

SALTER®

SINCE 1760

XL *Power* Cook *PRO*

AIR FRY, ROAST, ROTISSERIE, GRILL,
DEHYDRATE, TOAST & BAKE!



RECIPES INCLUDED!



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Please read all of the instructions carefully and retain for future reference.

Safety Instructions

When using electrical appliances, basic safety precautions should always be followed.

Check that the voltage indicated on the rating plate corresponds with that of the local network before connecting the appliance to the mains power supply.

Children aged from 8 years and people with reduced physical, sensory or mental capabilities or lack of experience and knowledge can use this appliance, only if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

Children should be supervised to ensure that they do not play with the appliance.

Unless they are older than 8 and supervised, children should not perform cleaning or user maintenance.

This appliance is not a toy.

This appliance contains no user serviceable parts. If the power supply cord, plug or any part of the appliance is malfunctioning or if it has been dropped or damaged, only a qualified electrician should carry out repairs. Improper repairs may place the user at risk of harm.

Keep the appliance and its power supply cord out of the reach of children.

Keep the appliance out of the reach of children when it is switched on or cooling down.

Keep the appliance and its power supply cord away from heat or sharp edges that could cause damage.

Keep the power supply cord away from any parts of the appliance that may become hot during use.

Keep the appliance away from other heat emitting appliances.

Do not immerse the appliance in water or any other liquid.

Do not operate the appliance with wet hands.

Do not leave the appliance unattended whilst connected to the mains power supply.

Do not remove the appliance from the mains power supply by pulling the cord; switch it off and remove the plug by hand.

Do not use the appliance for anything other than its intended use.

Do not use any accessories other than those supplied.

Do not use this appliance outdoors.

Do not store the appliance in direct sunlight or in high humidity conditions.

Do not move the appliance whilst it is in use.

Do not touch any sections of the appliance that may become hot or the heating components of the appliance, as this could cause injury.

Do not use sharp or abrasive items with this appliance; use only plastic or wooden spatulas to avoid damaging the non-stick surface.

Always unplug the appliance after use and before any cleaning or user maintenance.

Always ensure that the appliance has cooled fully after use before performing any cleaning or maintenance or storing away.

Always use the appliance on a stable, heat-resistant surface, at a height that is comfortable for the user.

Use of an extension cord with the appliance is not recommended.

This appliance should not be operated by means of an external timer or separate remote control system, other than that supplied with this appliance.

This appliance is intended for domestic use only. It should not be used for commercial purposes.

The outer surface or door may get hot during operation.



Caution: Hot surface – do not touch any sections or surfaces of the appliance that may become hot or the heating components of the appliance.

Warning: Keep the appliance away from flammable materials.

Automatic Switch-off

The XL Power Cook Pro is fitted with an automatic switch-off.

This will activate if:

1. The set cooking time has elapsed. The timer will sound and the automatic switch-off will activate, turning off the XL Power Cook Pro.
2. The XL Power Cook Pro door is opened while switched on. In this case, the timer will be paused until the door is closed for cooking to resume. After 10 minutes has passed, if the cooking compartment door is still open, the set cooking time will automatically cancel.

Note: If the XL Power Cook Pro needs to be turned off before the set cooking time has elapsed, press the on/off button once to cancel the cooking function, or twice to switch off immediately.

Dos and Don'ts

Do:

Always check that the baking tray is inserted in the lowest position when cooking with other accessories, to catch any drips and make cleaning easier.

Make sure that the cooking rack, baking tray and mesh basket are correctly aligned when inserting into the XL Power Cook Pro.

Wear heat-resistant oven gloves when adding or removing food or using the cooking accessories.

Take care when opening the door of the XL Power Cook Pro, as steam may be emitted.

Empty the baking tray if it becomes too full with excess oil.

Use a heatproof dish to collect excess oil, and dispose of it properly once it has cooled.

Use the rotisserie tong when removing rotisserie accessories, taking care not to touch the heating element, as these could still be hot after use.

Do not:

Move the XL Power Cook Pro when hot or with hot food inside, as oil or juices could spill from the baking tray.

Cover the XL Power Cook Pro or its air inlets or outlets, as this will disrupt the airflow and could affect the cooking results and cause heat damage or fire.

Store anything on top of the XL Power Cook Pro; it must be kept clear at all times.

Touch the inside of the cooking compartment or any of the accessories when hot.

Touch the sharp ends of the rotisserie forks.

Leave the XL Power Cook Pro unattended when cooking at a high temperature or cooking flammable foods.

Position the XL Power Cook Pro directly against a wall or other surface, as the air outlet may cause heat damage.

Spray the heating element in the top of the unit with cleaning solution.

Care and Maintenance

Before attempting any cleaning or maintenance, switch off and unplug the XL Power Cook Pro from the mains power supply and allow it to cool fully.

STEP 1: Wipe the XL Power Cook Pro main unit with a soft, damp cloth and dry thoroughly.

STEP 2: Clean the cooking compartment with warm, soapy water. Do not immerse the XL Power Cook Pro main unit in water or any other liquid.

Never use harsh or abrasive cleaning detergents or scourers to clean the XL Power Cook Pro or its accessories, as this could damage the surface.

STEP 3: Remove all of the accessories (baking tray, grill rack, mesh basket, rotisserie bar and rotisserie fork/tong), wash in warm, soapy water, then rinse and dry thoroughly.

Note: The XL Power Cook Pro should be cleaned after each use. Do not use the XL Power Cook Pro at a high temperature if there is a large amount of food or oil residue present, as this could ignite. Take care not to spray the heating element on the top of the inner unit with cleaning solution.

Getting Started

Remove the appliance from the box.

Remove any packaging from the appliance.

Place the packaging inside the box and either store or dispose of safely.

In the Box

XL Power Cook Pro main unit

Non-stick baking tray/drip tray

Grill rack

Mesh basket

Rotisserie bar

2 x rotisserie forks

Rotisserie tong

Instruction manual

Features

1600 W power

12 litre capacity

Digital control with 16 presets

60 minute timer

Dehydrate timer up to 8 hours

Delay timer up to 10 hours

Adjustable time & temperature settings

Accessories include –

1 x drip tray to catch excess fat, can also be used as an extra baking tray

1 x cooking rack for grilling

1 x mesh basket for even cooking

1 x rotisserie fork for tasty meat joints

1 x rotisserie tong

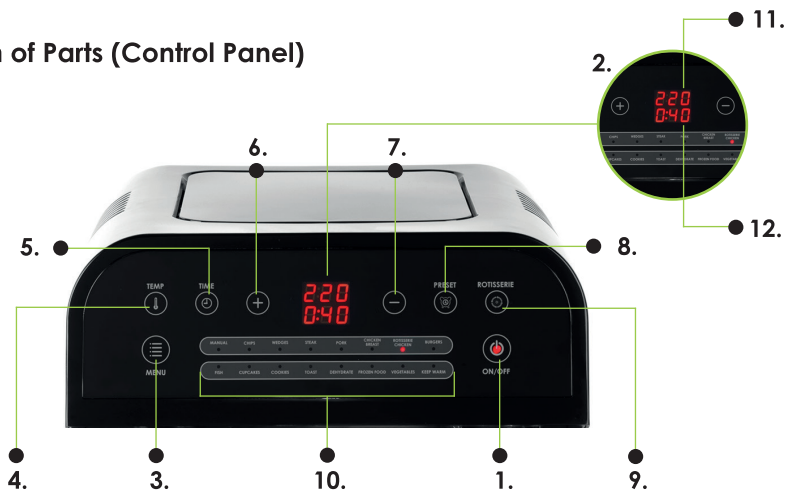
Description of Parts (Main Unit)



1. Power Cook Pro main unit
2. Cooking compartment
3. Control panel
4. Air outlet
5. Air inlets
6. Door handle
7. Baking tray/Drip Tray
8. Grill rack

9. Mesh basket
10. Rotisserie bar
11. Rotisserie tong
12. Rotisserie forks
13. Rotisserie fork tightening screw
14. Rotisserie bar bracket
15. Rotisserie bar rotating slot
16. Accessory slots

Description of Parts (Control Panel)



- | | |
|------------------|-------------------------------|
| 1. ON/OFF button | 7. – button |
| 2. LED display | 8. PRESET button |
| 3. MENU button | 9. ROTISSERIE button |
| 4. TEMP button | 10. Cooking preset indicators |
| 5. TIME button | 11. Temperature indicator |
| 6. + button | 12. Time indicator |

Instructions for Use

Before First Use

STEP 1: Before connecting to the mains power supply, wipe the XL Power Cook Pro main unit with a soft, damp cloth and allow to dry thoroughly.

STEP 2: Clean all of the accessories in warm, soapy water, then rinse and dry thoroughly. Do not immerse the XL Power Cook Pro main unit in water or any other liquid. Never use harsh or abrasive cleaning detergents or scourers to clean the XL Power Cook Pro or its accessories, as this could cause damage.

Note: When using the XL Power Cook Pro for the first time, a slight smoke or odour may be emitted. This is normal and will soon subside. Allow for sufficient ventilation around the XL Power Cook Pro during use. It is advised to run the XL Power Cook Pro at a high temperature without food for approx. 10 minutes before first use; this will prevent the initial smoke or odour from affecting the taste of the food.

Using the Control Panel

Press the **ON/OFF** button to switch on the XL Power Cook Pro. The LED display will show '000 000', indicating that a cooking preset should be selected.

Press the **MENU** button to cycle through to the desired cooking preset, or just press the **MENU** button once to select '**MANUAL**' and input the cooking time and temperature manually. For each preset, the initial cooking time and temperature will be shown on the LED display, but this can be changed at any time.

Once the desired cooking preset has been selected, press the **ON/OFF** button once more to begin the cooking cycle. The ':' in the timer will flash on and off, indicating that the XL Power Cook Pro is heating up and that the timer is counting down.

Once a cooking preset has been selected, the time and temperature can be changed at any time to meet specific cooking requirements. Press **TEMP** and the temperature will begin flashing, indicating that it can be adjusted. Use the **+** and **-** buttons to alter the temperature to between 50 °C and 220 °C as required.

Similarly, press the **TIME** button and the time will begin flashing, indicating that it can be adjusted. Use the **+** and **-** buttons to alter the time up to 1 hour.

At any time, press the **ROTISSERIE** button to activate the rotisserie function (rotisserie bar must be inserted). If the **ROTISSERIE** button is pressed before the cooking cycle has started, the rotisserie function will activate when the cooking cycle begins.

Note: At any time during cooking, to change cooking preset, press the **ON/OFF** button once to cancel the current cycle. Then, press the **MENU** button until the desired function is highlighted and press **ON/OFF** once more to begin the new cooking cycle. Alternatively, press the **ON/OFF** button again to switch the unit off.

Using the PRESET Function

Before beginning a cooking cycle, the preset function can be activated, in order to delay the start of the cooking cycle by up to 9 hours and 59 minutes. Press the **PRESET** button and then use the **+** and **-** buttons to adjust the preset timer. Use the **MENU** button to select a cooking preset. (Note that the time and temperature of the cooking cycle can still be adjusted using the normal method). Once the cooking preset and preset timer have been set, press the **ON/OFF** button to begin counting down the preset timer. The cooking cycle will automatically begin once the preset timer has elapsed.

Using the XL Power Cook Pro

STEP 1: Plug in and switch on the XL Power Cook Pro at the mains power supply.

STEP 2: Preheat the XL Power Cook Pro for approx. 3–5 minutes using the **MANUAL** setting and the required temperature. Alternatively, add around 3–5 minutes to the required cooking time.

STEP 3: Place the ingredients on top of the required cooking accessory (grill rack, mesh basket or baking tray). Slide the cooking accessory with food into the XL Power Cook Pro main unit into the slot at the required height.

STEP 4: Gently close the cooking compartment until it clicks shut.

STEP 5: Use the control panel to set the required cooking time and temperature, following the instructions in the section titled 'Using the Control Panel,' and begin the required cooking cycle.

STEP 6: Some ingredients may require moving during the cooking cycle.

Remove the cooking accessory containing the food by gently pulling it out from the XL Power Cook Pro main unit using heat-resistant oven gloves. Shake the food gently as required, then slide it back into the XL Power Cook Pro main unit and close the cooking compartment to continue cooking.

STEP 7: Once cooking is complete and the preset time has elapsed, the timer will sound. Check whether the ingredients are ready by carefully opening the cooking compartment. If the ingredients are not cooked, close the cooking compartment door and use the control panel to adjust the cooking time accordingly. If the food is cooked, remove the cooking accessory containing the food from the cooking compartment using heat-resistant oven gloves, then empty the contents into a bowl or onto a plate. Use a pair of heat-resistant tong (not included) if the food is large or fragile.

Note: Always make sure that the baking tray is underneath any cooking foods in order to catch drips and make cleaning easier.

Take extra care opening the cooking compartment door, as steam and heat may escape.

If the XL Power Cook Pro does not turn on, the cooking compartment door has not been closed correctly. Check that the cooking compartment door is fully closed before use.

Always preheat the XL Power Cook Pro before starting to cook or alternatively add approx. 3–5 minutes onto the cooking time. If the cooking time or temperature setting needs to be

changed during use, simply use the control panel as required and the XL Power Cook Pro will automatically adjust the settings. During use, the ':' LED will flash on and off to signal that it is maintaining the selected temperature.

Warning: Nominal voltage is still present even when the XL Power Cook Pro is switched off using the **ON/OFF** button. To fully switch off the XL Power Cook Pro, turn it off at the mains power supply.

The XL Power Cook Pro will become very hot during use; take caution to avoid injury and always place on a heat-resistant surface.

Using the Rotisserie

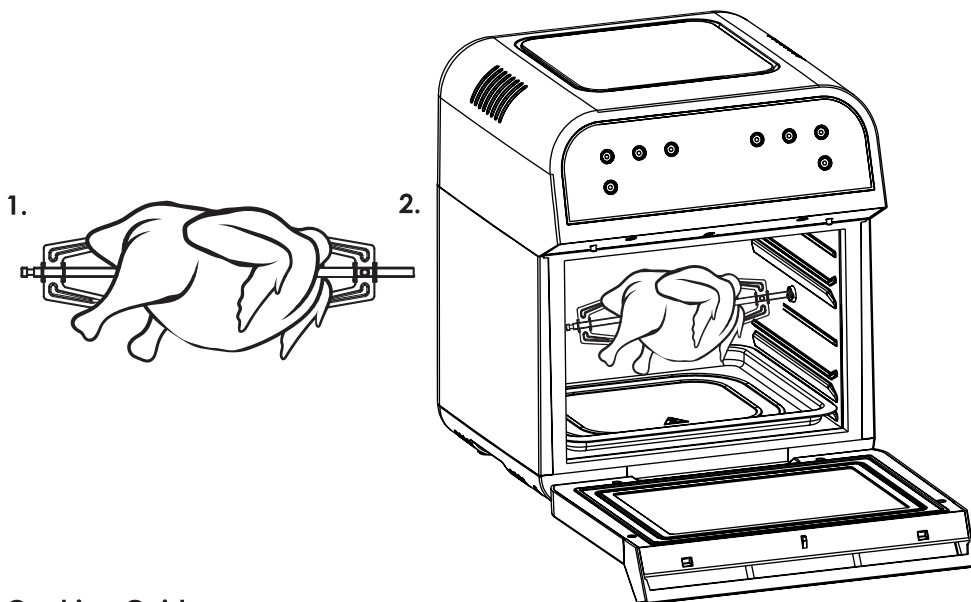
The rotisserie can be used to cook large foods, such as whole chicken or meat joints. Prepare the food to be cooked by skewering it with the rotisserie bar, making sure that the bar goes through the centre of the food. Then, use the two rotisserie forks to hold the food in place. Put one fork on either end of the rotisserie bar with the forks pointing inwards, then use them to clamp the food securely, and tighten them into place with the tightening screws. It should be possible to rotate the rotisserie bar without the food slipping.

Carefully place the larger end of the rotisserie bar into the rotating socket at the right side of the cooking compartment, then gently lower the smaller end of the rotisserie bar into the rotisserie bar bracket at the left side of the cooking compartment. The rotisserie bar should be able to spin freely in the bracket.

Note: Foods must be able to turn fully and should not rub against any side of the cooking compartment when rotating. Always use the baking tray to catch any drips from foods being cooked using the rotisserie feature.

Cook the foods using the instructions in the section entitled 'Using the XL Power Cook Pro', but make sure that the **ROTISSERIE** button is pressed prior to beginning the cooking cycle to guarantee even cooking.

Always use the rotisserie tong to remove hot food.



Cooking Guide

The following is a guideline for cooking certain types of foods with the XL Power Cook Pro.

This is a guideline only and cooking should always be monitored. Food should always be piping hot before serving.

Potatoes and Chips

Food	Amount	Approx. Cooking Time	Temperature	Extra Information
Thin frozen chips	200–400 g	16–18 mins	200 °C	Shake the chips following the instructions in the section entitled 'Using the XL Power Cook Pro'.

Thick frozen chips	200–400 g	18–20 mins	200 °C	Shake the chips following the instructions in the section entitled 'Using the XL Power Cook Pro'.
Home-made chips	200–400 g	20–30 mins	220 °C	Follow the full instructions in the section entitled 'A Step by Step Guide to Making Chips'.
Home-made potato wedges	200–400 g	25–30 mins	220 °C	Part soak the potato wedges in water to remove the starch, add ½ tbsp of oil and shake following the instructions in the section entitled 'Using the XL Power Cook Pro'.

Meat and Poultry

Food	Amount	Approx. Cooking Time	Temperature	Extra Information
Steak	100–300 g	Well done: 18 mins Medium: 14 mins Medium Rare: 12 mins Rare: 8 mins	180 °C	Turn over halfway through the total cooking time.
Burgers	100–300 g	15–20 mins	180 °C	Turn over halfway through the total cooking time.

Pork chops	100–300 g	15–20 mins	200 °C	Turn over halfway through the total cooking time.
Chicken breast	100–300 g	20–25 mins	200 °C	Always check that chicken is cooked thoroughly.
Chicken drumsticks	100–300 g	20–25 mins	180 °C	Always check that chicken is cooked thoroughly.
Roasted Vegetables	100–300 g	20–30 mins	180 °C	Stir halfway through the total cooking time.
Rotisserie chicken	Medium	40 mins	220 °C	Always check that chicken is cooked thoroughly.
Fish	100g–300 g	15–20mins	180 °C	Always check that fish is cooked thoroughly.

Snacks and Sides

Food	Amount	Approx. Cooking Time	Temperature
Frozen chicken nuggets	100–300 g	10–15 mins	200 °C
Spring rolls	100–200 g	8–10 mins	200 °C
Stuffed vegetables	100–200 g	10–15 mins	180 °C

Dehydrated food

Food	Amount	Approx. Cooking Time	Temperature
Various – cut thinly and evenly spaced out	Up to 500 g	4–8hrs, dependent on size and shape of food	60 °C; may change based on food type

A Step by Step Guide to Making Chips

Home-made Chips

STEP 1: Preheat the XL Power Cook Pro to 220 °C.

STEP 2: Cut the potatoes into chips approx. 1 cm wide.

STEP 3: Place the chopped potatoes into a pan of cold water and bring to the boil. Parboil for around 3 minutes.

STEP 4: Drain the water from the potatoes and thoroughly dry with a paper towel

STEP 5: Coat the chopped potatoes with ½ tbsp of cooking oil or oil spray and add them to the mesh basket. Slide the mesh basket into the XL Power Cook Pro, making sure that they are fully coated for best results.

STEP 6: Cook at 220 °C for 20–30 minutes.

STEP 7: Shake the chips regularly (approx. every 6 minutes) so that all of the chips cook evenly. Spray extra oil if the chips are sticking to the cooking compartment.

STEP 8: Once cooked through and crispy, remove from the XL Power Cook Pro, season and enjoy.

Frozen Chips

STEP 1: Preheat the XL Power Cook Pro to 200 °C.

STEP 2: Add 200–400 g of frozen chips into the cooking compartment on an oven suitable tray.

STEP 3: Cook for 16–18 minutes for thin frozen chips or 18–20 minutes for thick frozen chips.

STEP 4: Shake the chips regularly (approx. every 6 minutes) so that all of the chips cook evenly.

STEP 5: Once cooked through and crispy, remove from the XL Power Cook Pro, season and enjoy.

Storage

Check that the XL Power Cook Pro is cool, clean and dry before storing in a cool, dry place.

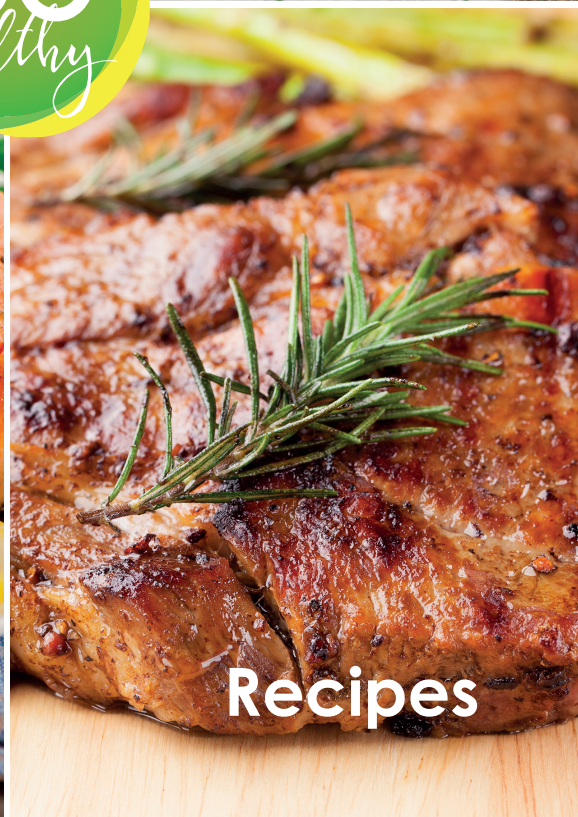
Never wrap the cord tightly around the XL Power Cook Pro; wrap it loosely to avoid causing damage.

Specifications

Product code: EK2383

Input: 220–240 V ~ 50/60 Hz

Output: 1600 W



Recipes

Chicken Goujons

Ingredients

4 boneless and skinless chicken breasts,
cut into strips
3 medium eggs, beaten
50 g/2 oz plain flour
25 g/4½ oz fresh fine breadcrumbs
½ tsp cayenne pepper (optional)
Spray oil
Salt and pepper, to taste

Method

Preheat the XL Power Cook Pro for approx. 3 minutes using the **MANUAL** function.

Mix the breadcrumbs and cayenne pepper in a shallow bowl. Season, to taste, with salt and freshly ground black pepper.

Place the flour into another shallow bowl.

Dip the chicken pieces in plain flour, then in the beaten egg and finally coat in the breadcrumbs.

Shake off the excess and lay the chicken goujons on the mesh tray. Spray the goujons with cooking oil.

Select the **CHICKEN BREAST** function and cook for 20–25 minutes in the centre of the XL Power Cook Pro, turning halfway through the cooking time. Check that the goujons are golden brown and cooked through before serving.

Spicy Wedges

Ingredients

2 large potatoes
1 tsp paprika
1 tsp cayenne pepper
Pinch of red chilli pepper flakes
Pinch of garlic powder
Salt and pepper, to taste

Method

Wash the potatoes and cut into 1 cm wide wedges. Rinse well in a colander to remove starch, dry well with a paper towel.

In a bowl, add oil, spices, garlic, salt and pepper and toss until coated evenly.

Cook on the **WEDGES** setting for approx. 25 mins at 220 °C, or until crispy on the outside and soft inside.

Jerk Pork Chops

Ingredients

4 pork loin steaks
1 tsp paprika
1 tsp garlic powder
1 tsp allspice
1 tsp cayenne pepper
1 tsp olive oil
½ tsp ground nutmeg
½ tsp ground cinnamon
½ tsp dried thyme
½ tsp red pepper flakes, or to taste

Method

Preheat the XL Power Cook Pro. Combine all of the spices.

In a bowl, coat the pork loin steaks with olive oil, add the jerk spice mix and rub well until the steaks are evenly coated.

Place onto the grill rack in the centre of the XL Power Cook Pro, making sure that the drip tray is securely in position.

Cook onto the **PORK** setting for approx. 15–20 minutes until crispy on the outside and cooked through.

Potato Wedges

Ingredients

2 large potatoes
2 tsp olive oil
Salt and pepper, to taste

Method

Wash the potatoes and cut into 1 cm wide wedges. Rinse well in a colander to remove starch, dry well with a paper towel.

In a bowl, add oil, salt and pepper and toss until coated evenly.

Cook on the **WEDGES** setting for approx. 25 mins at 220 °C, or until crispy on the outside and soft inside.





Honey Roasted Salmon Ingredients

2 salmon fillets
2 cloves garlic, minced
1 finely chopped spring onion
80 ml honey
60 ml orange juice
5 tbsp dark soya sauce
2 tbsp light brown sugar
2 tbsp lemon juice
2 tbsp red wine vinegar
2 tsp olive oil

Method

Combine all of the ingredients (excluding the salmon) in a saucepan and cook over a low heat. Bring to the boil and lower the heat until the sauce is simmering.
Cook for approx. 10 minutes or until the sauce has reduced. Stir often.
Coat each salmon fillet with olive oil and season with salt and pepper. Brush the salmon fillets with the honey sauce.
Preheat the XL Power Cook Pro for approx. 3 minutes. Place both salmon fillets onto the baking tray in the centre of the XL Power Cook Pro.
Select the **FISH** function and cook for 15 minutes or until the salmon is cooked through.

Fresh Sea Bass with Lemon Wedges Ingredients

2 sea bass fillets
1 lemon
Spray oil
Rock salt

Method

Preheat the XL Power Cook Pro for approx. 3 minutes. Add the sea bass fillets (skin side up) to the baking tray on a layer of foil. Spray with oil, squeeze ½ lemon and grind rock salt over both fillets.
Cut the remaining ½ lemon into 2 wedges and add to the mesh tray in-between the fish fillets.
Select the **FISH** function and cook in the centre of the XL Power Cook Pro for approx. 15 minutes or until the sea bass is cooked through.

Tomato and Onion Bruschetta Ingredients

8 medium tomatoes, chopped into small chunks and drained
2 garlic cloves (crushed)
1 crusty baguette, cut into diagonal slices
½ red onion, finely chopped
30 ml balsamic vinegar
2–3 tbsp olive oil
Handful of finely chopped basil

Method

Combine all of the ingredients in a bowl, except for the bread.
Cover with shrink-wrap and chill in the fridge for a few hours to allow the flavours to blend.
Do not preheat the XL Power Cook Pro.
Add the bread slices to the grill rack and place on the top shelf and select the **TOAST** function.
Cook for approx. 4 minutes or until the bread has started to turn golden brown on each side.
Add the tomato and onion mixture to one side of the toasted bread and serve.

Toasted Garlic and Cheese Slices Ingredients

4 garlic cloves (crushed)
1 ciabatta loaf (cut into slices)
150 g grated Mozzarella cheese
80 g butter (melted)
Handful finely chopped parsley

Method

Combine the melted butter, crushed garlic and parsley in a bowl.
Brush the garlic butter over one side of the ciabatta slices.
Sprinkle grated mozzarella over the garlic butter.
Do not preheat the XL Power Cook Pro.
Add ciabatta slices to the grill rack on the top shelf and select the **TOAST** function.
Cook for approx. 4 minutes or until the cheese has melted and is turning golden brown.

Peppercorn Steak

Ingredients

2 shallots, finely diced
 2 x 200 g sirloin steak (1.5cm-2.5cm thick)
 50 g unsalted butter
 100 ml beef stock
 2 tbsp Worcestershire sauce
 2 tbsp brandy
 2 tbsp double cream
 1 tbsp Dijon mustard
 1 tbsp olive oil
 1 tbsp green peppercorns
 Black and white peppercorns, to taste
 Salt and pepper, to taste

Method

Dry the steaks with kitchen paper and press the black and white peppercorns into both sides. Cover with foil or shrink-wrap and place in the fridge for approx. 2-3 hours.

Put the steak on the mesh tray in the middle of the XL Power Cook Pro.

Set the XL Power Cook Pro to the **STEAK** function and cook for the below times (making sure to turn the steaks halfway through):

Well done	18 minutes
Medium	14 mins
Medium rare	12 minutes
Rare	8 minutes

Meanwhile, make the sauce. Heat the oil and butter in a frying pan and cook the shallots over a medium heat until soft.

Add the Worcestershire sauce, brandy and stock to the frying pan. Cook rapidly, scraping the bottom of the pan to incorporate the flavours.

Add the peppercorns, mustard and cream, then season to taste.

Remove the steak from the XL Power Cook Pro, slice it diagonally and add to the sauce. Stir to combine the meat juices with the peppercorn sauce and to warm the meat through.

Steak with Chimichurri Sauce

Ingredients

2 x 125 g rib-eye or sirloin steaks
 2 garlic cloves
 1 shallot, chopped
 Lemon
 Juice ½ lemon
 2½ tbsp olive oil
 2 tsp red wine vinegar
 ½ tsp oregano, fresh or dried
 ½ tsp chilli flakes
 Small bunch parsley, roughly chopped
 Fries and salad, to serve

Method

To make the chimichurri, blitz the parsley, oregano, garlic, shallot and chilli flakes in a food processor or chop very finely by hand. Add 2 tbsp of the olive oil, the lemon juice, vinegar and some seasoning, and pulse to combine everything to a saucy consistency. Rub the remaining oil and a little seasoning into the steaks. Set the XL Power Cook Pro to the **STEAK** function and cook for the below times (making sure to turn the steaks halfway through):

Well done	18 minutes
Medium	14 mins
Medium rare	12 minutes
Rare	8 minutes

Once cooked, spoon the sauce over the steaks and serve with fries and salad.



*Any recipe images used in this instruction manual are intended for illustrative purposes only.



Crispy Fried Chicken

Ingredients

4 chicken pieces (2 legs and 2 thighs)
500 g cornflakes
64 g plain flour
160 ml buttermilk
2 tbsp Dijon mustard
¼ tsp cayenne pepper
1½ tsp paprika
¾ tsp ground sage
Spray oil
Salt and pepper, to taste

Method

In a wide bowl, season the flour with salt and pepper, to taste.
Dip the chicken pieces into the flour so that they are fully coated, tap against the bowl to shake off excess flour and set aside. Discard the unused flour. Place the cornflakes into a resealable bag, making sure that there is no air in the bag before sealing and then run a rolling pin over the bag to crush the cornflakes. Pour the cornflakes into a bowl.
In a large bowl, mix the buttermilk, mustard, cayenne pepper, paprika and sage.
Dip the chicken pieces into the buttermilk mixture and then roll in the crushed cornflakes.
Preheat the XL Power Cook Pro for 3 minutes using the **MANUAL** function.
Arrange the chicken pieces onto the mesh tray, spray all over with cooking oil.
Select the **CHICKEN BREAST** function and cook for 20–25 minutes in the centre of the XL Power Cook Pro, turning halfway through the cooking time.
Check that the chicken pieces are golden brown and cooked through before serving.

Chicken Wings

Ingredients

2½ kg chicken wings

Dry Rub – Jamaican Jerk

1 egg, beaten
75 g plain flour
2 tbsp sugar
1 tbsp ground allspice
1 tbsp ground black pepper
4½ tsp onion powder
4½ tsp dried thyme, crushed
1½ to 3 tsp ground red pepper
1½ tsp salt
¾ tsp ground nutmeg
¼ tsp ground garlic cloves

Marinade – BBQ Chicken

1 garlic clove, crushed
3 cm piece of fresh ginger, peeled and grated
3 tbsp orange marmalade
2 tbsp clear honey
1 tbsp sesame oil
2 tsp soy sauce
1½ tsp Chinese five spice
½ tsp grated orange zest

Method (Dry Rub)

In a small mixing bowl, stir together all of the ingredients. Sprinkle the mixture evenly over the chicken and rub in using fingers.
Preheat the XL Power Cook Pro for approx. 3 minutes
Spray both sides of the chicken with oil, then place onto the mesh tray in the centre of the XL Power Cook Pro.
Select the **MANUAL** function, change the time to 15 minutes and adjust the temperature to 180 °C.
Cook until cooked through.

Method (Marinade)

In a large bowl, mix together all of the marinade ingredients.
Add the chicken to the mixture and coat completely. Leave to marinate for at least 2 hours, preferably overnight, turning occasionally.
Preheat the XL Power Cook Pro for approx. 3 minutes
Spray both sides of the chicken with oil, then place on the mesh tray in the centre of the XL Power Cook Pro.
Select the **MANUAL** function. Change the time to 15 minutes and the temperature to 180 °C. Cook until cooked through.

Note: Any rub or marinade can be used with this method, but it is important to remember to spray a dry rub with oil for cooking but not a marinade.

Honey Roasted Autumn Vegetables

Ingredients

2–3 parsnips, roughly chopped
2–3 carrots, roughly chopped
1 lemon, cut into halves
1 red onion, cut into quarters
500 g jersey royals, halved
100 g clear honey
3 tbsp olive oil
Handful thyme

Method

Combine all of the ingredients in a bowl except the thyme and lemon; mix until all the vegetables are coated in the honey and olive oil.
Preheat the XL Power Cook Pro for approx. 3 minutes. Add the vegetables, lemon halves and thyme onto the mesh tray and put onto the middle shelf.
Select the **VEGETABLES** function and manually change the time to 15 minutes, stirring to make sure that the vegetables cook evenly.
Remove the lemon and cook for a further 10–15 minutes. The vegetables should still have a crunch.

Mediterranean Vegetables

Ingredients

1 courgette, roughly sliced
1 aubergine, roughly sliced
1 red onion, cut into quarters
1 yellow pepper, roughly chopped
1 red pepper, roughly chopped
1 lemon
4 garlic cloves, finely chopped
3 tbsp. olive oil (enough to coat the vegetables)
1 tsp mixed Italian dried herbs
Salt and pepper, to taste

Method

Combine all of the ingredients in a bowl, squeeze over the lemon and mix until all the vegetables are coated in the lemon juice, olive oil and herbs.
Preheat the XL Power Cook Pro for approx. 3 minutes. Add the vegetables onto the mesh tray and put onto the middle shelf.
Select the **VEGETABLES** function and manually change the time to 15 minutes, stirring to make sure that the vegetables cook evenly.
Remove the lemon and cook for a further 10–15 minutes. The vegetables should still have a crunch.

Rotisserie Recipes

Simple Roast Beef Joint

Ingredients

Fresh beef roasting joint.

Method

Add the beef joint to the rotisserie accessory and place into the XL Power Cook Pro.
Select the **ROTISSERIE CHICKEN** function and manually set the time to "1 HOUR"; cook the roast beef at 160 °C.
Press the **ROTISSERIE** button followed by on/off button to begin cooking.
Check on the joint after approx. 40 minutes to gauge how much longer is needed.
Once the cooking process has ended, check that the beef is cooked through.
Set the time and temperature manually for a further 15 minutes if medium rare is required.
Cook at 10-minute increments to avoid overcooking the beef.

Approx. cooking times:

Rare	1 hour, 5 mins
Medium Rare	1 hour, 15 mins
Medium	1 hour, 25 mins
Well Done	1 hour, 35 mins





Rotisserie Chicken

Ingredients

Medium whole chicken
Chicken stock cube
Spray oil

Method

Spray the olive oil over the chicken. Crush a chicken stock cube and rub it into the chicken. Pierce the chicken legs to help with the cooking process. Add the chicken to the rotisserie accessory and place into the XL Power Cook Pro. Select the **ROTISSERIE CHICKEN** function and press the **ROTISSERIE** button; press the **ON/OFF** button and cook the chicken for approx. 40 minutes. Make sure that the chicken is cooked through and serve.

Spicy Rotisserie Chicken

Ingredients

Medium whole chicken
Cajun spice
Chilli powder
Chilli flakes
Oil

Method

Coat the chicken in oil. Cover and rub Cajun spice, chilli powder and chilli flakes into the chicken. Pierce the chicken legs to help with the cooking process. Add the chicken to the rotisserie accessory in the XL Power Cook Pro. Select the **ROTISSERIE CHICKEN** function and press the **ROTISSERIE** button; press the **ON/OFF** button and cook the chicken for approx. 40 minutes. Make sure that the chicken is cooked through and serve.

Herby Lemon Rotisserie Turkey

Ingredients

2 turkey breasts
2 garlic cloves, minced
2 tbsp lemon juice
2 tbsp olive oil
2 tsp fresh thyme, chopped
1 tbsp olive oil

Method

Add all of the ingredients into a bowl, rub the turkey breasts with the herby lemon mixture, cover and chill in the fridge for 1 hour. Fold the turkey breasts in half, insert the rotisserie bar through the breasts, and secure with the rotisserie forks. Place into the XL Power Cook Pro. Select the **CHICKEN BREAST** function and then press the **ROTISSERIE** button; press the **ON/OFF** button to begin cooking. Once the cooking process has ended, check that the turkey is cooked through. Set the time and temperature manually if further cooking is required. Allow to rest for approx. 5 minutes before removing from the XL Power Cook Pro.

Honey-glazed Gammon Joint

Ingredients

Unsmoked boneless gammon joint
4 tbsp clear runny honey
4 tbsp English mustard

Method

In a bowl, mix the honey and mustard together. Brush all over the gammon joint, cover and chill in the fridge for up to 2 hours. Add the gammon joint to the rotisserie accessory and place into the XL Power Cook Pro. Select the **ROTISSERIE CHICKEN** function and press the **ROTISSERIE** button; press the **ON/OFF** button to begin cooking. Check the gammon joint after approx. 20 minutes to gauge how much longer is needed. Once the cooking process has ended, check that the gammon is cooked through. Set the time and temperature manually if you require further cooking. Allow to rest for approx. 5 minutes before removing from the XL Power Cook Pro.

Dehydrate Recipes

Beef Jerky

Ingredients

Lean beef roasting joint, around 1kg
4 tbsp soy sauce
4 tbsp Worcestershire sauce
2 tsp garlic powder
2 tbsp sweet paprika
2 tsp red pepper flakes
2 tbsp honey (optional)
1 tbsp freshly grated black pepper

Method

For jerky, the leanest cuts of beef work best (e.g. top rump, sirloin). Trim all of the fat from the outside of the roasting joint. Place the roasting joint in the freezer for around 30–40 minutes to allow it to become firmer and easier to slice. Remove from the freezer and place on to a cutting board. Using a very sharp knife, slice across the grain into 2–3 mm slices, making the slices as thin as possible. Alternatively, a butcher or deli counter could prepare the meat. While slicing, try to remove any fat, as this will prevent proper drying. Place all of the beef strips in a bowl or large sealable bag. Combine all the marinade ingredients and add into the bowl or bag. Move the beef to make sure that all strips are covered evenly. Leave the beef to marinate for 2–12 hours or overnight. After marinating, remove the beef from the bag and shake lightly or pat with a paper towel to remove excess marinade. This recipe makes enough for 2 batches of beef jerky – store leftover beef in the fridge to dehydrate later. To make only one batch, halve the quantities.

Hang the strips of beef on the grill rack, making sure that none of the pieces overlap. If necessary, the mesh basket can also be used. Place into the centre of the XL Power Cook Pro and use the **DEHYDRATE** function. Depending on the thickness of the beef strips, dehydrating may take approx. 4–8 hours. The jerky should be dark and leathery in colour and dry to the touch, but should not be so dry that it cracks easily. If the beef still seems moist, return to the XL Power Cook Pro and dehydrate for another 2 hours. Once finished drying, remove the jerky and let it cool down.

If preferred, cut the jerky into bite-sized pieces. Store in the fridge.

Kale Crisps

Ingredients

1 bunch or bag of kale
1 tsp salt
2 tsp olive oil
1 tsp cayenne pepper (optional)
2 tsp paprika (optional)

Method

Remove the kale leaves from the stems. Remove any hard or thick parts of the kale, as these will not dehydrate properly. Tear the kale leaves into palm-sized pieces – note that the leaves will shrink slightly as they dry.

In a large bowl, combine all of the ingredients and mix to coat the kale leaves evenly.

Place the kale onto the baking tray, grill rack and mesh basket, making sure that the kale is spread evenly and does not overlap anywhere.

Use the **DEHYDRATE** function at 50 °C for 4–8 hours, or until very dry and crispy.

Remove to cool, and either eat straight away or store in the fridge.

Chilli Pepper Flakes

Ingredients

10–20 fresh chilli pods

Method

For this recipe, any type of chilli will work well. Bird's Eye, jalapeño, habanero, ancho and ring of fire all work well and are readily available. Choose a variety of chilli that suits your heat preference.

Remove the stalks with a knife. Slice the pods vertically from the top to the bottom. Seeds can be removed or kept, depending on heat preference. If the seeds are left in, place the sliced pods seed side up so that the seeds do not fall out. Place the chilli pods into the mesh basket, ensuring that they are spread out and not touching each other.

Dehydrate the chilli pods using the **DEHYDRATE** function for 4–8 hours. The chillis should be dry and crunchy, and should not be flexible or rubbery. If the pods are not yet dry, return to the XL Power Cook Pro for another 2 hours.

Once the pods are dry, remove and allow to cool. Place in a pestle and mortar and gently grind to the desired coarseness. Do not touch the ground chilli flakes directly unless using gloves, and be very careful to not allow ground chilli to come into contact with the eyes or face.

Cupcake & Cookie Recipes

Chocolate Chip Cookies (approx. 16 cookies)

Ingredients

1 egg
100 g milk chocolate chips
160 g plain flour
160 g sugar
110 g butter
1 tsp vanilla extract

Method

Gradually cream the butter and sugar, then beat in the vanilla extract and the egg.
Add flour and cocoa powder to the creamed mix.
Fold in the chocolate chips until mixed well.
Spoon a tablespoon of mixture onto the baking tray and flatten to approx. 3 mm thickness.
Select the **COOKIES** function and cook for 18–20 mins.

Double Chocolate Chip Cookies

Ingredients

1 egg
100 g white choc chips
150 g sugar
150 g plain flour
100 g butter
40 g cocoa powder
1 tsp vanilla extract

Method

Gradually cream the butter and sugar, then beat in the vanilla extract and the egg.
Add flour and cocoa powder to the creamed mix.
Fold in the chocolate chips until mixed well.
Spoon a tablespoon of mixture onto the baking tray and flatten to approx. 3 mm thickness.
Select the **COOKIES** function and cook for 18–20 mins.

Vanilla Cupcakes (approx. 12 cupcakes)

Ingredients

1 egg
120 g butter
120 g caster sugar
120 g self-raising flour
1 tsp vanilla extract

Method

Cream the butter and sugar together in a bowl.
Beat the egg and vanilla extract into the mixture.
Fold in the flour.
Spoon the mixture into cupcake cases until they are three quarters full.
Place the cupcake cases onto the drip tray and then place carefully onto the mesh tray.
Set the XL Power Cook Pro to the **CUPCAKES** function at 180 °C for approx. 10 minutes.

Red Velvet Cupcakes (approx. 12 cupcakes)

Ingredients

2 egg
100 g butter
100 g caster sugar
200 g self-raising flour
1 tsp red food colouring
1 tsp cocoa powder

Method

Cream the butter and sugar together in a bowl.
Beat the eggs, vanilla extract and remaining ingredients into the mixture.
Fold in the flour.
Spoon the mixture into cupcake cases until they are three quarters full.
Place the cupcake cases onto the drip tray and then place carefully onto the mesh tray.
Set the XL Power Cook Pro to the **CUPCAKES** function at 180 °C for approx. 10 minutes.

Buttercream Icing

Ingredients

275 g icing sugar
140 g butter
Food colouring of choice

Method

Beat the butter until soft.
Add half of the icing sugar and beat until smooth.
Add the remaining icing sugar and food colouring and mix well.
Spoon the buttercream onto the cooked cupcakes or use a piping bag if desired.



Connection To The Mains

Please check that the voltage indicated on the product corresponds with your supply voltage.

Important

As the colours in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, please proceed as follows:

The wires in the mains lead are coloured in accordance with the following code:

Blue Neutral (N)

Brown Live (L)

Green/Yellow Earth (\equiv)

FOR UK USE ONLY - Plug fitting details
(where applicable).

The wire coloured **BLUE** is the **NEUTRAL** and must be connected to the terminal marked **N** or coloured **BLACK**.

The wire coloured **BROWN** is the **LIVE** wire and must be connected to the terminal marked **L** or coloured **RED**.

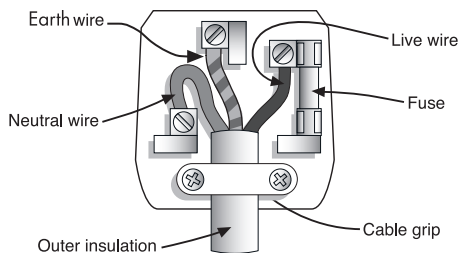
The wire coloured **GREEN/YELLOW** must be connected to the terminal marked with the letter **E** or marked \equiv .

On no account must either the **BROWN** or the **BLUE** wire be connected to the **EARTH** terminal (\equiv).

Always ensure that the cord grip is fastened correctly.

The plug must be fitted with a fuse of the same rating already fitted and conforming to BS 1362 and be ASTA approved.

If in doubt, consult a qualified electrician who will be pleased to do this for you.



Non-Rewireable Mains Plug

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use an ASTA approved one (conforming to BS 1362 of the same rating).

If in doubt, consult a qualified electrician who will be pleased to do this for you.

If you need to remove the plug, **DISCONNECT IT FROM THE MAINS**, then cut it off the mains lead and immediately dispose of it safely. Never attempt to reuse the plug or insert it into a socket outlet as there is a danger of an electric shock.

**UP Global Sourcing UK Ltd.,
Victoria Street, Manchester OL9 0DD. UK.**

If this product does not reach you in an acceptable condition please contact our Customer Services Department by one of the following methods:

Telephone: 0161 934 2240*

*Telephone lines are open Monday–Friday, 9 am–5 pm (Closed Bank Holidays)

Email: customercare@upgs.com

Fax: 0161 628 2126

Please have your delivery note to hand as details from it will be required.

If you wish to return this product, please return it to the retailer from where it was purchased with your receipt (subject to their terms and conditions).

Guarantee

All products purchased as new carry a manufacturer's guarantee; the time period of the guarantee will vary dependent upon the product. Where reasonable proof of purchase can be provided, Salter will provide a standard 12 month guarantee with the retailer from the date of purchase. This is only applicable when products have been used as instructed for their intended, domestic use. Any misuse or dismantling of products will invalidate any guarantee.

Under the guarantee, we undertake to repair or replace free of any charge any parts found to be defective. In the event that we cannot provide an exact replacement, a similar product will be offered or the cost refunded. Any damages from daily wear and tear are not covered by this guarantee, nor are consumables such as plugs, fuses etc.

Please note that the above terms and conditions may be updated from time to time and we therefore recommend that you check these each time you revisit the website.

Nothing in this guarantee or in the instructions relating to this product excludes, restricts or otherwise affects your statutory rights.

The crossed out wheelie bin symbol on this item indicates that this appliance needs to be disposed of in an environmentally friendly way when it becomes of no further use or has worn out. Contact your local authority for details of where to take the item for recycling.



*To be eligible for the extended guarantee,
go to www.saltercookshop.com
and register your product within
30 days of purchase.



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Made in China.

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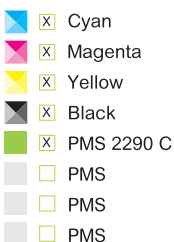
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Artworker:	Ellie Drinkwater
Date:	28/11/18
Project Name:	EEK186265 UPG EK2383 IM
Type of Artwork:	Instruction Manual
Size:	A5 36 PP
Software Used:	Indesign CC
Typefaces:	Century Gothic, PR8 Charade



Artwork Version **2**

Artwork Scale 1:1

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