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RAPID MULTICOOKER

PREPARE TRADITIONAL 'SLOW COOKED' RECIPES IN MINUTES

SALTER®

Rapid Multicooker

Prepare traditional 'slow cooked' recipes in minutes

"I love making delicious meals in my Salter Rapid Multicooker"

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

Safety Instructions

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

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

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

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

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

This appliance is not a toy.

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

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

Keep the appliance 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 sharp or abrasive items with this appliance; use only plastic or wooden spatulas to avoid damaging the non-stick surface.

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.

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 lid or the outer surface of the appliance may get hot during operation.



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

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

Rapid Multicooker

Lid

Non-stick cooking pot

Steam rack

Cooking spoon

150 ml measuring jug

Mains power adaptor

Instruction manual

Features

900 W power

Large 5 litre capacity

24-hour delay timer

Digital LED display

12 preset functions including rice, soup, stew, sauté, meat, fish, steam and preserve

Easy-to-follow recipes included

Description of Parts



Introduction

Pressure-cooking is ideal for those who are short of time but still want to enjoy a hearty, slow-cooked meal. The Rapid Multicooker is perfect for preparing stews, casseroles, large cuts of meat and even risotto in less time and using a fraction of the effort. By cooking food quickly, the Rapid Multicooker is able to lock in essential vitamins and nutrients, creating delicious, healthy meals for the whole family!

Instructions for Use

Before First Use

STEP 1: Fill the non-stick cooking pot with 3.5 litres cold water, close the pressure release valve and plug the Rapid Multicooker into the mains power supply. Select the 'Soup' function.

STEP 2: After approx. 25 minutes, use heat-resistant oven gloves to carefully open the pressure release valve. This will ensure that all of the valves are clean before first use. Take care as this will cause steam to be emitted from the Rapid Multicooker.

STEP 3: Once cooled, ensure that the Rapid Multicooker is switched off and unplugged from the mains power supply. Using a soft, damp cloth, wipe the interior and exterior of the Rapid Multicooker base unit, as well as the heating plate. Dry thoroughly.

STEP 4: Remove the non-stick cooking pot and lid and then wash in warm, soapy water, with the spoon, measuring cup and steam rack. Allow to dry thoroughly.

Do not immerse the Rapid Multicooker base unit in water or any other liquid.

Never use harsh or abrasive cleaning detergents or scourers to clean the Rapid Multicooker or its accessories, as this could cause damage.

Note: When using the Rapid Multicooker for the first time, a slight smoke or odour may be emitted. This is normal and will soon subside. Always ensure that there is sufficient ventilation around the Rapid Multicooker during use.

Assembling the Rapid Multicooker

Ensure that the Rapid Multicooker is unplugged from the mains power supply before assembling.

STEP 1: Wipe the outer edge of the non-stick cooking pot to reduce the possibility of liquid coming into contact with the heating plate.

STEP 2: Place the non-stick cooking pot inside the Rapid Multicooker base unit and twist the non-stick cooking pot to check that it is seated correctly inside of the unit.

STEP 3: Ensure that there are no blockages in the floating valve or in the pressure release valve.

Using the Rapid Multicooker

STEP 1: Once the Rapid Multicooker is assembled, place the ingredients to be cooked inside the non-stick cooking pot, taking care not to overfill past the 'Full' mark. Do not place food directly into the Rapid Multicooker without first inserting the non-stick cooking pot.

- STEP 2:** Place the lid onto the Rapid Multicooker, aligning the arrow on the lid with the unlock symbol '🔓' on the Rapid Multicooker base unit. Twist in a clockwise direction until the arrow is aligned with the lock symbol '🔒' and the lid is secured.
- STEP 3:** Select the desired function. The LED digital display will show the default length of time for the selected function, as per the table below.

Function	Default Time (mins)	Adjustable Time (mins)
Fish/Steam	5	1–25
Stew/Sauté	15	1–120
Meat	13	1–60
Rice	12	1–20
Preserve	45	1–120
Soup	25	1–40

- STEP 4:** If required, adjust the time in 1 minute increments using the timer increase (+) and timer decrease (–) buttons on the control panel.
- STEP 5:** Ensuring that the pressure release valve is secured in the closed position, press 'Start/Cancel' to begin cooking. If 'Start/Cancel' is not pressed after 5 seconds, the Rapid Multicooker will begin to beep.
- STEP 6:** The digital LED display will indicate that the Rapid Multicooker is heating up and that the pressure is increasing. During this time, the Rapid Multicooker will emit steam. Once the optimum heat and pressure has been reached, the floating valve will rise up and the timer will automatically begin to count down.
- STEP 7:** Once the preset time has elapsed, the Rapid Multicooker will beep 3 times and automatically switch to the 'Warm/Keep Pressure' function, causing the indicator light to illuminate. Alternatively, press 'Start/Cancel' to stop the chosen function at any time during the cooking process.
- STEP 8:** Wearing heat-resistant oven gloves, carefully open the pressure release valve. Take care, as this will cause extremely powerful steam to be emitted from the Rapid Multicooker.
- STEP 9:** When the floating valve has dropped and the pressure has reduced, open the lid by rotating it in an anticlockwise direction so that the arrow on the lid is aligned with the unlock symbol '🔓' on the Rapid Multicooker base unit. Lift the lid away from the base unit. Take care to avoid built-up condensation dripping into the non-stick cooking pot. Do not force the lid of the Rapid Multicooker open as doing so could cause damage to the appliance or serious injury to the user.
- STEP 10:** The cooked food can be served directly from the non-stick cooking pot. Do not place the non-stick cooking pot onto any surfaces that may be affected by heat.
- Warning:** The Rapid Multicooker will get very hot during operation. Always wear heat-resistant oven gloves when handling the non-stick cooking pot, lid and the exterior of the Rapid Multicooker base unit.
- Check that food is cooked thoroughly before serving.

Using the Steam Function

STEP 1: Fill the non-stick cooking pot with cold water up to the '2 cup' line.

STEP 2: Position the steam rack on the ridge of the non-stick cooking pot.

STEP 3: Place the food to be cooked on the steam rack.

STEP 4: Secure the lid into place and close the pressure release valve, following the instructions in the section entitled 'Using the Rapid Multicooker'.

STEP 5: Select the 'Steam' function to begin cooking.

STEP 6: Once the preset time has elapsed, use heat-resistant oven gloves to open the pressure release valve and lid, following the instructions in the section entitled 'Using the Rapid Multicooker'.

Using the Pressure Canning/Preserve Function

STEP 1: Select a recipe that has been pretested and preapproved for pressure canning. Ensure that the ingredients are fresh and ready for preserving.

STEP 2: Fill the jars (not included) with the foods to be preserved, leaving around 1 inch from the top of each jar empty. Seal the jars.

STEP 3: Place the jars into the non-stick cooking pot. The pot will hold four 330 ml jars. Pour boiling water into the non-stick cooking pot, ensuring that the water level reaches approx. ¼ of the way up the height of the jars.

STEP 4: Select the 'Preserve' function. Secure the lid into place and close the pressure release valve, following the instructions in the section entitled 'Using the Rapid Multicooker'.

STEP 5: Once the preset time has elapsed, the floating valve will rise up causing the pressure to drop. Use heat-resistant oven gloves to open the pressure release valve and lid, following the instructions in the section entitled 'Using the Rapid Multicooker'.

STEP 6: Using canning tongs (not included), remove the jars from the non-stick cooking pot and allow them to cool to room temperature. Store the preserved food in a cool, dry environment.

Note: If the lid on the jar has not sealed correctly, the contents will not be fit for storing for any length of time. They must be either reprocessed, or consumed immediately.

During the use of the 'Preserve' function, steam may be released from the floating valve.

Caution: Do not open the jars immediately as contents will have become extremely hot during the cooking process.

Using the Fast Reheat Function

The 'Fast Reheat' function is ideal for reheating leftovers from previous meals. This setting has a default time of 2 minutes but can be adjusted for any period between 1–5 minutes using the timer increase (+) and timer decrease (–) buttons. Place the contents into the non-stick cooking pot and follow the instructions in the section entitled 'Using the Rapid Multicooker'.

Note: The process can be repeated until the food has reached the desired temperature.

Using the Slow Cook Function

The Rapid Multicooker can be used as a traditional slow cooker.

STEP 1: Place all of the ingredients into the non-stick cooking pot, and select the 'Slow Cook' function.

STEP 2: Secure the lid as instructed in the section entitled 'Using the Rapid Multicooker'.

As pressure is not used to cook the food during this function, always ensure that the pressure release valve is open.

Note: The 'Slow Cook' function will run for up to 24 hours and must be cancelled manually by pressing 'Start/Cancel'.

Using the Delay Timer Function

The delay timer enables the Rapid Multicooker to switch on and begin cooking at a time set by the user. To use the delay timer, plug in and switch on the Rapid Multicooker at the mains power supply and select the desired cooking function. Press 'Delay/Timer', and adjust the time as required using the timer increase (+) and timer decrease (-) buttons. During this function, the timer increase button (+) extends the set time by 1 hour; the timer decrease button (-) reduces the set time by 10 minutes. The delay timer can be set up to 24 hours in advance.

Hints and Tips

To achieve optimum results when using the Rapid Multicooker to create delicious homemade meals:

1. Visually inspect the floating valve, pressure release valve and lid for any obstructions or blockages before each use. The pressure release valve can be removed and cleaned by firmly pulling it away from the lid.
2. The sauté function can be used to soften foods before pressure-cooking. Remove the lid when sautéing.
3. To reduce the overall cooking time when steaming fish and vegetables, boil the water in advance. Take care when pouring this into the non-stick cooking pot as it will cause steam to be emitted.
4. Reduce sauces and stews by turning the 'Stew/Sauté' function on and cooking for short periods of time with the lid removed.
5. If the lid is difficult to replace, this could be caused by the high heat, steam or pressure in the non-stick cooking pot. Allow the non-stick cooking pot to cool, open the pressure release valve and then try to secure the lid, following the instructions in the section entitled 'Using the Rapid Multicooker'.
6. Avoid using metal utensils, abrasive cleaners or metal scouring pads as this could damage the non-stick coating.
7. To reduce the risk of scalding, remove the lid of the non-stick cooking pot by lifting it away from the body.

Cooking Guidelines

Cooking guidelines are provided for certain foods in the tables below. Always use these times as a guideline only and ensure that the food is cooked thoroughly and is piping hot before serving.

Vegetable Cooking Times (Based on 'Steam' Function)

Vegetable	Approx. cooking time (mins)
Asparagus	1–2
Green beans (whole)	2–3
Broccoli florets	1–2
Carrots (thinly sliced)	1
Corn on the cob	3
Kale	2
Leeks	2–4
Parsnips (thinly sliced)	1
Potatoes (baby new)	5–7
Potatoes (large)	10–12

Rice and Grains Cooking Times (Based on 'Rice' Function)

Rice (based on 250g)	Approx. water quantity (ml)	Approx. cooking time (mins)
Basmati rice	350	5–7
Brown rice	350	12–15
White rice	350	5–6

Meat Cooking Times (Based on 'Meat' Function)

Meat / Poultry	Approx. weight (g)	Approx. cooking time (mins)
Beef (diced)	700	10–15
Beef meatballs	450–900	4–9
Beef steak	350	20–25
Chicken breast (boned)	900–1400	8–10
Chicken drumsticks	800	10–15
Whole chicken (medium)	900–1400	15–20
Whole chicken (large)	1400–1800	20–30
Lamb chops	450	10
Lamb leg	600	35–40
Ham shank	900	20–25
Turkey breast	400–500	20–30

Fish Cooking Times (Based on 'Fish' Function)

Seafood and fish	Approx. cooking time (mins)
Fish fillet	2–3
Fish steak	3–4
Fish whole (gutted)	5–6
Mussels	2–3
Prawns	1–2
Crab	2–3

Care and Maintenance

STEP 1: Ensure that the Rapid Multicooker is switched off and unplugged from the mains power supply and has cooled fully.

STEP 2: Wipe the Rapid Multicooker with a soft, damp cloth and dry thoroughly.

STEP 3: Clean the lid, non-stick cooking pot, steam rack, cooking spoon and measuring cup in warm, soapy water then rinse and dry thoroughly. Do not immerse the Rapid Multicooker in water or any other liquid. Never use harsh or abrasive cleaning detergents or scourers to clean the Rapid Multicooker or accessories, as this could cause damage.

Note: The Rapid Multicooker should be cleaned after each use.

Storage

Ensure that the Rapid Multicooker is cool, clean and dry before storing in a cool, dry place. Never wrap the cord tightly around the Rapid Multicooker; wrap it loosely to avoid causing damage.

Specifications

Product code: EK2390

Input: 220–240 V ~ 50/60 Hz

Output: 900 W



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MULTICOOKER RECIPES

PREPARE TRADITIONAL
'SLOW COOKED' RECIPES IN MINUTES

Recipes

Always ensure that the food is piping hot and cooked thoroughly before serving.

Thai Chicken and Sweet Potato Soup

A blender is required for this recipe.

Ingredients

25 g coriander, chopped	1 red chilli,	2 tbsp red Thai curry paste
3 medium sweet potatoes,	deseeded and chopped	1 tsp rapeseed oil
peeled and chopped	1 lime, juiced	1 tsp sugar
2 chicken breasts, chopped	1 stalk lemongrass	½ tsp fish sauce
2 cm root ginger, chopped	750 ml chicken stock	
2 garlic cloves, crushed	160 ml coconut cream	

Method

STEP 1: Ensure that the Rapid Multicooker is plugged in and switched on at the mains power supply. Select the 'Sauté' function and add the rapeseed oil.

STEP 2: Sauté the garlic, chilli, ginger, lemongrass, coriander and Thai red curry paste for approx. 1 minute in the rapeseed oil.

STEP 3: Add the stock, coconut cream, sugar, fish sauce and sweet potato to the non-stick cooking pot.

STEP 4: Select the 'Soup' function and manually change the time to 5 minutes. Ensure that the pressure release valve is shut and secure the lid.

STEP 5: Once the cooking is complete, carefully open the pressure release valve and remove the lid and allow to cool. Carefully remove the non-stick cooking pot using heat-resistant gloves.

STEP 6: When cool, remove the lemongrass and blend the ingredients in a blender.

STEP 7: Return the ingredients to the non-stick cooking pot and add the chicken.

STEP 8: Select the 'Soup' function and manually change the timer setting to 5 minutes. Ensure that the pressure release valve is shut and secure the lid.

STEP 9: Once cooked, serve hot and sprinkle with coriander to garnish.

Tip: Delicious served with prawn crackers to dip.

Beef Goulash Soup

Ingredients

400 g tin chopped tomatoes	3 cloves garlic, crushed	600 ml beef stock
300 g stewing beef,	1 large onion, chopped	1 tbsp rapeseed oil
finely diced	1 medium sweet	2 tsp smoked paprika
	potato, chopped	1 tsp caraway seeds
	1 green pepper, sliced	

Method

STEP 1: Ensure that the Rapid Multicooker is plugged in and switched on at the mains power supply. Select the 'Saute' function and add the rapeseed oil to the non-stick cooking pot.

STEP 2: Add the onion and garlic and soften. Stir in the peppers and sweet potato and continue to sauté for a further minute.

STEP 3: Add the beef and sauté for a further minute, then pour the beef stock, chopped tomatoes, paprika and caraway seeds to the non-stick cooking pot.

STEP 4: Select the 'Soup' function and manually change the timer setting to 25 minutes. Ensure that the pressure release valve is shut and secure the lid.

STEP 5: Once the preset time on the Rapid Multicooker has elapsed, carefully open the pressure release valve and remove the lid.

Tip: Serve the goulash hot with slices of warm bread.



Hearty Beef Stew

Ingredients

600 g beef, diced	4 celery sticks, peeled and chopped	3 garlic cloves, crushed
4 large potatoes, peeled and chopped	4 beef stock cubes, in 225 ml boiling water	1 large onion, diced
		225 ml red wine
4 carrots, peeled and chopped		1 tbsp olive oil
		Salt and pepper, to taste

Method

STEP 1: Ensure that the Rapid Multicooker is plugged in and switched on at the mains power supply. Select the 'Sauté' function and add the olive oil to the non-stick cooking pot.

STEP 2: Add the onions, garlic and beef and cook until the beef has browned.

STEP 3: Turn off the 'Sauté' function using the 'Cancel' button and then select the 'Stew' function.

STEP 4: Stir in the stock, red wine, carrots and salt and pepper. Ensure that pressure release valve is shut and secure the lid.

STEP 5: Whilst the stew is cooking, place the chopped potatoes into a large saucepan with some salted water and bring to the boil, cooking until the potatoes are soft and then draining.

STEP 6: After 15 minutes, carefully open the pressure release valve and remove the lid.

STEP 7: Reduce the stew for a few minutes by continuing to cook with the lid off, add the potatoes and stir.

Tip: Serve with some delicious rustic bread.

Spicy Beef Stew with Beans and Peppers

Ingredients

700 g stewing beef, diced	2 garlic cloves, crushed	1 tbsp plain flour
400 g cannelloni beans, drained and rinsed	1 onion, diced	1 tbsp black treacle
400 g tin chopped tomatoes	600 ml beef stock	1 tsp cumin
2 yellow peppers, deseeded and sliced	1 tbsp olive oil	

Method

STEP 1: Ensure that the Rapid Multicooker is plugged in and switched on at the mains power supply. Select the 'Sauté' function and cook the onion, garlic and beef mince in the oil for approx. 3 minutes.

STEP 2: Add the flour and stir thoroughly so that all of the ingredients are coated.

STEP 3: Add the remaining ingredients and select the 'Stew' function and manually change the timer setting to 15 minutes. Ensure that the pressure release valve is shut and secure the lid.

STEP 4: Once the preset time has elapsed, carefully open the pressure release valve and remove the lid.

Tip: Serve hot with a spoonful of soured cream.

Moroccan Red Lentil and Lamb Stew

Ingredients

400 g tin chopped tomatoes	1 garlic clove, crushed	1 tsp cumin
300 g lamb neck fillet, diced	400 ml vegetable stock	1 tsp honey
125 g red lentils	1 tbsp olive oil	1 tsp chilli powder
3 potatoes, peeled and diced	1 tbsp tomato puree	¼ tsp cinnamon
into 2 cm chunks	1 tsp paprika	¼ tsp ground ginger
1 onion, chopped	1 tsp turmeric	Salt and pepper, to taste

Method

STEP 1: Ensure that the Rapid Multicooker is plugged in and switched on at the mains power supply and select the 'Sauté' function. Add the oil, lamb, onion, garlic and potatoes to the non-stick cooking pot and sauté for approx. 2 minutes.

STEP 2: Add the chopped tomatoes, paprika and chilli powder.

STEP 3: Select the 'Stew' function and manually change the timer setting to 15 minutes. Ensure that the pressure release valve is shut and secure the lid into position.

STEP 4: Once the preset time has elapsed, carefully open the pressure release valve and remove the lid. Add the remaining ingredients and continue to sauté for 5 minutes with the lid off.

Tip: Serve straight from the Rapid Multicooker for a simple, delicious homecooked meal!

Catalonian Mountain Lamb

Ingredients

1.5 kg lamb shoulder	4 lamb stock cubes,	1 large onion, diced
4 large potatoes,	in 225 ml boiling water	225 ml sherry
peeled and chopped	3 garlic cloves, crushed	1 tbsp olive oil
4 carrots, peeled and chopped	2 red peppers, chopped	Salt and pepper, to taste

Method

STEP 1: Bring the lamb to room temperature.

STEP 2: Ensure that the Rapid Multicooker is plugged in and switched on at the mains power supply. Select the 'Sauté' function and add the olive oil to the non-stick cooking pot.

STEP 3: Add the lamb to the non-stick cooking pot and brown on all sides.

STEP 4: Once the lamb has been sufficiently browned, remove it from the non-stick cooking pot and set aside to rest.

STEP 5: Select the 'Meat' function, and manually change the time setting to 1 hour.

STEP 6: Add the sherry, and deglaze the surface of the non-stick cooking pot using a heat-resistant spatula. Add the chopped vegetables and garlic.

STEP 7: Place the lamb on top of the vegetables, and then pour the lamb stock over the top.

STEP 8: Ensure that the pressure release valve is shut and secure the lid. Cook for 1 hour.

STEP 9: After 1 hour, carefully open the pressure release valve and remove the lid. Baste the lamb with the sauce and cook for a further 1 hour.

STEP 10: When the preset time has elapsed, open the pressure release valve and remove the lid. Remove the lamb and allow to rest for approx. 15 minutes.

Tip: Ensure that the lamb is fully cooked before garnishing with herbs and serving with rustic bread.



BBQ Pulled Pork

Ingredients

1.8 kg pork shoulder
1 tbsp olive oil

Dry Rub

25 g demerara sugar
5 g chilli powder
5 g ground black pepper
5 g onion powder
5 g pink Himalayan salt
5 g paprika
5 g English mustard powder
2 g cayenne pepper
1 g cumin seeds

BBQ Sauce

25 g demerara sugar
3 garlic cloves, crushed
1 onion, diced
250 ml ketchup
125 ml water
30 ml maple syrup
30 ml honey
30 ml apple cider vinegar
30 ml French Dijon mustard

Method

STEP 1: Score the fat on the pork and pat dry using a paper towel. Use cooking string to tie the shoulder tightly, to keep it together during cooking.

STEP 2: Combine the ingredients for the dry rub and cover the pork liberally, covering all sides evenly.

STEP 3: Place the pork into a bowl, cover with plastic film and refrigerate for up to 24 hours.

STEP 4: To make the BBQ sauce, mix the diced onion and crushed garlic in a measuring jug, then add the remaining ingredients and stir. Refrigerate with the pork.

STEP 5: After approx. 24 hours, remove the pork and BBQ sauce from the fridge, and bring to room temperature.

STEP 6: Ensure that the Rapid Multicooker is plugged in and switched on at the mains power supply. Select the 'Sauté' function and add the olive oil to the non-stick cooking pot.

STEP 7: Add the pork and brown on all sides. Once browned, remove the pork from the non-stick cooking pot and leave to rest on a cooking rack.

STEP 8: Select the 'Meat' function, and manually change the time setting to 1 hour.

STEP 9: Stir the BBQ sauce and add half to the non-stick cooking pot, deglazing the surface with a plastic heat-resistant spatula.

STEP 10: Place the pork back into the Rapid Multicooker, with the fat facing upwards. Pour the remaining BBQ sauce over the pork.

STEP 11: Ensure that the pressure release valve is shut and secure the lid.

STEP 12: After 1 hour, carefully open the pressure release valve and remove the lid. Check if the pork is cooked using a fork; the meat should tear away easily. If it does not, place it back into the Rapid Multicooker and continue to cook, checking every 20 minutes. Depending upon the size and weight of the pork, it could take up to 2 hours.

STEP 13: Once the pork is sufficiently cooked, remove it from the Rapid Multicooker. Place onto a chopping board and shred the pork by pulling the meat in small sections using two forks.

STEP 14: Allow the BBQ sauce to reduce slightly by continuing to cook with the lid off.

STEP 15: Serve as is, or place the shredded pork back into the BBQ sauce and coat thoroughly.

Tip: Delicious when added to a lightly toasted brioche bun, garnished with coleslaw and rocket.

Chicken, Prawn and Chorizo Paella

Ingredients

400 g tin chopped tomatoes	12 king prawns, raw	1000 ml chicken stock
250 g Paella rice	2 garlic cloves, crushed	1 tbsp olive oil
150 g jarred red peppers in oil, drained	1 chicken breast, chopped	2 tsp paprika
80 g green beans, chopped	1 red pepper, chopped	Pinch saffron
75 g chorizo, diced and cooked	1 green pepper, chopped	Handful parsley, chopped
	1 onion, chopped	
	1 lemon, cut into wedges	

Method

STEP 1: Ensure that the Rapid Multicooker is plugged in and switched on at the mains power supply. Select the 'Saute' function and add the oil to the non-stick cooking pot.

STEP 2: Cook the peppers, green beans, onion and garlic for approx. 2–3 minutes, stirring continuously. Add the chicken and continue to sauté for a further 2 minutes, then add the prawns.

STEP 3: After approx. two minutes, add the rice and stir. Add the paprika, saffron, chopped tomatoes and half of the stock and allow to boil for approx. 8 minutes.

STEP 4: Press the 'Cancel' button and add the remaining stock.

STEP 5: Select the 'Rice' function and manually change the timer setting to 10 minutes. Ensure that the pressure release valve is shut and secure the lid.

STEP 6: Once the preset time has elapsed, carefully open the pressure release valve and remove the lid. Add the chorizo and continue to cook on the 'Rice' function for a further 4 minutes until the stock has fully evaporated and been absorbed by the rice.

Tip: Drizzle with lemon juice and sprinkle with parsley when serving.

Chilli Con Carne

Ingredients

400 g beef mince	1 red pepper, deseeded and chopped	1 tsp paprika
400 g tin chopped tomatoes	1 red chilli, deseeded and sliced	1 tsp chilli powder
1 red onion, diced		Natural yoghurt, to serve

Method

STEP 1: Ensure that the Rapid Multicooker is plugged in and switched on at the mains power supply. Select the 'Sauté' function and add the red onion, red pepper, beef mince and red chilli to the non-stick cooking pot and sauté for approx. 2 minutes.

STEP 2: Pour in the chopped tomatoes, and stir in the paprika and chilli powder.

STEP 3: Select the 'Stew' function and cook for 15 minutes. Ensure that the pressure release valve is shut and secure the lid.

STEP 4: Once the preset time has elapsed, carefully open the pressure release valve and remove the lid.

Tip: Serve on a bed of rice and a swirl of natural yoghurt.



Mushroom and Pancetta Risotto

Ingredients

500 g Arborio rice	1 large onion, diced	3 tbsp salted butter
100 g pancetta	5 chicken stock cubes,	1 tbsp olive oil
50 g Parmesan, grated	in 850 ml boiling water	Salt and pepper, to taste
50 g mushrooms, chopped	200 ml dry white wine	

Method

STEP 1: Ensure that the Rapid Multicooker is plugged in and switched on at the mains power supply. Select the 'Sauté' function and add 2 tbsp salted butter and the olive oil.

STEP 2: Add the pancetta and, when cooked, remove from the Rapid Multicooker and set aside.

STEP 3: Add the onion and mushrooms and soften.

STEP 4: Stir in the Arborio rice and cook for approx. 1 minute. Add the wine and cook until it has been absorbed by the rice.

STEP 5: Add 500 ml of chicken stock.

STEP 6: Select the 'Rice' function, and cook for 12 minutes. Ensure that the pressure release valve is shut and secure the lid.

STEP 7: When the preset time has elapsed, open the pressure release valve and remove the lid. Add the remaining chicken stock, 1 tbsp butter and the grated Parmesan. Stir gently to avoid breaking the starch.

STEP 8: Season with salt and pepper and garnish with the crispy pancetta.

Tip: Sprinkle grated parmesan on top and serve.

Creamy Risotto

Ingredients

500 g Arborio rice	5 vegetable stock cubes,	3 tbsp salted butter
50 g Parmesan, grated	in 850 ml boiling water	1 tbsp olive oil
1 large onion, diced	200 ml dry white wine	Salt and pepper, to taste

Method

STEP 1: Ensure that the Rapid Multicooker is plugged in and switched on at the mains power supply. Select the 'Sauté' function and add 2 tbsp salted butter and the olive oil.

STEP 2: Add the onion and allow it to soften.

STEP 3: Stir in the Arborio rice and cook for approx. 1 minute. Add the wine and cook until it has been absorbed by the rice.

STEP 4: Add 500 ml of vegetable stock and select the 'Rice' function for 12 minutes.

STEP 5: Ensure that the pressure release valve is shut and secure the lid.

STEP 6: Once the preset time has elapsed, carefully open the pressure release valve and remove the lid. Add the remaining vegetable stock, 1 tbsp butter and the grated Parmesan. Stir gently to avoid breaking the starch.

STEP 7: Season with salt and pepper.

Tip: Garnish with fresh parsley.

Spaghetti Bolognese

Ingredients

400 g ground beef	1 large onion, diced	2 tsp dried oregano
125 g dried spaghetti	600 ml passata	Fresh basil
100 g pancetta	250 ml Italian red wine	Salt and pepper, to taste
4 garlic cloves, crushed	3 tbsp olive oil	

Method

STEP 1: Ensure that the Rapid Multicooker is plugged in and switched on at the mains power supply. Select the 'Sauté' function and add the olive oil.

STEP 2: Add the onion and garlic, stirring to prevent the garlic from burning.

STEP 3: When the onion and garlic have softened, add the ground beef to the non-stick cooking pot and cook until browned. This can be done in batches if necessary.

STEP 4: Whilst the beef is browning, heat a large frying pan and add the pancetta. Cook until crispy.

STEP 5: Once all of the beef has browned sufficiently, add the crispy pancetta and red wine to the non-stick cooking pot and stir. Allow it to reduce until at least half of the wine has evaporated.

STEP 6: Add the passata to the pan and stir.

STEP 7: Select the 'Meat' function and manually change the timer setting to 20 minutes. Ensure that the pressure release valve is shut and secure the lid.

STEP 8: Whilst the sauce is cooking, bring a large pan of salted water to the boil and add the spaghetti to the water, along with 1 tbsp olive oil. Cook for approx. 11 minutes.

STEP 9: Once the preset time on the Rapid Multicooker has elapsed, carefully open the pressure release valve and remove the lid. Add the fresh basil, oregano, salt and pepper and stir, leaving to reduce for a further 10 minutes.

STEP 10: Drain the spaghetti and serve the bolognese on top.

Tip: Grate Parmesan over the dish to garnish.

Sausage and Mustard Pasta

Ingredients

250 g dried penne pasta	1 tbsp Dijon mustard	Basil, to garnish
6 large pork sausages	1 tbsp wholegrain mustard	Pepper, to taste
200 ml dry white wine	1 tbsp olive oil	
200 ml crème fraîche	1 tsp dried chilli flakes	

Method

STEP 1: Slice the skin of the sausages lengthways, remove the meat and break it up into 4–5 small pieces per sausage. Dispose of the sausage skin.

STEP 2: Ensure that the Rapid Multicooker is plugged in and switched on at the mains power supply. Select the 'Sauté' function and add the olive oil.

STEP 3: Add the sausage meat and brown evenly. Once browned, add the wine and deglaze the non-stick cooking pot.

STEP 4: Add the crème fraîche, mustard and chilli flakes.

STEP 5: Select the 'Meat' function and manually change the timer setting to 15 minutes. Ensure that the pressure release valve is shut and secure the lid.

STEP 6: Whilst this is cooking, bring a large pan of salted water to the boil and add the penne pasta to the water.

STEP 7: Once the preset time on the Rapid Multicooker has elapsed, carefully open the pressure release valve and remove the lid. Allow to reduce by continuing to cook with the lid off for approx. 1 minute.

STEP 8: Drain the pasta and add to the sauce. Coat the pasta evenly.

Tip: Serve piping hot and garnish with black pepper and fresh basil.



Teriyaki Chicken

Ingredients

400 g skinless chicken breast fillet, chopped	3 garlic cloves, crushed	50 ml honey
100 g sesame seeds	2 spring onions, finely chopped	35 ml toasted sesame oil
40 g fresh ginger, grated	2 limes, juiced	
	150 ml soy sauce	

Method

STEP 1: Ensure that the Rapid Multicooker is plugged in and switched on at the mains power supply. Select the 'Sauté' function and add the toasted sesame oil, grated ginger and crushed garlic to the non-stick cooking pot.

STEP 2: Add the chicken to the non-stick cooking pot.

STEP 3: Once the chicken has browned evenly, turn off the 'Saute' function using the 'Cancel' button and add the soy sauce, honey and lime juice.

STEP 4: Select the 'Meat' function. Ensure that the pressure release valve is shut and secure the lid.

STEP 5: After 13 minutes, carefully open the pressure release valve and remove the lid.

STEP 6: Ensuring that the chicken is cooked thoroughly, add the sesame seeds and garnish with spring onion.

Tip: Serve with fluffy basmati rice.

Whole Chicken

Ingredients

1 medium whole chicken	1 carrot, peeled and chopped	625 ml water
1 lemon	1 onion, peeled and chopped	Olive oil
1 celery stick, chopped	4 garlic cloves, crushed	Salt and pepper, to taste

Method

STEP 1: Stuff the chicken with a lemon.

STEP 2: Baste the chicken using olive oil and season with salt and pepper. Place it into the non-stick cooking pot, arranging the vegetables and garlic around the sides and add 625 ml water.

STEP 3: Ensure that the Rapid Multicooker is plugged in and switched on at the mains power supply. Select the 'Meat' function and manually change the timer setting to 20 minutes. Ensure that the pressure release valve is shut and secure the lid.

STEP 4: Once the preset time on the Rapid Multicooker has elapsed, carefully open the pressure release valve and remove the lid. Ensure that the chicken is thoroughly cooked before serving.

Tip: Serve with homemade sweet potato fries and salad for a delicious family meal.

Chinese Style Steamed Sea Bass

Ingredients

15 g ginger, peeled and cut into strips	2 sea bass fillets	1 tbsp light soy sauce
4 spring onions, finely shredded	½ red chilli, deseeded and cut into strips	1 tbsp rice wine vinegar

Method

STEP 1: Combine the spring onions, chilli, ginger, soy sauce and rice wine vinegar in a bowl.

STEP 2: Place the sea bass fillets skin side up onto a chopping board, and score the skin. Place into the bowl with the marinade and leave to marinate for approx. 30 minutes.

STEP 3: Add water to the non-stick cooking pot to the '2 cup' line and fit the steam rack. Arrange the sea bass fillets skin side down on the steam rack and spoon over the marinade.

STEP 4: Ensure that the Rapid Multicooker is plugged in and switched on at the mains power supply. Select the 'Steam' function and manually change the timer setting to 5 minutes. Ensure that the pressure release valve is shut and secure the lid.

STEP 5: Once the preset time has elapsed, carefully open the pressure release valve and remove the lid to check if the fish is cooked thoroughly. Continue to cook if necessary.

Tip: Serve on a bed of rice for a delicious, healthy meal for two.

Asian Style Salmon

Ingredients

2 salmon fillets	3 garlic cloves, crushed	150 ml soy sauce
150 g green pak choi	1 mild red chilli,	100 ml toasted sesame oil
100 g egg noodles	chopped and deseeded	
50 g ginger, sliced		

Method

STEP 1: Score the skin of the salmon fillets. Mix the soy sauce and toasted sesame oil in a shallow dish and then coat the salmon fillets liberally with the mixture. Allow to marinate for approx. 30 minutes.

STEP 2: Ensure that the Rapid Multicooker is plugged in and switched on at the mains power supply. Select the 'Sauté' function and add the salmon fillets to the non-stick cooking pot (skin side down).

STEP 3: Once the skin of the salmon has browned, add half of the marinade, sliced ginger and crushed garlic to the non-stick cooking pot.

STEP 4: Chop the stalks off the pak choi, wash lightly and place onto the steam tray.

STEP 5: Select the 'Fish' function. Ensure that the pressure release valve is shut and secure the lid.

STEP 6: Whilst the salmon and pak choi are cooking, bring a pan of water to the boil and add egg noodles. Immediately turn off the heat and leave the noodles to soak for approx. 4 minutes, until cooked.

STEP 7: After 5 minutes, carefully open the pressure release valve and remove the lid.

STEP 8: Drain the noodles and place onto a plate, serving the salmon on top, accompanied by the pak choi.

Tip: Drizzle the remaining marinade from the non-stick cooking pot over the salmon to serve.



Ratatouille

Ingredients

400 g tin chopped tomatoes	1 red pepper,	1 tbsp olive oil
4 vine tomatoes,	sliced into chunks	1 tbsp red wine vinegar
chopped into chunks	1 courgette,	1 tsp sugar
3 garlic cloves, crushed	sliced into chunks	Basil, chopped
1 aubergine,	1 onion, diced	
sliced into chunks		

Method

STEP 1: Ensure that the Rapid Multicooker is plugged in and switched on at the mains power supply. Select the 'Saute' function and add the olive oil.

STEP 2: Add the aubergine and brown.

STEP 3: Stir in the onion, garlic, courgette, peppers and tomatoes and continue to sauté until soft. Add the chopped tomatoes, red wine vinegar, basil and sugar and stir

STEP 4: Select the 'Steam' function and manually change the timer setting to 3 minutes. Ensure that the pressure release valve is shut and secure the lid.

STEP 5: Once the preset time on the Rapid Multicooker has elapsed, carefully open the pressure release valve and remove the lid. Allow the ratatouille to rest for approx. 5 minutes and then serve.

Tip: Ideal as a side dish to accompany meat or fish.

Garlic Buttered Broccoli

Ingredients

4 garlic cloves, crushed	500 ml water
1 piece broccoli, cut into florets	2 tsp butter

Method

STEP 1: Fit the steam rack into the non-stick cooking pot.

STEP 2: Add water to the non-stick cooking pot to the '2 cup' line and fit the steam rack. Place the broccoli and garlic cloves onto the steam rack.

STEP 3: Ensure that the Rapid Multicooker is plugged in and switched on at the mains power supply. Select the 'Steam' function and change the time to 2 minutes. Ensure that the pressure release valve is shut and secure the lid.

STEP 4: Once the preset time on the Rapid Multicooker has elapsed, carefully open the pressure release valve and remove the lid. Remove the broccoli and coat in butter to serve.

Tip: Great as a side dish, perfect for fresh steamed fish and boiled potatoes.

Connection To The Mains

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

Important

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

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

Blue Neutral (N)

Brown Live (L)

Green/Yellow Earth (\equiv)

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

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

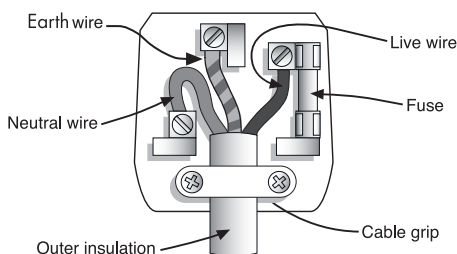
The wire coloured **BROWN** is the **LIVE** wire and must be connected to the terminal marked **L** or coloured **RED**.

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

On no account must either the **BROWN** or the **BLUE** wire be connected to the **EARTH** terminal (\equiv). Always ensure that the cord grip is fastened correctly.

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

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



Non-Rewireable Mains Plug

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use 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

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

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

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

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

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



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