

SALTER[®]

SINCE 1760



10 in 1 Multi Cooker with Sous Vide

10 delicious cooking techniques in 1

SALTER

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10 delicious cooking techniques in 1

*"I can cook a variety of tasty meals
with my Salter multi cooker "*

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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 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 heat-resistant 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 door or the outer surface of the appliance may get hot during operation.



Caution: Hot Surface - Do not touch the hot section or heating components of the appliance.

Caution: Take care not to pour water on the heating element.

Warning: Keep the appliance away from flammable materials.

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

10 in 1 Multi Cooker with Sous Vide base unit

Tempered glass lid

Non-stick coated cooking bowl

Steaming rack

Sous vide rack

Instruction manual

Features

1500 W power

6 litre capacity

LCD display screen

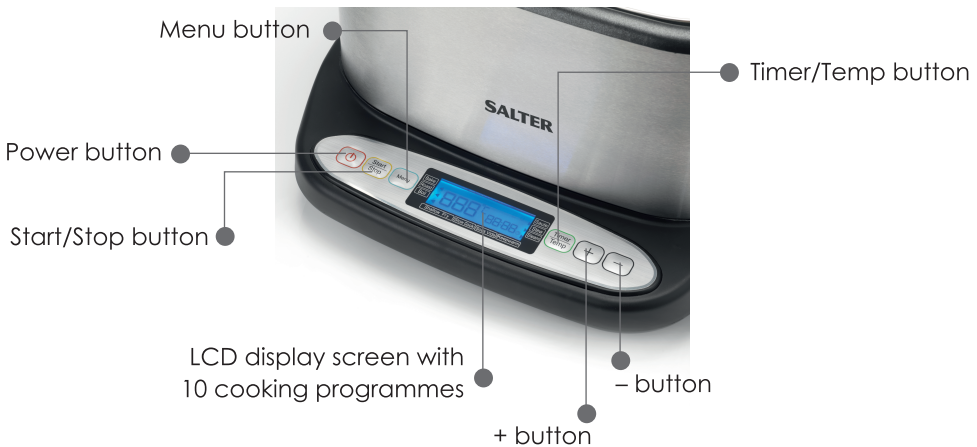
Removable non-stick cooking bowl for easy cleaning

Tempered glass lid and stainless steel housing

Accessories include: sous vide and steaming racks

Allows you to: bake, roast, boil, shallow fry, slow cook, sous vide, keep warm, sauté, stew and steam

Description of Parts



Introduction

Convenient and easy to use, the 10 in 1 Multi Cooker with Sous Vide is extremely versatile and combines 10 cooking programmes in just one appliance. The perfect addition to any kitchen, it can be used to bake, roast, boil, shallow fry, slow cook, sous vide, sauté, stew and steam ingredients, as well as keep them warm. Featuring an LCD display screen with adjustable temperature and time functions, it can be used to create a variety of delicious meals, without needing to spend hours in the kitchen.

Button Functions

Button	Function
Power	Turns the multi cooker on and off.
Start/Stop	Starts and stops the selected cooking programme.
Menu	Cycles through the 10 cooking programmes.
Timer/Temperature	Switches between the timer and temperature, allowing each to be set.
+/-	Sets the timer/temperature, depending upon which is selected.

Instructions for Use

Before First Use

- STEP 1:** Ensure that the multi cooker is switched off and unplugged from the mains power supply.
- STEP 2:** Wipe the multi cooker base unit with a soft, damp cloth and dry thoroughly. Do not immerse the multi cooker base unit in water or any other liquid.
- STEP 3:** Clean the accessories in warm, soapy water, then rinse and dry thoroughly. Never use harsh or abrasive cleaning detergents or scourers to clean the multi cooker or its accessories, as this could cause damage.
- Note:** When using the multi cooker for the first time, a slight smoke or odour may be emitted. This is normal and will soon subside. Ensure that there is sufficient ventilation around the multi cooker during use.

Assembling the 10 in 1 Multi Cooker with Sous Vide

- STEP 1:** Place the multi cooker base unit onto a stable, heat-resistant surface, at a height that is comfortable for the user.
- STEP 2:** Insert the non-stick cooking bowl into the multi cooker housing, until secure.

Using the 10 in 1 Multi Cooker with Sous Vide

STEP 1: Plug in and switch on the multi cooker at the mains power supply.

STEP 2: Turn on the multi cooker by pressing the 'Power' button.

STEP 3: Select a cooking programme by pressing the 'Menu' button. To cycle through the cooking programmes, continue to press the 'Menu' button.

STEP 4: Once a cooking programme has been selected, either:

a) Press the 'Start/Stop' button to begin the cooking programme. The multi cooker will cook at the default time and temperature settings.

OR

b) Manually set the time and temperature settings by pressing the 'Timer/Temp' button; the temperature will flash on the LCD display screen, indicating that it can be set using the '+' and '-' buttons. Press the 'Timer/Temp' button once more and use the '+' and '-' buttons to set the cooking time. If the 'Start/Stop' button is not pressed within approximately 10 seconds, the multi cooker will automatically begin the cooking programme.

STEP 5: If the time or temperature settings need to be adjusted during use, press the 'Timer/Temp' button and follow the instructions in step 4b.

STEP 6: The cooking programme can be cancelled at any time during use by pressing the 'Start/Stop' button.

STEP 7: To change the cooking programme during use, press the 'Start/Stop' button and then follow the instructions in step 3.

STEP 8: Once cooking is complete and the timer has counted down, the multi cooker will beep and automatically turn off.

STEP 9: If the multi cooker needs to be turned off before cooking is complete, press the 'Power' button.

Note: The multi cooker will automatically maintain the selected temperature during use. Ensure that there is sufficient ventilation around the multi cooker during use, to allow for the escape of heat and steam.

Warning: Do not place food directly into the multi cooker base unit; always use the non-stick cooking bowl provided. Never overfill the multi cooker. Exercise caution during use, as the multi cooker will emit steam and may spit out hot oil.

Preset Cooking Programmes

Programme	Default Temperature	Temperature Range	Default Time	Time Range
Bake	180 ° C	110–210 ° C	2 hours	15 mins–4 hours
Roast	180 ° C	150–180 ° C	1 hour	30 mins–3 hours
Boil	100 ° C	Fixed temperature	30 mins	20 mins–1 hour
Shallow Fry	190 ° C	180–220 ° C	30 mins	5 mins–1 hour
Slow Cook	85 ° C	Fixed temperature	6 hours	4–12 hours
Sous Vide	56 ° C	45–95 ° C	8 hours	30 mins–72 hours
Keep Warm	67 ° C	Fixed temperature	2 hours	1–4 hours
Steam	100 ° C	Fixed temperature	30 mins	20 mins– 1½ hours
Stew	N/A	Fixed temperature	2 hours	2–4 hours
Sauté	200 ° C	190–220 ° C	10 mins	5 mins–2 hours

Bake

STEP 1: Prepare the cake batter following a recipe or alternatively use a cake mix that has already been prepared.

STEP 2: Fill a silicone cake mould (not included) halfway with the batter.

STEP 3: Place the silicone cake mould (not included) into the non-stick cooking bowl.

STEP 4: Fit the lid onto the non-stick cooking bowl.

STEP 5: Turn on the multi cooker by pressing the 'Power' button.

STEP 6: Select the 'Bake' programme using the 'Menu' button.

STEP 7: Press the 'Start/Stop' button to begin the 'Bake' programme, using the default cooking time and temperature settings or follow the instructions in the section entitled 'Using the 10 in 1 Multi Cooker with Sous Vide' to manually set the time and temperature settings first.

STEP 8: To check that the cake is ready to be taken out of the multi cooker, insert a skewer or cocktail stick into the middle; if it remains clean, the cake is fully cooked.

Note: The tempered glass lid is required for baking. To avoid damaging the non-stick bowl during baking, always use silicone bakeware (not included). Ensure that the temperature of the multi cooker does not exceed the silicone cake mould's maximum heat; always check the instructions provided with the silicone cake mould for this information.

Roast

STEP 1: Place the food to be cooked into the non-stick cooking bowl.

STEP 2: Fit the lid onto the non-stick cooking bowl.

STEP 3: Turn on the multi cooker by pressing the 'Power' button.

STEP 4: Select the 'Roast' programme using the 'Menu' button.

STEP 5: Press the 'Start/Stop' button to begin the 'Roast' programme, using the default cooking time and temperature settings or follow the instructions in the section entitled 'Using the 10 in 1 Multi Cooker with Sous Vide' to manually set the time and temperature settings first.

Note: The tempered glass lid is required for roasting.

Boil

STEP 1: Fill the non-stick cooking bowl with water, without exceeding the maximum capacity but ensuring that there is enough liquid to cover the food.

STEP 2: Place the food to be cooked into the water in the non-stick cooking bowl.

STEP 3: Fit the lid onto the non-stick cooking bowl.

STEP 4: Turn on the multi cooker by pressing the 'Power' button.

STEP 5: Select the 'Boil' programme using the 'Menu' button.

STEP 6: Press the 'Start/Stop' button to begin the 'Boil' programme, using the default cooking time or follow the instructions in the section entitled 'Using the 10 in 1 Multi Cooker with Sous Vide' to manually set the time first. The temperature setting is fixed for this function and cannot be adjusted.

Note: The tempered glass lid is required for boiling.

Shallow Fry

STEP 1: Add a little cooking oil into to the non-stick cooking bowl.

STEP 2: Turn on the multi cooker by pressing the 'Power' button.

STEP 3: Select the 'Shallow Fry' programme using the 'Menu' button.

STEP 4: Press the 'Start/Stop' button to begin the 'Shallow Fry' programme, using the default cooking time and temperature settings or follow the instructions in the section entitled 'Using the 10 in 1 Multi Cooker with Sous Vide' to manually set the time and temperature settings first.

STEP 5: Once the cooking oil has heated up, carefully place the food to be cooked into the non-stick cooking bowl.

Note: The tempered glass lid should not be used when shallow frying.

Warning: If cooking oil is being used and to avoid injury, exercise caution when placing food into the non-stick cooking bowl.

Slow Cook

STEP 1: Place the food to be cooked into the non-stick cooking bowl, without exceeding the maximum capacity.

STEP 2: Fit the lid onto the non-stick cooking bowl.

STEP 3: Turn on the multi cooker by pressing the 'Power' button.

STEP 4: Select the 'Slow Cook' programme using the 'Menu' button.

STEP 5: Press the 'Start/Stop' button to begin the 'Slow Cook' programme, using the default cooking time or follow the instructions in the section entitled 'Using the 10 in 1 Multi Cooker with Sous Vide' to manually set the time first. The temperature setting is fixed for this function and cannot be adjusted.

Note: The tempered glass lid is required for slow cooking.

Keep Warm

STEP 1: Place the food to be cooked into the non-stick cooking bowl, without exceeding the maximum capacity.

STEP 2: Fit the lid onto the non-stick cooking bowl.

STEP 3: Turn on the multi cooker by pressing the 'Power' button.

STEP 4: Select the 'Keep Warm' programme using the 'Menu' button.

STEP 5: Press the 'Start/Stop' button to begin the 'Keep Warm' programme, using the default cooking time or follow the instructions in the section entitled 'Using the 10 in 1 Multi Cooker with Sous Vide' to manually set the time first. The temperature setting is fixed for this function and cannot be adjusted.

Note: The tempered glass lid is required to keep food warm.

Steam

STEP 1: Fill the non-stick cooking bowl with water, without exceeding the maximum capacity.

STEP 2: Place food to be cooked onto the steaming rack.

STEP 3: Carefully lower the loaded steaming rack into the non-stick cooking bowl, so that the handles are at the top.

STEP 4: Fit the lid onto the non-stick cooking bowl.

STEP 5: Turn on the multi cooker by pressing the 'Power' button.

STEP 6: Select the 'Steam' programme using the 'Menu' button.

STEP 7: Press the 'Start/Stop' button to begin the 'Steam' programme, using the default cooking time or follow the instructions in the section entitled 'Using the 10 in 1 Multi Cooker with Sous Vide' to manually set the time first. The temperature setting is fixed for this function and cannot be adjusted.

Note: The tempered glass lid is required for steaming.

Caution: When lowering the steaming rack into the non-stick cooking bowl, take care to avoid splashes from the hot water.

Stew

STEP 1: Place the food to be cooked into the non-stick cooking bowl, without exceeding the maximum capacity.

STEP 2: Fit the lid onto the non-stick cooking bowl.

STEP 3: Turn on the multi cooker by pressing the 'Power' button.

STEP 4: Select the 'Stew' programme using the 'Menu' button.

STEP 5: Press the 'Start/Stop' button to begin the 'Stew' programme, using the default cooking time or follow the instructions in the section entitled 'Using the 10 in 1 Multi Cooker with Sous Vide' to manually set the time first. The temperature setting is fixed for this function and cannot be adjusted.

Note: The tempered glass lid is required for stewing. The temperature setting will remain at 100 °C until any liquid has boiled and will then reduce to approximately 87 °C, until cooking is complete.

Sauté

STEP 1: Add a little cooking oil, butter or margarine into to the non-stick cooking bowl.

STEP 2: Turn on the multi cooker by pressing the 'Power' button.

STEP 3: Select the 'Sauté' programme using the 'Menu' button.

STEP 4: Press the 'Start/Stop' button to begin the 'Sauté' programme, using the default cooking time and temperature settings or follow the instructions in the section entitled 'Using the 10 in 1 Multi Cooker with Sous Vide' to manually set the time and temperature settings first.

STEP 5: Once the cooking oil has heated up or the butter or margarine has melted, carefully place the food to be cooked into the non-stick cooking bowl.

Note: The tempered glass lid should not be used when sautéing.

Warning: If cooking oil is being used and to avoid injury, exercise caution when placing food into the non-stick cooking bowl.

Cooking using the Sous Vide Function

Introduction

Sous vide cooking creates perfectly cooked, flavour intense food and provides many benefits.

The 'Sous Vide' function allows food to be cooked at the desired serving temperature for extended periods of time (8 hours or more), without significant loss of flavour. Foods can also be cooked at higher temperatures more quickly, making the Sous Vide function a unique and flexible cooking method.

Vacuum Sealing Food

STEP 1: Place the food to be cooked into a food-grade, plastic, vacuum-sealable pouch (not included), taking care not to overfill. Fold back the opening of the bag before filling to prevent food from becoming trapped or spilling.

STEP 2: Using a vacuum sealer, securely seal the bag.

Note: The multi cooker does not include either vacuum-sealable pouches or a vacuum sealer; these must be purchased separately and are available from several retailers. Only use food-grade, plastic, vacuum-sealable pouches. Seal according to the manufacturer's instructions. If vacuum sealing, only use pouches certified suitable for vacuum cooking.

Cooking the Vacuum Packed Food

STEP 1: Fill the non-stick cooking bowl with water, without exceeding the maximum capacity but ensuring that there is enough liquid to cover the food.

STEP 2: Turn on the multi cooker by pressing the 'Power' button.

STEP 3: Select the 'Sous Vide' programme using the 'Menu' button.

STEP 4: Press the 'Start/Stop' button to begin the 'Sous Vide' programme, using the default cooking time and temperature settings or follow the instructions in the section entitled 'Using the 10 in 1 Multi Cooker with Sous Vide' to manually set the time and temperature settings first.

STEP 5: Allow 1½ hours for the water to reach the required temperature. Place the vacuum packed onto the sous vide rack and then carefully lower it into the non-stick cooking bowl. Press the 'Start/Stop' button to begin cooking.

STEP 6: Fit the lid onto the non-stick cooking bowl.

Note: The tempered glass lid is required to sous vide.

Caution: When lowering the sous vide rack into the non-stick cooking bowl, take care to avoid splashes from the hot water.

Tips

1. For the best results, the contents of the pouch(es) should be seared in a hot pan, on a grill or with a kitchen torch after cooking with the 'Sous Vide' programme. This will help to brown the surface (when cooking meats) and caramelise the flavours.
2. Allow enough time for the water to reach the required temperature, 1½ hours will be adequate.
3. Use certified for cooking, food-grade, plastic pouches to vacuum seal food.
4. Ensure that food is cooked for the minimum specified time; cooking for longer is generally fine. Always consult the recipes where possible for further guidance.

Cooking Guidelines

The required cooking time will depend more upon the thickness of the foods (especially meat), rather than the weight. Doubling the thickness of a steak, for example, increases the time needed for the meat to reach the target cooking temperature by as much as two times. If a 2.5 cm (1 inch) steak requires a minimum of 1 hour to reach the medium target temperature of 60 °C/140 °F, a 5 cm (2 inch) steak may require 2 hours to reach 60 °C/140 °F.

Tougher cuts of lean meat require longer cooking times (6–8 hours or more) at the desired serving temperature. This will not overcook the meat but rather, will tenderise it. Tough, fatty cuts of meat, such as pot roast, pork ribs and leg of lamb should be cooked at a temperature hot enough to 'melt' the collagen fibres into gelatine, which means at least 60 °C/140 °F for at least 24 hours. Some very tough cuts of meat, such as cuts of beef may require up to 72 hours cooking.

Very tender meats such as lamb chops, rack of lamb or tenderloin of beef or pork, need to only be cooked at serving temperature throughout, which requires less cooking time. Leaving tender cuts of meat in the water bath for extended periods of time (over 4–6 hours) can cause some loss of texture.

Poultry is best cooked as individual portions. Air trapped in the cavity of a whole bird can cause the bag to float in the water bath and result in uneven cooking. Half chickens, ducks, game hens or individual breasts, legs or thighs work best.

Fruit and vegetables containing a significant amount of fibre require higher cooking temperatures than meats (usually between 84 °C/183 °F and 87 °C/190 °F) and a shorter cooking time (approximately 1 to 2 hours) to become tender. Tender vegetables such as asparagus, broccoli, cauliflower, cabbage, summer and winter squash varieties, as well as most fruits, including tomatoes, may only need 45 minutes to cook. Root vegetables, such as carrots, potatoes, parsnips and turnips will usually require 1–2 hours.

Longer cooking times will result in very soft fruit and vegetable textures, ideal for soups and purees.

Foods that lend themselves well to poaching, such as vegetables, fish and skinless poultry, can be plated and served straight from the cooking pouch.

Note: Once cooking has started, the settings cannot be changed. The multi cooker will need to be reset and reprogrammed.

Cooking Reference Tables

Meat

Meat	Thickness/ Quality	Temperature Setting	Minimum Time	Maximum Time
Beef				
Sirloin/Fillet/ T-Bone/Ribeye	2.5 cm/1 Inch 5 cm/2 Inches	Rare – 49 °C Medium Rare – 57 °C Medium – 60 °C Medium Well – 63 °C Well Done – 66 °C	1 Hour 2 Hours	8 Hours 8 Hours
Flank Steak/ Brisket	2.5 cm/1 Inch	55 °C or higher	4 Hours	24 Hours
Game				
Venison	2.5 cm/1 Inch	Medium Rare – 55 °C Medium – 60 °C	6–8 Hours	24 Hours
Lamb				
Lamb Chops	2.5 cm/1 Inch 5 cm/2 Inches	Medium Rare – 56 °C Medium – 60 °C	2 Hours	4 Hours
Leg of Lamb	7.5 cm/3 Inches	57 °C	10 Hours	48 Hours
Pork				
Pork Chops	2.5 cm/1 Inch 5 cm/2 Inches	Medium Rare – 56 °C Medium – 60 °C	2 Hours 4 Hours	6 Hours
Spare Ribs	7.5 cm/3 Inches	74 °C	12 Hours	30 Hours
Chicken				
Breast	4 cm/1.5 Inches	64 °C	2 Hours	6 Hours
Thigh		80 °C	2 Hours	6 Hours
Poultry				
Duck Leg		80 °C	8 Hours	10 Hours
Duck Breast	2.5 cm/1 Inch	57 °C+	3 Hours	8 Hours

Fish

Fish & Seafood	Thickness/ Quality	Temperature Setting	Minimum Time	Maximum Time
Lean Fish	2.5 cm/1 Inch	Desired Serving Temperature	30–45 Minutes	Longer cooking times will produce a very soft texture.
Lobster	5 cm/2 Inches	60 °C	45–60 Minutes	Longer cooking times will produce a very soft texture.
Scallops	2.5 cm/1 Inch	60 °C	30–40 Minutes	Longer cooking times will produce a very soft texture.
Shrimp	Large	60 °C	30 Minutes	Longer cooking times will produce a very soft texture.

Fruit and Vegetables

Fruit & Vegetables	Thickness/ Quality	Temperature Setting	Minimum Time	Maximum Time
Root Vegetables	Up to 5 cm/2 Inches	84 °C	1 Hour	4 Hours
Tender Vegetables	Up to 5 cm/2 Inches	84 °C	45 Minutes	90 Minutes
Firm Fruits	Up to 5 cm/2 Inches	84 °C	45 Minutes	2 Hours
Soft Fruits	Up to 5 cm/2 Inches	84 °C	30 Minutes	1 Hour

Frequently Asked Questions (Sous Vide Only)

What can be cooked using the 'Sous Vide' function?

A wide range of foods can be cooked using the 'Sous Vide' function, including all types of meat. Fish and seafood cook especially well; the 'Sous Vide' function ensures that delicate foods are not overcooked. The 'Sous Vide' function is also great for cooking vegetables, fruits and even eggs. Additionally, it can be used to make sauces, cocktails, cheese, yoghurt and cakes. The possibilities are endless with anything that requires a precise cooking temperature.

What about seasoning?

The process of vacuum sealing locks in the tastes and flavours that are lost using traditional cooking methods, so that the amount of seasoning to be added can be minimal. Methods of seasoning can be specific to certain meats and recipes but it is generally similar to conventional methods.

However, the temperatures of the 'Sous Vide' function are generally low and some raw seasonings, such as garlic, may not develop the same flavours that they would at higher temperatures. It is therefore best to sauté or roast some seasoning before adding them to the cooking pouches or seasoning mixtures.

Adding alcoholic drinks, such as wine, beer, liqueurs and spirits, will not produce the same flavours that they might when added to recipes cooked using other methods because the alcohol will not get the chance to evaporate. It is therefore best to heat the alcohol first in a pan to evaporate off the alcohol, then marinate food or add to any sauces.

How much will fit into the multi cooker when using the 'Sous Vide' function?

This will generally depend on what is being cooked. The food pouches should be fully submerged in the water and not covering the bottom of the unit. The water should be able to flow between pouches to ensure that a constant temperature is maintained throughout the bath and to ensure even cooking.

Can entire meals be cooked using the 'Sous Vide' function?

Yes and no. Generally, vegetables require a much higher temperature to soften and become tender than fish, poultry and meat; if they were cooked at the same time, the meat/fish could overcook. If well done meat is preferred, then simply put all the ingredients into a pouch, seal it and cook it using the 'Sous Vide' function at approximately 84 °C. If meat is preferred more medium rare/medium, then lightly steam or sauté the vegetables in a skillet/frying pan before adding them along with the meat and spices to a pouch to be cooked using the 'Sous Vide' function.

What if the pouch floats?

The vacuum sealer should eliminate any possibility of this happening. The sous vide technique is heavily dependent on there being nothing but the thin, plastic pouch between the food and the water. If air pockets develop in the pouch, then this could result in uneven cooking.

Vegetables can be the worst culprits for floating pouches. It is best to check pouches 10–15 minutes into the allotted cooking period. If they are floating, remove them, split them open, dry the edges and vacuum seal again.

Hints and Tips for Using the 10 in 1 Multi Cooker

1. When stirring, adding or removing food into or from the non-stick cooking bowl, always use a heat-resistant plastic or wooden utensil. This will help to avoid damaging the non-stick coating.
2. To prevent the loss of heat and moisture, do not remove the tempered glass lid during cooking, unless it is required.
3. Cooking times will vary, depending upon the food to be cooked, the size of any chopped ingredients and the cooking programme selected.
4. When keeping food warm, the time to be set will depend upon how long the food is required to stay warm.
5. If the timer finishes counting down and the multi cooker automatically turns off but further cooking is required, follow the instructions in the section entitled 'Using the 10 in 1 Multi Cooker with Sous Vide' to reset and continue.
6. Once cooking is complete, always switch off and unplug the multi cooker from the mains power supply before removing food from the non-stick cooking bowl.
7. Shallow fried food can be placed onto a dry paper towel to help to absorb some of the excess oil.

Care and Maintenance

STEP 1: Before attempting any cleaning or maintenance, ensure that the multi cooker is unplugged from the mains power supply and has fully cooled.

STEP 2: Wipe the multi cooker base unit with a soft, damp cloth and dry thoroughly. Do not immerse the multi cooker base unit in water or any other liquid.

STEP 3: Clean the accessories in warm, soapy water, then rinse and dry thoroughly. Never use harsh or abrasive cleaning detergents or scourers to clean the multi cooker or its accessories, as this could cause damage.

Note: The multi cooker should be cleaned after each use.

Storage

Before storing, ensure that the multi cooker is cool, clean and dry.

Never store the multi cooker whilst it is wet.

Never wrap the cord tightly around the multi cooker; wrap it loosely to avoid causing damage.

Store in a cool, dry place.

Specifications

Product code: EK2007

Input: 220–240 V~50/60 Hz

Output: 1500 W

Chicken Stir-Fry

Ingredients

2 chicken breasts, diced
250 g fresh egg noodles or rice
200 g bean sprouts
150 g mange tout, sliced
125 g baby sweetcorn, 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

Add a little ground nut oil into the non-stick cooking bowl.

Select the 'Sauté' programme and then set the temperature to 190 °C and the cooking time to 20 minutes.

Once the ground nut oil has heated up, add the chicken breasts into the non-stick cooking bowl and cook until the juices run clear and they are no longer pink.

In a separate bowl, mix the soy, ginger oyster and sweet chilli sauces together to create the stir-fry sauce.

Place the vegetables into the non-stick cooking bowl and cook for a further 5 minutes. Mix in the noodles and sauce, stirring through until all of the ingredients are coated.

SALTER

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 tbsp tomato puree
1 tsp chilli powder
500 ml beef stock
Olive oil
Salt and pepper, to taste



Method

Add a little cooking oil into the non-stick cooking bowl.

Select the 'Sauté' programme and then set the temperature to 200 °C and the cooking time to 10 minutes.

Once the cooking oil has heated up, add the peppers and onions into the non-stick cooking bowl and cook until softened.

Place in the garlic and chilli powder and stir thoroughly, then add the minced beef 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 tempered glass lid.

Select the 'Slow Cook' programme and set the cooking time to 4 hours.

Roast Chicken

Ingredients

1 small chicken
2 carrots
1 onion, roughly chopped
1 lemon
1 stick of celery
3 cloves garlic, crushed
Sprig of rosemary
500 ml chicken stock
Olive oil
Salt and pepper, to taste



Method

Add the chicken stock, celery, carrots, onion and garlic into the non-stick cooking bowl.

Prick the lemon and stuff it into the chicken, along with the rosemary.

Rub olive oil, salt and pepper all over the chicken.

Place the chicken onto the vegetables in the non-stick cooking bowl.

Cover the non-stick cooking bowl with the tempered glass lid.

Select the 'Roast' programme and then set the temperature to 180 °C and the cooking time to 1 hour.

Note: Ensure that the chicken is no longer pink and that the juices run clear before serving.

Fried Sweet Chilli Halloumi

Ingredients

200 g halloumi cheese, sliced

Olive oil

Sweet chilli sauce, to serve



Method

Add a little olive oil into the non-stick cooking bowl.

Select the 'Shallow Fry' programme and then set the cooking time to 10 minutes.

Once the olive oil has heated up, add the halloumi cheese into the non-stick cooking bowl and cook, flipping halfway through.

Serve with the sweet chilli sauce.

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

Add a little ground nut oil into the non-stick cooking bowl.

Select the 'Sauté' programme and then set the temperature to 190 °C and the cooking time to 20 minutes.

Once the ground nut oil has heated up, add the tofu into the non-stick cooking bowl and cook until lightly browned.

Place in the mixed vegetables and cook until tender.

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

In a separate bowl, mix the oyster and sweet chilli sauces together to create the stir-fry sauce.

Place the vegetables into the non-stick cooking bowl and cook for a further 5 minutes.

Mix in the noodles and sauce, stirring through until all of the ingredients are fully coated.

SALTER

Salmon Fishcakes

Ingredients

300 g potatoes, peeled

1 salmon fillet

1 egg

Handful of parsley, finely chopped

Flour



Method

Boil the potatoes in a pan. Once they are thoroughly cooked, drain the potatoes using a colander and mash them.

Whilst the potatoes are boiling, fill the non-stick cooking bowl with water. Place the salmon onto the steaming rack and carefully lower it into the non-stick cooking bowl. Select the 'Steam' programme and then set the cooking time to 20 minutes.

Once the salmon is cooked, discard the skin and then flake the salmon into the mashed potato. Using a fork, mix together with 1 tbsp of flour.

Add the egg and parsley to the fish cake mixture and combine.

Divide the fish cake mixture into 4 circles.

Pour the water out of the non-stick cooking bowl and add a little olive oil.

Select the 'Shallow Fry' programme and then set the temperature to 190 °C and the cooking time to 20 minutes.

Once the olive oil has heated up, add the fishcakes into the non-stick cooking bowl and cook on each side for approximately 4 minutes.

Note: Ensure that the centre of each fishcake is hot before serving.

Sausage Casserole

Ingredients

6 sausages, sliced
400 g chopped tomatoes
400 g kidney beans
150 g green lentils
2 onions, sliced
1 green pepper, chopped
2 garlic cloves
1 tsp dried mixed herbs
1 tsp smoked paprika
1 tsp chilli flakes
200 ml hot water
Salt and pepper, to taste



Method

Add a little olive oil to the non-stick cooking bowl.

Select the 'Stew' programme and then set the cooking time to 2 hours.

Once the olive oil has heated up, add the onions and pepper into the non-stick cooking bowl and cook for approximately 2–3 minutes, until softened.

Add the sausages and garlic into the non-stick cooking bowl.

Combine the lentils and hot water and then add the mixture to the non-stick cooking bowl.

Add the rest of the ingredients and stir thoroughly.

Cover the non-stick cooking bowl with the tempered glass lid and allow the casserole to cook for the remainder of the cooking time.

SALTER

Steamed Vegetables

Ingredients

A selection of vegetables

1 L water

Salt and pepper, to taste

Method

Fill the non-stick cooking bowl with the water.

Place the vegetables onto the steaming rack and carefully lower it into the non-stick cooking bowl.

Select the 'Steam' programme and then set the cooking time to 30 minutes.

Before serving, season with salt and pepper, to taste.



Steamed Fish and Rice

Ingredients

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



Method

Pour the water and chicken broth into the non-stick cooking bowl and then add the rice, vegetables and almonds.

Place the salmon onto the steaming rack and carefully lower it into the non-stick cooking bowl.

Cover the non-stick cooking bowl with the tempered glass lid.

Select the 'Steam' programme and then set the cooking time to 30 minutes.

Note: Check the rice occasionally and add more water if it has all been absorbed.

SALTER

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
1 tbsp plain flour
Salt and pepper, to taste



Method

Add a little cooking oil into the non-stick cooking bowl.
Select the 'Stew' programme and then set the cooking time to 2 hours.
Place the beef stewing steak into the non-stick cooking bowl and cook, until browned.
Remove the beef and set aside to rest.
Place the onions, mushrooms and carrots into the non-stick cooking bowl and cook, until softened.
Add the beef and stir, then pour in the red wine and season with salt and pepper, to taste.
Pour in the beef stock.
Cover the non-stick cooking bowl with the tempered glass lid and allow the stew to cook for approximately 2 hours.
Once the meat is tender, add the flour to thicken the gravy.

Lamb Stew

Ingredients

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



Method

Add a little cooking oil into the non-stick cooking bowl.

Select the 'Stew' programme and then set the cooking time to 2 hours.

Place the lamb and onion into the non-stick cooking bowl and cook, until the lamb is sealed and the onions are softened.

Pour in the lamb stock, and then add the carrots and salt, to taste.

Cover the non-stick cooking bowl with the tempered glass lid and allow the stew to cook.

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

SALTER

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 and pepper, to taste



Method

Select the 'Sauté' programme and then set the temperature to 200 °C and the cooking time to 10 minutes.

Place the lamb mince into the non-stick cooking bowl and then cook, until browned.

When the meat 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 and salt and pepper, to taste. Stir thoroughly.

Select the 'Slow Cook' programme and then set the cooking time to 2 hours and allow the bolognaise to cook. For softer, tenderer meat, cook for slightly longer. Season with salt and pepper, to taste and serve on a bed of warm pasta, sprinkle with fresh basil.

Sirloin Steak

Ingredients

2 200 g steaks, about $\frac{3}{4}$ of an inch thick
(cuts should be of a similar size and thickness)
2 sprigs rosemary, finely chopped
2 sprigs thyme, finely chopped
1 garlic clove, crushed
30 g butter
Salt and pepper, to taste



Method

Fill the non-stick cooking bowl with water, ensuring that there is enough to cover the sous vide rack.

Select the 'Sous Vide' programme and then set the cooking time to 1–8 hours and the temperature to:

Rare – 49 °C

Medium rare – 57 °C

Medium – 60 °C

Medium well – 63 °C

Well done – 66 °C

Season the steaks on both sides with salt, pepper, garlic, herbs and butter.

Put each steak into a small cooking pouch and vacuum seal.

Place the vacuum packs onto the sous vide rack and then carefully lower into the non-stick cooking bowl.

Once cooked, remove the steaks from the cooking pouches and sear each side in a hot frying pan for approximately 30–60 seconds to caramelize and add flavour.

Note: Allow 1–1½ hours for the water to reach the required temperature before adding the food.

SALTER

Seared Scallops

Ingredients

700 g large fresh scallops
2–3 tbsp vegetable oil
Salt and pepper, to taste.



Method

Fill the non-stick cooking bowl with water, ensuring that there is enough to cover the sous vide rack.

Select the 'Sous Vide' programme and then set the temperature to 60 °C and the cooking time to 40 minutes.

Wash the scallops and then pat dry with paper towels. Ensure that the tough tendon attachment is fully removed.

Lightly season the scallops with salt and pepper, to taste.

Put 1–2 scallops into a cooking pouch and vacuum seal.

Place the vacuum packs onto the sous vide rack, then carefully lower into the non-stick cooking bowl and cook for approximately 30–40 minutes. Cooking for over 40 minutes can result in a loss of textural quality.

Once cooked, remove the scallops and then pat dry with paper towels.

Sear in a hot frying pan for approximately 30–60 seconds, until golden brown on both sides.

Serve immediately with vegetables, salad or over pasta.

Note: Allow 1–1½ hours for the water to reach the required temperature before adding the food.

Lemon and Herb Chicken

Ingredients

8 chicken thighs, skin on or boneless, skinless if desired (thighs should be of a similar size and thickness)
1 large lemon
1 small onion, peeled, halved and sliced
1 garlic clove, crushed
2 tbsp olive oil
1½ tsp fresh thyme, finely chopped
1½ tsp fresh majoram, finely chopped
1½ tsp fresh parsley, finely chopped
1 tbsp dry sherry (optional)
1 tbsp butter
Salt and pepper, to taste



Method

Fill the non-stick cooking bowl with water, ensuring that there is enough to cover the sous vide rack.

Select the 'Sous Vide' programme and then set the cooking time to 2–6 hours and the temperature to 80 °C.

In a frying pan over a medium heat, warm half of the olive oil and sauté the onion and garlic for approximately 3–4 minutes. Do not brown.

Combine the herbs in a small bowl. Add the remaining olive oil, along with the lemon zest and lemon juice. Mix well and then spread over both sides of the chicken thighs. The sherry should be added at this point, if using.

Add no more than 4 chicken thighs in a layer to a food pouch and vacuum seal. Repeat for the other 4 chicken thighs.

Place the vacuum packs onto the sous vide rack, then carefully lower into the non-stick cooking bowl and cook for approximately 2–6 hours.

Once cooked, remove the chicken thighs and then pat dry with paper towels.

Sear in a hot frying pan, with the skin facing down, for approximately 1–2 minutes.

Note: Allow 1–1½ hours for the water to reach the required temperature before adding the food.

SALTER

Chicken Fajitas

Ingredients

2 chicken breasts
2 red peppers, sliced
1 red chilli, chopped
150 g mushrooms, sliced
2 tsp fajita spices of choice
4 flour tortillas
Sour cream, salsa and guacamole, to serve



Method

Add a little cooking oil into the non-stick cooking bowl.
Select the 'Sauté' programme and then set the temperature to 200 °C and the cooking time to 15 minutes.
Place the chicken breasts into the non-stick cooking bowl and cook, until golden brown.
Add the vegetables and fajita spices; stir until cooked through.
Warm the tortillas.
Place the fajita mixture into the tortillas and serve with sour cream, salsa and guacamole.

Garlic Prawns

Ingredients

500 g raw prawns
1 garlic clove, finely chopped
125 ml double cream
100 g butter
2 tbsp dry white wine
Seasoning, to taste



Method

Select the 'Sauté' programme and then set the temperature to 200 °C and the cooking time to 15 minutes.

Place the butter into the non-stick cooking bowl, heat until melted and then cook the garlic, until softened.

Add the prawns into the non-stick cooking bowl and cook for approximately 3–5 minutes or until they turn pink, stirring frequently.

Pour in the white wine and simmer for another minute. Add the cream and season to taste.

SALTER

Chocolate Cupcakes

Ingredients

210 g plain flour
230 g sugar
65 g cocoa powder
1 tsp baking powder
½ tsp baking soda
¼ tsp salt
170 ml milk
110 ml vegetable oil
1 tsp vanilla extract

An oven-safe silicone cupcake tray and cupcake cases are also needed (not included)



Method

Lightly grease the cupcake tray and place the cupcake cases inside each well. In a large mixing bowl, sift together the flour, cocoa powder, sugar, baking powder, baking soda and salt. In another bowl, whisk together the milk, vegetable oil and vanilla extract. Combine the wet and dry ingredients, stirring thoroughly. Evenly distribute the batter into the cupcake cases, filling each approximately $\frac{3}{4}$ full. Fill the non-stick cooking bowl with a small amount of water. Place the cupcake tray onto the steaming rack, then carefully lower into the non-stick cooking bowl. Cover with the tempered glass lid. Select the 'Bake' programme and then set the temperature to 180 °C and the cooking time to 15 minutes. Check the cupcakes by inserting and removing a toothpick or cocktail stick. If it comes out clean, the cupcakes are fully baked. Once baked, remove the cupcakes and allow to cool before serving or decorating.

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

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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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**.

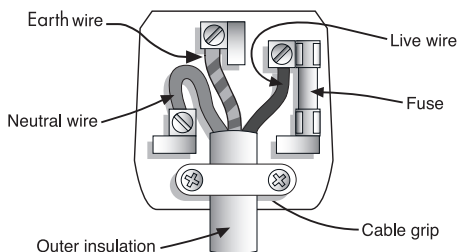
The wire coloured **GREEN/YELLOW** must be connected to the terminal marked with the letter **E** or marked \perp .

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

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.



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