



# Slow Cooker MMSC15



## **SLOW COOKER**

Please read this instruction manual thoroughly before operating and keep it for future reference

## IMPORTANT SAFETY INSTRUCTIONS

- 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 the 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.
- Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been dropped or damaged in any manner. If the power cord is damaged, it must be replaced at the Service Centre to avoid a hazard.
- When using electrical appliances, basic safety precautions should always be followed to reduce the risk of fire, electric shock, and/or injury.
- Do not immerse appliance, cord or plug in water or any other liquid.
- Unplug from the outlet when not in use and before cleaning.
- Do not unplug the appliance by pulling on the cord.
- Use the accessories from the appliance only, as other accessories not from the appliance may cause fire, electric shock or injury.
- To ensure safety, please check the slow cooker body and the power cord for damage before using the slow cooker.
- A properly grounded outlet must be used and the plug should be securely plugged to avoid problems with poor contact.
- Do not use the power cord for other heated products. When not using the slow cooker, the appliance should be unplugged.
- Place the slow cooker on a stable table and keep it away from flammable materials.
- Do not insert or remove the plug with wet hands to avoid electric shock.
- Keep the plug clean to avoid poor contact.
- The pot cannot be placed on other heating sources, otherwise, it will be easily deformed.
- Do not use your face or hands near the steam outlet during the operation of the slow cooker to avoid burns..
- Do not cover or block the steam position with cloth, towels, etc., to avoid distortion of the lid due to overheating.
- Do not place the slow cooker in a flammable or humid environment.
- Do not violently hit the pot, otherwise the pot may be damaged.
- Never use an abrasive tool to clean the pot to avoid damaging the pot.
- Only use the supplied pot. Do not use other pots instead to avoid product failure or danger.
- After use, the slow cooker heating element will be hot, please do not touch it to avoid burns.

## PRODUCT TECHNICAL PARAMETERS

MODEL	RATED VOLTAGE	RATED POWER	GROSS CAPACITY
MMSC15	220-240V~, 50/60Hz	140W	1.5L

## INTRODUCTION OF PARTS



# CONTROLS AND OPERATIONS

## Before first use

1. Before plugging in the appliance, please confirm that the power supply voltage matches the product specifications.
2. Before using for the first time, please remove all the packaging materials from the product, remove the pot, and then wash ceramic pot and lid under the tap. Do not immerse outer body in water to wash. Outer body can be wiped with a soft damp cloth.
3. Please check if there is any food residue on the bottom of the heating base before placing the food into it. If there is, please remove it first, then place the ceramic pot in it.

## Operating the appliance

1. Place food ingredients and water into the ceramic pot. Make sure that the ingredients and water fills at least half of the pot, but has to fill no more than 90% of the pot.
2. Place the ceramic pot into the outer body, on the heating element. Make sure that there is nothing on the base of the outer body on the heating element before placing the ceramic pot in it.
3. Ensure that the control knob is in the OFF position. Plug in the power cord into the main switch and turn on the appliance.
4. Turn the control knob to the heating level of your choice (LOW or HIGH), and the appliance will start to cook.
5. Once cooking is completed, turn the control knob to WARM to keep warm if needed.
6. To turn off the appliance after cooking is completed, turn the control knob to OFF. Turn off the main switch and plug out the power.

## Note

- This appliance does not have a countdown timer. Please monitor your own cooking time and turn it off accordingly when time is up.
- The food ingredients and water in the pot should be no less than 50% of the pot capacity and no more than 90%, in case of water drying or food overspilling.
- The pot handle would be very hot after cooking, please use a cloth to cover the handle and then take out the pot.
- Do not heat food that has no water in it, the water should be lower than 70 degrees in case the ceramic pot temperature changes too suddenly, which may cause the pot to damage.
- Do not place the ceramic pot into cold water or put cold food into the pot immediately after cooking as the pot would be damaged.
- Ceramic Pot is strictly for use with the electric slow cooker only
- Using the ceramic pot over the hob is not allowed.
- The ceramic pot is not recommended to use over fire or stove
- Overheating will cause the ceramic pot to crack if mishandled

## Cooking guide & Tips on using Slow Cooker

- Ensure all frozen ingredients are thoroughly defrosted prior to cooking.
- Cut root vegetables into small, even pieces, as they take longer to cook than meat. They can be gently sautéed for 2-3 minutes before slow cooking. Ensure that root vegetables are always placed at the bottom of the Cooking Pot (3) and all ingredients are immersed in the cooking liquid.
- Trim all excess fat from meat before cooking, as the slow cooking method does not allow fat to evaporate.
- If adapting an existing recipe from conventional cooking, you may need to reduce the amount of liquid used. The liquid will not evaporate from your Slow Cooker to the same extent as conventional cooking.
- Never leave uncooked food at room temperature in your Slow Cooker.
- Uncooked kidney beans must be soaked overnight and boiled for at least 10 minutes to remove toxins before use in a Slow Cooker.
- Insert a meat thermometer into joints of roasts, hams or whole chickens to ensure they are cooked to the desired temperature.
- Do not use your Slow Cooker to reheat food.
- The Slow Cooker must be at least half full for best results.
- Slow cooking retains moisture. If you wish to reduce the liquid, remove the lid after cooking and turn the control to High. Reduce the moisture by simmering for 30 to 45 minutes.
- If cooking soups, leave a 10% gap from the rim of the Cooking Pot and the food surface to allow for simmering. The water and ingredients should be no more than 90% of the pot, and no less than 50% of the pot.
- Removing the Lid will allow heat to escape, reducing the efficiency of your Slow Cooker and increasing the cooking time. If you remove the lid to stir or add ingredients, it is recommended to allow 10-15 minutes extra cooking time for each time you remove the Lid.
- Many things can affect how quickly a recipe will cook, including water and fat content, initial temperature of the food and the size of the food. Ensure that food is thoroughly and fully cooked before serving.
- Many recipes will take several hours to cook. If you don't have time to prepare food in the morning, prepare it the night before, storing the food in a covered container in the fridge.
- Transfer the food to the Cooking Pot and add boiling liquid/stock. In most of the recipes in this book, the meat ingredients are browned first to improve their appearance and flavour.
- If you are short on preparation time and would prefer to skip the searing stage, simply add your meat and other ingredients into your Slow Cooker and cover with boiling liquid/stock.
- You will need to increase the recipe cooking time as follows: HIGH (+1-2 hours), LOW (+2-3 hours).

- Some ingredients are not suitable for slow cooking. Pasta, milk and cream should be added towards the end of the cooking time. Pieces of food cut into small pieces will cook faster.
- A degree of 'trial and error' will be required to fully optimise the potential of your Slow Cooker.
- 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 Cooking Pot.

## CLEANING AND MAINTENANCE

- Before cleaning, please turn off the power switch and unplug the power cord.
- Please wait for the appliance to cool before cleaning to avoid burns and damage.
- Remove the pot and lid handle, wash with water, detergent and sponge. Do not use decontamination powder and wire brush.
- After cleaning, dry with a soft cloth.
- Do not use any abrasive metal sponge or scouring pads when washing the pot and lid. Use a soft sponge at all times.
- Wipe the slow cooker outer body with a soft and damp cloth.
- Do not immerse the outer body in water.
- If there is water on the bottom, please dry it with a cloth. If there is food left, please use a cloth.

## ANNEX - RECIPES

### Eight Treasures Porridge

#### Main Ingredients

- 37g Glutinous rice
- 32g Millet
- 35g Sago
- 37g Kidney beans
- 36g Red beans
- 34g Green beans
- 25g Black beans
- 33g Soy beans

#### Method:

1. Soak the ingredients in cold water for half an hour.
2. Make sure to let the rice soak up the water.
3. Soak the beans for 2 hours, this helps to save cooking time especially when they are soft.
4. Boil some water.
5. Place all the ingredients into the pot and pour the boiling water into the pot, this helps to prevent the ingredients from becoming a paste.
6. Turn the knob to HIGH and cook for 120 mins.
7. After cooking at HIGH, turn the knob to LOW and continue cooking for another 60 mins.
8. After cooking is completed, turn the knob to WARM to keep warm, or OFF to turn off the appliance.

#### Note

- Ingredients amount can be adjusted according to personal preference.
- Seasonings can be used to adjust the flavour of the food to your preference.

## **Fish Fillet Congee**

### Main Ingredients

- 120g Raw Rice
- 200g Fish fillet
- 2 Green onions
- Small amount of Ginger
- 1 spoon of Cooking wine
- 1 spoon of Soy sauce
- Appropriate amount of Pepper
- Appropriate amount of Sesame oil
- Appropriate amount of Salt

### Method:

1. Thaw fish if it is frozen.
2. Wash the rice and place the washed rice into the pot.
3. Add the appropriate amount of water to the pot.
4. Turn the knob to HIGH to cook for 80 mins.
5. Wash and slice the fish and cut the green onion and ginger.
6. Add the cooking wine, pepper, and some soy sauce to the sliced fish.
7. Mix well with some salt and marinate it for preparation.
8. Once the porridge is cooked, add in the fish and ginger shreds.
9. Turn the knob to LOW to cook for 120 mins before turning the knob to OFF.
10. After cooking is completed, turn the knob to WARM to keep warm, or OFF to turn off the appliance.
11. Add the desired amount of chopped green onions, sesame oil, salt, and pepper.

### Note

- Ingredients amount can be adjusted according to personal preference.
- Seasonings can be used to adjust the flavour of the food to your preference.

## Golden Chicken Porridge

### Main Ingredients

- 40g Rice
- 50g Corn
- 120g Chicken breast
- 60g Carrots
- 10g Minced ginger
- 10g Scallion
- 1/4 spoon of salt
- 1/6 spoon of white pepper
- 1 tsp sesame oil

### Method:

1. Cut the chicken breast and carrots into small cubes and set them aside, and mince the ginger.
2. Wash the rice and place it into the pot together with the chicken breast.
3. Add the carrots and ginger together into the pot and add water to submerge all of the ingredients.
4. Turn the knob to HIGH and cook for 4 hours.
5. Once done, turn the knob to LOW to cook for another 1 hour.
6. After cooking is completed, turn the knob to WARM to keep warm, or OFF to turn off the appliance.
7. Add the desired amount of seasons of sesame oil, salt, pepper, chopped green onions.

### Note

- Ingredients amount can be adjusted according to personal preference.
- Seasonings can be used to adjust the flavour of the food to your preference.

## **Pork Ribs Soup with Corn**

### Main Ingredients

- Some Pork Ribs
- Sweet Corn
- Carrot
- Cooking Wine
- Ginger
- Shallots
- Salt

### Method:

1. Cut the corns and carrots into small pieces and set them aside.
2. Slice the ginger and chop the shallots.
3. Cut the ribs into small pieces and place them into clear water.
4. Soak the ribs for 30 mins before rinsing them and putting them into cold water.
5. Add the ginger slices, shallots, and cooking wine for blanching.
6. Take the ribs out of the cold water and place them into the slow cooker.
7. Add the water and ginger slices.
8. Turn the knob to HIGH for 45 mins.
9. Once done, place the rest of the ingredients into the pot.
10. Turn the knob to LOW for 4 hours and 15 mins.
11. After cooking is completed, turn the knob to WARM to keep warm, or OFF to turn off the appliance.
12. Add the desired amount of chicken essence and salt and mix together and adjust the soup flavour.

### Note

- Ingredients amount can be adjusted according to personal preference.
- Seasonings can be used to adjust the flavour of the food to your preference.

## **Shrimp Congee**

### Main Ingredients

- 120g Rice
- 200g Shrimp
- Appropriate amount of Salt
- A Carrot
- Appropriate amount of Ginger

### Method:

1. Wash and devein the shrimp.
2. Wash the rice with clean water.
3. Chop the ginger into finer pieces.
4. Cut the carrots into small pieces.
5. Place the rice into the pot and add the appropriate amount of water.
6. Turn the knob to HIGH and let it cook for 90 mins.
7. Once done, place the shrimp and ginger into the pot and continue to simmer for 1 hour.
8. Lastly, add the carrots into the pot and turn the knob to LOW to simmer for another 2 hours.
9. After cooking is completed, turn the knob to WARM to keep warm, or OFF to turn off the appliance.
10. Stir the porridge and add the desired amount of salt for taste.

### Note

- Ingredients amount can be adjusted according to personal preference.
- Seasonings can be used to adjust the flavour of the food to your preference.

## Stewed Beef Brisket with Tomato

### Main Ingredients

- 200g Beef Brisket
- 300g Tomatoes
- 3 pieces of Ginger
- 2g Salt
- Some Scallions
- 15 ml Cooking wine
- Appropriate amount of Pepper
- Chopped Green Onions (Optional)

### Method:

1. Cut the beef briskets into large chunks and clean it with water.
2. Place the beef briskets into the pot with cold water, add the salt, scallion, ginger, pepper, and the cooking wine.
3. Turn the knob to HIGH for about 4 hours. Once done, skim the foam.
4. Deskin tomatoes and cut them into smaller pieces.
5. Place the tomatoes into the pot and turn the knob to HIGH for 90 mins.
6. After that, turn the knob to LOW and simmer for another 90 mins.
7. After cooking is completed, turn the knob to WARM to keep warm, or OFF to turn off the appliance.
8. Add the desired amount of salt and pepper for taste and sprinkle it with some chopped green onion.

### Note

- Ingredients amount can be adjusted according to personal preference.
- Seasonings can be used to adjust the flavour of the food to your preference.

## Stewed Beef with Potato

### Main Ingredients

- 250g Beef Brisket
- One Potato
- Half a Carrot
- 3 pieces of Ginger
- A little scallion
- 1 Star anise
- 3 spoons of Light soy sauce
- 2 spoons of Cooking wine
- 2g Salt
- 2 pieces of Bay leaves

### Method:

1. Clean the beef and set aside.
2. Cut the potatoes and carrots into small pieces.
3. Blanch beef for 5 mins, then take out and wash and set aside.
4. Place the blanched beef into the slow cooker, add scallions, sliced ginger, bay leaves, star anise, pour some light soy sauce, and cooking wine.
5. Add the appropriate amount of water.
6. Turn the knob to HIGH and let it simmer for about 3 hours.
7. Add the carrots and potatoes into the pot.
8. Turn the knob to LOW and continue to simmer for another 2 hours.
9. After cooking is completed, turn the knob to WARM to keep warm, or OFF to turn off the appliance.
10. Add desired amount of salt for taste.

### Note

- Ingredients amount can be adjusted according to personal preference.
- Seasonings can be used to adjust the flavour of the food to your preference.

## **White Fungus and Lotus Seed Dessert Soup**

### Main Ingredients

- 10g White fungus
- 15g Lotus seed
- 8g Dried lily bulbs
- 3g Wolfberries
- Sugar

### Method:

1. Soak the white fungus, lotus seeds, and dried lily bulbs for about 20 mins.
2. Remove the seed from lotus seeds and cut the lotus seed, white fungus and lily bulbs into small pieces.
3. Place the ingredients into the pot and add the appropriate amount of water.
4. Turn the knob to HIGH and cook for 2 hours 30 mins.
5. Once done, turn the knob to LOW and continue cooking for 1 hour, add the wolfberries into the pot 10 mins before the cooking finishes.
6. After cooking is completed, turn the knob to WARM to keep warm, or OFF to turn off the appliance.
7. Add desired amount of sugar to taste.

### Note

- Ingredients amount can be adjusted according to personal preference.
- Seasonings can be used to adjust the flavour of the food to your preference.

## Stewed Chicken and Chinese Yam Soup

### Main Ingredients

- 200g Chicken
- 150g Chinese Yam
- 4g Wolfberries
- 3g Salt
- 3 pieces of Ginger
- 1 Scallion
- 10g Cooking wine
- Appropriate amount of White pepper

### Method:

1. Wash the chicken and chop it into small chunks.
2. Pour some cooking wine into the pot with cold water.
3. Blanch chicken chunks for 2-3mins, then remove them from boiling water and rinse them with clean remove the blood and foam, then drain and set aside.
4. Peel the Chinese yam, then wash and cut it to smaller pieces. Soak it in water and set aside.
5. Pour 2/3 of the water into the inner pot, add blanched chicken chunks, ginger slices and cooking wine.
6. Turn the knob to HIGH and simmer for 3 hours.
7. Add the Chinese yam in and turn the knob to LOW and continue cooking for 3 hours. Add wolfberries 10 mins before the cooking finishes.
8. After cooking is completed, turn the knob to WARM to keep warm, or OFF to turn off the appliance.
9. Add the desired amount of salt and white pepper.

### Note

- Ingredients amount can be adjusted according to personal preference.
- Seasonings can be used to adjust the flavour of the food to your preference.