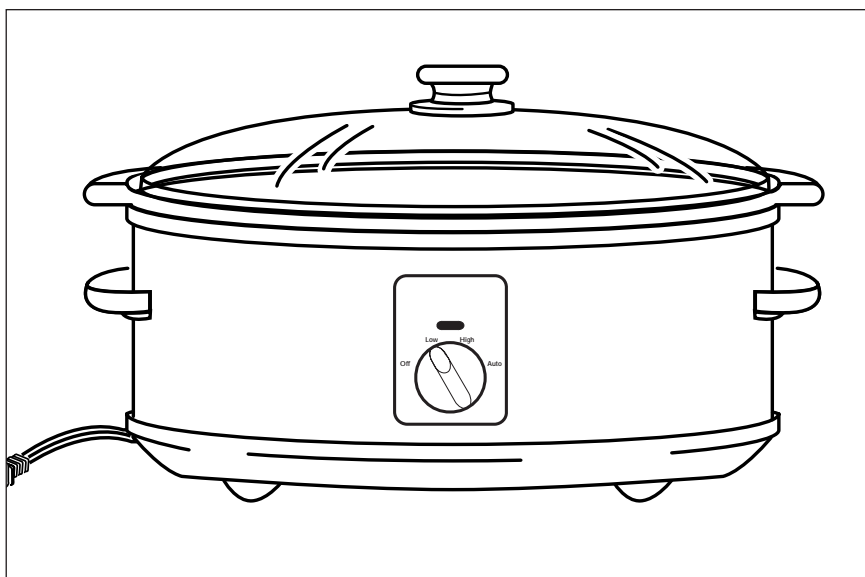


cook's essentials®

HIGH PERFORMANCE KITCHENWARE



6-QUART OVAL
SLOW COOKER

MODEL CESC6

OWNER'S MANUAL & RECIPE GUIDE

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. Read all instructions before using.
2. Do not touch hot surfaces. Use handles or knob.
3. To protect against electrical shock, do not immerse cord, plug or base unit in water or other liquid. See instructions for cleaning.
4. Close supervision is necessary when used near children. This appliance is not for use by children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been dropped or damaged in any manner. Contact Consumer Service for examination, repair, or adjustment.
7. Do not use outdoors, or while standing in a damp area.
8. Do not place on or near a hot gas or electric burner, or in a heated oven.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not use appliance for other than intended use.
11. The use of accessory attachments not recommended by the manufacturer may cause injuries.
12. Avoid sudden temperature changes, such as adding refrigerated foods into a heated Slow Cooker. Use the ceramic liner only with the base unit.
13. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
14. To disconnect, turn switch to **OFF** and then remove plug from wall outlet.

FOR HOUSEHOLD USE ONLY
SAVE THESE INSTRUCTIONS

ADDITIONAL IMPORTANT SAFEGUARDS

1. **CAUTION:** This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires or other damage to persons or property.
2. Never use the ceramic liner on a gas or electric cooktop or on an open flame.
3. Lift off lid carefully to avoid scalding, and allow water to drip into ceramic liner.
4. **CAUTION:** To prevent damage or shock hazard, do not cook in base unit. Cook only in ceramic liner provided.

SHORT CORD INSTRUCTIONS

A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.

Longer extension cords are available and may be used if care is exercised in their use.

If an extension cord is used, (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and (2) the longer cord should be arranged so that it will not drape over the counter top or table top where it can be pulled on by children or tripped over unintentionally.

POLARIZED PLUG

This appliance has a **polarized plug** (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit into a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

GETTING TO KNOW YOUR COOK'S ESSENTIALS® CESC6 6 QT. OVAL SLOW COOKER

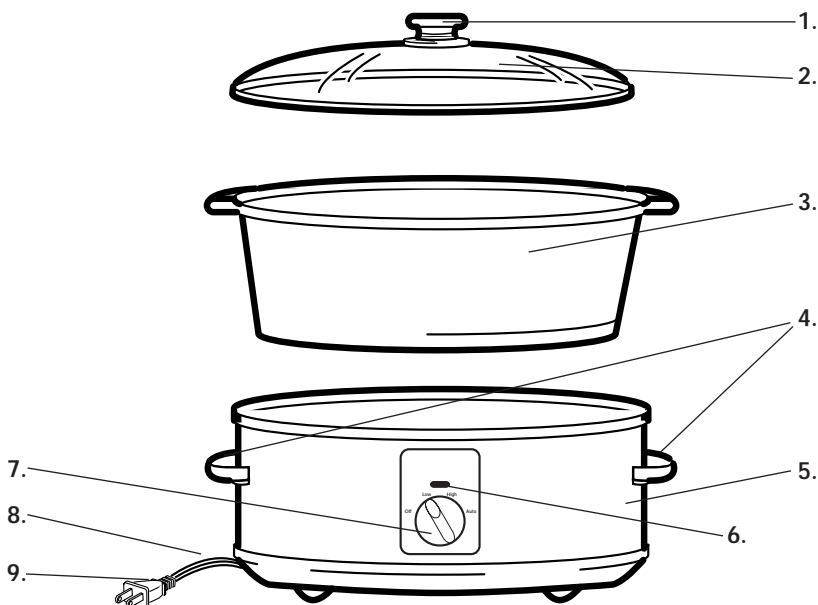


FIGURE 1

1. Knob (P/N 21261)
2. Tempered Glass Lid
3. Ceramic Liner
4. Handles
5. Base Unit
6. Power Indicator Light
7. **OFF/LOW/HIGH/AUTO** Switch
8. Power Supply Cord
9. Polarized Plug

OPERATING INSTRUCTIONS

BEFORE USING

1. Carefully unpack the Slow Cooker.
2. Wash ceramic liner and glass lid in warm, soapy water. Rinse well and dry thoroughly.
3. Wipe interior and exterior surfaces of the base unit with a soft, moist cloth to remove dust particles collected during packing and handling. **NEVER IMMERSE THE BASE UNIT IN WATER OR OTHER LIQUID.**
4. It is necessary to operate the Slow Cooker once before initial use. After cleaning the Slow Cooker, place ceramic liner inside the base unit, then pour 4 cups of water inside the ceramic liner and cover with glass lid. Plug Slow Cooker into electrical wall outlet and set power switch to **HIGH**. Allow Slow Cooker to operate for approximately 30 minutes. You will notice a slight odor; this is normal and should quickly disappear.

After 30 minutes, switch **OFF** and unplug from electrical wall outlet. Allow to cool for about 20 minutes, then uncover, remove ceramic liner from the base unit and pour out water. Rinse the ceramic liner, dry thoroughly and place it back inside the base unit.

INTRODUCTION TO SLOW COOKING

Slow cooking occurs at temperatures just around boiling point. Since liquids do not boil very quickly at this temperature, there is just a little steam and evaporation, foods do not stick and virtually no stirring is required.

The Cooker can operate on **LOW** all day and night if required. When cooking on the **HIGH** setting, it is very much like a covered pot on the stove top. Foods will cook in half the time required for **LOW** cooking. Additional liquid may be required as foods do boil on **HIGH**.

NOTE: Lid must not be removed while cooking on the LOW setting.

HOW TO USE THE AUTO FEATURE

AUTO allows you to prepare meals in less time than it would take on **LOW**, but not as quickly as on **HIGH**, allowing more time for unsupervised cooking. When set on **AUTO**, the Slow Cooker begins cooking on **HIGH**. Once the **HIGH** temperature is reached, it then switches automatically to **LOW**. When using the **AUTO** cycle, you are able to initially heat the food faster, shortening the standard cooking time required for **LOW** by approximately 25%.

COOKING IN YOUR SLOW COOKER

1. Prepare recipe according to instructions.
2. Place food in ceramic liner and cover with glass lid. **Do not fill the Slow Cooker to the brim with food.** Always cook with the lid on and the ceramic liner in position. Remember that frequent lifting of the lid during cooking delays the cooking time. When cooking a meat and vegetable combination, place the vegetables in the bottom of the ceramic liner first. Then add the meat and other ingredients. Before cooking frozen food, add some warm liquid. **If the liner is hot, do not add cold food.** The ceramic liner CANNOT stand the shock of sudden temperature changes.
3. Plug cord into a 120V AC outlet.
4. Select temperature setting: **LOW**, **HIGH** or **AUTO**.
5. Cook according to recipe instructions.

CAUTION: Base unit will get very warm during cooking. This is where the two heating elements are located. Use pot holders or oven mitts when moving or handling the unit.

6. When cooking time is complete, turn the power switch to the **OFF** position, and unplug the Slow Cooker from the electrical wall outlet. Remove glass lid.

CAUTION: To remove the glass lid, grasp the knob and lift the lid just a bit — just enough to allow steam to escape — before completely removing the lid.

COOKING IN YOUR SLOW COOKER (Continued)

7. Allow a few seconds for all steam to escape, then carefully remove the ceramic liner from inside the base unit.

CAUTION: Use oven mitts to remove ceramic liner. (As shown in Figure 2.)

NOTE: If you are moving the Slow Cooker, grasp the unit by the handles; use pot holders or oven mitts. Even when switched off, and unplugged, the Slow Cooker remains hot for some time after using; set aside and allow unit to cool before cleaning or storing.

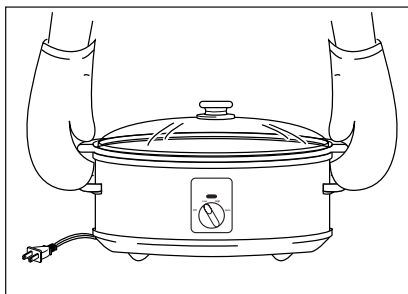


FIGURE 2

CONVERTING STANDARD RECIPES TO SLOW COOKING

- Vegetables such as carrots, potatoes, turnips and beets require longer cooking time than many meats. Be sure to place them on the bottom of the Slow Cooker and cover them with liquid.
- If adding fresh milk or yogurt, this should be done during the last 2 hours. Evaporated milk may be added at the start of cooking.
- Rice, noodles and pasta are not recommended for long cooking periods. Cook them separately and then add to the Slow Cooker during the last 30 minutes.

USER MAINTENANCE INSTRUCTIONS PRECAUTIONS

Do not use ceramic liner to store food in the refrigerator, and then reheat in the heating base unit. The sudden temperature change may crack the liner.

Please handle the ceramic liner and glass lid carefully to ensure long life.

USER MAINTENANCE INSTRUCTIONS (Continued)

Avoid sudden extreme temperature changes. For example, do not place a hot glass lid or ceramic liner into cold water or onto a wet surface.

Avoid hitting the ceramic liner and glass lid against the faucet or other hard surfaces.

Do not use ceramic liner or glass lid if chipped, cracked or severely scratched.

Always unplug the unit from the electrical wall outlet when not in use and before cleaning.

TO CLEAN

This appliance should be cleaned after every use. Unplug the unit from the wall outlet. Never immerse base unit or cord in water or other liquid. Allow the unit to cool before cleaning.

Wash ceramic liner and glass lid in warm, soapy water. Rinse well and dry thoroughly. If food sticks to the surface of the ceramic liner, fill it with warm, soapy water and allow it to sit for a few hours before cleaning.

Wipe interior and exterior surfaces of the base unit with a soft, slightly damp cloth or sponge.

CAUTION: Never use abrasive cleansers or scouring pads to clean the ceramic liner, glass lid, or base unit, as these can damage the surfaces.

Any servicing requiring disassembly other than the above cleaning must be performed by a qualified electrician.

TO STORE

Be sure all parts are clean and dry before storing. Store appliance in its box or in a clean, dry place. Never store it while it is hot or wet. To store, place ceramic liner inside the base unit and the glass lid over the ceramic liner; to protect the glass lid, it may be wrapped with a soft cloth and placed upside down over the liner. Never wrap cord tightly around the appliance; keep it loosely coiled.

The following recipes were especially developed for your Cook's Essentials® Slow Cooker by leading housewares expert and best selling cookbook author, Tom Lacalamita, 'The Kitchen Resource.'

RECIPES

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Turkey Vegetable Soup

- 2 turkey drumsticks, skin and excess fat removed and discarded
- 2 large leeks, washed well to remove dirt and grit, white and light green parts only, sliced thin
- 3 carrots, peeled and cut into 1/4-inch rounds
- 3 ribs celery, cut into 1/4-inch slices
- 1 (10 oz.) package frozen corn kernels
- 1 (10 oz.) package frozen cut green beans
- 1/2 cup uncooked pearl barley
- 1 tablespoon chopped fresh parsley or dill weed
- 1 (2 pints, 14 fl. oz.) can low-fat chicken broth
- 4 cups water

1. Combine all the ingredients in the Cook's Essentials® Slow Cooker ceramic liner.
2. Cover and set power switch to **AUTO**. Soup will be done in 5 to 6 hours, or when the turkey and vegetables test done. Or cook on **LOW** 6 to 7 hours.
3. Before serving, remove turkey meat from bones. Shred meat into small pieces and return to soup. Season with salt and black pepper to taste.

Makes 4 to 6 servings

Dutch Split Pea Soup

- 1 tablespoon olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 large potato, peeled and diced
- 2 carrots, peeled and cut into 1/4-inch rounds
- 2 ribs celery, cut into 1/4-inch slices
- 2 cups green split peas (1 pound), picked over and rinsed well
- 1/2 pound ham steak, cut into 1/2-inch cubes
- 2 teaspoons dried marjoram
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 6 cups boiling water

1. Combine all the ingredients in the Cook's Essentials® Slow Cooker ceramic liner.
2. Cover and set power switch to **AUTO**. Soup will be done in 8 to 9 hours. Or cook on **LOW** 9 to 10 hours.
3. Before serving, season with salt and black pepper to taste.

Makes 4 to 6 servings

Hearty Baked Beans and Beef

1 pound very lean, ground beef
1 large onion, coarsely chopped
2 (28 oz. ea.) cans baked beans
1 (15 oz.) can kidney beans,
 rinsed under cold water and drained
1 (15 oz.) can black beans,
 rinsed under cold water and drained
1 (14.5 oz.) can stewed, diced tomatoes, drained
1/2 cup ketchup
1/2 cup brown sugar
2 tablespoons molasses or maple syrup
2 tablespoons dry mustard
Pinch of cayenne pepper

1. On a stove top burner, brown ground beef and onion in a large, non-stick skillet. Cook until meat is no longer pink, breaking up any large pieces with a spoon. Drain and discard any accumulated fat.
2. Combine the browned beef and the remaining ingredients in the Cook's Essentials® Slow Cooker ceramic liner.
3. Cover and set power switch to **AUTO**. Beans will be done in 6 to 7 hours, or when they are thick and bubbling. Or cook on **LOW** 7 to 8 hours.

Makes 6 to 8 servings

Stuffed Peppers

6 large bell peppers, tops cut off, cored and seeded
1 pound very lean, ground beef
1-1/2 cups cooked rice
2 large eggs, lightly beaten
1/2 cup grated Pecorino Romano cheese
2 tablespoons minced parsley
1/2 teaspoon salt
1/2 teaspoon black pepper
1 (28 oz. ea.) can tomato sauce
1/2 teaspoon garlic powder

1. Combine the ground beef, cooked rice, egg, cheese, parsley, salt, and 1/4 teaspoon of the black pepper in a large mixing bowl.
2. Cut a very small hole in the bottom of each pepper. Spoon the meat mixture into the peppers, dividing evenly; do not pack down.
3. Stand stuffed peppers upright in the Cook's Essentials® Slow Cooker ceramic liner.
4. Combine the tomato sauce, garlic powder, and the remaining black pepper in a large mixing bowl or mixing cup. Spoon some of the sauce over each pepper. Pour the rest into the ceramic liner.
5. Cover and set power switch to **AUTO**. Cook until peppers are fork tender, 6 to 7 hours. Or cook on **LOW** 7 to 8 hours.

Makes 6 servings

Rosemary & Garlic Roasted Leg of Lamb

4 large all-purpose potatoes, peeled and cut into 1/4-inch thick slices
1 trimmed, boneless leg of lamb, tied (3 to 4 pounds)
1 teaspoon salt
1/2 teaspoon coarsely ground black pepper
6 cloves garlic, peeled and crushed
4 sprigs fresh rosemary, chopped or 1 teaspoon dried
2 tablespoons olive oil
1/2 cup white wine

1. Layer potatoes in the bottom of the Cook's Essentials® Slow Cooker ceramic liner.
2. In a small bowl, mash the salt, pepper, garlic, and rosemary together with a fork to form a paste. Rub all over the lamb. Heat the olive oil in a large skillet over medium-high heat and brown lamb on all sides. Put browned roast in the ceramic liner on top of the potatoes. Pour the white wine in the skillet and bring to boil, scraping pan to remove any pieces of meat from the bottom. Pour over the meat.
3. Cover and set power switch to **AUTO**. Cook approximately 7 to 8 hours. Use a meat thermometer to show when meat tests done. Lamb should be a light pink color when sliced. Or cook on **LOW** 8 to 10 hours.

Makes 6 to 8 servings

Chicken Cacciatore

- 2 tablespoons olive oil
- 4 pound chicken, skin and excess fat removed,
cut up into serving pieces
- 1 large onion, chopped
- 2 cloves garlic, sliced very thin
- 1 small pickled cherry or jalapeño pepper, seeded and
coarsely chopped, optional
- 8 ounces white mushrooms, sliced thin
- 1/3 cup dry white wine
- 2 cups canned crushed tomatoes
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon minced parsley

1. In a large skillet over medium-high heat, brown the chicken, onion, and garlic in the olive oil.
2. Combine the sautéed chicken and pan drippings with all the remaining ingredients, except the parsley, in the Cook's Essentials® Slow Cooker ceramic liner.
3. Cover and set power switch to **AUTO**. Chicken will be done in 7 to 8 hours. Or cook on **LOW** 8 to 9 hours.
4. Season with salt and black pepper to taste. Stir in the parsley before serving.

Makes 4 servings

Old-Fashioned Beef Stew

3 carrots, peeled and sliced into 1/4-inch rounds
3 large potatoes, peeled and cut into 1-inch cubes
1 large onion, cut in half and sliced thin
3 pounds of beef, cut into 1-1/2-inch cubes
3 cups beef stock or broth
1 cup canned tomato sauce
1 teaspoon dried thyme
1 bay leaf
1/2 teaspoon whole black peppercorns
2 cups frozen peas
1 tablespoon minced fresh parsley

1. Layer carrots, potatoes, and then onions in the Cook's Essentials® Slow Cooker ceramic liner. Top with beef, bay leaf, and black peppercorns. In a large mixing bowl, combine the stock, tomato sauce, and thyme. Pour over the meat and vegetables.
2. Cover and set power switch to **AUTO**. Stew will be done in 7 to 8 hours. Or cook on **LOW** 8 to 9 hours.
3. Stir in the peas 15 to 20 minutes before serving and cook on **HIGH**. Taste and adjust for salt. Stir in the parsley and remove bay leaf before serving.

Makes 6 to 8 servings

Slow-Simmered Bolognese Meat Sauce

2 tablespoons olive oil
1-1/2 pounds very lean ground beef
1 medium-sized onion, minced
2 carrots, peeled and minced
2 ribs celery, minced
1 (12 fl.oz.) can evaporated milk
1 teaspoon grated or ground nutmeg
2 teaspoons sugar
3 teaspoons salt
1/2 teaspoon ground black pepper
1 tablespoon minced fresh parsley
1 tablespoon minced fresh basil
2 (28 oz. ea.) cans tomato purée

1. Heat olive oil in a large skillet on a stove top burner over medium-high heat. Add the onion, carrot, and celery. Sauté 5 to 8 minutes, or until soft. Add the ground beef and cook until no longer pink, breaking up any large pieces with a spoon.
2. Combine the browned beef with the remaining ingredients in the Cook's Essentials® Slow Cooker ceramic liner.
3. Cover and set power switch to **AUTO**. Sauce will be done in 7 to 8 hours. Or cook on **LOW** 8 to 9 hours.
4. Taste and adjust for salt and pepper.

Makes 6 to 8 servings

Rice Pudding

3/4 cup dry medium- or long-grain white rice
2 (12 fl. oz. ea.) cans evaporated milk
1-1/4 cups water
1 cinnamon stick
2/3 cup sugar
1 teaspoon vanilla extract

1. Combine all the ingredients, in the Cook's Essentials® Slow Cooker ceramic liner.
2. Cover. Set power switch to **HIGH**. Cook 7 to 8 hours.
3. Remove the cinnamon stick before serving.

Makes 6 servings

Chocolate Bread Pudding

2 (12 fl. oz. ea.) cans evaporated milk
1 cup semi-sweet chocolate chips
4 large eggs
1/4 cup sugar
1 teaspoon vanilla extract
1 pound loaf day-old white or egg bread, crust removed,
cut into small cubes.

1. In a large microwave bowl or 4-cup glass measuring cup, combine the evaporated milk and chocolate chips. Heat in a microwave on high power 2 to 3 minutes, or until it just begins to simmer. Stir together well. Whisk in the eggs, vanilla, and sugar.
2. Lightly butter the Cook's Essentials® Slow Cooker ceramic liner. Place the bread cubes in the bottom, scattering evenly. Pour the chocolate mixture over the bread. Let sit for 15 minutes, pressing down on the bread so that it absorbs the liquid.
3. Cover; set power switch to **HIGH**. Cook 4 hours.
4. Serve warm with whipped cream, if desired.

Makes 8 servings

NOTES

This image shows a single page from a notebook or ledger. It features approximately 20 evenly spaced horizontal blue lines across its entire width. The margins are uniform on all sides, and there is no handwriting or other markings present.

COOK'S ESSENTIALS® WARRANTY

This Cook's Essentials® product warranty extends to the original consumer purchaser of the product.

Warranty Duration: All materials and workmanship are warranted to the original consumer purchaser for a period of one (1) year from the original purchase date.

Warranty Coverage: This product is warranted against defective materials or workmanship. This warranty is void if the product has been damaged by accident, in shipment, unreasonable use, misuse, neglect, improper service, commercial use, repairs by unauthorized personnel or other causes not arising out of defects in materials or workmanship. This warranty is effective only if the product is purchased and operated in the USA, and does not extend to any units which have been used in violation of written instructions furnished by Cook's Essentials®, or to units which have been altered or modified or to damage to products or parts thereof which have had the serial number removed, altered, defaced or rendered illegible.

Warranty Disclaimers: This warranty is in lieu of all warranties expressed or implied and no representative or person is authorized to assume for Cook's Essentials® any other liability in connection with the sale of our products. There shall be no claims for defects or failure of performance or product failure under any theory of tort, contract or commercial law including, but not limited to negligence, gross negligence, strict liability, breach of warranty and breach of contract.

Warranty Performance: During the above one-year warranty period, a product with a defect will be either repaired or replaced with a reconditioned comparable model (at Cook's Essentials® option). Contact Consumer Service for return authorization. The repaired or replacement product will be in warranty for the balance of the one-year warranty period and an additional one-month period. No charge will be made for such repair or replacement.

Service and Repair

If service is required, you should first call toll-free 1-800-233-9054 **between the hours of 8:00 am and 5:00 pm Central Standard Time** and ask for **CONSUMER SERVICE** stating that you are a consumer with a problem. Please refer to Model CESC6 when you call.

To contact Consumer Service by mail, write to:

ATTN: Repair Department
708 South Missouri St.
Macon, MO 63552

In-Warranty Service: for an appliance covered under the warranty period. Please call for return authorization.

Out-of-Warranty Service: A flat rate charge by model is made for out-of-warranty service. Please include \$8.00 (US) for return shipping and handling.

Cook's Essentials® cannot assume responsibility for loss or damage during incoming shipment. For your protection, carefully package the product for shipment and insure it with the carrier. Be sure to enclose the following items with your appliance: any accessories related to your problem; your full name and return address and daytime phone number; a note describing the problem you experienced; **a copy of your sales receipt or other proof of purchase to determine warranty status.** C.O.D. shipments cannot be accepted.

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