substitute for the User Guide Booklet that is included with your Crockpot Express XL Pressure Multicooker. Always refer to the User Guide for additional information.

For additional information, recipes, top tips and more, refer to the User Guide, visit our website and follow us on social media:

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