

## Sage BPR700BSS

# Sage The Fast Slow Pro Instruction Manual

Model: BPR700BSS | Brand: Sage



The Sage The Fast Slow Pro, a versatile multi-cooker designed for pressure cooking, slow cooking, steaming, and more.

## 1. INTRODUCTION TO THE FAST SLOW PRO

The Sage Fast Slow Pro is an advanced multi-cooker that combines the functions of a pressure cooker, slow cooker, and steamer. It features dual sensors for precise temperature and pressure control, offering 11 pressure cook settings and various slow cook options. Its hands-free automatic steam release ensures safety and convenience, while the full feedback LCD display provides real-time cooking information. The 6-litre ceramic-coated cooking bowl is non-stick and PFOA/PTFE free, making it easy to clean.



6L multi-cooker perfect for fast cooking, slow cooking, pressure cooking & steam cooking in one unit

This image shows the 6L multi-cooker, highlighting its compact design suitable for various cooking methods.

## 2. INITIAL SETUP AND FIRST USE

### 2.1 Unpacking

Carefully remove all packaging materials and promotional labels from your Fast Slow Pro. Ensure all components are present: the main unit, the 6-litre ceramic cooking bowl, the steaming tray, and the trivet.

### 2.2 Cleaning Before First Use

Before using your appliance for the first time, wash the removable cooking bowl, silicone seal, and steaming accessories in warm, soapy water. Rinse thoroughly and dry completely. The lid is also removable and dishwasher safe for hassle-free cleaning.



Dishwasher safe hinged & removable lid with easy fitting silicone seal for hassle-free cleaning

The image illustrates the ease of cleaning the removable lid and ceramic-coated cooking bowl.

## 2.3 Placement

Place the Fast Slow Pro on a flat, stable, heat-resistant surface, away from walls or heat-sensitive materials. Ensure adequate ventilation around the unit, especially during steam release.

# 3. OPERATING INSTRUCTIONS

## 3.1 Control Panel Overview

The Fast Slow Pro features an intuitive LCD display and control knobs for easy operation. The display provides full feedback on cooking progress, including pressure indicators, temperature, and countdown timers.

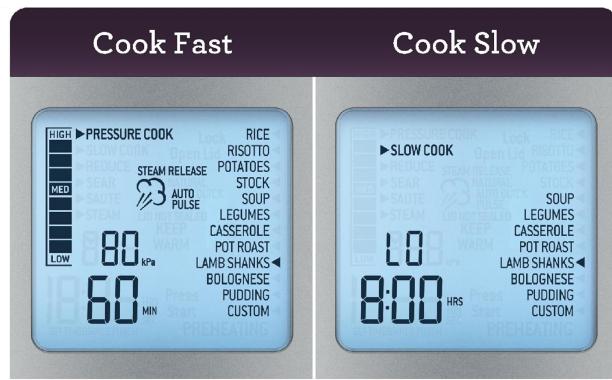


The LCD display provides comprehensive information, guiding you through the cooking process.

## 3.2 Cooking Modes and Settings

Use the selection dial to choose from various cooking functions:

- **Pressure Cook:** Offers 11 preset pressure cook settings for specific foods like Rice, Risotto, Potatoes, Stock, Soup, Legumes, Casserole, Pot Roast, Lamb Shanks, Bolognese, and Pudding. You can also use a custom setting.
- **Slow Cook:** Choose from High or Low settings, with cooking times ranging from 2 to 12 hours.
- **Reduce:** For thickening sauces and intensifying flavours.
- **Sauté/Sear:** Allows you to brown ingredients directly in the cooking bowl before pressure or slow cooking, enhancing flavour.
- **Steam:** Ideal for steaming vegetables, fish, and other delicate foods.
- **Keep Warm:** Automatically activates after cooking to keep food at serving temperature.



11 pressure cook settings and slow cook from high to low from 2-12 hours

This image demonstrates the versatility of the 11 pressure cook settings and the adjustable slow cook times.

### 3.3 Automatic Steam Release

The Fast Slow Pro features a hands-free automatic steam release system, eliminating the need to manually release steam. The cooker intelligently selects the appropriate release method (Quick, Pulse, or Natural) based on the food being cooked, ensuring optimal results and safety by keeping your hands away from hot steam.



Hands-free automatic steam release for extra safety

The dedicated 'Release' button activates the hands-free automatic steam release for enhanced safety.

### 3.4 Official Product Videos

#### The Fast Slow Pro Overview

Your browser does not support the video tag.

This video provides a comprehensive overview of the Sage Fast Slow Pro, demonstrating its key features, controls, and various cooking functions. It highlights the ease of use and the benefits of its multi-functionality, including pressure cooking, slow cooking, and automatic steam release.

## Heston's Pulled Beef Recipe

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Watch Heston Blumenthal demonstrate how to prepare delicious pulled beef using the Sage Fast Slow Pro. This video showcases the appliance's ability to create tender, flavourful dishes efficiently, emphasizing the benefits of pressure cooking for complex flavours and reduced cooking times.

## 4. CARE AND MAINTENANCE

### 4.1 Cleaning the Cooking Bowl and Lid

The ceramic-coated cooking bowl is naturally PFOA and PTFE free and can be easily cleaned with warm, soapy water. It is also dishwasher safe. The hinged and removable lid, along with its easy-fitting silicone seal, is designed for hassle-free cleaning and is dishwasher safe. Always ensure the unit is unplugged and completely cooled before cleaning.

### 4.2 Exterior Cleaning

Wipe the exterior of the appliance with a soft, damp cloth. Do not immerse the main unit in water or any other liquid. Avoid using abrasive cleaners or scouring pads, as they may damage the stainless steel finish.

### 4.3 Storage

Store the Fast Slow Pro in a dry place. Ensure all parts are clean and dry before storage. The power cable can be fully detached for easier storage.

## 5. TROUBLESHOOTING GUIDE

Problem	Possible Cause	Solution
Lid will not open after pressure cooking.	Pressure has not been fully released.	Ensure the steam release valve is in the 'Release' position. Wait until the pressure indicator drops completely and the lid unlocks automatically. Do not force the lid open.
Pressure is not building up.	Lid not properly sealed, steam release valve not in 'Seal' position, or insufficient liquid.	Check that the lid is securely closed and locked. Ensure the steam release valve is set to 'Seal'. Add more liquid if necessary (minimum liquid level is usually indicated). Check silicone seal for proper placement and damage.
Food is undercooked.	Incorrect cooking time/pressure setting, or insufficient liquid.	Refer to the recipe or instruction manual for recommended cooking times and pressure levels. Ensure adequate liquid is used. You may need to cook for a longer duration.

Problem	Possible Cause	Solution
Food is burnt or sticking.	Insufficient liquid, or 'Sauté/Sear' function used for too long without stirring.	Always ensure there is enough liquid for pressure cooking. When using Sauté/Sear, stir frequently and do not leave unattended. The non-stick coating helps, but proper use is key.

## 6. PRODUCT SPECIFICATIONS

- **Brand:** Sage
- **Model Number:** BPR700BSS
- **Colour:** Silver
- **Product Dimensions:** 34.3 x 32.3 x 34.8 cm
- **Item Weight:** 8.1 kg
- **Capacity:** 6 litres
- **Power / Wattage:** 1100 watts
- **Voltage:** 220 Volts
- **Material:** Stainless steel
- **Special Features:** Dishwasher Safe (removable parts), Hands-free Automatic Steam Release, LCD Display
- **Control Method:** Touch
- **Controller Type:** Digital



Detailed product dimensions for placement and storage planning.

## Warranty and Support

For warranty information, technical support, or service inquiries, please refer to the warranty card included with your product or visit the official Sage website.

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### Related Documents - BPR700BSS

	<p><a href="#"><b>Sage Fast Slow Pro™ Multi-Cooker (BPR700/SPR700) - User Manual &amp; Safety Guide</b></a></p> <p>Comprehensive user manual and safety guide for the Sage Fast Slow Pro™ multi-cooker (BPR700/SPR700). Learn about functions, operation, maintenance, and troubleshooting for this advanced kitchen appliance.</p>
	<p><a href="#"><b>Sage Fast Slow GO™ Akıllı Dündüklü Tarif Kitabı: Lezzetli Yemekler İçin Kapsamlı Rehber</b></a></p> <p>Sage Fast Slow GO™ Akıllı Dündüklü için tarifler içeren bu kitap, kullanıcılara çeşitli lezzetli yemekleri kolayca hazırlamaları için adım adım talimatlar sunar. Dündüklü ve yavaş pişirme fonksiyonlarını kullanarak hazırlanan tarifler.</p>
	<p><a href="#"><b>Sage Risotto Plus SRC600 Quick Guide</b></a></p> <p>A quick guide for the Sage Risotto Plus SRC600, covering safety instructions, getting to know the appliance, operating instructions for risotto, rice, steaming, and slow cooking, as well as care, cleaning, troubleshooting, and guarantee information.</p>
	<p><a href="#"><b>Sage Risotto Plus BRC600 Multi-Cooker Quick Guide</b></a></p> <p>This document provides a quick guide for the Sage Risotto Plus BRC600 multi-cooker, covering essential safety information, how to get to know your appliance, operating instructions for various cooking functions like risotto, rice, steaming, and slow cooking, as well as care, cleaning, troubleshooting, and warranty details.</p>
	<p><a href="#"><b>Sage 100 Contractor 2014 User's Guide - Comprehensive Software Manual</b></a></p> <p>Explore the Sage 100 Contractor 2014 User's Guide, Version 19.3. This comprehensive manual from Sage Software, Inc. provides detailed instructions and information on accounting, project management, and business operations for construction professionals.</p>

## [Sage 100 Contractor 2016 \(Version 20.4\) User's Guide](#)

Comprehensive user guide for Sage 100 Contractor 2016 (Version 20.4), detailing its features for construction-specific estimating, accounting, and project management, including sections on General Ledger, Accounts Payable, Payroll, and more.