

**PROGRESS®**

Est. 1931

**1.5 LITRE  
SLOW  
COOKER**

Instruction manual

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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 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.

## **Dos and Don'ts**

### **Do:**

Handle the removable ceramic cooking pot and tempered glass lid with care.

Use heat-resistant oven gloves when extracting the removable ceramic cooking pot from the slow cooker.

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Check that foods are cooked through before serving.

## **Don't:**

Use the removable ceramic cooking pot if it is chipped or cracked. Subject the removable ceramic cooking pot to sudden changes in temperature; adding cold water to a very hot removable ceramic cooking pot could cause it to crack.

Put the removable ceramic cooking pot or tempered glass lid into an oven, freezer, microwave or on a gas/electrical hob.

Use the slow cooker to reheat food.

Operate the slow cooker without the removable ceramic cooking pot or tempered glass lid in place.

Use abrasive cleaners or metal scouring pads to clean the removable ceramic cooking pot.

Place food, water or other liquid directly into the base of the slow cooker. Allow foods to sit for long periods of time at a warm (but not hot) temperature, as this may cause food to be unsafe to eat.

## **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 cooking 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. 1.5 Litre Slow Cooker         | 4. Cool-touch handles       |
| 2. Tempered glass lid            | 5. Temperature control dial |
| 3. Removable ceramic cooking pot | (Off/Low/High/Warm)         |

## Instructions for Use

### Before First Use

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

**STEP 2:** Clean the tempered glass lid and removable ceramic cooking 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 1.5 Litre Slow Cooker

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

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

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**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. It is not necessary to stir the ingredients during cooking. Do not repeatedly remove the tempered glass lid, as this will affect the cooking temperature.

**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 cooking pot. Do not place the removable ceramic cooking 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 cooking 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 cooking pot are fragile; handle them with care.

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

Always wear heat-resistant oven gloves when removing the removable ceramic cooking 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 on the recipe and cooking time. 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 food at a serving temperature and should be used after cooking with either the low or high heat settings if the food is not needed straight away. The warm setting should never be used to cook foods. For 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 a 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 should not fit tightly on the removable ceramic cooking 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 cooking 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. The 'Low' heat setting is ideal for vegetable-based dishes and dishes with a slow cooking time. In general, foods should be cooked for approx. 8–10 hours on the 'Low' heat setting.
6. 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 on the recipe and cooking time. In general, foods should be cooked for approx. 4–6 hours.
7. Vegetables should be gently sautéed in a frying pan for approx. 2–3 minutes before slow cooking.
8. Always place root vegetables at the bottom of the removable ceramic cooking pot and check that all of the ingredients are immersed in the cooking liquid.
9. 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.

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## **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: EK2621P

Input: 230–240 V ~ 50/60 Hz

Power: 100 W

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# DELIGHTFUL HOMEMADE CASSEROLE

Recipes ideas



## Beef Stew for Two

### Ingredients

¼ cup all purpose flour	½ tsp garlic powder	1 cup potatoes, diced
½ tsp salt	300 g beef cut into	½ cup carrot, diced
½ tsp black pepper	2 cm chunks	350 ml beef stock
1 tsp onion powder		

### Method

In a bowl mix together the flour, salt, pepper, onion powder and garlic powder, then tip in the beef and coat well.

Place the beef into the slow cooker with the potatoes and carrots and cover with the beef stock.

Cook on low for 6 hours.

## Jackfruit and Black Bean Chilli

### Ingredients

½ onion, diced	2 tbsp smoked paprika	1 x 400 g tin jackfruit
100 g grams of	400 g tin black beans	in water
mushrooms, chopped	400 g tin	
3 garlic cloves, crushed	chopped tomatoes	

### Method

Prepare the mushrooms, onions and garlic and add to the slow cooker.

Using a fork break apart the jackfruit chunks and add to the slow cooker with the tinned beans and tomatoes.

Stir through the smoked paprika and switch the slow cooker on to high for 3–4 hours or low for 7–8 hours.

## Chicken Cacciatore

### Ingredients

300 g skin on, bone in	2 garlic cloves, crushed	2 tbsp capers
chicken thighs	1 x 400 g tinned tomatoes	Salt and pepper, to taste
1 bell pepper, chopped	350 ml chicken stock	
100 g mushrooms, chopped	1 tsp oregano	

### Method

Season the chicken with the salt and pepper and carefully set in the slow cooker.

Add in the pepper, mushroom, garlic, tinned tomatoes, chicken stock and oregano.

Cook on low for 7–8 hours or high for 3–4 hours, checking that the chicken is cooked through before serving.

Stir in the capers and serve.

## Sweet Potato Coconut Curry

### Ingredients

1 onion	3 garlic cloves	400 g tin coconut milk
1 red bell pepper	1 inch piece of ginger	400 g tin chopped tomatoes
1 large sweet potato	1 tbsp curry powder	400 g tin chickpeas

### Method

Slice the onion and chop the pepper and potato and add to the slow cooker.

Grate in the garlic and ginger and stir through the curry powder.

Tip in the coconut milk, tomatoes and drained chickpeas and cook on low for 8 hours.

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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 ( $\frac{1}{=}$ )**

**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  $\frac{1}{=}$ .

On no account must either the **BROWN** or the **BLUE** wire be connected to the **EARTH** terminal ( $\frac{1}{=}$ ).

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.

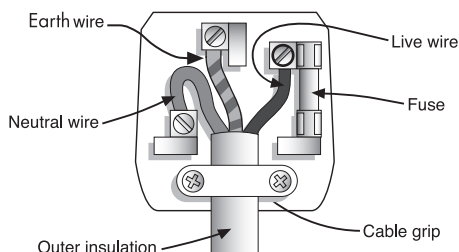
If in doubt, consult a qualified electrician who will be pleased to do this for you.

### 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.





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If this product does not reach you in an acceptable condition please contact our Customer Services Department 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.

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

Find us on 

[www.facebook.com/ProgressCookshop](http://www.facebook.com/ProgressCookshop)

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