



Russell Hobbs



EASY CLEAN MULTI-COOKER

2 YEAR WARRANTY

RHMC20

RHMC20_IB&RB_FA_041021 Part No. T22-9002506

INSTRUCTIONS & WARRANTY



IMPORTANT SAFEGUARDS

When using this appliance, basic safety precautions should always be followed, including the following:

Read all instructions before, and follow whilst using this appliance.



1. To protect against electrical hazards, do not immerse the Control Panel in water or any liquid.
2. Do not use it in a bathroom or near any source of water.
3. Do not use outdoors.
4. **WARNING:** Avoid spillage on the connector
5. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
6. This appliance is NOT a toy. Children should be supervised to ensure they do NOT play with this appliance.
7. Always follow the instructions when using this appliance.
8. The temperature of accessible surfaces/parts may become very hot when the appliance is operating and may remain hot for some time after the appliance has been switched off.
9. To avoid the possibility of scalding, keep clear of steam escaping around the lid area.
10. Do not touch any surfaces until the appliance has fully cooled.
11. Do not use the slow cooker function to re-heat food that has already been cooked.
12. **WARNING:** Dried beans (e.g. red kidney beans) must be boiled for at least 10 minutes before being added into slow cooked recipes. They are poisonous if eaten raw or undercooked.
13. **CAUTION:** Do not operate on an inclined plane. Place the appliance on a stable, level, heat-resistant surface and out of reach of children.
14. Route the power cord so it does not overhang, and cannot be caught accidentally.
15. Unplug the appliance when not in use, before moving and before cleaning. Let it cool down fully before cleaning and storing away.
16. There are no user serviceable parts. If the power cord is damaged, it must be replaced by the manufacturer or similarly qualified person in order to avoid hazard.
17. Do not operate this appliance with a damaged cord/plug or after the appliance has malfunctioned, or been dropped or damaged in any manner. Contact Customer Service for examination, adjustment, repair or replacement.
18. To disconnect, ensure the appliance Control Panel is set to OFF. Switch off the wall power outlet then grasp the plug and withdraw it from the outlet. Never pull by the cord.



19. Leave a clear space of at least 75mm (3 inches) around the appliance when in use.
20. Do not cover the appliance or place anything on top of it while in use.
21. Do not use the appliance near or below curtains or other combustible materials.
22. Keep the appliance and power cord away from hotplates, cook-tops and burners.
23. The Cooking Pot must not be used with or in any appliance (cook-top, stove, oven, microwave oven, etc.).
24. Do not shock/bump the glass lid. The lid supplied with this appliance is made from tempered glass. However, this does not make it indestructible! Care needs to be taken not to shock the glass as it may cause it to weaken and unexpectedly shatter into small fragments for seemingly no reason.
25. Do not use accessories or attachments other than those supplied as specifically for use with this appliance.
26. Do not use the appliance for any purpose other than that described in these instructions.
27. Use only Control Panel model RHMC20-01 with this appliance.
28. Do not connect this appliance to an external timer or remote control system.
29. For added safety, electrical appliances should be connected to a power outlet that is protected by a residual current device (RCD), also often referred to as a 'Safety Switch'. Your switchboard may already incorporate an RCD. If unsure, call an electrician for verification and fitting if necessary.

This appliance is intended to be used in household and similar applications such as:

- Staff kitchen areas in shops, offices and other working environments;
- Farm houses;
- By clients in hotels, motels, and other residential type environments;
- Bed & breakfast type environments.



WARNING: HOT SURFACE(S):

The hot surface symbol indicates that accessible surfaces may be hot during and after appliance use.

SAVE THESE INSTRUCTIONS

Congratulations on the purchase of your new Russell Hobbs Easy Clean Multi-Cooker. Each unit is manufactured to ensure safety and reliability. **Before using the Multi-Cooker for the first time, please read this instruction booklet carefully and keep it for future reference. Pass it on if you pass on the Multi-Cooker.**

When using this appliance, basic safety precautions should always be followed.



FEATURES

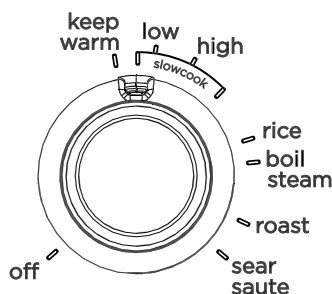
- | | |
|------------------|--|
| 1. Lid handle | 6. Power indicator light |
| 2. Glass Lid | 7. Cooking pot/base unit |
| 3. Handles | 8. Steaming/roasting rack
(not shown) |
| 4. Control panel | |
| 5. Control knob | |

BEFORE FIRST USE

- Remove all packaging material from the product.
- As some parts may be packed separately, check to ensure all items have been unpacked before disposing of the packaging.
- Remove all accessories and components.
- Wash all removable parts as instructed in "CLEANING AND MAINTENANCE" section of this manual. Do not wash the control panel.
- Select a level, dry countertop where the appliance is to be used.
- Do not place cooking pot into an oven or directly on a stove top. The cooking pot must only be used in connection with the control panel.
- Ensure the multi-cooker is always disconnected from the wall power outlet when not in use.

NOTE: The appliance inlet must be dried before the appliance is used.

CHOOSE A FUNCTION FOR YOUR MEAL



COOKING FUNCTIONS

Sear/Sauté: Quickly sear meats with a hot temperature. Sauté vegetables to build flavors.

Roast: Perfect for roast joints using the included rack.

Slow Cook: Perfect for casseroles, soups, stews, and combinations of meats and vegetables.

Steam: Steam vegetables, fish, etc. using the included rack.

Rice: Prepare delicious, fluffy rice. Can also be used for grains, lentils, oats.

Boil: Boil eggs, potatoes, or corn. Also used for ingredients such as pasta or making soups.

Keep Warm: Allows you to keep cooked food warm before serving.

ASSEMBLY

The Control Panel can be removed when you are serving food or when you are cleaning the unit.

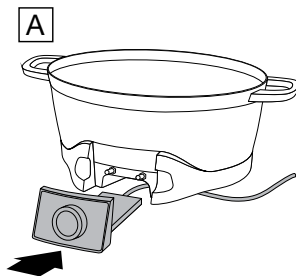
To fit:

With the plug removed from the wall power outlet, slide the control panel into the front of the cooking pot (fig. A).

To remove:

Remove the mains plug from the wall power outlet and then slide the control panel out from the cooking pot.

NOTE: Use only Control Panel model number RHMC20-1 with this appliance.



SEAR/SAUTÉ

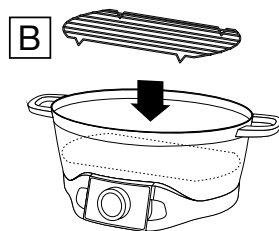
1. Plug in the appliance.
2. Rotate the knob to Sear/Sauté function. Allows for cooking surface to pre-heat which might take a few minutes. TIP - Start the program first while you prepare the ingredients to be seared.
3. Add butter, oil, etc. to the cooking pot and use it in the same way as you would use a frying pan.
4. When the oil or butter is hot, sear or sauté as you would on a stove top. Stir ingredients during the cooking process. Flip the food halfway through to sear on both side or stir while sauteing.
5. Refer to your specific recipe for more precise times.
6. When food is done, turn the knob to off or unplug.
7. Unplug the appliance when not in use and always allow it to completely cool before cleaning and storing.

ROAST

1. Place rack in the cooking pot.
2. Place seasoned cuts of meat and/or cut up vegetables on the rack in the cooking pot and cover with glass lid.
3. Plug in the appliance.
4. Rotate the knob to Roast function.
5. Set a timer per your recipe on a separate device. Refer to your specific recipe for more precise times.
6. When food is done, turn the knob to off or unplug.

NOTE: Do not keep foods on the keep warm setting for more than 4 hours.

7. Unplug the appliance when not in use and always allow it to completely cool before cleaning and storing.



TIPS

- The approximate maximum capacity for roasting is a 1.8–2.2 kg chicken or a 1.3–1.8 kg roast.
- If you desire a stronger flavour of browned meat, use the Sear/Sauté function before roasting to brown the meat.
- Always roast with the lid on. Open the lid as little as possible to ensure even cooking and to keep heat from escaping.
- Using a meat thermometer can help significantly improve and give a more accurate end result.

SLOW COOKING

THE BENEFITS OF SLOW COOKING

- **Health:** The gentle cooking action reduces damage to vitamins and retains more of the nutrients and flavours.
- **Economy:** Long, slow cooking can tenderise the cheaper, tougher cuts of meat, and uses about a quarter of the power of the small ring on the average hob.
- **Convenience:** Prepare the ingredients the night before, put them in the slow cooker before you leave, and have a delicious meal waiting for you when you get home.

USING THE SLOW COOKING MODE

1. Add the ingredients to the cooking pot and cover with the glass lid.
2. Plug in the appliance.
3. Rotate the knob to your choice of low or high setting in the area indicated as Slow Cook.

NOTE: Do not use the Keep Warm setting to cook. Only use it to keep warm cooked food that is already hot.

4. Set a timer per your recipe on a separate device. Keep the lid on.
5. End of cooking cycle: when time is up, turn the unit off by rotating the knob to off and unplug. Alternatively, rotate the knob to keep warm if desired.

NOTE: Do not keep foods on the keep warm setting for more than 4 hours.

6. Unplug the appliance when not in use and always allow it to completely cool before cleaning and storing.

GENERAL TIPS

- Keep in mind that ingredients used straight from the fridge can increase the cooking time.
- Try not to open the lid unnecessarily during cooking. A lot of heat can escape when you do this and it can take your multi-cooker a long time to recover.
- When testing a dish to see if it's cooked, don't forget that root vegetables usually take longer to cook.
- Thaw frozen food completely before adding it to the cooking pot.
- Pre-browning meat beforehand is not strictly necessary but can help seal in the moisture and add depth to the flavour. Use your multi-cooker's sear/sauté function to brown meat.
- Store ingredients prepared beforehand (e.g. the night before) in containers in the fridge. Don't put the cooking pot into the fridge.
- When cooking with rice, use at least 150ml (¼ pt) of cooking liquid for each 100g (4 oz) of rice.
- Pasta isn't suitable for slow cooking, it becomes too soft. If your recipe requires pasta, it should be pre-cooked and then stirred in 30-40 minutes before the end of the cooking time.
- After all the ingredients are put into the cooking pot, it shouldn't be more than about three quarters full. If you overfill, it may spit hot liquid or overflow during use.
- If the finished dish is too liquid, it can be thickened using a little cornflour, arrowroot, etc. For each 250-300 ml of liquid, mix together 2 tbsp of cornflour with enough water to form a thin paste. Add the paste to the dish approx. 30-45 minutes before the end of cooking. Alternatively, stir in ready-made gravy granules following the manufacturer's instructions.



COOKING GUIDELINES

Vegetables

Slow cooking is ideal for vegetables. There's little evaporation, so all the juices and flavours are retained. Root vegetables like potato, carrot, turnip, and swede, need more slow cooking time than meat. Cut them into bite-size pieces and immerse in the cooking liquid. Place the vegetables as close to the bottom of the pot as possible. Quickly cooked vegetables, like peas and sweetcorn, should be added half an hour before the end of cooking.

Pulses (Beans, Peas and Lentils)

Some dried pulses (lentils, peas, etc.) may need soaking before use. Always check any recommendations on the packaging before using.

WARNING

Dried beans (e.g. red kidney beans, cannellini, etc.) should be soaked for a minimum of 8 hours and boiled for at least 10 minutes before adding to the multi-cooker. They're poisonous if eaten raw or undercooked.

Meat and Poultry

Slow cooking tenderises cheaper cuts, and reduces shrinkage and evaporation, retaining flavour and nutritional value. The leanest cuts of meat are best for slow cooking.

Trim excess fat from the meat because this can add to the liquid during cooking in the form of fat. Where possible, use chicken without skin.

Cut the meat into evenly sized cubes (approx. 2.5 cm) for casseroles and stews.

Suitable cuts include:

Beef - Brisket, shin, silverside, topside, stewing steak, braising steak, chuck

Pork - Leg, shoulder, belly, cheek, chump

Lamb - Shanks, leg, shoulder, neck

CONVERTING RECIPES FROM A TRADITIONAL OVEN

These times are approximate and can vary depending on the ingredients and quantities. Always check that the food is thoroughly cooked before serving. Set a timer per your recipe on a separate device.

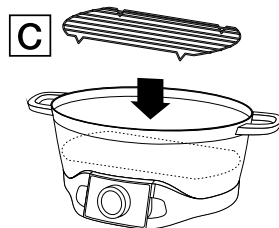
Oven cooking time	Time on low (hours)	Time on high (hours)
15-30 minutes	4-6	1-2
30-60 minutes	6-8	2-4
1-3 hours	8-12	4-7

IMPORTANT INFORMATION

When slow cooking, if there is an interruption to the mains power supply during cooking of 2 hours or less, the appliance will resume cooking once the power is restored. If the power is interrupted for longer than 2 hours the food should be discarded. If you are not sure how long the appliance has been off, discard the food.

STEAM

1. Fill the cooking pot with water to a depth of approx. 2 - 2.5 cm. This will give you approx. 30 minutes of steaming. Don't add too much water otherwise the ingredients will be submerged.
2. Place the rack into the cooking pot (fig. C). Add ingredients such as fresh vegetables cut to a uniform size to the cooking pot and cover with glass lid.
3. Plug in the appliance.
4. Rotate the knob to steam/boil function.
5. Set a timer per your recipe on a separate device. Keep an eye on fresh vegetables and don't overcook. Aim for brightly colored and slightly softened but not limp. Refer to your specific recipe for more precise times.
6. When food is done, turn the knob to off or unplug.
7. Unplug the appliance when not in use and always allow it to completely cool before cleaning and storing.



SUGGESTED STEAMING TIMES

These foods are best cooked using your multi-cooker from cold. Fill the pot with cold water, add the rack, the ingredients and set the timer according to the table.

Food (fresh)	Notes	Time (minutes)
Broccoli	Cut into 1-2 cm florets/pieces	13-15
Green Beans	Lay flat on the steaming rack	13-15
Carrots	Sliced approx. 1 cm thick	17-19
Cabbage (savoy)	Shred or cut into pieces	11-13
Asparagus	Lay flat on the steaming rack	11-13
Zucchini	Sliced approx. 1 cm thick	9-11
Sprouts	Whole (approx. 2 cm in diameter)	13-15
Cauliflower	Cut into 1-2 cm florets/pieces	15-17
Sweetcorn	Whole, on the cob	17-21
Potatoes	New potatoes or potatoes cut into 1-2 cm pieces	21-23
Boiled egg	Soft / Medium / Hard / Well done	5-6/7-8/9-10/11-12
Poached egg	Place in a ramekin or small dish	5-6
Chicken breast	Butterfly or dice into 1-2cm pieces	12-14
Salmon/round fish	Cod, etc.	7-9
Flat white fish	Sole, Basa, etc.	3-4
Steak fish	Tuna, Swordfish, etc.	7-9
Kale/cavolo nero	Cut into pieces	9-11
King prawns	Remove shells. Steam for 2-3 minutes or until the prawns have cooked all the way through. Stir half way through cooking.	

RICE

1. (Optional) Rinse your grain in water and strain with a wire strainer before cooking.
2. Add rice and water to the cooking pot and cover with glass lid.
3. Plug in the appliance.
4. Rotate the knob to Rice function.
5. Set a timer per your recipe on a separate device. Refer to your specific recipe for more precise cook setting and times or chart below.
6. Keep the lid closed until the end of the cooking cycle to ensure that the heat stays in and the rice gets cooked.
7. End of cooking cycle: when time is up check to make sure rice is done, if it is done turn the unit off. If it isn't done, put the lid back on and give it some more time.

NOTE: Do not keep foods on the keep warm setting for more than 4 hours.

8. Unplug the appliance when not in use and always allow it to completely cool before cleaning and storing.

Tip

- Allow rice to rest on the keep warm settings for at least 15 minutes before serving. If desired, add seasonings and oil or butter with rice before serving.

RICE COOKING CHART

Rice (grams)	Water (ml)	Approx. number of servings
FOR WHITE RICE		
200	480	2-4
300	720	3-5
400	960	4-5
600	1440	8-10
FOR BROWN RICE		
200	520	2-4
300	840	3-5
400	1160	4-6
600	1800	8-10

- For other types of rice not listed in the cooking chart or when in doubt, follow the package directions.

BOIL

1. Add water and ingredients and cover with the glass lid.
2. Plug in the appliance.
3. Rotate the knob to steam/boil function.
4. Set a timer per your recipe on a separate device. Refer to your specific recipe for more precise time.
5. When food is done, turn the knob to off or unplug.

IMPORTANT: If you are making pasta, make sure that the water is boiling before adding the pasta.

6. Unplug the appliance when not in use and always allow it to completely cool before cleaning and storing.



KEEP WARM

IMPORTANT: Do not use the Keep Warm setting to cook. Only use it to keep warm cooked food that is already hot.

1. Start with already cooked and hot ingredients in the cooking pot, covered with the glass lid.
2. Rotate the knob to keep warm function.

NOTE: Do not keep foods on the keep warm setting for more than 4 hours.

3. Unplug the appliance when not in use and always allow it to completely cool before cleaning and storing.

SERVING FOOD

Once the food is cooked, you can serve it directly from the cooking pot.

1. After desired cooking cycle has finished, turn the knob to off and unplug the unit.
2. Slide out the control panel from the cooking pot.
3. Use the handles to carry the cooking pot and its contents to the table and serve.
 - Take great care when carrying the cooking pot as it, and the ingredients, will be HOT! Always use the carrying handles and oven gloves if necessary.
 - Make sure that the surface on which you place the cooking pot will not be damaged by heat. Prepare the serving area by putting down a heat resistant pad or suitable trivet before you place the cooking pot down.

CARE AND MAINTENANCE

1. Unplug the appliance and let it cool down before cleaning or storing away.

NOTE: The Control Panel must be removed before cleaning.

2. Remove the Control Panel and wipe it with a damp cloth. DO NOT immerse the Control Panel in water or any other liquid
3. The cooking pot and glass lid can be cleaned in the dishwasher, or handwashed in warm soapy water.

NOTE: The appliance inlet must be dried before the appliance is used again.

4. Allow to dry thoroughly before storing or using again.
 - Don't use harsh or abrasive cleaners, solvents, scourers, wire wool, or soap pads.

DISPOSAL/RECYCLING

Legislation in some localities mandates that e-waste (anything with a plug, battery or cord) is disposed of through controlled recycling facilities and must not be disposed of in general household waste. For more information about recycling of electrical and battery operated appliances, please contact your local council or your local household waste disposal service.

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Spectrum Brands Australia Pty Ltd and Spectrum Brands New Zealand Ltd Warranty Against Defects

In this warranty:

Australian Consumer Law means the Australian consumer law set out in Schedule 2 to the Competition and Consumer Act 2010;

CGA means the New Zealand Consumer Guarantees Act 1993;

Goods means the product or equipment which was accompanied by this warranty and purchased in Australia or New Zealand, as the case may be;

Manufacturer, We or us means:

1. for Goods purchased in Australia, Spectrum Brands Australia Pty Ltd ABN, 78 007 070 573;
or
2. for Goods purchased in New Zealand, Spectrum Brands New Zealand Ltd, as the case may be, contact details as set out at the end of this warranty;

Supplier means the authorised distributor or retailer of the Goods that sold you the Goods in Australia or in New Zealand; and

You means you, the original end-user purchaser of the Goods.

1. Our goods come with guarantees that cannot be excluded under the Australian Consumer Law, or the CGA. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.
2. The benefits provided by this Warranty are in addition to all other rights and remedies in respect of the Goods which the consumer has under either the Australian Consumer Law or the CGA. The original purchaser of the Goods is provided with the following Warranty subject to the Warranty Conditions:
3. We warrant the Goods for all parts defective in workmanship or materials for a period of 2 years (**Warranty Period**) from the date of purchase.

If the Goods prove defective within the Warranty Period by reason of improper workmanship or material, we may, at our own discretion, repair or replace the Goods without charge.

Warranty Conditions

4. The Goods must be used in accordance with the manufacturer's instructions. This Warranty does not apply should the defect in or failure of the Goods be attributable to misuse, abuse, accident or non-observance of manufacturer's instructions on the part of the user. As far as the law permits, the manufacturer does not accept liability for any direct or consequential loss, damage or other expense caused by or arising out of any failure to use the Goods in accordance with the manufacturer's instructions.
 5. Exhaustible components (such as batteries, filters and brushes) of the Goods are included under this Warranty only where there is a defect in workmanship or materials used.
 6. The warranty granted under clause 3 is limited to repair or replacement only.
 7. Any parts of the Goods replaced during repairs or any product replaced remain the property of the manufacturer. In the event of the Goods being replaced during the Warranty Period, the warranty on the replacement Goods will expire on the same date as for the Warranty Period on the original Goods which are replaced.
 8. In order to claim under the warranty granted under clause 3 you must:
 - (a) Retain this warranty with your receipt/proof of purchase; and
 - (b) Return the Goods to us at the relevant address or to the Supplier by prepaid freight within the Warranty Period accompanied with (i) the legible and unmodified original proof of purchase, which clearly indicates the name and address of the Supplier, the date and place of purchase, the product name or other product serial number and (ii) this warranty.
 9. This warranty is immediately void if:
 - (a) Any serial number or appliance plate is removed or defaced;
 - (b) The Goods have been serviced or otherwise repaired by a person not authorised to do so by us or where non approved replaced parts are used.
 10. The Goods are designed for domestic use only. The Goods must be connected to the electrical voltage requirements as specified in the ratings label located on the Goods.
 11. This warranty does not cover the cost of claiming under the warranty or transport of the Goods to and from the Supplier or us.
 12. This warranty is only valid and enforceable in Australia against Spectrum Brands Australia Pty Ltd and in New Zealand against Spectrum Brands New Zealand Ltd.
- Contact us or the Supplier for further details.

Register your product online

If you live in Australia please visit: www.spectrumbrands.com.au/warranty

If you live in New Zealand Please visit: www.spectrumbrands.co.nz/warranty

Registration of your warranty is not compulsory, it gives us a record of your purchase AND entitles you to receive these benefits: Product information; Hints and tips; Recipes and news; Information on special price offers and promotions.

Any questions? Please contact Customer Service for advice.

NOTES

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Russell Hobbs



EASY CLEAN MULTI-COOKER

2 YEAR WARRANTY

RHMC20

RHMC20_IB&RB_FA_041021

RECIPE BOOK



ORZO WITH SPINACH, TOMATO, AND ZUCCHINI

Preparation Time: 10 minutes

Cooking Time: 20 minutes, divided

Total Time: 30 minutes

Servings: 8

Serving Size: ½ cup

Ingredients:

1 ½ cups uncooked orzo pasta	1 Tbsp. minced garlic
4 ½ cups of vegetable stock or water or mixture	2 Tbsp. olive oil
1 medium onion, diced	2 tsp. Italian seasoning
1 zucchini, diced	Salt and pepper to taste
2 Roma tomatoes, diced	½ cup grated Parmesan cheese
2 handfuls of spinach	

Method:

1. Place 4 cups of the stock in the multi-cooker and use the **Boil** function. 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. If the water starts to bubble up too much, 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 strainer while you finish the rest of the recipe. Set it aside.
2. Replace the multi-cooker on the control panel, add the oil and turn on the **Sear/Sauté** function. After a minute or two, add the onion, zucchini, and tomato to the multi-cooker. Stir occasionally for about 2-3 minutes.
3. Add the garlic, Italian seasoning, salt and pepper to the multi-cooker, stir to combine. sauté for about a minute. Add the spinach. Stir to combine. The spinach will wilt down considerably.
4. 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 multi-cooker and stir in the Parmesan cheese.

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LEMON HERB STEAMED SALMON

Preparation Time: 5 minutes

Cooking Time: 6-9 minutes, depends on thickness of the filet

Total Time: 11-14 minutes

Servings: 4

Serving Size: One 110g filet

Ingredients:

4x 110g salmon filets

2 tsp. dried dill

2 tsp. onion powder

1 tsp. dried parsley

¼ tsp. smoked paprika

1 tsp. seasoned salt

1 tsp. lemon pepper

1 tsp. garlic powder

Lemon slices for garnish, optional

Method:

1. In the multi-cooker, place about 1.5cm of water on the bottom. Set the 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.
2. In a small bowl, combine the spices.
3. Set the filets on a work surface and sprinkle the spices over the filets.
4. Set the seasoned filets on the rack in the multi-cooker. Turn on the **Steam** function and put the lid on the multi-cooker.
5. Let steam until the internal temperature of the salmon reaches 63°C as indicated on a cooking thermometer, for 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 to the side so some of the steam releases. After a minute or two you can put the lid back on.
6. 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.



GARLIC ROSEMARY PORK LOIN

Preparation Time: 10 minutes

Cooking Time: 90 minutes

Total Time: 100 minutes

Servings: 8

Serving Size: 2 slices

Ingredients:

- 1 (1.2kg) boneless pork loin, trimmed of fat
- 1 head of garlic, peeled and cloves left whole
- 2 Tbsp. oil
- 1 tsp. crushed rosemary or 1 Tbsp. fresh rosemary
- 1 tsp. dried thyme or 1 Tbsp. fresh thyme
- 2 tsp. salt
- 1 tsp. black pepper
- ½ tsp. smoked paprika

Method:

1. Place the rack inside the multi-cooker. Pour about a cup of water on the bottom of the pan. You should have about 2.5 cm of water on the bottom.
2. Set the pork loin on the rack.
3. In a blender or small food processor place the garlic cloves, oil, rosemary, thyme, salt and pepper. Process until smooth and looks like a thick paste. You may need to adjust the amount of oil to get the right consistency. It should be thick so that it stays on the pork loin.
4. Slather the paste over the top of the pork loin and then sprinkle the paprika over the top for added colour.
5. Put the lid on the multi-cooker and set to **Roast**. Let cook for about 90 minutes or until the internal temperature of the pork reaches 71°C as indicated on a cooking thermometer.
6. Take out of the multi-cooker and place on a cutting board. Let rest for about 10 minutes. Slice and serve immediately.



TURKEY CHILI

Preparation Time: 15 minutes

Cooking Time: 3 to 5 hours

Total Time: 3 to 5 hours + 15 minutes

Servings: 8-10

Ingredients:

- 1 Tbsp. olive oil
- 1 medium onion, diced
- 450-680g ground turkey
- 2 tbsp minced garlic
- 410g can fire roasted diced tomatoes, not drained
- 2 Tbsp. tomato paste
- 425g tomato sauce
- 410g can low sodium black beans, rinsed and drained
- 2 cups frozen corn or 2 cans of corn, low sodium, rinsed and drained
- 2 cans of low sodium dark red kidney beans, not drained
- 2 Tbsp. garlic powder
- 2 Tbsp. onion powder
- 2 Tbsp. chili powder
- 1 Tbsp. ground cumin
- 2 tsp ground coriander
- 2 tsp. salt
- 1 tsp. black pepper
- Optional Garnishes:
Cheese, avocado, sour cream

Method:

1. Using the **Sear/Sauté** function heat the oil in the cooking pot. Once oil is heated, about 1-2 minutes, add the diced onions. Sauté until tender-crisp, about 3-4 minutes. Add the ground turkey and garlic, and continue to cook until browned, about 5 minutes.
2. Add the rest of the ingredients. Stir to combine.
3. Place the lid on the multi-cooker and cook using the **High Slow Cook** function for 3-5 hours. Stir occasionally.
4. Once cooked, place in bowls, top with cheese, avocado, and sour cream if desired.



BEEF POT ROAST

Preparation Time: 10 minutes

Cooking Time: 6 hours

Total Time: 6 hours 10 minutes

Servings: 4-6

Ingredients:

6 medium carrots, cut in 6 cm pieces (about 2 cups)

4 large cloves garlic, chopped

1 bag frozen pearl onions

4 medium potatoes, quartered

1.8kg boneless bottom round roast

1/4 tsp. coarsely ground pepper

1/2 tsp. salt

1 cup beef broth

1 1/2 tsp. herbs de Provence

1 envelope beef onion soup mix

1/2 tsp. dried thyme

Method:

1. Place half of the vegetables on the bottom of the cooking pot. Season beef with salt and pepper. Place on top of vegetables.
2. Add remaining vegetables. Spread around roast.
3. In measuring cup or bowl, combine remaining ingredients; stir to blend. Pour over beef. Cover with glass lid.
4. Cook with the **Low Slow Cook** function for 6 hours, until beef is tender.

