

WEST BEND

6 – QUART SLOW COOKER

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TO PREVENT PERSONAL INJURY OR PROPERTY DAMAGE, READ AND FOLLOW THE INSTRUCTIONS AND WARNINGS IN THIS CARE AND USE INSTRUCTION MANUAL

IMPORTANT SAFEGUARDS

Use electricity safely and wisely! Observe safety precautions when using your West Bend® Slow Cooker, including the following:

- Read all instructions before using.
- Always attach cord to electric heating base first, then plug cord into wall outlet. After cooking and serving, unplug cord from wall outlet. Let heating base cool completely before removing cord. Do not leave cooker plugged in when it is not being used.
- Cooker should always be unplugged before cleaning.
- Do not let cord touch hot surfaces or hang over the edge of a counter, table, or other surface area.
- The electric heating base, its cord, and plugs should not be used outdoors, immersed in liquid, placed near a hot gas or electric burner or placed in a heated oven.
- Do not touch pot, cover or electric heating base when they are hot. Use oven mitts on handles when lifting or carrying. Be very careful when moving cooker if it contains hot liquid. Let cool before pouring out.
- Supervise closely when cooker is being used by or near children.
- Use your cooker only for the cooking tasks described in this booklet. Do not use attachments with your cooker unless recommended by The West Bend Company.
- Do not use your cooker if it or its cord has been damaged or if it is not working properly.

SAVE THESE INSTRUCTIONS

Your slow cooker needs no special care other than cleaning. See Warranty section in the booklet for service details. Do not attempt to repair it yourself. For household use only.

WARNING: To prevent personal injury or property damage caused by fire, always unplug this and other appliances when not in use.

Electric Cord Statement

CAUTION: Your Slow Cooker has a short cord as a safety precaution to prevent personal injury or property damage resulting from pulling, tripping, or becoming entangled with the cord. Do not allow children to be near or use this Slow Cooker without close adult supervision. If you must use a longer cord set or an extension cord when using this Slow cooker, the cord must be arranged so it will not drape or hang over the edge of a countertop, tabletop or surface area where it can be pulled on by children or tripped over. To prevent electric shock, personal injury or fire, the electrical rating of the extension cord you use must be the same or more than the wattage of the Slow Cooker (wattage is stamped on underside of base).

SPECIAL NOTE: This booklet contains instructions for using slow cookers with different covers: a glass casserole style cover, a plastic cover featuring a top knob handle and a glass cover featuring a top knob handle. Because the covers are made of different materials, they require different use and care. Please be sure to follow the correct instructions for the type of cover included with your slow cooker to prevent personal injury or property damage. Below are diagrams featuring the different covers for identification and the special safeguards that follow:



Slow Cooker with Glass Casserole Cover



Slow Cooker with Glass Top Knob Cover



Slow Cooker with Plastic Cover

ASSEMBLE KNOB ON COVER BEFORE USING

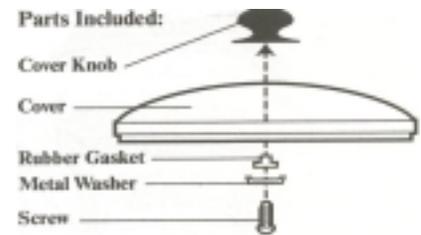
(If Applicable)

Knob must be assembled on glass cover before use.

Follow assembly directions below:

1. Slide metal washer, flat side down, over end of screw. Then slide rubber gasket, center ring up, over end of screw. See diagram.

CAUTION: To prevent personal injury or damage to cover, rubber gasket and metal washer must be placed correctly on screw to prevent breakage of glass.



2. From underside of cover, insert end of screw through center opening. Place knob on screw, inserting end of screw into thread opening on underside of knob. Turn knob to tighten onto screw until secured, but do not over tighten to prevent stripping of threads. Do not use cover without cover knob attached.

SPECIAL SAFEGUARDS FOR GLASS COVER

Failure to follow these instructions may cause immediate or later breakage of glass cover, which can result in personal injury or property damage. Carefully read and follow the safeguards below:

CAUTION: Glass cover can shatter from direct heat.

- DO NOT place cover under broiler, microwave-browning element or in a toaster oven.
- DO NOT set glass cover on hot burner or on oven heat vent.
- DO NOT use cover if it has been used in the above manners even if it does not look damaged. See Warranty section in this booklet on how to obtain a replacement cover.

CAUTION: Glass cover can shatter if cooled suddenly. Avoid severe temperature change.

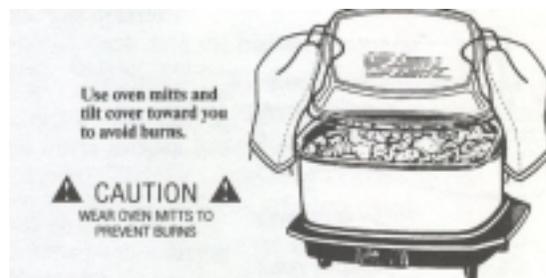
- DO NOT take cover directly from freezer to oven.
- DO NOT set hot glass cover on cold or wet surface; let cover cool before placing in water.
- ALWAYS handle hot cover with dry oven mitts; do not use wet cloths.
- ALWAYS set hot glass cover on dry, heat protective surface for gradual cooling.

CAUTION: Chips cracks, or deep scratches weaken the glass cover. Weakened glass can shatter during use.

- DO NOT use cover if chipped, cracked or scratched. Discard immediately. See Warranty section in this booklet on how to obtain a replacement cover.
- ALWAYS follow care and use instructions in this booklet to avoid chips, cracks and scratches due to hitting rims using metal utensils, using abrasive scouring pads or cleansers or from accidental impact.

CAUTION: To prevent personal injury when removing cover from pot:

- ALWAYS use oven mitts when removing glass cover from slow cooker pot.
- ALWAYS tilt cover toward you to prevent steam burns. See diagram below.



SPECIAL SAFEGUARDS FOR PLASTIC COVER

Failure to follow these instructions may cause damage to plastic cover, which can result in personal injury or property damage. Carefully read and follow the safeguards below:

CAUTION: Plastic cover can warp from extreme heat.

- DO NOT use plastic cover on empty slow cooker pot on top of range unit. Food must be in cooking pot whenever cover is used for range top cooking.

- DO NOT heat covered and empty slow cooking pot on top of range. If preheating of cooking pot is necessary, preheat without cover on.
- DO NOT allow covered pot to boil dry on top of range unit.
- DO NOT use plastic cover in any type of oven or under a broiler or browning element.
- DO NOT wash plastic cover in an automatic dishwasher as it may change shape and not fit the cooking pot properly.
- DO NOT set plastic cover on hot burner or on oven heat vent.

USE AND CARE

- **Clean Before Using The First Time**

Wash slow cooker pot and cover in hot soapy water with a dishcloth or sponge, rinse and dry. If roasting rack is included, wash in same manner as cooking pot and cover. Wipe non-stick finish of slow cooker heating base with a damp cloth and dry with a soft cloth.

CAUTION: To prevent personal injury or electric shock, do not immerse slow cooker heating base, its cord or plugs in water or other liquid.

- **Condition Inside of Cooking Pot**

After initial cleaning, wipe the non-stick finish on inside of cooking pot with a teaspoon of vegetable cooking oil using a paper towel. This will condition the non-stick finish to prevent sticking. Do Not use shortening or butter to condition the finish. Leave a light film of oil on finish. The slow cooker is now ready to use.

The non-stick finish will need to be reconditioned after each time the cooking pot is 1) cleaned in an automatic dishwasher, 2) the finish is treated with a special cleaner, 3) the finish is cleaned with lemon juice or vinegar to remove a mineral film, or 4) when sticking becomes a problem during use.

DO NOT CONDITION NON-STICK SURFACE OF SLOW COOKER HEATING BASE BEFORE USING AS A SLOW COOKER. Non-stick finish of heating base should only be conditioned when it is used as a grill.

- **Using Slow Cooker**

1. Place heating base on a dry, level heat-resistant surface away from any edge.
2. Place foods into slow cooker pot, cover and place cooking pot onto heating base. (If you wish to brown or precook any foods before slow cooking, place slow cooker pot directly on range top unit over medium heat. After foods are browned or cooked, transfer cooking pot to heating base.)
3. Attach cord to base, then plug cord into a 120 volt AC electrical outlet ONLY.

CAUTION: To prevent personal injury or property damage, inspect cord set for damage or wear before each use. Do not use your product if it or its cord has been damaged or if it is not working properly.

4. Slow cooker base will offer heat settings numbered 1-5 or identified as Keep Warm, Low, Med or High. Heat Setting #1 should **only** be used to warm dinner rolls, muffins, etc. Heat Setting #2(Keep Warm) should **only** be used to keep cooked foods warm for serving, whereas Heat Settings #3 ½(Low), #4(Med) and #5(High) are to be used for actual cooking of foods. Set dial directly at setting or anywhere between for complete temperature control.

DO NOT USE A HEAT SETTING BELOW #3½(Low) FOR ACTUAL COOKING OF RAW FOODS AS SLOW COOKER DOES NOT GET HOT ENOUGH TO COOK FOODS AT SETTINGS #1, #2 OR #3(Keep Warm).

Set heat setting and cook food for recommended time as given in recipe. As a general guideline, most meat and vegetable combinations need 7 to 10 hours of cooking at Setting #3 ½(Low), 4 to 6 hours of cooking at Setting #4(Med) and 2 to 3 hours of cooking at Setting #5(High). Meats will become the most tender when cooked for the longer time at the lower heat setting. Avoid removing cover when slow cooking as cooking time will be increased due to loss of temperature. Remove cover only when needed to stir occasionally or when adding ingredients.

CAUTION: To prevent personal injury, always use oven mitts when handling cover and cooking pot as handles become hot. Also be careful when removing cover to avoid steam burns.

5. After food is cooked, reduce heat to Setting #2(Keep Warm) for serving OR unplug cord from outlet to run off. **Slow cooker must be unplugged from outlet to turn off.** Allow slow cooker to cool before cleaning.

HEAT SETTING GUIDE

Below is a listing of some of the foods that can be cooked in your Slow Cooker. They are arranged according to the method of food preparation-simmer, steam, bake, etc. and grouped under the different heat settings. As a general guideline, most recipes can be prepared at Heat Setting #3 ½(Low), #4(Med) or #5(High). The exception is baking of quick breads which must always be done at the #5(High) Setting. The cooking time is dependent on the heat setting used. In general, food cooked at the #3 ½(Low) Setting will require 7 to 10 hours for cooking, 4 to 6 hours at the #4(Med) Setting and 2 to 3 hours of cooking at the #5(High) Setting. Less tender cuts of meat will become the most tender when cooked at the #3 ½(Low) Setting. When cooking roasts, ham or poultry, it is recommended that a meat thermometer be inserted to insure that desired or recommended doneness is reached.

DO NOT USE A HEAT SETTING BELOW #3 ½(LOW) FOR ACTUAL COOKING OF FOODS.

Setting #1---- **Warm and serve:** sweet rolls, doughnuts, dinner rolls, muffins, hard breakfast rolls, taco shells and hamburger (Keep Warm) buns.

Setting # 2----- **Warm and serve:** frozen baked rolls and buns
(Keep Warm)--**Keep warm for serving:** baked beans, beef pot roast, cereal, chili, fish fillets, frankfurters, fruit punch, hot spiced wine, pork chops, potatoes, rice, rice pudding, round steak, soup, spareribs, stew and vegetable juices

Setting #3 ½ -- **Slow-simmer:** all-day stew, chili, all-day casseroles with cooked meat and frozen vegetables, beef pot roast, baked beans, vegetable hambone soup, poultry-bone soup, pork chops, oatmeal, rice pudding, beef round steak, spareribs
Bake: tuna loaf, sauerbraten loaf, meat loaf, canned ham, shank half of ham
Steam: frankfurters

Setting #4----- **Simmer:** casseroles with cooked meat and frozen vegetables for 2 to 3 hours cooking time, corned beef and (Med) vegetable stew.
Prepare: hot spiced wine
Bake: apple betty
Roast: chicken, rolled beef roast

Setting #5-----**Bake:** potatoes, acorn squash, meat loaf in pan, chocolate cake, carrot cake, banana bread, spice raisin loaf, (High) gingerbread, frozen pot pie, frozen entrée dinner
Steam: rice, dumplings, and cauliflower
Fast-simmer: dried fruit
Prepare: fish fillets, fresh applesauce, fruit punch, frozen vegetables, hot chocolate, vegetable juices
Roast: capon chicken

TIPS FOR ADAPTING RECIPES TO SLOW COOKING

Many of your favorite oven and range top recipes can be adapted to slow cooking with a few minor changes. Here are some important points to remember.

Amount of Liquid:

Because little moisture evaporates during slow cooking, reduce amount of liquid in your recipe by one-half (1 cup of liquid is enough for most recipes). For soup recipes, add all ingredients except water or broth to pot; add only enough liquid to cover ingredients.

Amount of Seasoning:

Reduce amount of seasoning in proportion with reduced amount of liquid. Use whole or leaf herbs and spices rather than crushed or ground forms.

Slow Cooking Meat:

Less tender, less expensive cuts of meat are better suited to slow cooking than expensive cuts of meat. Remove excess fat before slow cooking if desired. Meat can be browned in the cooker pot on top of the range before slow cooking.

Slow Cooking Vegetables:

Add partially frozen vegetables, Chinese vegetables and fresh mushrooms during the last hour of cooking. Strong-flavored vegetables such as spinach, eggplant, okra and collard greens should be precooked before adding to cooker. The amount of onion normally used in your recipe should be reduced because its flavor gets stronger during cooking. In most cases, fresh vegetables take longer to cook than meats because liquid simmers rather than boils.

Slow Cooking Raw Meats and Vegetables:

Most raw meat and vegetable combinations need at least 4 to 6 hours of cooking at Setting #4(Med) or 7 to 10 hours at Setting #3 ½(Low). When adapting other slow cooker recipes that recommend a low or high setting, use Setting #3 ½ for low and #4 for high.

Slow Cooking Fish and Seafood:

Fresh or thawed seafood and fish fall apart during long hours of cooking. Add these ingredients an hour before serving and cook at Setting #5(High).

Slow Cooking Milk, Sweet or Sour Cream and Cheese:

Because milk, sour or sweet cream and cheese break down during long hours of cooking, add these ingredients just before serving or substitute undiluted condensed canned soups or evaporated milk. Processed cheese tends to give better results than aged cheese.

Rice and Pasta:

Rice and pasta may either be cooked separately or added uncooked during last hour of cooking time. If added uncooked, make sure there is a least 1 to 1 ½ cups of liquid in pot and heat is set at Setting #3 ½(Low) or higher.

Dumplings:

Dumplings may be cooked in broth or gravy at Setting #5(High). Drop by spoonfuls on simmering broth or gravy. Cook, covered, for 30 minutes.

Thickening Juices for Gravies and Sauces:

To thicken juices for gravies and sauces, add 2 to 3 tablespoons of quick cooking tapioca at start, or thicken after cooking by adding a smooth paste made of 2 to 4 tablespoons cornstarch or flour and ¼ cup cold water. Bring to a boil at Setting #5(High). (Solid foods may be removed first.)

Don't Remove Cover During Cooking:

To retain heat, moisture and food flavor, don't remove cover during cooking unless necessary for adding additional ingredients.

Using Cooking Pot on Top of Range

The slow cooker pot (without heating base) can be used for range top cooking. Place pot on large range unit. Use medium to low heat. The use of low to moderate heat will prevent foods from overcooking, reduce spattering and help retain natural juices. Do not use high heat except for bringing liquids to a boil. If cooking on a gas range, do not let flame extend up side of pot. **ALWAYS USE OVEN MITTS WHEN USING POT AND COVER ON RANGE UNIT.**

When cooking meats, preheat empty cooking pot over medium to medium-low heat for 2 to 3 minutes or until a drop of water sizzles in pot. To prevent sticking of lean meats, you may wish to add a small amount of cooking oil. Add meat and brown as desired. Cover pot and reduce heat to low for cooking on range top OR transfer cooking pot to heating base and cook at Setting #3 ½(Low), #4(Med), or #5(High). The shortest cooking time will be at Setting #5(High).

Using Cooking Pot in Oven

The slow cooker pot (without heating base) can be used in a conventional or convection oven up to preheated temperatures of 350 degrees. If cooking pot is to be covered, **use only glass cover in oven; do not use a plastic cover, as damage will occur.** Cooking pot may be covered with aluminum foil for oven use. **ALWAYS USE OVEN MITTS WHEN USING POT IN OVEN. DO NOT USE METAL COOKING POT IN A MICROWAVE OVEN, OVER A CAMPFIRE OR UNDER AN OVEN BROILER UNIT TO PREVENT DAMAGE TO THE COOKING POT OR OVEN.**

Using Cooking Tools on Non-Stick Finish

The following types of cooking tools may be used on the non-stick finish: plastic, rubber and wooden. Smooth-edged metal spoons and spatulas may be used with care. Do not use sharp-edged metal cooking tools (forks, knives, mashers) as these could scratch the non-stick finish. Minor scratching will not harm the non-stick finish or the food cooked in the pot.

Using Glass Casserole Cover as a Casserole Dish (Not Plastic Cover)

Your slow cooker may have a glass casserole style cover that when inverted can be used as a 1½ quart casserole dish. The casserole cover may be used in a conventional or convection oven up to preheated temperatures of 400°F., or in a microwave oven. Do not use cover under a broiler or browning unit or in a toaster oven.

CAUTION: To prevent damage to cover, property damage, or personal injury, do not use glass cover on range top unit as it could shatter due to sudden temperature change. If casserole should be covered during baking in oven, use aluminum foil in conventional ovens and plastic wrap in a microwave.

ALWAYS USE OVEN MITTS WHEN USING COVER IN ANY OVEN.

Using Roasting Rack (if included)

Your slow cooker may include a small wire roasting rack for use in roasting meat and poultry. If a rack was not included with your particular model, you may order one. See Warranty section for details.

To use rack, simply place into bottom of slow cooker pot and place roast, chicken or ham onto rack. Add a small amount of liquid to pot before cooking. If you wish, the meat can be browned in cooking pot on top of range before roasting. After browning, place rack beneath meat for roasting. See recipe instructions. The rack can also be used for steaming fresh vegetables such as broccoli and corn-on-the-cob. Add 1 cup of water to cooking pot to steam vegetables. Cook on top of range over medium to medium-low heat or on heating base at Setting #5(High) to desired doneness.

Using Electric Base With Other Utensils

The slow cooker base may be used as a warming and cooking unit for heatproof utensils other than the slow cooker pot, such as a rectangular heatproof casserole dish. **DO NOT use plastic cooking or serving dishes on the base.** To ensure safe use make certain dish rests securely on base before using it to cook or warm.

CARE AND CLEANING

Cleaning Slow Cooker Pot

Wash slow cooker pot in hot soapy water using a nylon scouring pad as recommended for non-stick finishes. To remove food or heat stains from outside finish of pot, also use a non-abrasive cleanser such as Bon Ami®. **Do not use abrasive scouring pads or cleansers on slow cooker pot as damage can occur.** After washing pot, rinse with hot water and dry.

Cleaning Cover

Wash slow cooker cover in hot soapy water using a dishcloth or sponge. Rinse and dry. Be careful not to drop cover or hit it sharply with cooking utensils.

CAUTION: Do not use abrasive scouring pads or cleansers on glass or plastic cover as scratching can occur. Scratching can weaken glass and cause breakage when used.

Cleaning Rack (if included)

Wash roasting rack in hot soapy water using a dishcloth or sponge. Rinse and dry. Do not use abrasive scouring pads or cleansers on rack as damage to chrome plating can occur.

Dishwasher Cleaning

The slow cooker pot, glass cover and rack (if included) can be washed in an automatic dishwasher. To prevent scratching, place pieces into dishwasher rack so they do not touch one another or other objects being cleaned. The non-stick surface must be reconditioned with cooking oil after it is cleaned in a dishwasher to restore the non-stick properties.

DO NOT WASH PLASTIC COVER IN DISHWASHER AS IT MAY WARP AND NOT FIT COOKING POT PROPERLY.

Cleaning Electric Slow Cooker Base

Always unplug cord from electric outlet and allow base to cool before cleaning. Wipe base with a damp cloth and dry with a soft cloth.

CAUTION: To prevent personal injury or electric shock, do not immerse slow cooker base, its cord or plugs in water or other liquid.

Special Care For Non-Stick Finish on Slow Cooker Pot

1. A spotted white film may form on non-stick finish. This is a buildup of minerals from water and is not a defect in the finish. To remove, soak a soft cloth in lemon juice or vinegar and rub on finish. Wash non-stick finish thoroughly, rinse and dry. Recondition non-stick finish with cooking oil before using.

2. Staining of the non-stick finish may result from improper cleaning or overheating. To remove stains, use a commercial cleaner such as Dip-It® coffeepot destainer. Follow package directions for non-stick cookware.

After cleaning, wash non-stick finish thoroughly with hot soapy water, rinse and dry. Recondition non-stick finish with cooking oil before using. Do not use bleach to clean non-stick finish; it will permanently fade the color. Dip-It® coffeepot destainer can be found in most grocery or hardware stores.

GRILLING ON ELECTRIC SLOW COOKER BASE

Small quantities of food can be cooked on the non-stick coated surface of the slow cooker heating base. Follow the guidelines below. Due to the low wattage of the base, cooking time will be longer than using a large griddle or skillet.

Clean Before Using

Before grilling, wipe non-stick surface of base with a damp soapy cloth, then wipe several times with a clean damp cloth to remove soap residue. Wipe dry with a soft cloth.

CAUTION: To prevent personal injury or electric shock, do not immerse slow cooker base, its cord or plugs in water or other liquid.

Condition Non-Stick Finish

Just before using base as a grill, condition the non-stick finish with a teaspoon of cooking oil. Wipe oil evenly over finish, leaving a light film of oil. **Do Not** use shortening or butter to condition finish.

Grilling Instructions

Follow recommended heat setting and cooking times for specific foods as listed in Grilling Chart. Always preheat grill base for 5 minutes as recommended in chart. A small amount of butter or margarine may be used when grilling food to add flavor and aid in browning if desired. Always use plastic, rubber or wooden cook tools on non-stick finish to prevent scratching. Unplug cord from electric outlet to turn base off.

Clean After Grilling

Always unplug cord from electric outlet and allow base to cool before cleaning. With a spoon or baster, remove any fat or grease that has collected on the grill surface. Wipe oil residue from base with paper toweling.

Wipe non-stick finish with a damp soapy dishcloth or nylon-scouring pad recommended for non-stick finishes such as Dobie®. Clean finish thoroughly. Wipe base several times with a clean damp cloth to remove soap residue, then dry with a soft cloth.

CAUTION: To prevent personal injury or electric shock, do not immerse slow cooker base, its cord or plugs in water or other liquid.

If a tacky oil film forms on the non-stick finish of base, wipe with a dry cloth to remove. If this residue is not removed, it will adhere to the finish when reheated and become impossible to remove.

GRILLING FOOD AND TEMPERATURE GUIDE

NOTE: It is not necessary to grease grilling surface before using as surface has a non-stick finish. **Preheat Grill Base at Setting #4(Med) or #5(High) for 5 minutes:**

<u>Food</u>	<u>Setting</u>	<u>Time</u>	<u>Grilling Tips</u>
Eggs, fried (up to 3)	#4 (Med)	3 minutes/side	Fry with or without cooking oil or butter. Their use enhances flavor and tenderness.
Eggs, scrambled (up to 4)	#4 (Med)	5 minutes	In mixing bowl, combine 4 eggs, ¼ cup milk, ¼ teaspoon salt and dash pepper. Pour onto base and stir until egg mixture is cooked.

Frankfurters(up to 10)	#4 (Med)	12 minutes	Place on ungreased grill. Turn with tongs to prevent bursting.
French Toast (2 slices at one time)	#4-5 (Med or High)	3 minutes/side	Dip bread in egg-milk mixture. Place bread on grill.(Recipe for 6 bread slices:combine 1 beaten egg, 1 cup milk and 1 teaspoon salt).
Hamburgers, 2 at a time (¼-pound each)	#4 (Med)	Medium-Well: 7 minutes/side	Place on ungreased grill. During cooking remove excess fat with spoon or baster.
Pancakes, 2 at a time	#4-5 (Med or High)	1 minute/side	Add 2 tablespoons melted butter, margarine or cooking oil to package mix batter. Bake until bubbles appear, turn and bake other side.
Pork Chops, 2 center-cut chops (½-inch thick)	#4 (Med)	10 minutes/side	Place on ungreased grill. Pork should be served well-done.
Sandwiches, 2 at one time	#4-5 (Med or High)	5 minutes /side	Place filling between slices of bread. Spread outside of bread with softened butter or margarine, or dip in French Toast batter.
Sausage Links, up to 10	#4 (Med)	20 minutes	Turn every 5 minutes for even browning. Remove fat as it collects with spoon or baster.
Smoked Sausage Links, up to 10 regular or 20 cocktail size	#4 (Med)	5 minutes	Turn at 2½ minutes.
Keep warm for serving	#2 (Keep Warm)		Place hot canapes' or hors d'oeuvres on grill to keep warm for serving. To keep grilled foods warm for serving, reduce to Setting #2(Keep Warm) when cooking is completed.
Do not preheat Bacon(up to 7 slices)	#4 (Med)	6 to 7 minutes/side	Turn and separate slices as bacon cooks.

Remove excess fat
with spoon or baster.

NOTE: Watch carefully when frying fatty foods so that grease does not run off the grilling surface down the sides of the base; if grease overflows, it could damage electrical parts inside of base.

MAIN DISHES

Beef Pot Roast

3½ to 4-pound beef chuck or blade roast
1 tablespoon dry minced
1 teaspoon seasoned salt
1 teaspoon seasoned pepper

1. Place roast in pot. Sprinkle with onion, seasoned salt and seasoned pepper.
2. Cover pot and place on base. Roast at Setting #3½ (Low) for 7 to 9 hours. Meat juices may be used for gravy. Keep warm for serving at Setting #2(Keep Warm). Makes 6 to 8 servings.

Italian Round Steak

2 pounds beef round steak, ½-inch thick, cut into 8 serving pieces
2 beef bouillon cubes
1 28-ounce can whole tomatoes, drain and reserve liquid
1¼ cups liquid (reserved tomato liquid plus enough hot water to make 1¼ cups)
1 cup chopped onion
1 garlic clove, finely cut
1 teaspoon salt
½ teaspoon pepper
½ teaspoon oregano
1½ teaspoons Worcestershire sauce
¼ cup cornstarch
¼ cup cold water

1. Place steak pieces in pot. In a small bowl, dissolve bouillon cubes in reserved tomato liquid/hot water.
2. In a small bowl, combine tomatoes, onion, garlic, salt, pepper, oregano and Worcestershire sauce. Pour over steak. Add bouillon-liquid mixture.
3. Cover pot and place on base. Heat at Setting #3½ (Low) for 8 to 9 hours. To thicken liquid, increase heat to Setting #5(High) 15 minutes before serving. In small bowl, combine cornstarch and water. Stir into hot liquid and thicken. Keep warm for serving at Setting #2(Keep Warm). Makes 8 servings.

Rolled Beef Roast

4 to 5-pound rolled beef rump roast
1 onion, quartered or sliced
Salt
Pepper

1. Place metal rack in pot. Place beef roast on rack, fat side up. (You may wish to brown roast in pot on top of range before roasting. Place rack under roast after browning.) Insert meat thermometer in center of roast. Place onion around roast; season roast with salt and pepper.
2. Cover pot and place on base. Roast at Setting #4(Med) until well-done, about 5 to 6 hours. (Meat thermometer should read 170°F for well-done meat.) Remove roast from pot and increase heat to Setting #5(High) to thicken meat juices.

3. Remove rack from pot. To make gravy, combine $\frac{1}{4}$ cup flour with 2 tablespoons cold water. Stir into meat juices and heat until thickened (about 15 minutes). Meanwhile, slice roast and place on platter. Pour thickened juices with onion over meat slices. Makes 12 to 15 servings.

HINTS: Sliced carrots and small, quartered potatoes may be placed around roast when roast is placed in pot. Add 1 4-ounce can mushroom stems and pieces to meat juices when thickening. Use drained liquid from mushrooms in place of water when making gravy.

Beef with Cauliflower

1 pound thinly sliced beef round steak, cut in 1-inch squares
1 small head cauliflower, broken into flowerettes (4 cups)
1 cup sliced green onions with tops
1 garlic clove, finely cut
1 teaspoon sugar
1 10½-ounce can beef broth
 $\frac{1}{4}$ cup soy sauce
1 green pepper, cut in $\frac{3}{4}$ -inch squares
3 tablespoons tapioca

1. In pot, place steak squares, cauliflower, onions, garlic, sugar, beef broth and soy sauce.
2. Cover and place pot on base. Simmer at Setting #3½(Low) for 3½ to 4 hours.
3. Increase heat to Setting #5(High). Add green pepper and tapioca. Cover and simmer 30 minutes. Keep warm for serving at Setting #2(Keep Warm). Serve over rice. Makes 4 to 6 servings.

Saucy Beef

1½ pounds lean beef chuck, cut in 1-inch cubes
1 8-ounce can tomato sauce
1 10¾-ounce can condensed cheese soup
1 teaspoon garlic salt
 $\frac{1}{8}$ teaspoon pepper
2 tablespoons tapioca

1. Place beef cubes evenly in bottom of pot. In a small bowl, combine tomato sauce, soup, garlic salt and pepper; blend well. Pour over beef.
2. Cover and place pot on base. Simmer at Setting #3½(Low) for 4 hours.
3. Increase heat to Setting #5(High). Stir tapioca into liquid. Cover and heat for 30 minutes or until liquid thickens. Keep warm for serving at Setting #2(Keep Warm). Serve over rice. Makes 6 servings.

Sauerbraten

1 cup red wine vinegar
 $\frac{1}{2}$ cup cider vinegar
 $\frac{1}{2}$ cup red (burgundy) wine
2 medium-sized onions, thinly sliced
1 tablespoon salt
1 tablespoon peppercorns
 $\frac{1}{2}$ cup brown sugar
3 bay leaves
1 4-pound chuck, blade or rump beef roast
2 tablespoons butter or margarine
6 gingersnaps, crushed
1 cup dairy sour cream

1. In saucepan, combine wine vinegar, cider vinegar, red wine, onions, st, peppercorns, brown sugar and bay leaves. Heat on electric or gas range top heating unit over medium heat, just until a boil is reached (about 3 minutes).

2. Put beef in large bowl. Pour hot marinade mixture over roast. Store, covered, in refrigerator for 24 to 72 hours. Turn roast twice daily.
3. Remove roast from marinade and wipe dry with paper toweling. Reserve marinade.
4. Preheat pot on range top heating unit over medium heat for 2 minutes. Melt butter or margarine. Add roast and brown 5 minutes per side. Add reserved marinade and bring liquid to a boil (about 4 to 5 minutes).
5. Place pot on electric base and simmer, covered, at Setting #3½ (Low) for 5 to 6 hours.
6. Remove roast to hot platter and keep warm. Strain marinade liquid and return strained liquid to pot.
7. Place pot on electric base and increase heat to Setting #5(High). Stir in crushed gingersnaps and sour cream. Heat until liquid just reaches a boil and gingersnaps are dissolved (about 15 minutes). Stir occasionally. While liquid is thickening, thinly slice roast. Pour hot gravy over roast. Makes 8 to 10 servings.

Corned Beef and Cabbage

- 3 to 4-pound corned beef brisket
- 1 medium onion, sliced
- ½ teaspoon celery seed
- ½ teaspoon mustard seed
- 1 clove garlic, minced
- 1 bay leaf
- water
- 1 small head cabbage, cut into wedges

1. Place brisket with liquid and spices from package into pot. Add onion, celery seed, mustard seed, garlic and bay leaf. Add just enough water to cover brisket, about 4 cups.
2. Place pot on base, cover and cook at Setting #3½(Low) for 6 to 8 hours or until brisket is fork tender. If liquid boils, reduce Setting to #3.
3. During last hour of cooking add cabbage wedges and continue cooking at Setting #3½ (Low). Discard cooking liquid and spices before serving. Makes 6 servings.

Chicken and Dumplings

- 1 3-pound 4-ounce can whole canned chicken, undrained
- 2 cups packaged Bisquick mix
- ¾ cup milk
- 1 tablespoon snipped parsley

1. Cut up chicken and place in pot with broth from can. Cover and place pot on base. Heat at Setting #3½(Low) for 1½ to 2 hours until chicken is hot and broth simmers.
2. In small bowl, combine Bisquick mix, milk and parsley. Mix just until moistened. Increase heat to Setting #5(High). Drop dumpling mixture by spoonfuls over steaming chicken. Cover pot and steam 30 minutes. Reduce heat to Setting #2(Keep Warm) for serving. Dumplings are best when served immediately. Makes 4 servings.

California Chicken

- 1 3-pound chicken, quartered
- 1 cup orange juice
- ½ cup chili sauce
- 2 tablespoons soy sauce
- 1 tablespoon molasses
- 1 teaspoon dry mustard
- 1 teaspoon garlic salt
- 2 tablespoons chopped green pepper
- 3 medium oranges, sliced into half cartwheels OR
- 1 13½-ounce can mandarin oranges, drained

1. In bottom of pot, arrange chicken quarters. In small bowl, combine orange juice, chili sauce, soy sauce, molasses, dry mustard and garlic salt. Pour over chicken.
2. Cover pot and place on base. Simmer at Setting #3½(Low) for 4½ to 5 hours. Add green pepper and oranges 30 minutes before serving. Keep warm for serving at Setting #2(Keep Warm). Makes 4 servings.

Roasted Chicken

- 1 3 to 4-pound roasting chicken
 - Seasoned salt
 - Seasoned pepper
 - Paprika

1. Place metal rack in high position in pot. Place chicken on rack. Insert meat thermometer into thickest part of upper thigh. Sprinkle chicken with seasoned salt, seasoned pepper and paprika.
2. Cover pot and place on base. Roast at Setting #4(Med) for 3½ hours or until meat thermometer reaches 190°F. Remove chicken from pot and serve. Makes 4 to 6 servings.

Roasted Capon Chicken

- 5½ to 6-pound capon roasting chicken
- 2 teaspoons seasoned salt
- 1 teaspoon paprika

1. Place metal rack in low position in pot. Place chicken on rack. Insert meat thermometer into thickest part of upper thigh. Sprinkle chicken with seasoned salt and paprika.
2. Cover pot and place on base. Roast at Setting #5(High) for 5 to 6 hours or until meat thermometer reaches 190°F. Remove chicken from pot and serve. Makes 6 to 8 servings.

Baked Shank Half of Ham

- 6 to 7-pound shank half of ham

1. Place ham, cut side down, in pot. Insert meat thermometer into center of shank. Make sure thermometer is not touching the bone.
2. Cover pot and place on base. Bake at Setting #4(Med) for 3 hours, or at Setting #3½(Low) for 6 to 7 hours, or until meat thermometer reaches 160°F. One hour before completion of cooking, the skin may be removed. Score the ham and baste with favorite sauce. Makes 15 to 18 servings.

Herb Pork Roast

- 4 large cloves garlic, quartered
- 5 pound pork roast, boneless or bone-in
- 1 teaspoon salt
- 1 teaspoon ground thyme
- ½ teaspoon rubbed sage
- ½ teaspoon ground cloves
- 1 teaspoon grated lemon peel
- ½ cup water
- 3 tablespoons cornstarch, optional
- 3 tablespoons water, optional

1. Cut 16 small pockets into roast and insert garlic pieces. In small bowl combine salt, thyme, sage, cloves and lemon peel. Rub into pork roast.
2. Pour ½ cup water into pot. Add roast. Place pot on base, cover and roast at Setting #3½(Low) for 7 to 9 hours or at Setting #5(High) for 4 to 5 hours or until meat thermometer inserted in center of roast reads 170°F or higher. Remove roast and allow to stand 10 to 15 minutes before carving. Remove garlic pieces.
3. To thicken juices for gravy, set heat to Setting #5(High). Dissolve cornstarch in water; stir slowly into juices until thickened. Keep warm for serving at Setting #2(Keep Warm). Makes 6 to 8 servings.

Country Ribs with Apples 'n Kraut

- 3 pounds lean country-style pork ribs, trimmed of any excess fat
- salt and pepper
- 1 16-ounce can sauerkraut, undrained
- 1 medium onion, thinly sliced and separated into rings
- 1 8-ounce can mushroom stems and pieces, drained
- 1 large or 2 small apples, cored and cut into wedges
- ¼ cup brown sugar
- ½ teaspoon celery seed

1. Preheat pot on electric or gas rangetop heating unit over medium heat. Add ribs in batches to brown. Season with salt and pepper.
2. Return all ribs to pot. Layer sauerkraut, onion, mushrooms, apple wedges and brown sugar over ribs. Sprinkle with celery seed.
3. Place pot on base, cover and cook at Setting #3½(Low) for 7 to 9 hours or at Setting #5(High) for 3 to 4 hours until meat is tender. Keep warm for serving at Setting #2(Keep Warm). Makes 6 servings.

Barbecued Spareribs

- 4 pounds country-style spareribs
- 1 10½-ounce can condensed tomato soup
- ½ cup cider vinegar
- ½ cup brown sugar
- 1 tablespoon soy sauce
- 1 teaspoon celery seed
- 1 teaspoon salt
- 1 teaspoon chili powder
- Dash cayenne pepper

1. Layer spareribs in pot. In a mixing bowl, combine tomato soup, vinegar, brown sugar, soy sauce, celery seed, salt, chili powder and pepper. Pour over spareribs.
2. Cover pot and place on base. Heat at Setting #3½(Low) for 6 to 8 hours. Skim fat from juices before serving at Setting #2(Keep Warm). Makes 4 servings.

Ham Stroganoff

- 2 tablespoons butter or margarine
- 1 cup finely minced onion
- 8 cups (2 pounds) precooked ham, cut into ¼-inch strips
- 2 4-ounce cans mushroom stems and pieces, drain and reserve liquid
- 2 10½-ounce cans condensed cream of mushroom soup
- 1 cup sour cream

1. Preheat pot on electric or gas rangetop heating unit over medium-low heat. Melt butter or margarine and sauté onion until tender. Remove from heat and place pot on base.
2. Add ham and mushroom stems and pieces. In a small bowl, combine reserved mushroom liquid and mushroom soup. Pour over ham mixture in pot.
3. Cover and simmer at Setting #4(Med) for 1½ to 2 hours. Stir in sour cream 15 minutes before serving. Keep warm for serving at Setting #2(Keep Warm). Serve in patty shells or over noodles, chow mein noodles or rice. Makes 8 servings.

HINT: To prepare at Setting #3½(Low), place all ingredients except sour cream in pot. Cover and simmer on base for 3 to 4 hours. Stir in sour cream 15 minutes before serving.

Baked Canned Ham

- 1 5-pound canned ham

1. Place metal rack in pot. Remove ham from can and place on rack. Insert meat thermometer into center of ham.

2. Cover pot and place on base. Bake at Setting #3½(Low) for 6 to 8 hours or until meat thermometer reaches 140°F. Slice ham and serve. Makes 15 to 18 servings.

Cheese Curried Entrée

- 2 10-ounce packages frozen chopped broccoli, partially thawed
- 3 cups(¾ pound) diced cooked ham, turkey or chicken
- 1 11-ounce can condensed cheddar cheese soup
- 1 cup water
- ½ cup salad dressing or mayonnaise
- ¼ cup finely chopped onion
- 1 tablespoon lemon juice
- ½ teaspoon curry powder
- ½ cup slivered almonds(optional)

1. Place broccoli evenly in bottom of pot. Add ham, turkey or chicken.
2. Combine soup, water, mayonnaise, onion, lemon juice and curry powder in small mixing bowl; stir to blend. Pour soup mixture into pot.
3. Place pot on base, cover and simmer at Setting #4(Med) for 2 hours or Setting #3½(Low) for 3 to 4 hours until broccoli is fork tender. If desired, add almonds just before serving. Keep warm for serving at Setting #2(Keep Warm). Serve over toast or hot biscuits. Makes 8 to 10 servings.

SOUPS & STEWS

Beef Stew with Dumplings

- 3 pounds beef stew meat, cut into 1-inch cubes
- 1 cup chopped onion
- 1 pound fresh green beans, cut into 1-inch pieces
- 1 bay leaf
- 1 teaspoon celery seed
- 1½ teaspoons salt
- ½ teaspoon pepper
- 3 tablespoons tapioca
- 2 cups water

Dumplings

- 1 cup flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 tablespoon shortening
- 1 tablespoon parsley flakes
- ½ cup milk

1. In pot, place meat, onion, green beans, bay leaf, celery seed, salt, pepper, tapioca and water.
2. Place pot on base, cover, and simmer at Setting #3½(Low) for 7 to 8 hours.
3. One hour before serving, increase heat to Setting #5(High). Into a small bowl, sift flour, baking powder and salt. Cut in shortening until fine particles form. Add parsley flakes and milk. Stir with a fork just until combined. Thirty minutes before serving, remove bay leaf and drop batter evenly into 8 dumplings on top of stew. Cover and steam 30 minutes. Reduce heat to Setting #2(Keep Warm) for serving. Makes 8 servings.

HINT: One 16-ounce can of green beans may be substituted for the fresh green beans. Add to stew when heat is increased to Setting #5(High) one hour before serving.

GERMAN BEEF STEW

- 1½ pounds beef chuck, cut in 2-inch cubes
- 2 tablespoons flour
- ½ teaspoon celery salt
- ¼ teaspoon garlic powder
- ½ teaspoon ground ginger
- ¼ teaspoon pepper
- 1 1-pound can whole tomatoes, undrained
- 2 cups thinly sliced carrots
- ¼ cup sherry cooking wine
- ¼ cup dark molasses
- ¼ cup raisins

1. Place beef in pot. In a small bowl, combine flour, celery salt, garlic powder, ground ginger and pepper. Sprinkle over beef.
2. In a bowl, combine tomatoes, carrots, wine and molasses. Pour over beef.
3. Cover and place pot on base. Simmer at Setting #3½(Low) for 6 to 8 hours. Add raisins 30 minutes before serving. Keep warm for serving at Setting#2(Keep Warm). Serve over hot cooked noodles. Makes 6 servings.

Slo-Cooked Chili

- 2 pounds ground beef
- 1½ cups chopped onion
- 1 cup chopped green pepper
- 2 garlic cloves, finely cut
- 1 28-ounce can whole tomatoes, undrained
- 2 16-ounce cans kidney beans undrained
- 2 teaspoons salt
- 2 tablespoons chili powder
- 1 teaspoon pepper
- 1 teaspoon ground cumin

1. Preheat pot on electric or gas rangetop heating unit over medium heat. Add ground beef and brown. Remove from heat and place pot on base.
2. Add onion, green pepper, garlic, tomatoes, kidney beans, salt, chili powder, pepper and cumin. Stir to combine. Cover and simmer at Setting #3½(Low) for 7 to 10 hours. Keep warm for serving at Setting #2(Keep Warm). Makes 8 to 10 servings.

Vegetable-Frank Chowder

- ½ cup chopped onion
- ½ cup thinly-sliced celery, cut diagonally
- 1 16-ounce can whole kernel corn, undrained
- 1 6-ounce can whole tomatoes, undrained
- 5 to 6 (8-ounces) frankfurters, cut into ½-inch slices
- ½ cup water
- 2 tablespoons chopped parsley
- ½ teaspoon salt
- ½ teaspoon sugar
- ½ teaspoon leaf basil
- ¼ teaspoon hot pepper sauce

1. Place all ingredients in pot. Break up tomatoes with spoon.
2. Cover and place on base. Simmer at Setting #3½(Low) for 2 to 3 hours. Keep warm for serving at Setting #2(Keep Warm). Makes 6 to 8 servings.

Chicken Vegetable Stew

- 2½ pounds chicken parts, skinned if desired
- 5 carrots, cut into ½-inch pieces

- 3 ribs celery, cut into ½-inch pieces
- 1 7-ounce can mushroom stems and pieces, undrained
- 1 15-ounce jar whole small onions, undrained or 1 medium onion chopped
- 1 16-ounce bag frozen peas, rinsed with hot water
- 1 teaspoon salt
- ¾ teaspoon dried thyme leaves
- ¾ teaspoon paprika
- ½ teaspoon rubbed sage
- ½ teaspoon pepper
- 1½ cups water
- 1 6-ounce can tomato paste
- 2 10½-ounce cans chicken broth
- 4 tablespoons cornstarch
- ⅓ cup water

1. Place chicken parts, carrots, celery, mushrooms, onions and peas in pot. In medium bowl combine salt, thyme, paprika, sage, pepper, 1½ cups water, tomato paste and broth. Pour over chicken mixture.
2. Place pot on base, cover and simmer at Setting #3½(Low) for 7 to 9 hours or at Setting #5(High) for 4 to 5 hours until chicken and vegetables are tender.
3. Remove chicken pieces and set aside to cool slightly. Remove meat from bones and cut into bite-size pieces. Return meat to cooking pot; stir to combine.
4. Set heat to Setting #5(High). Combine cornstarch and water; stir slowly into stew until thickened. Keep warm for serving at Setting #2(Keep Warm). Makes 8 servings.

Hearty Chicken Noodle Soup

- 2½ pounds chicken parts, skinned if desired
- 6 cups water
- 1 medium onion, chopped
- 6 carrots, cut into ½-inch pieces
- 5 ribs celery, cut into ½-inch pieces
- 1 14½-ounce can whole tomatoes, undrained, cut up
- 1½ tablespoons instant chicken bouillon
- 1 tablespoon dried parsley flakes
- 1 teaspoon salt
- ½ teaspoon dried rosemary leaves
- ½ teaspoon pepper
- 1 cup uncooked fine egg noodles

1. Combine all ingredients, except egg noodles, in pot. Place pot on base cover and simmer at Setting #3½(Low) for 7 to 9 hours or at Setting #5(High) for 4 to 5 hours or until chicken and vegetables are tender.
2. Remove chicken pieces from pot and set aside to cool slightly. Set heat to Setting #5(High) and add noodles, stirring to combine. Cover and continue to cook for 30 minutes.
3. Meanwhile, remove chicken from bones and cut into bite-size pieces. Return meat to pot and cook until noodles are tender. Keep warm for serving at Setting #2(Keep Warm). Makes 6 to 8 servings.

Poultry-Bone Rice Soup

- Turkey carcass or chicken bones, necks or backs
- 3 quarts water
- 3 cups ½-inch celery slices(6 to 7 stalks)
- ¾ cup diced onion
- 1½ tablespoons salt
- 1 cup rice

1. Place turkey carcass or chicken bones, necks or backs in pot. Add water, celery, onion and salt.

2. Place pot on base, cover, and simmer at Setting #3½(Low) for 6 to 8 hours.
3. Strain mixture with colander. Return broth to pot and increase heat to Setting #5(High). Remove meat from bones. Puree vegetables in blender or with a ricer. Add puree, meat, and rice to broth in pot. Cover and simmer at Setting #5(High) for 1 hour. Keep warm for serving at Setting #2(Keep Warm). Makes 8 to 10 servings.

Vegetable Ham-Bone Soup

- 1 pound dry marrow or pea beans rinsed in cold water
- 1 meaty ham bone (1½ to 2 pounds)
- 3 cups peeled ¾-inch cubed potatoes
- 3 cups ¼-inch diced celery
- 2 cups ¼-inch diced carrots
- ½ cup chopped onion
- 1½ teaspoons salt
- ½ teaspoon thyme
- ¼ teaspoon pepper
- 8 cups ham stock liquid and /or water

1. Place pot on base. Add beans, ham bone, potatoes, celery, carrots, onion, salt, thyme and pepper. Pour liquid over mixture.
2. Cover and heat at Setting #3½(Low) for 8 to 10 hours. Remove ham bone. Keep warm for serving at Setting #2(Keep Warm). Makes 4 quarts soup.

Fish Chowder

- 2 pounds fresh or frozen (thawed) fish fillets (haddock, perch, cod, flounder)
- 2 tablespoons lemon juice
- 4 slices bacon
- 1 cup chopped onion
- ¼ cup diced celery
- 4 medium potatoes, peeled and cubed (2 cups)
- 4 cups hot water
- 1 16-ounce can stewed tomatoes
- 1 cup diced carrots
- 2 teaspoons salt
- ¼ teaspoon thyme
- ¼ teaspoon pepper
- 1 tablespoon Worcestershire sauce
- 2 tablespoons dry sherry (optional)

1. Cut fish into chunks and remove bones. Sprinkle with lemon juice. Cover and refrigerate.
2. Place pot on electric or gas range top heating unit. Fry bacon over medium heat until crisp (about 7 minutes). Drain bacon on paper toweling, crumble and set aside.
3. Sauté onions and celery in bacon drippings until onions are golden (about 5 minutes). Remove from heat and place pot on base.
4. Add potatoes, water, tomatoes, carrots, salt, thyme and pepper. Stir to combine. Cover and simmer at Setting #5 (High) for 2 hours.
5. Drain lemon juice from fish. Add fish, Worcestershire sauce and sherry to pot. Cover and simmer for 1 hour or until fish flakes easily with a fork. Garnish with crumbled bacon. Keep warm for serving at Setting #2(Keep Warm). Makes about 3 quarts or 12 servings.

VEGETABLES

Steamed Cauliflower

- 1 large head cauliflower
- ½ cup water
- 1 teaspoon salt

1. Rinse cauliflower thoroughly in cold water and remove leaves. Place metal rack in pot. Add water and salt. Place whole cauliflower on rack.

2. Cover pot and place on base. Steam at Setting #5(High) for 60 to 75 minutes. Makes 6 to 8 servings.

Baked Acorn Squash

Cut 3 small acorn squash in half. Remove seeds and stringy portion. Place 3 squash halves in pot, skin side down. Stagger 3 other halves over the first 3. Place pot on base. Bake, covered, at Setting #5(High) for 3 hours. Just before serving, season with salt and pepper and a pat of butter or margarine. Makes 6 servings.

Baked Potatoes

8 large or 12 medium sized (½-pound) baking potatoes

1. Scrub potatoes in cold water. Place in bottom of pot. If two layers of potatoes are required due to amount and size, position second layer in opposite direction of bottom layer. Do not add water.

2. Cover pot and place on base. Bake at Setting #5 (High) for 3 hours for large size potatoes and 2 hours for medium-size potatoes or until fork tender. Keep warm for serving at Setting #2(Keep Warm). Makes 8 to 12 servings.

Boston Baked Beans

2 pounds Michigan navy beans
10 cups water
3 teaspoons salt
½ cup chopped onion
½ pound salt pork, cut into 1-inch cubes
½ cup molasses
¼ cup brown sugar
2 teaspoons dry mustard
½ cup catsup
2 cups reserved hot bean liquid

1. Wash and sort beans. Put beans in pot. Add water, salt, onion and salt pork. Mix well so that salt pork is covered by beans. Cover pot.

2. Place pot on base and cook at Setting #3½(Low) for 10 to 12 hours or overnight until beans are tender. (Cooking time may be reduced to 8 to 9 hours if beans are soaked 4 to 5 hours before cooking.)

3. When beans are tender, drain liquid and reserve 2 cups. To beans, add molasses, brown sugar, dry mustard and catsup; stir. Add bean liquid; stir.

4. Cover and simmer beans on base at Setting #3½(Low) for 2 to 3 hours. Keep warm for serving at Setting #2 (Keep Warm). Makes 4 quarts.

FRUITS & CEREALS

Slo-Cooked Dried Fruit

Place a 1 or 2-pound package dried fruit in pot with proper amount of liquid. (Follow package directions with dried fruit for amount of water to use.)

METHOD 1:

Cover and simmer on base at Setting #3½(Low) for 4 to 5 hours or overnight. Serve warm or cooled.

METHOD 2:

Soak fruit in liquid in pot overnight. Simmer at Setting #5(High) for 2 hours. Serve warm or cooled.

Old-Fashioned Oatmeal

4 cups long-cooking rolled oats
8 cups cold water
2 teaspoons salt

In pot, combine rolled oats, water and salt. Cover. Simmer on base at Setting #3½(Low) for 2 hours. Keep warm for serving at Setting #2(Keep Warm). Makes 12 servings.

HINT: Quick-cooking rolled oats may be used. Cooking time will be 1½ hours.

Fresh Applesauce

- 5 pounds cooking apples
- 1 cup water
- sugar

1. Wash apples. Remove stems and cut into quarters. Place in pot with water. Cover. Heat on base at Setting #5(High) for 2 hours or until tender. Stir after 1 hour.
2. Place apples in sieve and puree. Measure applesauce and put back into pot. To each cup of applesauce add ¼ cup sugar. Cover and heat on base at Setting #5(High) for 1 hour. Stir occasionally. Makes 4½ pints or 9 cups.

Perfect Steamed Rice

- 1 tablespoon butter or margarine
- 2 pounds long-grained raw rice
- 10 cups hot tap water
- 5 teaspoons salt

1. Rub interior of pot (bottom and sides) with butter or margarine. Place rice, water and salt in pot. Cover.
2. Place pot on base and steam rice at Setting #5(High) for 2 hours or until all of water is absorbed. Stir after 1 hour. Keep warm for serving at Setting #2 (Keep Warm).
Makes 10 cups.

Scandinavian Rice Pudding

- 4 eggs, beaten
- 1 quart milk, scalded
- 1 cup sugar
- 1 teaspoon vanilla
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ⅔ cup chopped dates or raisins
- 3 to 3½ cups cooked rice

1. In pot, combine all ingredients. Cover and place on base.
2. Cook at Setting #3½(Low) for 2 hours. Stir after 1 hour. Reduce to Setting #2(Keep Warm) to keep warm for serving or chill in refrigerator and serve cold. Serve with light cream, if desired. Makes 10 to 12 servings.

BREADS, CAKES & DESSERTS

For oval shaped slow cooker use a 8 x 4-inch loaf pan; for oblong shaped slow cooker use a 9 x 5-inch loaf pan.

Baking Tip: To prevent condensation from dripping onto food while baking, place double layer of paper toweling and single layer of aluminum foil across top of slow cooker pot. Cover and bake according to recipe.

Applesauce Bread

- 2 cups flour
- ½ cup sugar
- ¼ cup brown sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg

- 1 teaspoon vanilla
- ½ cup shortening
- 1 cup applesauce
- 2 eggs
- ½ cup chopped nuts

1. Grease bottom only of a 9 x 5-inch or 8 x 4-inch loaf pan with solid hydrogenated shortening. Set covered pot on base and preheat at Setting #5(High) while mixing ingredients.
2. In large mixing bowl combine all ingredients except nuts. Beat with electric mixer at medium speed until well blended. Stir in nuts. Pour batter into pan. Place pan in pot.
3. Cover and bake at Setting #5(High) for 1 hour and 15 minutes. Do not remove cover during this time. To test for doneness at end of recommended baking time, insert a metal cake tester in several places, including center. If cake tester comes out clean, the bread is done. If batter clings to cake tester, continue baking for 15 minute intervals. Remove loaf from pan and cool completely on rack before slicing. Makes a 1½-pound loaf.

Cranberry Nut Bread

- 2 cups (8-ounces) fresh or frozen cranberries
- ½ cup walnuts
- 2 cups flour
- 1 cup sugar
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 6 tablespoons butter or margarine
- 1 egg
- 1 tablespoon grated orange peel
- ½ cup orange peel
- ½ cup orange juice

1. Grease 9 x 5-inch or 8 x 4-inch loaf pan with solid hydrogenated shortening. Dust with flour and shake out excess. Set covered pot on base and preheat at Setting #5(High) while mixing ingredients.
2. Grind cranberries and walnuts with coarse blade of food chopper. In a large mixing bowl, combine flour, sugar, baking powder, baking soda and salt. Cut in butter or margarine to form a coarse mixture. Make an indentation in mixture and add egg, orange peel and orange juice. Beat only until lumps disappear. Add chopped cranberries and walnuts. Stir until evenly mixed. Pour batter into pan. Place pan in pot.
3. Cover and bake at Setting #5(High) for 3 hours. Do not remove cover during this time. To test for doneness at end of recommended baking time, insert a metal cake tester in several places including center of bread. If cake tester comes out clean, bread is done. If batter clings to cake tester, continue baking for 15-minute intervals. Remove bread from pan and cool on rack. Makes 1½-pound loaf.

Heating Baked Goods in Your Slow Cooker

Place baked goods in pot. Cover pot and place on base. Heat baked goods that are not frozen 30 minutes at Setting #1(Keep Warm). For frozen baked goods, heat for 1 hour at Setting #2(Keep Warm). The following baked goods can be heated in your Slow Cooker:

- up to 12 sweet rolls
- up to 12 doughnuts
- up to 18 dinner rolls and muffins
- up to 12 hard breakfast rolls
- up to 12 taco shells
- up to 18 hamburger buns

Carrot Cake

- 2 cups flour
- 2 cups sugar
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup vegetable oil

- 4 eggs
- 3 cups grated carrots
- 1 teaspoon cinnamon

1. Grease 9 x 5-inch or 8 x 4-inch loaf pan with solid hydrogenated shortening. Dust with flour and shake out excess. Set covered pot on base and preheat at Setting #5(High) while mixing ingredients.
2. Into mixing bowl, sift flour, sugar, baking soda and salt. Add vegetable oil and stir until ingredients are moistened. Add eggs one at a time, beating well after each egg is added. Stir in grated carrots and cinnamon until evenly mixed. Pour batter into pan. Place pan in pot.
3. Cover and bake at Setting #5(High) for 2 hours. Do not remove cover during this time. To test for doneness at end of recommended baking time, insert a metal cake tester in several places including center of cake. If cake tester comes out clean, cake is done. If batter clings to cake tester, continue baking for 15-minute intervals. Remove cake from pan and cool on rack. Frost with softened cream cheese, if desired. Makes a 1½ pound cake.

Banana Bread

- 2 cups flour
- 1 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon salt
- ½ teaspoon baking soda
- ½ cup shortening
- 1 cup(¾-pound or 2 medium) mashed bananas
- 2 eggs
- ½ cup chopped walnuts
- 1 teaspoon grated orange peel

1. Grease a 9 x 5-inch or 8 x 4-inch loaf pan with solid hydrogenated shortening. Dust with flour and shake out excess, Set covered pot on base and preheat at Setting #5(High) while mixing ingredients.
2. In large mixing bowl, combine flour, sugar, baking powder, salt, baking soda, shortening, bananas and eggs. Beat at medium speed until evenly blended. Stir in walnuts and orange peel, Pour batter into pan. Place pan in pot.
3. Cover and bake at Setting #5(High) for 2 hours. Do not remove cover during this time. To test for doneness at end of recommended baking time, insert a metal cake tester in several places including center of bread. If cake tester comes out clean, the bread is done. If batter clings to cake tester, continue baking for 15 minute intervals. Remove bread from pan and cool on rack. Makes a 1½-pound loaf.

Gingerbread

- 1 15-ounce package gingerbread mix

1. Grease a 9 x 5-inch or 8 x 4-inch loaf pan with solid hydrogenated shortening. Dust with flour and remove excess. Set covered pot on base and preheat at Setting #5(High) while preparing mix.
2. In a mixing bowl, prepare gingerbread mix following package directions. Pour batter into pan. Place pan in pot.
3. Cover and bake at Setting #5(High) for 1 hour and 15 minutes. Do not remove cover during this time. To test for doneness at end of recommended baking time, insert a metal cake tester in several places including center of gingerbread. If cake tester comes out clean, the bread is done. If batter clings to cake tester, continue baking for 15-minute intervals. Remove gingerbread from pan. Serve warm or cooled with whipped cream or lemon sauce. Makes 10 servings.

HOT BEVERAGES

Hot Chocolate

- 8 cups water
- ¾ cup sugar
- 8 cups milk
- ¾ cup chocolate syrup
- ¼ teaspoon salt

1. Pour water into pot and cover. Heat on electric or gas range top heating unit over medium-high heat until water comes to a boil (about 5 minutes). Remove pot from range and place on base.
2. Add sugar and salt and stir until completely dissolved. Add milk and chocolate syrup. Stir until evenly mixed. Cover and heat at Setting #5(High) for about 1 hour or until chocolate reaches 170°F. Reduce heat to Setting #2½(Keep Warm) for serving. Serve in cups and top with whipped cream or marshmallows. Makes 20 6-ounce servings.

Hot Mulled Punch

- 1 1½-quart bottle cranberry juice
- 2 1-quart bottles apple juice
- ½ cup brown sugar
- ½ teaspoon salt
- 4 cinnamon sticks
- 1½ teaspoons whole cloves

1. Pour cranberry juice and apple juice into pot. Add brown sugar and salt and stir until sugar is dissolved. Tie cinnamon sticks and cloves in cheesecloth and drop into liquid.
2. Cover and place pot on base. Simmer at Setting #5(High) for about 2 hours or until temperature reaches 170° F. Remove spice bag. Keep warm for serving at Setting #2(Keep Warm). Makes 28 4-ounce punch cup servings.

Hot Spiced Wine

- 2 quarts dry red wine
- 4 cups water
- 2 cups sugar
- 15 to 20 whole cloves
- 4 cinnamon sticks
- 1 lemon, sliced

1. Pour wine, water and sugar into pot and stir until sugar is dissolved. Add cloves, allspice, cinnamon sticks and lemon. (Spices may be tied in cheesecloth.)
2. Cover pot and place on base. Heat at Setting #4(Med) for about 2 hours or until temperature reaches 170°F. Remove spice bag, if used. Keep warm for serving at Setting #2(Keep Warm). Makes about 3 quarts.

90-DAY WARRANTY

Your West Bend ® Warranty covers failures in the materials and workmanship of this slow cooker for 90 days from the date of original purchase. This warranty does not cover discoloration or damage to the non-stick surface caused by misuse, abuse, scratches or overheating. Any failed part of the slow cooker will be repaired or replaced without charge.

This warranty gives you specific legal rights and you may also have other rights, which vary from state to state. This warranty does not cover alleged damage caused by misuse, abuse, accidents or alterations to the slow cooker.

If you think the slow cooker has failed within its warranty period, please carefully package and return the slow cooker prepaid and insured with a description of the difficulty to:

The West Bend Company
Attn: Housewares Returned Goods
1100 Schmidt Road
West Bend, WI 53090-1961
(262)-334-6949

. NOT VALID IN MEXICO

Please ensure that you enclose the sales slip or proof of date of purchase in order to assure warranty coverage

REPLACEMENT PARTS - Replacement parts for the slow cooker may be obtained directly from the company's Customer Service Department. Order online at www.westbend.com or write or call:

The West Bend Company
Attn: Customer Service Department
PO Box 2780
West Bend, WI 53095-2780
(262) 334-6949

Be sure to include the model number of your slow cooker, a description of the part you want and the quantity. Along with this information please include your name, mailing address and your Visa, MasterCard or Discover credit card number for the billing of the part(s) to you. Your state's sales tax and a shipping/handling fee will be added to your total charge. Or, to send a check or money order, call (262) 334-6949 to obtain purchase amount. Please allow 2 weeks for delivery.

