

DIGITAL MULTICOOKER

7QT FAMILY SIZE

READ ALL INSTRUCTIONS BEFORE FIRST USE

This Quick Start Guide is not a substitute for the user manual. Before using the appliance, read and understand the warnings and instructions in the user manual.

COOK



Plug in temperature control



Place food into multicooker



Cover the multicooker (except for sear/saute)



Set desired cooking function

SERVE



Remove temperature control



Bring to the table

CLEAN

- Always unplug and allow to completely cool before cleaning
- Never use abrasive cleaners or scouring pads

NEAT 'N CLEAN TECHNOLOGY™

The temperature control panel can be removed allowing you to put the entire pot with base in the dishwasher or sink



Remove temperature control



Place cooking pot & glass lid into the dishwasher



Wipe temperature control with damp cloth as needed

COOKING FUNCTIONS

SLOW COOK

Create your favorite soups, stews, and combinations of meats and vegetables

RICE

Prepare delicious, fluffy rice

BOIL

Boil pasta, eggs, corn on the cob and more

STEAM

Infuse moisture and maintain perfect texture of your food.

SEAR/SAUTÉ

Sear the food with quick hot searing function instead of broiler or grill. Sauté vegetables to build flavor.

PRECISION ROAST

Cook quickly in a minimal amount of fat over relatively high heat to build flavor.

SOUS VIDE

Cook meats in a plastic pouch in a water bath at a low temperature for a long time to retain moisture and tenderness without overcooking.

KEEP WARM

Keeps cooked food warm until you are ready to eat

BLACK+DECKER



ORZO WITH SPINACH, TOMATO, AND ZUCCHINI

Prep Time: 10 min | **Cook Time:** 20 min | **Total Time:** 30 min
Serving Size: ½ cup | **Servings:** 6

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|---|------------------------------|
| 1½ cups uncooked orzo pasta
(looks like rice) | 2 handfuls of spinach |
| 4½ cups of vegetable stock
or water or mixture | 1 Tbsp minced garlic |
| 1 medium onion, diced | 2 Tbsp olive oil |
| 1 zucchini, diced | 2 Tbsp Italian seasoning |
| 2 Roma tomatoes, diced | Salt and pepper to taste |
| | ¼ cup grated Parmesan cheese |

- Place 4 cups of the stock in the multicooker and turn the dial to **BOIL**. Once the stock starts to boil, add the orzo pasta. Put the cover on the unit and let the orzo cook. It will take about 10 minutes to cook the orzo to al dente. You may need to occasionally turn the lid to the side to let the steam escape and then after a minute or two, put the lid back on. Drain the orzo once it is cooked (you can leave it in the colander while you finish the rest of the recipe). Set it aside.
- Replace the multicooker on the control panel, add the oil and turn the dial to **SEAR/SAUTÉ**. After a minute or two, add the onion, zucchini, and tomato to the multicooker. Stir occasionally for about 2-3 minutes.
- Add the garlic, Italian seasoning, salt and pepper to the multicooker, stir to combine. Sauté for about a minute. Add the spinach. Stir to combine. The spinach will wilt down considerably.
- Once the spinach has cooked down, add in the cooked orzo and stir to combine. Add in the rest of the vegetable stock to keep the orzo from drying out. Turn off the multicooker and stir in the Parmesan cheese. Enjoy with **Lemon Herb Salmon**.

See use and care manual for additional recipes



LEMON HERB STEAMED SALMON

Prep Time: 5 min | **Cook Time:** 6-9 min | **Total Time:** 11-14 min
Serving Size: 4 oz filet | **Servings:** 4

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|---------------------------|---------------------------------------|
| 4 (4 ounce) salmon filets | 1 tsp seasoned salt |
| 2 tsp dried dillweed | 1 tsp lemon pepper |
| 2 tsp onion powder | 1 tsp garlic powder |
| 1 tsp dried parsley | Lemon slices for garnish,
optional |
| ¼ tsp smoked paprika | |

- In the multicooker, place about ½ cup of water on the bottom. Set the baking rack inside to see if you have the right amount of liquid. You do not want the water to touch the rack. Leave the rack inside the unit once you have the right amount of liquid.
- In a small bowl, combine the spices.
- Set the filets on a work surface and sprinkle the spices over the filets.
- Set the seasoned filets on the rack in the multicooker. Turn the dial to **STEAM** and put the lid on the multicooker.
- Let steam until the internal temperature reaches 145°F, about 6 minutes. If the filets are thin, then it will take less time. If the water starts to boil rapidly before the salmon is cooked, turn the lid so some of the steam releases. After a minute or two you can put the lid back on.
- Set on a plate and place a sliced lemon, if desired, on top of the filet. Serve with **Orzo with Spinach, Tomato and Zucchini** for a complete meal.

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