

# SALTER



## Auto-stir Multi Cooker

The all-in-one cooking solution

 OVER 250 YEARS OF GREAT BRITISH  
DESIGN & INNOVATION



# SALTER

## Auto-stir Multi Cooker

The all-in-one cooking solution

*"I love my Salter multi cooker  
as it cooks risotto to perfection..."*

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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 product 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 reach of children.

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.

Do not use the non-stick cooking bowl on hobs or any other heat sources.

Do not overfill the appliance.

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.

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

**Warning:** The surfaces can become very hot during operation and will remain hot for some time after the appliance has been switched off. Do not touch the lid or sides of the appliance. Always use heat-resistant oven gloves.

**Warning:** Exercise caution during cooking as the appliance will emit steam from the vent.

**Warning:** Keep the appliance away from flammable materials.

**Caution:** When using the auto-stirring paddle, always ensure that the ingredients being cooked are loose. Do not use the auto-stirring paddle with large, solid ingredients or ingredients which may stick together, as these may damage the motor and reduce its lifespan.



**Caution:** Hot surface.

## Getting Started

Remove the appliance from the box.

Remove any packaging from the appliance.

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

## In the Box

Auto-stir Multi Cooker

Deep steamer basket

Glass Lid with plastic handle and steam vent

Non-stick bowl

Removable stirring paddle with silicone sleeve

Ladle

Rice spoon

External power cord

Measuring cup

Instruction manual

## Features

Multi Cooker with stir function and deep steamer basket

12 cooking programmes: Slow cook, Soup, Meat, Poultry, Stew, Roast, Stir-fry, Steam, Risotto, Porridge, Rice and Pasta

LED control panel with digital display

Removable stirring paddle for easy cleaning

5 litre capacity

700 W power

Description of Parts



## Button Functions

Button	Function
On/Off/Stir	Turns on the Auto-stir Multi Cooker. Manually starts and stops the stirring paddle from operating. <b>Note:</b> This will depend upon the programme selected.
Reset	Resets the temperature and time to the original setting. <b>Note:</b> This button can only be selected before cooking has begun.
Temperature	Adjusts the temperature before and during the cooking cycle. The temperature button cycles through a temperature range of 60–170 degrees, in 5 degree increments. <b>Note:</b> This will depend upon the preset programme selected.
Time	Adjusts the cooking time in 1 minute increments.
Keep Warm/Cancel	Keeps the food warm after the cooking cycle has finished. Cancels the selected programme and switches the Auto-stir Multi Cooker to standby.
Menu	Shows the preset programme menu.

## Instructions for Use

### Before First Use

Before using the Auto-stir Multi Cooker, clean the accessories in warm, soapy water, then rinse and dry thoroughly.

Do not immerse the Auto-stir Multi Cooker electrical components in water; wipe the exterior surface clean with a soft, damp cloth and dry thoroughly.

Before first use, it is recommended that the Auto-stir Multi Cooker is additionally cleaned using the 'Steam' and 'Stir' functions. To do this, first plug the Auto-stir Multi Cooker into the mains power supply.

Fill the non-stick cooking bowl with water and then turn on the Auto-stir Multi Cooker by pressing the 'On/Off' button.

Using the 'Menu' button, cycle through the options until the 'Steam' option is displayed. Once the 'Steam' option has been selection, press the 'Stir' button.

Leave the Auto-stir Multi Cooker to heat up for approximately 10 minutes.

After the Auto-stir Multi Cooker has finished heating up, turn it off at the mains power supply and discard the water from the non-stick cooking bowl.

**Note:** When using the Auto-stir Multi Cooker for the first time, a slight odour may be emitted. This is normal and will soon subside. Ensure that there is sufficient ventilation

around the Auto-stir Multi Cooker.

**Note:** In order for the Auto-stir paddle to function, the bowl must be correctly fitted. To do this turn the bowl clockwise or anticlockwise to fully engage the gear into the paddle system.

**Caution:** The non-stick cooking bowl will be hot after use; always wear heat-resistant oven gloves when handling.

## Quick Start Guide

Prepare the ingredients to be cooked and then plug the Auto-stir Multi Cooker into the mains power supply.

The Auto-stir Multi Cooker will beep and the LCD display will illuminate, showing '----'. Remove the lid. If the removable stirring paddle is required for use, ensure that it is fitted correctly. Place the ingredients into the non-stick cooking bowl.

Press the 'Menu' button to select the required cooking programme. To cycle through the preset programme options, continue to press the 'Menu' button. Each preset programme will illuminate in turn to show that it is ready for selection. The preset programme will commence after 5 seconds.

If the wrong preset programme has been selected, press the 'Keep Warm/Cancel' button and then restart the programming process.

Once the programme has finished, the Auto-stir Multi Cooker will beep once.

Depending on the programme selected, the Auto-stir Multi Cooker will operate the 'Keep Warm' function or it will automatically switch off (see the 'Preset Programme Guide' for further information).

**Note:** Pressing the 'Keep Warm/Cancel' button during a programme will cancel its current cooking process. When restarted, the preset programme will start from the beginning. Cooking times, with the exception of the 'Rice' programme, will need to be adjusted in order to accommodate for this.

## Adjusting the Cooking Time

To adjust the cooking time for any of the preset programmes, first press the 'Time' button to illuminate the LCD display. The display will flash.

Adjust the time by pressing the 'Time' button repeatedly. The time shown on the LCD display will increase in increments of 1 minute. Pressing and holding the 'Time' button will increase the time shown on the LCD display increments of 10 minutes

## Adjusting the Temperature

To adjust the temperature for any of the preset programmes, press the 'Temp' button to illuminate the LCD display. This will display the default cooking time for the preset programme selected.

Adjust the time by pressing the 'Temp' button repeatedly. The time shown on the

LCD display will decrease in increments of 5 degrees. Pressing and holding the 'Time' button will reduce the time shown on the LCD display in increments of 10 degrees.

**Note:** When the temperature reaches the lowest heat setting possible, the cycle will automatically begin again from the start.

## Using the Stir Function

To use the 'Stir' function, ensure that the removable stirring paddle has been correctly fitted before placing the ingredients into the non-stick cooking bowl. Press the 'Stir' button. The LCD display will illuminate and the stir indicator will flash to show that it has been selected.

## Using the Reset Function

The 'Reset' function is used to restore any of the preset programmes to their default settings if they have been manually altered during operation. For example, if the time or temperature have been altered, pressing the 'Reset' button will restore both the time and temperature to the original, default setting.

## Using the Keep Warm Function

The Auto-stir Multi Cooker will automatically switch to the 'Keep Warm' function once a preset programme has finished (with the exception of the 'Stir-Fry' and 'Pasta' programmes). The 'Keep Warm' function can also be set manually if it has entered 'Standby' mode. To operate the 'Keep Warm' function, press the 'Keep Warm' button; this will automatically set the Auto-stir Multi Cooker to a default warming time of 2 hours, which will be highlighted on the LCD display. Pressing the 'Time' button will reduce the warming time in increments of 10 minutes. The warming time can be set for between 10 minutes and 24 hours. After the warming time has been set and no further buttons have been pressed for 5 seconds, the 'Keep Warm' function will begin. The Auto-stir Multi Cooker will switch to 'Standby' mode once the 'Keep Warm' function has completed.

## Using the Auto-stir Multi Cooker

Once the desired temperature and time have been set and the removable stirring paddle has been correctly fitted, leave the Auto-stir Multi Cooker for 5 seconds. If no other buttons are pressed, the Auto-stir Multi Cooker will beep once to show that the time countdown has begun and cooking has commenced. Ensure that the lid has been placed onto the non-stick cooking bowl.

**Note:** The 'Stir-fry' programme is the only preset programme that does not require the lid to be in place during operation.

**Note:** If the 'Menu' button is not pressed within 60 seconds of the Auto-stir Multi Cooker being in 'Standby' mode, it will revert back to 'Sleep' mode. To 'wake up'



the Auto-stir Multi Cooker from the 'Sleep' mode, press the 'Menu' button.

**Warning:** Exercise extreme caution when removing the lid, as the steam emitted will be hot.

**Note:** The default times stated in the Preset Programme Guide are based on average cooking times for each food group. Actual cooking times will depend upon the volume of food to be cooked e.g. cooking using larger amounts of water will require a longer cooking time.

### Preset Programme Guide

	Default Time	Adjustable Time	Default Temp.	Adjustable Temp.	Stirring	Keep Warm Function
Poultry	50 mins.	5 mins.–1 hour 39 mins.	110 °C	60–170 °C	Manual	Yes
Meat	45 mins.	5 mins. –1 hour 39 mins.	120 °C	60–170 °C	Manual	Yes
Soup	1 hour	5 mins.–1 hour 39 mins.	N/A	N/A	Manual	Yes
Slow Cook	1 hour 10 mins.	5 mins.–16 hours	130 °C	70–170 °C	Manual	Yes
Stew	1 hour 10 mins.	10 mins.–16 hours	95 °C	70–170 °C	Manual	Yes
Roast	1 hour	5 mins.–1 hour 39 mins.	N/A	N/A	Manual	Yes
Stir-Fry	35 mins.	5 mins.–1 hour 39 mins.	135 °C	60–170 °C	Auto	No
Steam	30 mins.	5 mins.–1 hour 39 mins.	N/A	No Adjust	Manual	Yes
Risotto*	1 hour	5 mins.–1 hour 39 mins.	N/A	N/A	Auto	Yes
Porridge*	45 mins.	5 mins.–1 hour 39 mins.	N/A	N/A	Auto	Yes
Rice	45 mins. (approx)	N/A	N/A	N/A	Manual	Yes
Pasta	35 mins.	5 mins.–1 hour 39 mins.	N/A	N/A	Manual	No

\* The removable stirring paddle cannot be turned off for these functions.

### Poultry

The 'Poultry' programme is best used for white meat produce.

Ensure that any ingredients to be cooked fit within the non-stick cooking bowl with the lid on.

Cooking times and temperatures vary depending upon the type of meat to be cooked. Ensure that thicker cuts of meat are thoroughly cooked through and are piping hot when served.

## **Meat**

The 'Meat' program is best used for red meat produce.

Ensure that any ingredients to be cooked fit within the non-stick cooking bowl with the lid on.

Cooking times and temperatures vary depending upon the type of meat to be cooked. Ensure that thicker cuts of meat are thoroughly cooked through and are piping hot when served.

## **Soup**

The 'Soup' programme can be used to cook and reheat soup.

Ensure that any ingredients to be cooked fit within the non-stick cooking bowl with the lid on.

Thicker soups may have a tendency to burn onto the bottom of the non-stick cooking bowl during the cooking process. To help reduce the chance of this happening, ensure that the removable stirring paddle is used and that there is sufficient liquid in the non-stick cooking bowl.

## **Slow Cook**

The 'Slow Cook' programme can be used to slow cook food over a longer time period for a tender result.

Ensure that the food to be slow cooked fits within the non-stick cooking bowl, is covered sufficiently with liquid and that the glass lid is in place to prevent the liquid from evaporating and the food drying out.

Cooking times using the 'Slow Cook' programme will vary depending upon the food to be cooked.

As a guide, slow cooking food at 80 °C will take approximately 8 hours and cooking at 100 °C will take approximately 5 hours.

## **Stew**

When using the 'Stew' programme, any meats to be cooked will need to be sealed prior to placing them into the non-stick cooking bowl, in order to lock in the flavour. Sear any meats to seal in the flavour prior to placing the rest of the ingredients into the non-stick cooking bowl.

Ensure that the food to be stewed fits within the non-stick cooking bowl, is covered sufficiently with liquid and that the glass lid is in place to prevent the liquid from evaporating and the food drying out.

Cooking times using the 'Stew' programme will vary depending upon the food to be cooked.

As a guide, the 'Stew' programme will cook food in approximately 8 hours.

## **Roast**

Ensure that any ingredients to be cooked fit within the non-stick cooking bowl with the lid on.

Cooking times using the 'Roast' programme will vary depending upon the food to be cooked.

## **Stir-Fry**

Ensure that the removable stirring paddle is fitted correctly before selecting the 'Stir-Fry' programme.

Place a small amount of cooking oil, butter or margarine into the non-stick bowl. Once the oil has heated up or the butter or margarine has melted, place the ingredients to be cooked into the non-stick bowl.

**Note:** If using ingredients that require different cooking times, ensure that the ingredients that require the longest cooking times are placed into the non-stick cooking bowl first. Place in all of the other ingredients according to their required cooking times.

**Note:** For the best results, preheat the Auto-stir Multi Cooker to the maximum temperature setting to cook the ingredients, then reduce to a lower temperature later if required.

## **Steam**

When using the 'Steam' function, the non-stick cooking bowl will need to be filled with water. Ensure that the water does not fill past the base of the steamer basket. Place the steamer basket in to the non-stick cooking bowl and then place the food to be cooked onto the rack.

Ensure that the food to be steamed fits within the non-stick cooking bowl and that the glass lid is in place to prevent liquid from evaporating and the food drying out.

**Note:** Some recipes may require the food to be wrapped during the cooking process. Ensure that recipe guidelines are followed.

**Note:** Ensure that sufficient time is allocated to take into account the time it will take for the water to heat up.

**Warning:** When removing cooked food from the steamer rack, be careful to avoid any hot steam that may escape from the Auto-stir Multi Cooker, as this could cause injury. Allow the Auto-stir Multi Cooker to cool fully before removing the steamer rack from the non-stick cooking bowl.

## Risotto

Check that the removable stirring paddle is fitted correctly before selecting the 'Risotto' programme.

Ensure that the food to be slow cooked fits within the non-stick cooking bowl, is covered sufficiently with liquid and that the glass lid is in place to prevent the liquid from evaporating and the food drying out.

The removable stirring paddle will help to reduce the chance of food burning onto the base of the non-stick cooking bowl but it is advisable to keep a close watch of the ingredients whilst the cooking programme is operating.

## Porridge

Ensure that the removable stirring paddle is fitted correctly before selecting the 'Porridge' programme.

Measure out the quantity of porridge required, ensuring that the liquid is added first before the porridge is placed into the bowl.

## Rice

Check that the rice to be cooked has been correctly measured out and added to the non-stick cooking bowl along with the correct amount of water, as per the recipe guidelines.

Ensure that the glass lid is in place to prevent the liquid from evaporating and the rice drying out.

**Warning:** When removing cooked food from the deep steamer basket, be careful to avoid any hot steam that may escape from the Auto-stir Multi Cooker, as this could cause injury.

## Pasta

Ensure that the food to be cooked fits within the non-stick cooking bowl, is covered sufficiently with liquid and that the glass lid is in place to prevent the liquid from evaporating and the food drying out.

If cooking spaghetti, ensure that it is completely submerged in the water.

## Care and Maintenance

Before attempting any cleaning or maintenance, unplug the Auto-stir Multi Cooker from the mains power supply and allow it to cool fully.

Clean the accessories and the non-stick cooking bowl in warm, soapy water, then rinse and dry thoroughly.

Do not immerse the Auto-stir Multi Cooker electrical components in water; wipe the exterior surface clean with a soft, damp cloth and dry thoroughly.

To clean the removable stirring paddle, remove the silicone sleeve, clean the two

components separately in warm, soapy water, then rinse and dry thoroughly. Never use abrasive cleaners or scouring pads to clean the Auto-stir Multi Cooker as these can damage the surfaces.

The Auto-stir Multi Cooker and accessories are not suitable for dishwasher use.

The Auto-stir Multi Cooker should be cleaned after every use.

## Troubleshooting

Problem	Cause	Solution
E1 Error code shown.	There is an open circuit.	The Auto-stir Multi Cooker has failed and needs to be taken back to the store from which it was purchased. This will be replaced or refunded if it is within its warranty period.
E2 Error Code shown.	There is a short circuit.	The Auto-stir Multi Cooker has failed and needs to be taken back to the store from which it was purchased. This will be replaced or refunded if it is within its warranty period.
The removable stirring paddle does not rotate.	The non-stick cooking bowl has not been correctly fitted.	Check that the correct preset programme has been selected. Rotate the non-stick cooking bowl until it clicks into position. Change the preset programme to one that requires the removable stirring paddle or remove the paddle from the Auto-stir Multi Cooker.
The LCD display is not lighting up when the Auto-stir Multi Cooker has been switched on.	The plug fuse has failed.  The mains power socket has not been switched on.	Replace the fuse with another of the same rating. Ensure that the Multi Cooker is connected to the mains power supply and that it is switched on. Check to see if the power has tripped.

## Storage

Before storing, ensure that the Auto-stir Multi Cooker is cool, clean and dry.

Never store whilst it is wet.

Never wrap the cord tightly around the Auto-stir Multi Cooker; unplug it from the unit, coil it up and then loosely place it inside the steaming basket.

Store in a cool, dry place.

## Specifications

Product code: EK1698

Input: 220–240 V ~ 50 Hz

Output: 700 W



# **SALTER**



**Auto-stir Multi Cooker  
Recipe Book**

# Soup Programme

## Chunky Vegetable Soup

### Ingredients

400 g can of butter beans  
3 celery sticks, roughly chopped  
2 medium potatoes, diced  
1 large carrot, roughly chopped  
1 onion, roughly chopped  
½ head savoy cabbage, chopped  
2 garlic cloves, crushed  
2 tbsp tomato puree  
1 ltr cold vegetable stock  
1 tbsp olive oil  
Salt & pepper, to taste



### Method

Set the Auto-stir Multi Cooker to the 'Soup' programme.

Add all of the ingredients to the non-stick bowl and cover with the glass lid.

Use the 'Stir' function to stop all of the ingredients from sticking.

The Auto-stir Multi Cooker will emit a beeping sound when the soup is ready.

To achieve a smoother consistency, blend using a separate blender until the desired texture is reached.

Season with salt and pepper and serve in a bowl with crusty bread.

## Autumn Vegetable Soup

### Ingredients

600 g tinned tomatoes  
400 g tinned chick peas  
2 carrots, chopped  
1 leek, chopped  
1 garlic clove, finely chopped  
3 tbsp chopped parsley  
1 tbsp fresh rosemary, finely chopped  
500 ml cold vegetable stock  
Salt and pepper, to taste



### Method

Set the Auto-stir Multi Cooker to the 'Soup' programme.

Add all of the ingredients to the non-stick bowl and cover with the glass lid.

Use the 'Stir' function to stop all of the ingredients from sticking.

The Auto-stir Multi Cooker will emit a beeping sound when the soup is ready.

To achieve a smoother consistency, blend using a separate blender until the desired texture is reached.

Season with salt and pepper and serve in a bowl with crusty bread.

# SALTER

## Mushroom Soup

### Ingredients

300 g mushrooms  
2 celery sticks, chopped  
1 onion, chopped  
½ leek, chopped  
1 garlic clove, crushed  
2 tbsp flour  
800 ml cold vegetable stock  
100 ml double cream  
Salt and pepper, to taste



### Method

Set the Auto-stir Multi Cooker to the 'Soup' programme.

Add all of the ingredients to the non-stick bowl.

Use the 'Stir' function to stop all of the ingredients from sticking.

When the programme is nearly complete, add the double cream.

The Auto-stir Multi Cooker will emit a beeping sound when the food is ready.

To achieve a smoother consistency, blend using a separate blender until the desired texture is reached.

Season with salt and pepper and serve in a bowl with crusty bread.

# Stir-Fry Programme

## Tofu Stir Fry

### Ingredients

500 g mixed vegetables

250 g tofu

50 g roasted cashew nuts, unsalted

2 tbsp soy sauce

Ground nut oil

Salt and pepper, to taste



### Method

Set the Auto-stir Multi Cooker to the 'Stir-Fry' programme.

Pour the oil into the non-stick bowl and let it heat, then add the tofu.

Cook the tofu until it is lightly golden.

Place in the vegetables and cook until tender. Al dente vegetables will require a shorter cooking time.

Add the soy sauce and the cashew nuts and stir until all of the ingredients are coated.

The Auto-stir Multi Cooker will emit a beeping sound when the stir-fry is ready.

Season with salt and pepper and serve whilst hot.

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## Red Pepper and Noodle Stir-Fry

### Ingredients

250 g fresh noodles egg or rice  
200 g broccoli  
150 g mushrooms  
100 g bean sprouts  
2 red peppers, sliced  
2 yellow peppers sliced  
2 spring onions, chopped  
2 tbsp soy sauce  
2 tbsp fish sauce  
Handful of fresh coriander  
½ lime  
Ground nut oil  
Salt and pepper, to taste



### Method

Set the Auto-stir Multi Cooker to the 'Stir-Fry' programme.

Pour the oil into the non-stick bowl and let it heat, then add the peppers, broccoli and mushrooms.

When the peppers, broccoli and mushrooms begin to soften, add the spring onions, bean sprouts and coriander, along with the soy and fish sauce. Cook for approximately 2 minutes.

Add the noodles and mix through until hot and coated in sauce.

The Auto-stir Multi Cooker will emit a beeping sound when the stir-fry is ready.

Season with salt and pepper and serve whilst hot.



## Chicken Stir-Fry

### Ingredients

2 chicken breasts, diced  
250 g fresh noodles egg or rice  
200 g bean sprouts  
150g mange tout, sliced  
125g baby sweet corn, chopped  
4 spring onions chopped  
1 large carrot, thinly sliced  
Small knob of fresh ginger, grated  
2 tbsp soy sauce  
2 tbsp oyster sauce  
2 tbsp sweet chilli sauce  
Ground nut oil



### Method

Set the Auto-stir Multi Cooker to the 'Stir-Fry' programme.  
Pour the oil into the non-stick bowl and let it heat, then add the chicken.  
Cook the chicken until the juices run clear and they are no longer pink on the inside.  
In a separate bowl, mix the soy, oyster and sweet chilli sauces together to create the stir-fry sauce.  
Place the vegetables into the non-stick bowl and cook for further 5 minutes.  
Mix in the sauce and stir until all ingredients are coated.  
Add the noodles and mix through until hot and coated in sauce.  
The Auto-stir Multi Cooker will emit a beeping sound when the stir-fry is ready.  
Season with salt and pepper and serve whilst hot.

# Slow Cook Programme

## Chilli Con Carne

### Ingredients

750 g beef mince  
400 g chopped tomatoes  
400 g kidney beans  
2 red peppers  
2 onions, diced  
2 garlic cloves  
1 tsp chilli powder  
1 tbsp tomato puree  
500 ml of beef stock  
Olive oil  
Salt and pepper, to taste



### Method

Set the Auto-stir Multi Cooker to the 'Stir-Fry' programme.  
Pour the oil into the non-stick bowl and let it heat, then add the onions and peppers and cook until soft.  
Place in the garlic and chilli powder and stir, then add in the mince and cook until browned.  
Add the tomatoes, tomato puree, beef stock and kidney beans and mix well.  
Cover the non-stick cooking bowl with the glass lid.  
Press 'Cancel' to stop the 'Stir-Fry' programme.  
Set the Auto-stir Multi Cooker to the 'Slow Cook' programme.  
Cook the ingredients for approximately 50 minutes.  
The Auto-stir Multi Cooker will emit a beeping sound when the chilli is ready.  
Season with salt and pepper and serve with rice and crispy tortillas.

# Lamb Bolognaise

## Ingredients

500 g lamb mince  
400 g chopped tomatoes  
200 ml passata sauce  
125 g mushrooms, chopped  
2 lamb stock cubes  
1 tbsp dried oregano  
70 ml red wine (optional)  
Fresh basil, to taste  
Salt & Pepper to taste



## Method

Set the Auto-stir Multi Cooker to the 'Stir-Fry' programme.

Place the mince into the non-stick bowl, cover with the glass lid and cook until brown.

When mince is nearly done, add in the mushrooms and cook for a further 5 minutes.

Once the mince is cooked through, add in the tomatoes and passata. Stir to coat.

Add the herbs, red wine, salt and pepper (to taste) and stir thoroughly.

Press 'Cancel' to stop the 'Stir-Fry' programme.

Set the Auto-stir Multi Cooker to the 'Slow Cook' programme.

Cook the ingredients for approximately 50 minutes. For softer, more tender meat, cook for slightly longer.

The Auto-stir Multicooker will emit a beeping sound when the bolognese is ready.

Season with salt Multi Cooker pepper and serve on a bed of warm pasta, sprinkled with fresh basil.

## Braised Pork Ribs with Red Wine Sauce

### Ingredients

500 g pork ribs, cut into 5 cm thick ribs  
1 onion, peeled, finely chopped  
1 carrot, peeled, thinly sliced  
2 sprigs fresh rosemary  
200 ml red wine  
200 ml chicken stock  
200 ml passata  
30 ml olive oil  
Anchovies



### Method

Set the Auto-stir Multi Cooker to the 'Stir-Fry' programme.

Pour the oil into the non-stick bowl and let it heat, then add the onion, carrot and celery and cook until soft.

Add the wine, chicken stock, passata, anchovies and rosemary sprigs, stir well and allow the mixture to the boil.

Once boiled, press 'Cancel' to stop the 'Stir-Fry' programme.

Set the Auto-stir Multi Cooker to the 'Slow Cook' programme.

Add the ribs, cover with the glass lid and cook for approximately 75–90 minutes.

Check the ribs regularly. When the meat is tender and starts to fall off the bone, it is cooked.

The Auto-stir Multi Cooker will emit a beeping sound when the ribs are ready.

**Note:** If the ribs start to dry out during cooking, add a little water to the non-stick bowl. Season with salt and pepper and serve whilst hot.

# Chicken Curry

## Ingredients

4 skinless chicken breasts, diced  
150 g dried apricots, chopped  
1 large onion  
1 clove garlic  
1 red chilli, finely chopped  
1 cm fresh ginger root, peeled and crushed  
4 tbsp malt vinegar  
2 tbsp curry powder  
1 tsp ground cumin  
1 tsp ground coriander  
1 tsp ground turmeric  
1 tbsp granulated sugar  
1 tsp peppercorns



## Method

In a large bowl, mix together the vinegar, curry powder, herbs, garlic, ginger, chilli and sugar.

Stir in the diced chicken and leave to marinate for approximately 20 minutes.

Set the Auto-stir Multi Cooker to the 'Stir-Fry' programme.

Place the onions into the non-stick bowl and cook until golden brown.

Add the peppercorns and cook for a further 30 seconds, then press 'Cancel' to stop the 'Stir-Fry' programme.

Add the marinated chicken to the onions and cover with the glass lid.

Set the Auto-stir Multi Cooker to the 'Slow Cook' programme.

Cook the ingredients for approximately 20 minutes and then add the apricots; cook for a further 5–10 minutes.

The Auto-stir Multi Cooker will emit a beeping sound when the curry is ready.

Season with salt and pepper and serve with rice and a warm naan bread.

# Meat Programme

## One Pot Roast Beef

### Ingredients

500 g beef joint  
2 carrots  
1 large onion  
1 ltr beef stock  
Salt and pepper, to taste



### Method

Set the Auto-stir Multi Cooker to the 'Stir-Fry' programme.

Place the beef joint into the non-stick bowl and brown on each side to seal.

Remove the beef joint and set aside to rest.

Put the onions and carrots into the non-stick bowl and fry until the onions are soft.

Add the beef joint and then pour in 500 ml of stock and cover with the glass lid.

Check the beef joint regularly during cooking, adding more stock when it begins to dry out.

The Auto-stir Multi Cooker will emit a beeping sound when the 'Stir-Fry' function has finished.

Set the Auto-stir Multi Cooker to the 'Meat' programme.

Cook the beef for approximately 90 minutes. For softer, more tender meat, cook for slightly longer.

The Auto-stir Multi Cooker will emit a beeping sound when the beef is ready.

Season with salt and pepper and serve with potatoes and vegetables.



## Lamb Shank with Garlic

### Ingredients

1 lamb shank  
5 garlic cloves, peeled but left whole  
1 tsp tomato purée  
1 tsp dried rosemary  
1 tsp unsalted butter  
1 tsp balsamic vinegar  
400 ml lamb stock, made with 4 stock cubes  
50 ml port  
Olive oil  
Salt and pepper to taste



### Method

Set the Auto-stir Multi Cooker to the 'Stir-Fry' programme.

Cover the lamb shank in olive oil and season with salt and pepper, then brown on all sides to seal it.

Place in the garlic and cook until lightly browned.

Add in the chicken stock, tomato puree and rosemary and stir until the purée disperses. Cover with the glass lid.

Press 'Cancel' to stop the 'Stir-Fry' programme.

Set the Auto-stir Multi Cooker to the 'Meat' programme.

Cook the ingredients for approximately 50 minutes. For softer, more tender meat, cook for slightly longer.

Remove the lamb shank from the non-stick bowl and set to one side, then add the butter and vinegar to the sauce and cook until it thickens.

Season with salt and pepper, then pour the sauce over the lamb and serve with potatoes and vegetables.

# Stew Programme

## Sausage Casserole

### Ingredients

4 sausages of your choice, sliced  
400 g chopped tomatoes  
400 g kidney beans  
100 g green lentils  
1 green pepper  
1 onion  
2 garlic cloves  
½ tsp of dried mixed herbs of your choice  
½ tsp smoke paprika  
200 ml hot water  
Salt and pepper, to taste



### Method

Set the Auto-stir Multi Cooker to the 'Stir-Fry' programme.  
Add the onion and pepper to the non-stick bowl and cook for approximately 2–3 minutes, using the stirring paddle to mix occasionally.  
Place in the sausage and continue to cook for a few minutes, then add the garlic.  
Mix the lentils into the hot water and then add the mixture to the non-stick bowl.  
Cook for approximately 5 minutes and cover with the glass lid.  
Stir in the rest of the ingredients and mix well.  
Press 'Cancel' to stop the 'Stir-Fry' programme.  
Set the Auto-stir Multi Cooker to the 'Stew' programme.  
Cook for approximately 50 minutes, using the stirring paddle to mix occasionally.  
The Auto-stir Multi Cooker will emit a beeping sound when the casserole is ready.  
Season with salt and pepper and serve with crusty bread.

# Lamb Stew

## Ingredients

500 g of lamb, diced  
3 carrots  
1 large onion  
500 ml lamb stock including 4 stock cubes  
1 tbsp of corn flour  
Salt, to taste



## Method

Set the Auto-stir Multi Cooker to the 'Stir-Fry' programme.  
Place the lamb and onion into the non-stick bowl and cook until the lamb is sealed and the onions are soft.  
Press 'Cancel' to stop the 'Stir-Fry' programme.  
Pour in the stock and add the carrots and salt (to taste).  
Cover with the glass lid and then set the Auto-stir Multi Cooker to the 'Stew' programme.  
Cook the ingredients for approximately 1–1½ hours.  
When the meat is tender, add the flour to thicken the gravy.  
The Auto-stir Multi Cooker will emit a beeping sound when the stew is ready.

## Beef Stew

### Ingredients

500 g beef stewing steak  
250 g mushrooms  
2 carrots  
1 large onion  
1 small glass of red wine  
500 ml beef stock  
2 tbsp oil for frying  
1tbsp plain flour  
Salt and pepper, to taste



### Method

Set the Auto-stir Multi Cooker to the 'Stir-Fry' programme.

Add the beef stewing steak to the non-stick bowl and cook until brown.

Remove the beef and set aside to rest.

Place the onions, mushrooms and carrots into the non-stick bowl and cook until softened.

Add the beef and stir, then pour in the red wine and season with salt and pepper (to taste). Cover the non-stick bowl with the glass lid.

Press 'Cancel' to stop the 'Stir-Fry' programme.

Set the Auto-stir Multi Cooker to the 'Stew' programme.

Add the stock then cover the ingredients with the lid.

Cook the ingredients for approximately 1½–2 hours.

When the meat is tender, add the flour to thicken the gravy.

The Auto-stir Multi Cooker will emit a beeping sound when the stew is ready.

# Poultry Programme

## Chicken and Chorizo with Smoked Paprika and Red Wine

### Ingredients

1 chicken thigh, bone removed  
1 small chorizo sausage, chopped  
50 g broad beans, skins removed  
½ onion, finely sliced  
2 garlic cloves, finely chopped  
2 tsp smoked paprika  
1 tsp chilli powder  
1 tbsp chopped fresh chives  
100 ml red wine  
2 tbsp olive oil  
Salt and pepper, to taste  
Fresh parsley, chopped, to garnish



### Method

Set the Auto-stir Multi Cooker to the 'Stir-Fry' programme.

Place the oil into the non-stick bowl and let it heat.

In a separate bowl, combine the smoked paprika, chilli powder, salt and black pepper (to taste).

Open out the chicken thigh so that it is flat and roll it in the spice mixture to coat.

Heat one tbsp of the olive oil in the non-stick bowl and then add the chicken. Cook until golden-brown on all sides.

Cover with the glass lid and cook for approximately 10–12 minutes or until completely cooked through. Turn the chicken regularly to make sure that it does not stick to the base of the non-stick bowl.

When cooked fully, remove the chicken from the non-stick bowl.

Add in the onion and garlic and cook until softened.

Place the chopped chorizo into the bowl and fry gently until it starts to crisp slightly.

Pour in the red wine and simmer for approximately 5 minutes until slightly reduced.

Finally, stir in the broad beans.

Slice the chicken into strips then add the chicken and chopped chives to the non-stick bowl and stir to combine. Cover with the glass lid.

Press 'Cancel' to stop the 'Stir-Fry' programme.

Set the Auto-stir Multi Cooker to the 'Poultry' programme.

Cook the ingredients for approximately 15–20 minutes.

The Auto-stir Multi Cooker will emit a beeping sound when the chicken is ready.

Serve garnished with the fresh parsley and warm.

## One Pot Chicken with Vegetables

### Ingredients

4 chicken breasts  
1 courgette, thickly sliced diagonally  
1 red pepper, deseeded and sliced into wedges  
2 tbsp fresh ginger, grated  
1 tbsp ground cumin  
½ tbsp dried thyme  
30 ml tbsp vegetable oil  
200 ml of chicken stock  
Salt and pepper, to taste



### Method

In a small bowl, mix together the grated ginger and cumin with the oil, thyme and a pinch of salt and pepper to create a paste.

Place the chicken breasts into the mixture and mix to coat evenly with the paste.

Add the courgette, peppers and the chicken breasts into the non-stick cooking bowl and pour over the chicken stock. Cover with the glass lid.

Set the Auto-stir Multi Cooker to the 'Poultry' programme.

Cook the chicken for approximately 30–40 minutes or until the chicken is golden brown.

The stirring paddle should be used to make sure that the chicken does not stick to the base of the non-stick bowl.

The Auto-stir Multi Cooker will emit a beeping sound when the chicken is ready.

Season with salt and pepper and serve on a bed of rice.

# One Pot Chicken Chasseur

## Ingredients

4 chicken breasts  
200 g pack small button or chestnut mushroom  
2 garlic cloves, crushed  
1 onion, chopped  
2 thyme sprigs  
2 tbsp tomato purée  
500 ml chicken stock  
225 ml red wine  
25 g butter  
1 tsp olive oil



## Method

Set the Auto-stir Multi Cooker to the 'Stir-Fry' programme.

Pour the oil and half of the butter into the non-stick bowl and let it heat. Season the chicken, then add to the non-stick bowl and fry for approximately 5 minutes on each side, until golden brown.

Remove the chicken and set aside.

Melt the rest of the butter in the non-stick bowl.

Place in the onion and cook until soft. Add the garlic and cook for a further minute, then add the mushrooms.

Cook the mushrooms for approximately 2 minutes, then pour in the wine.

Stir in the tomato purée, allowing the liquid to bubble and reduce. This will take approximately 5 minutes.

Sprinkle in the thyme and pour over the stock.

Return the chicken to the non-stick bowl and cover with the glass lid.

Press 'Cancel' to stop the 'Stir-Fry' programme.

Set the Auto-stir Multi Cooker to the 'Poultry' programme.

Cook the ingredients for approximately 30–40 minutes or until the chicken is very tender.

The Auto-stir Multi Cooker will emit a beeping sound when the chasseur is ready.

Season with salt and pepper and serve on a bed of wild rice.

## Piri-Piri Chicken Breasts

### Ingredients

4 skinless chicken breasts  
6–12 fresh red chillies, depending upon  
the heat desired  
1 tbsp garlic, blanched and chopped  
1 tsp salt flakes  
½ tsp oregano  
½ tbsp paprika  
100 ml olive oil  
50 ml red wine vinegar



### Method

Set the Auto-stir Multi Cooker to the 'Roast' programme.  
Add the chillies to the non-stick bowl and cook for approximately 10 minutes.  
Remove the chillies, allow them to cool and then roughly chop them.  
Add the chillies, garlic, salt, oregano, paprika, olive oil and vinegar to the non-stick bowl, cover with the glass lid and simmer for approximately 2–3 minutes.  
Remove the mixture and set aside to cool. Once cool, blend to a purée in a jug blender or food processor.  
Place the chicken breasts into a sealable plastic bag. Add half of the piri-piri sauce to the bag, spreading it evenly over the chicken.  
Seal and marinate in the refrigerator for at least one hour.  
Set the Auto-stir Multi Cooker to the 'Poultry' programme and adjust the temperature to 140 °C.  
Add 1 ltr of water to the non-stick bowl and place the chicken into the steamer basket. Cook for approximately 30 minutes.  
The Auto-stir Multi Cooker will emit a beeping sound when the piri-piri chicken is ready.



# Roast Programme

## Roast Chicken

### Ingredients

1 small chicken  
2 carrots  
1 large onion  
3 cloves garlic  
500 ml of chicken stock



### Method

Set the Auto-stir Multi Cooker to the 'Roast' programme.

Add all of the ingredients and then cover with the glass lid.

Check the chicken regularly throughout cooking. Add more stock if the chicken begins to dry up.

The Auto-stir Multi Cooker will emit a beeping sound when the chicken is ready.

Season with salt and pepper and serve with roast potatoes and vegetables.

# Steam Programme

## Steamed Fish and Rice

### Ingredients

4 frozen salmon steaks  
500 g rice  
250 g frozen vegetables of your choice  
50 g slivered almonds  
400 ml chicken broth (alternatively dissolve 1 cube of chicken stock per 190 ml)  
250 ml water  
4 knobs butter  
Lemon, to garnish



### Method

Set the Auto-stir Multi Cooker to the 'Rice' programme.  
Pour the water and chicken broth into the non-stick bowl and then add the rice, vegetables and almonds  
Place the frozen salmon steaks into the steamer basket with a knob of butter on top of each salmon steak.  
Cover with the glass lid and cook until all of the ingredients are cooked through.  
Check the rice occasionally and add more water if it has all been absorbed.  
The Auto-stir Multi Cooker will emit a beeping sound when the fish is ready.  
Serve hot with slices of lemon to garnish.

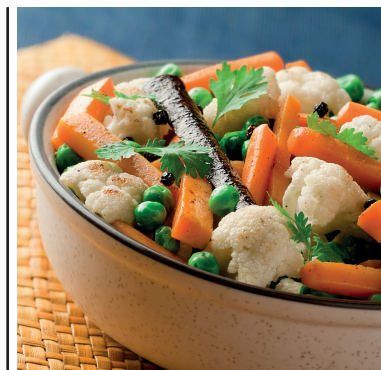
## Steamed Vegetables

### Ingredients

A selection of vegetables

1 ltr water

Salt and pepper, to taste



### Method

Set the Auto-stir Multi Cooker to the 'Steam' programme.

Add the water to the non-stick bowl.

Place the vegetables into the steamer basket, cover with the glass lid and cook for approximately 20–30 minutes.

The Auto-stir Multi Cooker will emit a beeping sound when the vegetables are ready.

Serve as an accompaniment to a meat dish.

# Rice Programme

## Basic Rice

### Ingredients

Rice

Butter (optional)



### Method

Place the required amount of rice into the non-stick bowl.

As a guide, for every cup of rice you will need 1 cup of water.

Set the Auto-stir Multi Cooker to the 'Rice' programme and cover with the glass lid.

Use the 'Stir' function to stop all of the ingredients from sticking.

Check the rice regularly, making sure that it does not stick to the surface of the non-stick bowl.

When all of the water has been absorbed, the rice is cooked.

**Tip:** Butter can be added to the non-stick cooking bowl before cooking for extra creamy rice.

# Chicken and Rice Stew

## Ingredients

1 skinless, boneless chicken breast, diced  
1 tin of Cream of Chicken soup  
250 g cooked rice  
½ tsp paprika  
150 ml water  
Salt and pepper, to taste



## Method

Place all of the ingredients into the non-stick bowl.  
Set the Auto-stir Multi Cooker to the 'Rice' programme and cover with the glass lid.  
Use the 'Stir' function to stop all of the ingredients from sticking.  
Cook for approximately 2 hours.  
Season with salt and pepper and serve warm.

# Pasta Programme

## Basic Pasta

### Ingredients

Pasta

Cold water, to cover

Salt, to taste



### Method

Add the required amount of pasta to the non-stick bowl and then cover with cold water. Season to taste with salt.

Set the Auto-stir Multi Cooker to the 'Pasta' programme and cover with the glass lid.

Check the pasta occasionally, to make sure that it does not overcook.

Use a slotted spoon to remove the pasta from the non-stick bowl.

**Warning:** Do not attempt to remove the non-stick bowl immediately after cooking. Wait until cool before removing and draining.

# Pesto Penne Pasta

## Ingredients

400 g cooked penne pasta  
2 large green peppers, chopped  
100 g pesto  
100 ml cream  
Capers  
Handful of basil leaves  
Parmesan cheese, grated (optional)



## Method

Add the green peppers, capers, drained pasta and pesto to the non-stick bowl and cover with the glass lid.  
Set the Auto-stir Multi Cooker to the 'Stir-Fry' programme.  
Use the 'Stir' function to stop all of the ingredients from sticking.  
When thoroughly cooked, pour in the cream and heat for approximately 1–2 minutes.  
Serve warm, garnished with the basil leaves and parmesan cheese, if desired.

# Porridge Programme

## Basic Porridge

### Ingredients

50 g porridge oats  
350 ml milk or water



### Method

Add the porridge oats to the non-stick bowl, pour in the milk and cover with the glass lid.

Set the Auto-stir Multi Cooker to the 'Porridge' programme.

Use the 'Stir' function to stop all of the ingredients from sticking.

Cook for approximately 10 minutes, checking regularly to ensure that the porridge does not dry up.

Serve warm, with a topping of choice.



# Apple Porridge

## Ingredients

50 g porridge oats  
350 ml milk or water  
1 apple, grated  
30 g pecan nuts, toasted  
2–3 tbsp maple syrup, to taste



## Method

Add the porridge oats to the non-stick bowl, pour in the milk and cover with the glass lid.

Set the Auto-stir Multi Cooker to the 'Porridge' programme and cover with the glass lid.

Use the 'Stir' function to stop all of the ingredients from sticking.

Add the grated apple and  $\frac{3}{4}$  of the maple syrup to the porridge.

Serve with toasted pecan nuts and the remaining maple syrup.

## Banana Porridge

### Ingredients

50 g porridge oats  
350 ml milk or water  
75 g blueberries  
1 mashed banana



### Method

Add the porridge oats to the non-stick cooking bowl, pour in the milk and cover with the glass lid.

Set the Auto-stir Multi Cooker to the 'Porridge' programme and cover with the glass lid.

Use the 'Stir' function to stop all of the ingredients from sticking.

Cook for approximately 10 minutes, checking regularly to ensure that the porridge does not dry up.

Before the programme finishes, stir in the blueberries and then cook for a further 1–2 minutes.

Serve warm.





## 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 ( $\perp$ )**

**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  $\perp$ .

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

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.

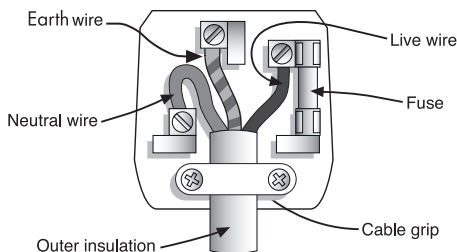
If in doubt, consult a qualified electrician who will be pleased to do this for you.

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 one that is 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,  
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](mailto: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

This product is guaranteed for a period of 1 year from the date of purchase against mechanical and electrical defects.

This guarantee is only valid if the appliance is used solely for domestic purposes in accordance with the instructions and provided that it is not connected to an unsuitable electricity supply or dismantled or interfered with in any way or damaged through misuse. Under this guarantee we undertake to repair or replace free of charge any parts found to be defective. Reasonable proof of purchase must be provided.

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

In line with our policy of continuous development we reserve the right to change this product, packaging and documentation specification without notice.

Consumables are not guaranteed i.e. plug and fuse.

The crossed out wheellie 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.



MADE IN CHINA.



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**SALTER**

CD28/05/14/MD000000/V1





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28/08/14

Project Name:

EEK140878 UPG EK1698

Type of Artwork:

Instruction Manual

Size:

A5 52PP

Software Used:

Indesign CS6

Typefaces:

Century Gothic



☒ Cyan



☒ Magenta



☒ Yellow



☒ Black



☒ PMS 7536 C



☐ PMS



☐ PMS



☐ PMS

Artwork Version 4

**Artwork Scale 1:1**

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