

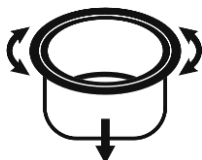


## Technical Details:

220-240V, 50-60Hz  
200W

Capacity: 0.4L 2 cups  
"COOK" and "WARM" indicator lights  
Iron outer shell and plastic parts  
With non-stick inner pot  
Glass lid and with steamer  
With accessory of plastic measure cup and spoon  
With micro-switch and safe switch

## CAUTION



BEFORE STARTING TO COOK, CLEAN THE BOTTOM OF THE INNER POT AND THE SURFACE OF THE HEATER PLATE, THEN TURN THE INNER POT CLOCKWISE AND ANTI - CLOCKWISE SO THAT IT SITS PROPERLY ONTO THE HEATER PLATE INSIDE THE ALL IN ONE COOKER. OTHERWISE, THE ALL IN ONE COOKER WILL NOT WORK OR WILL BE DAMAGED.



## OPERATING INSTRUCTIONS:

### CAUTIONS TO READ BEFORE USING ALL IN ONE COOKER:

- The "KEEP WARM" feature operates whenever the cord is plugged in. Ensure to unplug the cord when the pan is not in the cooker, or when the cooker is not being used.
- Place the inner pot inside the cooker before operating. Turn the pot gently to right and left.
- If the switch button is difficult to press to the "cook" position, do not try to force it down. This difficulty usually occurs when inner pot is not fully inserted in the cooker or when cooking has just finished.
- Place the lid on your inner pot while cooking. Keep the lid in place after serving to prevent your food from drying out or discolouring.
- Keep the bottom of the inner pot and surface of heater plate free of foreign matter to prevent malfunctioning.

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\*Calls cost 7 pence per minute plus your telephone company's network access charge

**HOW TO USE**

**\*\*\*\* WE RECOMMEND CHECKING THE FOOD REGULARLY (AS YOU WOULD DO WITH EVERYDAY COOKING) AS IT IS COOKING AS THIS DOES NOT HAVE AN AUTOMATIC SHUT OFF SETTING.**

- Using the measuring cup provided in the package, measure and add ingredients to the inner pot.



- Use the measuring cup to add water to the food inside the inner pot following the guidelines below:

Cups of Raw Rice	Water add to the line on pot
10 cups	10 – 10 1/2 cups
8 cups	8 – 8 1/2 cups
6 cups	6 – 6 1/2 cups
4 cups	4 – 4 1/2 cups
2 cups	2 – 2 1/2 cups

**To cook rice:**

- Put the bowl inside the base unit.
- Add the rice first, then the water to the cooking bowl as above.
- Close the lid firmly. Turn pan gently to right and left. Close the cover firmly.
- Plug in the power cord. Do not plug in until ready for cooking. Otherwise, the food may be spoiled. If the pot is not inside the cooker, cooking will not begin.
- Press the “Cook” switch. The indicator will light up once cooking has started.
- When the food is done, the switch will pop up. After the switch pops up, leave covered for at least 15 minutes to steam food.
- Unplug after each use. Grasp the plug, not the cord.
- When you stew, the water level should be no more than 70% of the volume.
- Do not block the ventilation hole in the lid. Danger of scalding.

**To cook porridge:**

- Use a little less milk or water than you would for cooking on the hob. Add some chopped nuts or dried fruit to taste.

**To steam vegetables:**

Vegetables	Quantity	Cooking time in minutes
Green beans	200g	20
Broccoli	200g	18
Carrots (sliced)	200g	15-20
Courgettes	200g	10-12

- Please note that these times are approximations and may vary depending on quantity, quality and personal preference.

## Recipes

### Chicken Noodle Soup

#### **Ingredients**

1 teaspoon olive oil  
¼ onion, finely chopped  
¼ carrot, sliced  
1 teaspoon garlic, minced  
400ml chicken broth  
½ boneless cooked chicken breast, cut into ½ inch cubes  
2 teaspoons finely chopped parsley  
28g spiral pasta  
Salt & pepper to taste

Pour the olive oil in the compact cooker bowl, add the onion, carrot and garlic. Cook with the lid on for a few minutes. Remove the lid and add the pasta, chicken, chicken broth, parsley, salt and pepper. Cover with the lid and cook for 5 minutes. Then remove the lid and stir.

Re-cover and cook until the pasta is tender.

### Mushroom Risotto

#### **Ingredients**

150g chopped onions  
3 cloves of garlic (crushed)  
1 tablespoon olive oil  
120g mushrooms (chopped)  
1 teaspoon salt  
1 teaspoon thyme  
½ measuring cup dry white wine  
3 cups vegetable stock  
200 g Arborio rice  
¼ measuring cup lemon juice  
300g fresh spinach  
1 tablespoon butter  
1 ½ tablespoons parmesan cheese  
Black pepper to taste

Turn on the compact cooker, but leave the lid open. Add the oil and let it heat while you prepare the ingredients. Add the onions and garlic and stir to soften. Add the mushrooms, salt and thyme. Add the wine and stock, stir well. Add the Arborio rice, stir well. Close the compact cooker lid and restart the cooking timer. Let mixture cook and when done, stir well.

Stir in lemon juice, spinach, butter, parmesan and black pepper.

### Macaroni Cheese

#### **Ingredients**

200g macaroni  
1 teaspoon salt  
1 can evaporated milk

100g grated Cheddar cheese  
100g grated Parmesan cheese  
½ teaspoon mustard powder  
½ teaspoon ground black pepper

Combine the macaroni, salt and 2 measuring cups of water in the compact cooker. Cook for 30 minutes, or until the cooking cycle is almost complete and most of the water is absorbed.

Stir in the evaporated milk, cheddar, parmesan, mustard and black pepper. Close the lid and turn the cooker on and let cook for about 10 minutes, stirring occasionally, until the cheese is melted and the milk well incorporated.

### **Thai Red Curry Chicken**

#### **Ingredients**

2 tablespoons of Thai red curry paste  
350ml coconut milk  
1 teaspoon minced ginger  
1 garlic clove minced  
1/2 an onion sliced  
120g bamboo shoots  
1/2 a red pepper chopped  
Soy sauce to taste  
1/2 chicken breast cut into 1/2 inch pieces

In a bowl, mix the curry paste and coconut milk. Place the mixture in the compact cooker dish adding in all the other ingredients apart from the chicken and soy sauce. Stir well to combine.

Season to taste with soy sauce and then add the chicken. Cook for 20 minutes with the lid down, after that time remove the lid and stir. Re-cover and cook for 10 minutes or more, until the chicken is cooked all the way through.

### **Vegetable Frittata**

#### **Ingredients**

100g frozen spinach  
3 tablespoons of finely diced onion  
30g grated cheddar cheese  
3 large eggs  
Salt & pepper to taste

Chop the spinach, onion and tomato. In a bowl, beat the eggs until uniform and then add the cheese. Add the vegetables to the compact cooker bowl and leave to cook for around 2 minutes with the lid on, until the onions are softened. If there is extra water from the vegetables, drain the water away before adding the eggs.

Pour the egg and cheese mixture over the vegetables and stir. Cover with the lid and leave to cook for around 10 minutes or until cooked through.

## **Turkey Chili**

### **Ingredients**

250g turkey mince  
2 tablespoons olive oil  
400g tinned kidney beans, drained and washed  
1 tablespoon chilli powder  
1 tablespoon tomato puree  
400g tinned chopped tomatoes  
3 tablespoons of chilli seasoning  
Salt and pepper to taste  
Sour cream (optional)  
¼ juice of a lime

Place the raw turkey mince in the compact cooker pan, with the olive oil and cook until fully cooked through. Once cooked fully, drain away any excess fat.  
Add the kidney beans, tinned tomatoes and tomato puree and stir. Add in all the seasonings and let simmer for around 30 minutes.

## **Chicken & Mushroom Casserole**

### **Ingredients**

1 tablespoon of butter  
1 clove of garlic minced  
1/2 a chicken breast, cut into bite size pieces  
40g mushrooms sliced  
100g uncooked jasmine rice  
230ml of chicken broth  
2 tablespoons of grated parmesan cheese  
2 tablespoons of Italian flat leaf parsley, chopped  
Salt and pepper to taste

Add the butter, garlic, chicken and mushrooms to the compact cooked. Stir until chicken is browned on all sides and cooked through. Add the rice and chicken broth and then cover with the lid.  
Cook for around 20 minutes, stir and check it is fully cooked through. Add the grated parmesan and stir.  
Allow it to sit with the lid for an additional 5 minutes.  
Add salt and pepper to taste. Garnish with the chopped parsley and serve immediately.

## **Rice Pudding**

### **Ingredients**

100g rice  
450ml milk  
70g sugar  
1 teaspoon of cinnamon  
¼ teaspoon nutmeg  
½ teaspoon vanilla extract

Add the rice, 250ml of the milk, sugar and vanilla extract to the compact cooker bowl. Cook for around 30 minutes with the lid on. Lift the lid off then add the cinnamon, nutmeg and the remaining milk.

**WARNINGS AND SAFETY INSTRUCTIONS:**

WHEN USING ELECTRICAL APPLIANCES, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED:

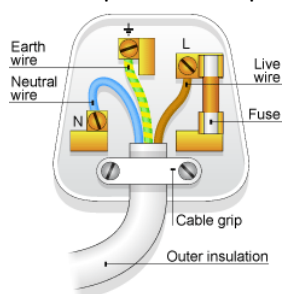
- READ ALL INSTRUCTIONS BEFORE USE.
- FOR DOMESTIC INDOOR USE ONLY.
- DO NOT USE OUTDOORS OR FOR COMMERCIAL USE.
- BEFORE USE, CHECK THOROUGHLY FOR ANY DEFECTS AND DO NOT USE IF DEFECTS ARE FOUND. TAKE CARE NOT TO DROP THE APPLIANCE AS HEAVY IMPACTS MAY CAUSE INTERNAL DAMAGE.
- BEFORE CONNECTING THE APPLIANCE, CHECK IF THE VOLTAGE INDICATED ON THE BOTTOM OF THE APPLIANCE IS IN ACCORDANCE WITH THE MAINS VOLTAGE IN YOUR HOME.
- CHECK THE APPLIANCE AND POWER CABLE CAREFULLY FOR DAMAGE BEFORE EACH USE.
- THIS APPLIANCE CAN BE USED BY CHILDREN AGED FROM 8 YEARS AND ABOVE AND PERSONS WITH REDUCED PHYSICAL, SENSORY OR MENTAL CAPABILITIES OR LACK OF EXPERIENCE AND KNOWLEDGE IF THEY HAVE BEEN GIVEN SUPERVISION OR INSTRUCTION CONCERNING USE OF THE APPLIANCE IN A SAFE WAY AND UNDERSTAND THE HAZARDS INVOLVED. CHILDREN SHALL NOT PLAY WITH THE APPLIANCE. CLEANING AND USER MAINTENANCE SHALL NOT BE MADE BY CHILDREN WITHOUT SUPERVISION.
- CHILDREN OF LESS THAN 3 YEARS SHOULD BE KEPT AWAY UNLESS CONTINUOUSLY SUPERVISED.
- **SOME PARTS OF THIS PRODUCT CAN BECOME VERY HOT AND CAUSE BURNS. PARTICULAR ATTENTION HAS TO BE GIVEN WHERE CHILDREN AND VULNERABLE PEOPLE ARE PRESENT.**
- THE USE OF ANY ACCESSORY ATTACHMENTS NOT RECOMMENDED BY COOPERS OF STORTFORD MAY CAUSE INJURIES AND INVALIDATE ANY WARRANTY YOU MAY HAVE.
- DO NOT LET THE POWER CABLE HANG OVER THE EDGE OF A TABLE OR COUNTER, OR TOUCH HOT SURFACES.
- DO NOT PLACE ON OR NEAR HEAT SOURCES.
- USE ON A LEVEL, STABLE SURFACE.
- DO NOT COVER THE ITEM IN ANY WAY WHEN IN USE AS THIS MAY CAUSE OVERHEATING.
- DO NOT USE THIS APPLIANCE FOR ANY OTHER USE THAN THE INTENDED USE IT IS DESIGNED FOR.
- ENSURE THERE IS SUFFICIENT DISTANCE BETWEEN THIS APPLIANCE AND OTHER ITEMS ON THE WORK SURFACE OR WORK STATION, OR SUFFICIENT DISTANCE BETWEEN THE APPLIANCE AND THE CONFINES OF THE AREA IN WHICH IT IS SITUATED. WE RECOMMEND A MINIMUM CLEARANCE AROUND ALL FACES OF AT LEAST 10CM.
- ALLOW THE ITEM TO COOL THOROUGHLY BEFORE PUTTING ON OR TAKING OFF PARTS.
- TO PROTECT AGAINST ELECTRIC SHOCK, DO NOT IMMERSE POWER CABLE, PLUG OR APPLIANCE, IN WATER OR ANY OTHER LIQUID.
- UNPLUG FROM OUTLET WHEN NOT IN USE AND BEFORE CLEANING.
- DO NOT OPERATE ANY APPLIANCE WITH A DAMAGED POWER CABLE OR PLUG OR AFTER THE APPLIANCE MALFUNCTIONS, OR HAS BEEN DAMAGED IN ANY MANNER. WE RECOMMEND THAT THE POWER CABLE IS NOT KINKED OR STORED IN A TWISTED MANNER, AND THAT YOU REGULARLY CHECK ITS CONDITION.
- ANY REPAIRS MUST BE CONDUCTED BY A QUALIFIED ELECTRICIAN OR ELECTRICAL SERVICE AGENT.

**PLUG WIRING (UK & IRELAND)**

This appliance is fitted with a BS 1363 **13-amp** plug. If you have to replace the fuse, only those that are ASTA or BSI approved to BS1362 and with a rated current of **13-amperes** should be used. If there is a fuse cover fitted, this cover must be re-fitted after changing the fuse. If the fuse cover is lost or damaged the plug must not be used. Spare fuse holders and fuses are available from electrical outlets. If the socket outlets in your home or office are not suitable for this product's plug, the plug must be removed and disposed of safely. Attempts to insert the plug into the wrong socket is likely to cause electric hazard. A replacement plug should be wired according to the following instructions:

**The cable**

A mains electricity cable contains two or three inner wires. Each has a core of copper and an outer layer of flexible plastic. This product is earthed; the wires in the plug are colour coded in the following way:



BLUE	NEUTRAL
BROWN	LIVE
GREEN & YELLOW	EARTH

The diagram shows the key features of a correctly wired three-pin mains plug.

**CARE AND CLEANING INSTRUCTIONS**

- Remove the inner pot and lid and wash them in hot soapy water, taking care to rinse completely, then dry with a soft cloth.
- Clean the outside of the cooker with a clean damp cloth. Never clean any part of the cooker with abrasive cleaner. Use a damp cloth or sponge with water and mild dish detergent. Do not submerge any part of cooker in water. Wash only inner pot and lid.
- To clean the heating plate and thermo-control plate, use steel wool to polish or remove any residue. Then wipe with a damp cloth. Allow to dry completely before re-using. You must keep the heating plate and thermo-control plate free from any foreign objects, otherwise the cooker will not operate properly.
- Improper cleaning of cooker may cause unpleasant odours.
- Any residue of vinegar or salt may cause the pan to corrode.

**DISPOSAL**

- Dispose of all packaging, paper, cartons and plastic, plastic bags in accordance with your local recycling regulations.
- At the end of the product's lifespan please dispose of it at an authorised household WEEE waste recycling centre.



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