

**PROGRESS**by



# Slow Cooker

**Instruction Manual**



Please retain instructions 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.

If the power supply cord, plug or any part of the appliance is malfunctioning or if it has been dropped or damaged, cease using the product immediately to avoid potential injury.

This appliance contains no user serviceable parts, only a qualified electrician should carry out repairs.

Improper repairs may place the user at risk of harm.

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

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

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

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

Keep the appliance away from other heat emitting appliances.

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

Do not operate the appliance with wet hands.

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

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

Do not pull or carry the appliance by its power supply cord.

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.

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.

The heating element retains heat after use.



**CAUTION:** Hot surface – do not touch the hot section or heating components of the appliance.

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

### Care and Maintenance

Before attempting any cleaning or maintenance, unplug the slow cooker from the mains power supply and allow to cool fully.

**STEP 1:** Wipe the slow cooker with a soft, damp cloth and dry thoroughly.

**STEP 2:** Clean the tempered glass lid and removable ceramic pot in warm, soapy water, then rinse and dry thoroughly.



Do not immerse the slow cooker in water or any other liquid. Never use harsh or abrasive cleaning detergents or scourers to clean the slow cooker or its accessories, as this could cause damage.

**NOTE:** The slow cooker should be cleaned after each use.

### Description of Parts



- |                          |                                                 |
|--------------------------|-------------------------------------------------|
| 1. Slow Cooker main unit | 5. Temperature control dial (Off/Low/High/Warm) |
| 2. Tempered glass lid    | 6. Power indicator light                        |
| 3. Removable ceramic pot | 7. Stainless steel housing                      |
| 4. Cool-touch handles    |                                                 |

### Instructions for Use

#### Before First Use

**STEP 1:** Before connecting to the mains power supply, wipe the stainless steel housing with a soft, damp cloth and dry thoroughly.

**STEP 2:** Clean the tempered glass lid and removable ceramic pot in warm, soapy water, then rinse and dry thoroughly.

Do not immerse the slow cooker in water or any other liquid. Never use harsh or abrasive cleaning detergents or scourers to clean the slow cooker or its accessories, as this could cause damage.

**STEP 3:** Place the slow cooker onto a stable, heat-resistant surface, at a height that is comfortable for the user.



**NOTE:** When using the slow cooker for the first time, a slight smoke or odour may be emitted. This is normal and will soon subside. Allow for sufficient ventilation around the slow cooker.

### Using the Slow Cooker

**STEP 1:** Insert the removable ceramic pot into the base of the slow cooker.

**STEP 2:** Place the prepared ingredients into the removable ceramic pot and then fit the tempered glass lid.

**STEP 3:** Plug in and switch on the slow cooker at the mains power supply.

**STEP 4:** Select the required heat setting (low, high or warm) by rotating the temperature control dial in a clockwise direction. The power indicator light will illuminate to signal that the slow cooker is heating up. It is not necessary to stir the ingredients during cooking. Do not repeatedly remove the tempered glass lid, as this will affect the temperature within the removable ceramic pot.

**STEP 5:** Once cooking is complete, rotate the temperature control dial in an anticlockwise direction to the 'Off' position.

**STEP 6:** Switch off and unplug the slow cooker from the mains power supply.

**NOTE:** The warm setting should only be used to keep foods warm; it should not be used to cook foods.

Cooked food can be served directly from the removable ceramic pot. Do not place the removable ceramic pot onto any surfaces that may be affected by heat.

As a precaution before placing it into the base of the slow cooker, wipe the outer edge of the removable ceramic pot with a dry cloth to reduce the possibility of liquid coming into contact with the base of the slow cooker.

**WARNING:** The tempered glass lid and removable ceramic pot are fragile; handle them with care.

Do not place food directly into the slow cooker without first inserting the removable ceramic pot. The removable ceramic pot and tempered glass lid will get very hot during operation.

Always wear heat-resistant oven gloves when removing the removable ceramic pot from the slow cooker.

### Setting and Using the Temperature Control Dial

#### Low Heat Setting

The low heat setting gently simmers food for an extended period of time, without overcooking or burning. This setting is ideal for vegetable-based dishes and dishes with a low, slow cooking time. In general, foods should be cooked for approx. 8–10 hours on the low heat setting (adjust as necessary).



### High Heat Setting

The high heat setting is ideal for cooking dried beans or pulses, large cuts of meat and baking. As food may boil when cooked on the high heat setting, it may be necessary to add extra liquid during the cooking process, depending upon the recipe and the amount of time needed to cook. In general, foods should be cooked for approx. 4–6 hours on the high heat setting (adjust as necessary).

### Warm Setting

The warm setting keeps foods at a serving temperature; it should be used after cooking using the low or high settings, in case food is not needed straight away. The warm setting should never be used to cook foods. For food hygiene reasons, do not leave foods on the warm setting for long periods of time or overnight.

### Adjusting the Amount of Liquid During Cooking

When cooking food in the slow cooker, very little moisture has chance to boil away. It is advisable to halve the liquid content of traditional recipes to compensate for this. After cooking, foods can be reduced down slightly by removing the tempered glass lid, but using the slow cooker is not an effective way of simmering down liquids. Do not cook foods uncovered for long periods of time.

### Hints and Tips

1. The tempered glass lid of the slow cooker should not form a tight fit on the removable ceramic pot and should be placed centrally for the best results.
2. Do not remove the tempered glass lid unnecessarily; this will result in major heat loss to the removable ceramic pot.
3. Do not cook without the tempered glass lid in position. The slow cooker will not heat up properly and food may have to be discarded for hygiene reasons.
4. Cut root vegetables into small, even pieces, as they will usually take longer to cook than meats.
5. Vegetables should be gently sautéed in a frying pan for approx. 2–3 minutes before slow cooking.
6. Always check that root vegetables are placed at the bottom of the removable ceramic pot and that all of the ingredients are immersed in the cooking liquid.
7. When cooking with dried beans and pulses, always check the cooking instructions. Some beans require soaking prior to cooking in order to remove toxic substances.

### Storage

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

### Specifications

Product code: EK5305WW

Input: 220–240 V ~ 50/60 Hz

Power: 170 W



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# Recipes

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





## Mushroom Risotto

6

**PersonalPoints™ value per serving**

### Serves 4

#### Ingredients

250 g chestnut mushrooms  
150 g Arborio rice  
20 g dried porcini mushrooms  
2 garlic cloves, finely chopped  
1 onion, diced  
750 ml boiling water  
100 ml dry white wine  
1 tbsp fresh parsley, chopped  
1 tsp olive oil  
½ tsp black pepper  
A pinch of salt

#### Method

Preheat the slow cooker.

Place the dried porcini mushrooms and boiling water in a measuring jug and leave to steep. Meanwhile, heat the oil in a large saucepan and gently fry the onion, garlic and chestnut mushrooms until softened, stirring constantly.

Add the wine to the pan. When the wine has reduced, add this mixture to the slow cooker with the rice and porcini mushrooms. Cook on high for approx. 1 hour and 30 minutes. Season to taste and stir in the parsley before serving.

## Slow Cooker Strawberry Oats

2–8

PersonalPoints™ range per serving

**Serves 8**

### Ingredients

450 g strawberries, hulled and chopped  
400 g pinhead oats  
80 g Medjool dates, pitted and chopped  
30 g whole freeze-dried strawberries  
950 ml unsweetened almond milk  
800 ml water  
1 tsp vanilla extract  
1 tsp salt  
Calorie-controlled cooking spray

### Method

Mist the slow cooker with the cooking spray and pour in the water and almond milk. Add the oats, dates, freeze-dried strawberries, vanilla and salt, and stir to combine. Add 300 g of the chopped strawberries, reserving 150 g, and mix well. Cover the oats and cook on low for approx. 4½ hours, stirring occasionally and scraping the sides and base of the slow cooker to make sure nothing is sticking. The porridge should be thick, and the oats should be tender at the end of the cooking time. To serve, ladle the oats into bowls and top with the reserved chopped strawberries.





## Pulled Chicken Bao Buns

**6–10**

PersonalPoints™ range per serving

**Serves 3**

### Ingredients

4 x 165 g skinless chicken breast fillets  
4 x 30 g bao buns  
4 spring onions, trimmed and shredded  
3 garlic cloves, finely sliced  
1 large carrot, thinly sliced  
1 red chilli, sliced  
2 tbsp dark soy sauce  
2 tbsp oyster sauce  
1 tbsp clear honey  
1 tbsp ginger, finely grated  
½ tbsp rice wine vinegar  
2 tsp cornflour  
Coriander leaves, to garnish

### Method

Preheat the slow cooker.

Mix the soy sauce, honey, oyster sauce, rice wine vinegar, ginger, garlic and chilli together in a small bowl. Pour over the chicken and place in the slow cooker. Cover and cook on low for 3 hours. Once cooked, shred the chicken with forks and cover to keep warm.

Pour the liquid from the slow cooker into a small pan and whisk in the cornflour. Gently simmer over a low-medium heat until the sauce is thick enough to coat the back of a spoon, then stir in the shredded chicken and heat through.

Heat the bao buns according to pack instructions then stuff with the chicken, carrot and spring onions. Garnish with the coriander leaves and serve.



## Prawn and Chicken Gumbo

**7–10**

PersonalPoints™ range per serving

### Serves 4

#### Ingredients

400 g tinned chopped tomatoes  
280 g skinless and boneless chicken thighs,  
cut into 3 cm cubes  
200 g prawns  
200 g green beans, cut into 4 cm lengths  
100 g brown rice  
3 celery sticks, thinly sliced  
2 garlic cloves, crushed  
2 chicken stock cubes  
1 onion, finely chopped  
1 red pepper, chopped  
250 ml water  
2 tbsp plain flour  
1 tbsp olive oil  
1 tbsp Worcestershire sauce  
1 tbsp tomato puree  
2 tsp dried oregano  
1 tsp paprika  
Calorie-controlled cooking spray

#### Method

Mist a large non-stick frying pan with the cooking spray. Cook the chicken over a high heat for approx. 5 minutes, stirring until browned. Transfer to a plate and set aside. In the same pan, heat the olive oil and cook the onion and celery for approx. 5 minutes until softened. Add the garlic and pepper and cook for 2 minutes. Stir in the flour, oregano and paprika and cook for a further 2 minutes. Gradually stir in the water, stock cubes, tomatoes, tomato puree, Worcestershire sauce and bring to the boil. Place the chicken, rice and stock mixture into the slow cooker. Cover and cook on high for 3 hours. Add the green beans and cook for a further 15 minutes. Add the prawns and cook for 5 minutes, until the prawns are cooked through. Plate and serve immediately.



## Provençal Beef Slow Cooker Stew

**2–4****PersonalPoints™ range per serving****Serves 6**

### Ingredients

450 g lean stewing steak, diced  
400 g tinned pinto beans, drained and rinsed  
400 g tinned chopped tomatoes  
300 g button mushrooms, halved  
2 carrots, sliced into rounds  
2 garlic cloves, crushed  
1 onion, chopped  
350 ml vegetable stock, made with 1 stock cube  
½ tsp salt  
½ tsp dried oregano  
¼ tsp dried thyme  
¼ tsp freshly ground black pepper  
Fresh thyme sprigs, to garnish  
Calorie-controlled cooking spray

### Method

Preheat the slow cooker.

Mist a non-stick fry pan with the cooking spray. Add the onion, mushrooms and garlic. Sauté over a medium-high heat for 5 minutes, stirring occasionally. Add to the slow cooker with the steak, half of the beans and carrots. Put the remaining beans in a blender with, ⅓ of the stock and blitz. Add this mixture to the slow cooker along with the remaining stock, tomatoes, oregano, dried thyme, salt and pepper. Cover and cook on high for 6–7 hours. Garnish with the fresh thyme and serve immediately.



## Chicken Tikka Masala

7

PersonalPoints™ value per serving

**Serves 8**

### Ingredients

900 g skinless and boneless  
chicken thighs  
2 x 400 g tinned chopped tomatoes  
230 g low-fat natural yoghurt  
15 g fresh coriander, chopped  
3 garlic cloves, crushed  
1 large onion, diced  
2 tbsp garam masala  
1 tbsp fresh ginger, grated  
1 tbsp light brown sugar  
½ tsp ground cumin  
½ tsp coriander seeds

### Method

Preheat the slow cooker.

Combine all of the ingredients, except for the yoghurt and coriander, and place in the slow cooker. Cook on a high heat for 3–4 hours or a low heat for 6–8 hours.

Meanwhile, combine the yoghurt and coriander and refrigerate until the chicken tikka masala has cooked.

Serve the chicken tikka masala with the yoghurt.





## 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.

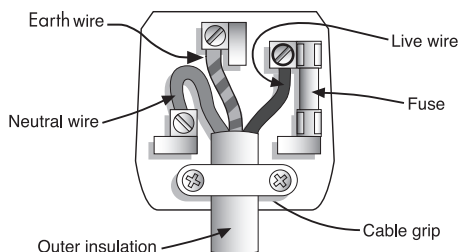
If in doubt, consult a qualified electrician who will be pleased to do this for you.

### 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 (conforming to BS 1362 of the same rating).

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

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



**UP Global Sourcing UK Ltd.,  
Victoria Street, Manchester OL9 0DD. UK.  
Edmund-Rumpler Straße 5, 51149 Köln. Germany.**

If this product does not reach you in an acceptable condition please contact our WW Customer Services Department via web chat at **[www.progresscookshop.com](http://www.progresscookshop.com)**.

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, Progress 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.

### **Disposal of Waste Batteries and Electrical and Electronic Equipment**



This symbol on the product, its batteries or its packaging means that this product and any batteries it contains must not be disposed of with household waste. Instead, it is the user's responsibility to hand this over to an applicable collection point for the recycling of batteries and electrical and electronic equipment. This separate collection and recycling will help to conserve natural resources and prevent potential negative consequences for human health and the environment due to the possible presence of hazardous substances in batteries and electrical and electronic equipment, which could be caused by inappropriate disposal. Some retailers provide take-back services which allow the user to return exhausted equipment for appropriate disposal. **It is the user's responsibility to delete any data on electrical and electronic equipment prior to disposal.** For more information about where to drop batteries, electrical and electronic waste off, please contact the local city/municipality office, household waste disposal service, or the retailer.

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## 3 YEAR GUARANTEE\*

\*To be eligible for the extended guarantee, go to [guarantee.ups.com/progress](https://guarantee.ups.com/progress) and register your product within 30 days of purchase.

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