



CROCK-POT Express Crock XL Programmable Slow Cooker Instruction Manual

[Home](#) » [Crock-Pot](#) » CROCK-POT Express Crock XL Programmable Slow Cooker Instruction Manual 

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Contents

- 1 INTRODUCTION
- 2 QUICK START GUIDE
- 3 ASSEMBLY
- 4 HOW TO USE YOUR EXPRESS CROCK
- 5 Steamed Shrimp with Chimichurri
- 6 Warm Potato Salad
- 7 Chicken Stock
- 8 French Onion Soup
- 9 Thai Pumpkin Soup
- 10 Chicken, Chorizo and Kale Soup
- 11 Vegetable Medley
- 12 White Chili with Double-Smoked Bacon
- 13 Chili Con Carne
- 14 Whole Roast Chicken
- 15 Lamb Shanks with Rosemary & Lemon
- 16 Express Paella
- 17 Mushroom & Gorgonzola Risotto
- 18 Italian Meatballs in Marinara Sauce
- 19 INGREDIENTS:
- 20 Chicken Provencal
- 21 Sticky Spare Rubs
- 22 Seared Scallops
- 23 Coq au Vin
- 24 Beef & Mushroom Stroganoff
- 25 Traditional Beef Stew
- 26 Thai Green Curry
- 27 Herbed Salmon Parcels
- 28 Mexican Pulled Pork
- 29 Enchilada-Stuffed Peppers
- 30 Corned Beef Dinner (Pressure)
- 31 Corned Beef Dinner (Slow Cook)
- 32 Spaghetti Squash With Bolognese (Pressure)
- 33 Spaghetti Squash With Bolognese (Slow Cook)
- 34 Oatmeal with Sliced Strawberries & Almonds
- 35 Mixed Berry Yogurt
- 36 Red Wine Poached Pears
- 37 Chocolate and Orange Volcano Pudding
- 38 Lemon Cheesecake
- 39 Chocolate Chip & Hazelnut Banana Bread
- 40 Documents / Resources
 - 40.1 References
- 41 Related Posts

INTRODUCTION



THE FAST PRESSURE COOKER WITH SLOW-COOKER CONVENIENCE

In today's fast-paced world, you need a Multi-Cooker that can keep up with your lifestyle. Let the Crock-Pot® brand handle the pressure of mealtime with the Express Crock XL Multi-Cooker. Express Crock can cook meals up to 70% faster than traditional cooking, so you can spend less time in the kitchen and more time with family.

PROMPT OR PATIENT

When you're in a hurry, choose from multiple pressurized settings for the same slow-cooked taste you love in under an hour. Of course, if you're not ready to eat now, you can choose the SLOW COOK setting – just set the cook time and come back later to a delicious, hot meal that's ready to eat when you are.

INSPIRED FAMILY MEALS

In this user-friendly recipe book, we walk you through some of the many flavor-packed meals that are easy to make in your Express Crock. To make this recipe book simple to use, we color-coded each dish so that you can quickly see which function is being used (pressure cook, slow cook, sauté, brown/sear, steam and yogurt). We have also grouped the dishes according to meal type, so you can easily search for the dish that you are craving. We hope that you and your loved ones enjoy these recipes as much as we have!

VERSATILITY & CONVENIENCE

Easily prepare any recipe on the menu whether it's slow cooked, steamed, sautéed, seared or pressure cooked – using one convenient appliance. The non-stick cooking pot resists stuck-on food and is dishwasher safe, making clean-up a breeze.

TRUSTED

For over 35 years, the Crock-Pot® brand has been your trusted brand for cooking convenience. We strive to provide you with the most innovative and dependable products to make your life easier. The Crock-Pot® brand is a leader in one-pot cooking, and we're confident that Express Crock will be the perfect addition to your kitchen.

QUICK START GUIDE

ASSEMBLY



HOW TO USE YOUR EXPRESS CROCK

1. Add ingredients to the Cooking Pot and secure the Lid.
2. Press the function you would like to use.
3. Adjust Temperature or Pressure, if needed.
4. Use the Time Selection Buttons to set the desired cook time.
5. Rotate the Steam Release Valve into the position needed for the chosen function (see chart).
6. Press START/STOP.
7. Once cooking is complete, wait at least 10 minutes, allowing pressure to release naturally.
8. Use a kitchen utensil to rotate the Steam Release Valve into the "Release" position.

FUNCTION	PRESSURE COOK	LID REQUIRED	STEAM RELEASE VALVE POSITION
MANUAL PRESSURE	Yes	Yes	Seal
MEAT/STEW	Yes	Yes	Seal
BEANS/CHILI	Yes	Yes	Seal
RICE/GRAINS	Yes	Yes	Seal
YOGURT	No	Yes (in some steps)	Release
POULTRY	Yes	Yes	Seal
DESSERT	No	Yes	Seal
DESSERT	No	Yes	Seal
DESSERT	No	Yes	Do Not Use Lid
SOUP/BROTH	No	Yes	Do Not Use Lid
SLOW COOK	No	Yes	Do Not Use Lid
STEAM	No	Yes	Do Not Use Lid
BROWN/SEAR	No	Yes	Do Not Use Lid
SAUTÉ	No	Yes	Do Not Use Lid
BOIL	No	Yes	Do Not Use Lid
SIMMER	No	Yes	Do Not Use Lid

Note: Optional Glass Lid accessory may be used for any NON-pressure functions.



DELAY TIMER

If you want your Express Crock to start cooking later, use the DELAY TIMER function, and select the amount of time you want your Multi-Cooker to wait before beginning the cooking cycle (not available on BROWN/SEAR, SAUTÉ, KEEP WARM, BOIL, SIMMER, or YOGURT settings).

Steamed Shrimp with Chimichurri



INGREDIENTS

SHRIMP:

- 1 lb peeled, deveined, tail-on shrimp (16/20 count)
- 1 ½ cups water

CHIMICHURRI SAUCE:

- 1 cup finely chopped fresh parsley
- 3 tbsp olive oil
- 2 tbsp red wine vinegar
- 2 cloves garlic
- ½ tsp salt
- ¼ tsp freshly ground pepper
- Pinch hot pepper flakes

DIRECTIONS

SHRIMP:

Add 1 ½ cups water to Cooking Pot. Place Steaming Rack inside Cooking Pot. Add shrimp. Secure the lid. Press STEAM, set pressure to HIGH, and adjust time to 2 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press START/STOP. Once cooking is complete and the pressure is released, allow to cool.

CHIMICHURRI SAUCE:

Meanwhile, in food processor, combine parsley, oil, vinegar, garlic, salt, pepper and hot pepper flakes; pulse until finely chopped and almost smooth. Serve with shrimp.

Warm Potato Salad



INGREDIENTS:

- 3 lb baby potatoes, halved
- 1/3 cup olive oil
- 3 tbsp white wine vinegar
- 1 tbsp grainy mustard
- 1 clove garlic, minced
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/3 cup sliced fresh basil
- 1/3 cup sliced sun-dried tomatoes
- 1/4 cup minced red onion
- 3 cups water

DIRECTIONS

Add potatoes to Cooking Pot with 3 cups of water. Secure the lid. Press STEAM, set pressure to HIGH, and adjust time to 5 minutes.

Make sure the Steam Release Valve is in the “Seal” (closed) position. Press START/STOP. Once cooking is complete and the pressure is released, drain in colander; let cool slightly.

Meanwhile, whisk together oil, vinegar, mustard, garlic, salt and pepper. Stir in basil. Toss in sun-dried tomatoes and onion. Drizzle dressing over warm potatoes. Toss gently.

TIP: This recipe can easily be doubled if you are cooking for a crowd.

Chicken Stock



INGREDIENTS

- 2 lbs chicken carcass
- 8 cups water
- 5 black peppercorns
- 5 parsley stems
- 3 celery stalks, roughly chopped
- 1 leek, roughly chopped
- 1 bay leaf

DIRECTIONS

Place all ingredients inside Cooking Pot. Secure the lid. Press SOUP/BROTH, set pressure to HIGH, and adjust time to 1 hour. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press START/STOP.

Once cooking is complete and the pressure is released, set aside to cool. Strain stock. Place stock in storage containers and freeze for up to 3 months.

French Onion Soup



INGREDIENTS

- 4 large white onions, evenly sliced
- 3 1/2 tbsp butter
- 5 cups vegetable stock
- 4 sprigs of fresh rosemary
- 2 bay leaves
- Salt and pepper

TO SERVE:

- 4 thick slices of french bread
- 4 slices of gruyere cheese Fresh thyme sprigs

DIRECTIONS:

Press SAUTÉ, set temperature to HIGH, and then press START/

STOP. Allow Multi-Cooker to preheat.

Add the butter and onions, and sauté, stirring regularly until the onions are evenly browned and softened. Add the remaining ingredients to the Cooking Pot and stir. Press START/STOP.

Secure the lid. Press SOUP/BROTH, set pressure to HIGH, and adjust time to 10 minutes. Make sure the Steam Release Valve is set to the “Seal” (closed) position. Press START/STOP.

Top the French bread slices with the cheese and pre-heat your broiler. Once cooking is complete and the pressure is released, remove rosemary and bay leaves. Ladle soup into ovenproof soup bowls, placing a slice of the bread and cheese on top. Carefully place the bowls under the broiler until golden and melted. Alternatively, you can grill the bread and cheese separately, placing onto the soup before serving.

Garnish with the thyme sprigs and serve warm.

Thai Pumpkin Soup



INGREDIENTS:

- 1 tbsp butter
- 2 medium sized onions, chopped
- 3 cloves of garlic, crushed
- 1/2 cup red curry paste
- 7 oz coconut cream
- 4 cups vegetable stock
- 4 lbs pumpkin, peeled, chopped, seeds removed
- Salt and freshly ground black pepper, to taste
- Fresh cilantro, to serve

DIRECTIONS

Press SAUTÉ, set temperature to HIGH, and then press START/ STOP. Add butter and allow Multi-Cooker to preheat. Add onion and garlic. Sauté for 4-5 minutes or until tender. Add curry paste, sautéing for one minute or until fragrant. Press START/STOP.

Add remaining ingredients to the Cooking Pot. Secure the lid.

Press SLOW COOK, set temperature to HIGH, and adjust time to 5 hours. Make sure the Steam Release Valve is in the “Release” (open) position. Press START/STOP.

Once cooking is complete, allow to cool. Purée with immersion blender until smooth. Season to taste with salt and pepper. Reheat before serving. Serve with fresh cilantro.

Chicken, Chorizo and Kale Soup



INGREDIENTS

- 1 1/4 lbs chorizo, remove the casing and dice
- 2 large onions, diced
- 4 large cloves of garlic, finely chopped
- 1 3/4 lbs boneless, skinless chicken fillets

- 1 tbsp smoked paprika
- 3 bay leaves
- 12 oz red lentils, rinsed
- 4 tbsp tomato puree
- 28 oz can chopped tomatoes
- 7 oz shredded kale
- 7 1/2 cups hot chicken stock
- 2 cans (14 oz) chickpeas, drained and rinsed
- Salt and pepper
- Parsley, chopped (optional)
- Sour cream (optional) Chili seeds (optional)

DIRECTIONS:

Press BROWN/SEAR, set temperature to HIGH, and then press START/STOP. Allow to preheat. Add the chorizo into the Cooking Pot and brown, stirring regularly for about two minutes.

Add the onions, garlic, chicken and paprika, continue to cook, and stir for another 10 minutes. Add the remaining ingredients except the chickpeas and stir well. Press START/STOP. Secure the lid. Press SOUP/BROTH, set pressure to HIGH, and adjust time to 12 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press START/STOP.

Once cooking is complete and the pressure is released, stir well. Press START/STOP and stir in the chickpeas. Press SIMMER, set temperature to HIGH, and press START/STOP. Allow the soup to simmer for a few minutes. Season to taste with salt and pepper.

Garnish with some chopped parsley, a dollop of sour cream and a sprinkle of chili seeds.

TIP: This recipe can easily be halved if you are cooking for less people

Vegetable Medley



INGREDIENTS

- 2 tbsp olive oil
- 3 cups sliced carrots
- 2 large red bell peppers, sliced
- 3 cups broccoli florets
- 2 cloves garlic, finely chopped
- 3 tsp chopped fresh parsley (optional)
- Salt and pepper, to taste

DIRECTIONS

Press SAUTÉ, set temperature to HIGH, and then press START/ STOP. Add olive oil to Cooking Pot and allow Multi-Cooker to preheat. Sauté carrots for 8-10 minutes, stirring occasionally. Add the red peppers and broccoli, continue to cook, stirring occasionally, for 6-8 minutes or until crisp-tend

Stir in garlic and cook for 30 seconds. Add in parsley and heat through. Once cooking is complete, season to taste with salt and pepper.

White Chili with Double-Smoked Bacon



INGREDIENTS

- 6 slices double-smoked bacon, chopped
- 2 medium onions, chopped
- 2 jalapeño peppers, seeded and finely chopped
- 4 cloves garlic, minced
- 1 tbsp chopped fresh thyme
- 2 tsp ground cumin
- 1 tbsp Cajun seasoning blend
- 2 cans (19 oz each) kidney beans, drained and rinsed
- 2 cans (19 oz each) black beans, drains and rinsed
- 3 tbsp all-purpose flour
- 4 cups chicken broth ½ cup sour cream
- 2 cups shredded aged white cheddar cheese
- 4 green onions, finely chopped Whole grain bread, for serving (optional)

DIRECTIONS

Press BROWN/SEAR, set temperature to HIGH, and then press START/STOP. Allow to preheat. Add bacon to Cooking Pot. Brown, stirring occasionally, for 5 minutes or until bacon starts to crisp.

Drain half of the fat. Add onion, jalapeño, garlic, thyme, cumin and seasoning blend. Brown for 4-5 minutes or until vegetables start to soften. Add kidney beans and black beans. Sprinkle flour over top. Cook for 2 minutes. Slowly stir in broth.

Press START/STOP. Secure the lid. Select SLOW COOK, set temperature to LOW, and adjust time to 4 hours. Make sure Steam Release Valve is in the “Release” (open) position. Press START/STOP. Once cooking is complete, stir in cream; heat through. Stir in cheddar cheese.

Garnish with green onions. Serve with bread (if using)

Chili Con Carne



INGREDIENTS

- 2 tbsp vegetable oil
- 2 lbs ground beef
- 2 medium onion, diced
- 4 cloves of garlic, finely chopped
- 2 red bell peppers, diced
- 2 tbsp chili powder, or to taste
- 1 tbsp ground cumin
- 1 tsp chili seeds
- 2 tbsp Worcestershire sauce
- 3 cans (14 oz each) chopped tomatoes
- 1 cup tomato puree
- 3 cans (14 oz each) red kidney beans, rinsed and drained
- 3 cups beef stock Salt, to taste

OPTIONAL:

Steamed rice Tortilla chips Guacamole Salsa Sour cream

DIRECTIONS:

Press BROWN/SEAR, set temperature to HIGH, and then press START/STOP. Allow to preheat. Add the vegetable oil to the Cooking Pot along with the ground beef and brown, stirring regularly. Transfer the beef to a separate bowl.

Add the onions and garlic to the Cooking Pot, adding a little more vegetable oil if needed. Cook for 5 minutes until softened.

Stir in the remaining ingredients, including beef. Press START/

STOP. Secure the lid. Select BEANS/CHILI, set pressure to HIGH, and adjust time to 20 minutes. Make sure Steam Release Valve is in the "Seal" (closed) position. Press START/STOP.

Once cooking is complete and the pressure is released, season to taste. Can be served with steamed rice, tortilla chips, guacamole, salsa, and sour cream.

Whole Roast Chicken



INGREDIENTS

- 4-5 lbs whole chicken
- 2 tsp paprika
- 2 tsp dried thyme
- Salt and pepper
- 1 tbsp vegetable oil
- 6 cloves of garlic, peeled
- 4 tbsp lemon juice
- 1 cup hot chicken stock

DIRECTIONS

Press BROWN/SEAR, set temperature to HIGH, and then press START/STOP. Allow to preheat. Season chicken with paprika, thyme, salt and pepper.

Add the oil to the Cooking Pot and place the chicken in to brown, breast side down, for 3 minutes. Then flip the chicken and continue to brown for another 3 minutes. Add the garlic, lemon juice and chicken stock. Press START/STOP. Secure the lid. Select POULTRY, set pressure to HIGH, and adjust time to 35 minutes. Make sure Steam Release Valve is in the “Seal” (closed) position. Press START/ STOP. Once cooking is complete and the pressure is released, remove chicken.

TO MAKE GRAVY:

Press START/STOP. Strain the cooking liquid to remove the garlic and thyme. Press BOIL, set temperature to LOW, and then press START/STOP. Heat the stock to boiling point. Thicken the gravy, if required, with a little cornstarch and water.

Lamb Shanks with Rosemary & Lemon



INGREDIENTS

- 6 lamb shanks (14 oz) 1/2 cup plain flour, seasoned

- with salt and pepper ¼ cup olive oil
- 3 cloves of garlic, crushed
- 2 medium onions, chopped
- 2 rosemary sprigs, bashed
- 2 cups chicken stock
- 1 lemon, zest and juice
- Salt and freshly ground black pepper, to taste
- Fresh rosemary, to serve

DIRECTIONS

Dust lamb shanks in flour. Press BROWN/SEAR, set temperature to HIGH, and then press START/STOP. Add half of the oil and allow Multi-Cooker to preheat. Add lamb and brown for 3-4 minutes or until golden.

Remove lamb from Cooking Pot. Add remaining oil, garlic and onion. Cook for 4-5 minutes or until tender.

Press START/STOP. Add shanks, stock, rosemary sprigs, lemon juice and zest to the Cooking Pot. Secure the lid. Press MEAT/

STEW, set the pressure to HIGH, and adjust the time to 1 hour and 15 minutes. Make sure the steam release valve is in the “Seal” (closed) position. Press START/STOP.

Once cooking is complete and the pressure is released, season to taste with salt and pepper. Garnish with fresh rosemary

Express Paella



INGREDIENTS

- 2 tbsp olive oil
- 1 lb chorizo, sliced
- 3 cloves garlic, crushed
- 1 onion, chopped
- 1 red bell pepper, seeds removed, diced
- 1 cup chicken stock
- 1 cup whole green peas
- 1½ cups long grain rice
- 2 tbsp freshly chopped parsley
- 1 lb shrimp, peeled, deveined
- 14 oz can crushed tomatoes

- Salt and freshly ground black pepper, to taste

DIRECTIONS

Press BROWN/SEAR, set temperature to HIGH, and then press START/STOP. Add oil and allow Multi-Cooker to preheat. Add chorizo and brown in Cooking Pot for 3-4 minutes. Remove from Cooking Pot.

Add garlic, onion and bell pepper. Cook for 4-5 minutes or until tender.

Press START/STOP and add remaining ingredients to the Cooking Pot, including shrimp. Secure the lid. Press RICE/GRAINS, set the pressure to LOW, and adjust time to 10 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press.

START/STOP.

Once cooking is complete and the pressure is released, season to taste with salt and pepper. Serve hot.

Mushroom & Gorgonzola Risotto



INGREDIENTS

- 2 tbsp olive oil
- 1 tbsp butter
- 2 lb Portobello mushrooms, sliced
- 2 medium onions, diced
- 3 cloves of garlic, finely chopped
- 2 bay leaves
- 3 1/2 cups Arborio rice
- 1 cup white wine
- 8 cups of vegetable stock
- 2 tsp miso paste (optional)
- 1 cup of grated Parmesan cheese
- 10 oz Gorgonzola cheese, crumbled
- 3 oz butter, diced
- 1 cup of flat leaf parsley leaves, finely chopped
- Salt and freshly ground pepper, to taste

DIRECTIONS

Press SAUTÉ, set temperature to HIGH, and then press START/ STOP. Allow Multi-Cooker to preheat, then add 1

1/2 cup of the oil and the butter and allow to melt. Add the sliced mushrooms and allow these to reduce and brown.

Remove the mushrooms from the Cooking Pot and set aside.

Add the remaining oil and onions, and cook for 2-3 minutes until softened, add the garlic.

Add rice and bay leaves and stir to coat all grains. Pour in wine and allow to reduce by half. Add stock and miso paste. Stir in the cooked mushrooms. Press START/STOP. Secure the lid.

Press RICE/GRAINS, set the pressure to LOW, and set time to 8 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press START/STOP.

Once cooking is complete and the pressure is released, fold through Parmesan, Gorgonzola, parsley and butter. Season to taste with salt and pepper. Serve hot.

Italian Meatballs in Marinara Sauce



INGREDIENTS:

MEATBALLS:

- 2 tbsp of chopped fresh parsley
- 2 lbs ground beef
- 3/4 cup bread crumbs
- 4 tbsp grated Parmesan cheese
- 2 eggs
- 3 cloves of garlic, minced
- 1 tbsp dried oregano
- 1/2 tsp each salt and pepper
- 1 tbsp olive oil
- 1 1/2 lb spaghetti, cooked according to package directions
- 1 cup shaved Parmesan cheese, to serve

MARINARA SAUCE:

- 1 tbsp olive oil
- 2 medium onions, chopped
- 3 cloves of garlic, sliced
- 1/2 tsp hot pepper flakes or to taste
- 1/2 cup tomato paste

- 1 can (28 oz) diced tomatoes
- ¼ cup torn fresh basil

DIRECTIONS:

MEATBALLS:

Mix together ground beef, bread crumbs, parsley, cheese, egg, garlic, oregano, salt and pepper until combined; roll into 24 1-inch meatballs.

Press BROWN/SEAR, set temperature to HIGH, and then press START/STOP. Allow Multi-Cooker to preheat. Add oil to Cooking Pot. Add meatballs in batches, allowing enough space in between meatballs to avoid steaming. Brown for 5 or 6 minutes or until browned; transfer to plate.

MARINARA SAUCE:

Add oil, onion, garlic and hot pepper flakes to Cooking Pot. Cook, stirring for 5 to 8 minutes or until onion starts to soften. Stir in tomato paste, diced tomatoes, and basil, stirring to incorporate any browned bits into sauce. Press START/STOP.

Return meatballs to Cooking Pot. Secure the lid. Select SLOW COOK, set temperature to LOW, and adjust time to 2 hours. Make sure Steam Release Valve is in the "Release" (open) position.

Press START/STOP. Once cooking is complete, serve over spaghetti and add Parmesan cheese.

Chicken Provencal



INGREDIENTS

- 2 tbsp olive oil
- 4 cloves garlic, crushed
- 2 medium onions, sliced
- 2 red bell peppers, deseeded, sliced
- 1 yellow bell pepper, deseeded, sliced
- 1 cup of chicken stock
- 1 cup white wine
- 28 oz can chopped tomatoes
- 1 cup black olives, pits removed
- 20-25 chicken thigh fillets, skin removed
- 8 sprigs fresh thyme
- 4 anchovies, chopped
- Salt and freshly ground black pepper, to taste

DIRECTIONS

Press SAUTÉ, set temperature to HIGH, and then press START/ STOP. Add oil and allow Multi-Cooker to preheat. Add garlic, onions and bell peppers. Cook for 4-5 minutes or until tender.

Add wine and allow to reduce by half. Press START/STOP. Add remaining ingredients to Cooking Pot. Secure the lid. Press POULTRY, set the pressure to HIGH, and set time to 35 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press START/STOP.

Once cooking is complete and the pressure is released, season to taste with salt and pepper. Thicken the sauce, if required, with a little cornstarch and water. Serve hot.

TIP: This recipe can easily be halved if you are cooking for less people.

Sticky Spare Ribs



INGREDIENTS

- 4 lbs pork spare ribs
- 2 tbsp vegetable oil
- 5 tbsp soy sauce
- 4 tbsp sweet chili sauce
- 1 tbsp brown sugar
- 4 garlic cloves, finely chopped
- 2 red chilies, finely chopped
- 2 tbsp of ginger, finely chopped
- 5 tbsp tomato ketchup
- 3 tbsp Worcestershire sauce
- 3 tbsp honey
- 1 bunch spring onions, shredded
- 1 cup water

TO SERVE:

Toasted sesame seeds Shredded spring onions Chopped cilantro

DIRECTIONS

Press BROWN/SEAR, set temperature to HIGH, and then press START/STOP. Allow to preheat.

Add 1 tbsp vegetable oil and brown the ribs in batches. Add more oil if necessary. Once all ribs have been browned, remove the ribs and any excess oil from the Cooking Pot. Add 1 cup of water to the Cooking Pot. Place

the Steaming Rack over the water and stack the ribs on the Steaming Rack. Press START/STOP. Secure the lid. Press MEAT/STEW, set the pressure to HIGH, and adjust the time to 40 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press START/STOP.

Separately, mix the remaining ingredients in a small bowl to make the sauce. Once cooking is complete and the pressure is released, carefully remove the ribs and place into a serving bowl. Press START/STOP. Add the sauce in to the Cooking Pot to thicken. Press SIMMER, set temperature to LOW, press START/STOP. Once the sauce has thickened, pour over the ribs. Top with sesame seeds, spring onions, and chopped cilantro, and serve warm.

Seared Scallops



Coq au Vin



INGREDIENTS

- 1 leek, halved
- 5 sprigs fresh flat-leaf parsley
- 3 sprigs fresh thyme
- 1 bay leaf
- 2 tbsp olive oil
- All-purpose flour for dusting
- 4 lbs chicken thighs, fat removed
- 1 tbsp butter
- 10 oz bacon, chopped
- 14 oz button mushrooms, left whole
- 8 shallots, sliced
- 3 cloves garlic, crushed
- ¼ cup plain flour
- ¼ cup tomato paste
- 4 carrots, peeled, diced
- 2 1/2 cups red wine
- 2 cups chicken stock
- Salt and freshly ground black pepper, to taste

DIRECTIONS

Place one half of the leek, cut side up, onto a flat surface. Place parsley, thyme and bay leaf in the middle of the leek. Cover with other half of leek. Tie leek together so all herbs are incased.

Press BROWN/SEAR, set temperature to HIGH, and then press START/STOP. Add oil and allow Multi-Cooker to preheat. Dust the chicken thighs in the flour and then in batches, brown the chicken in Cooking Pot for 3-4 minutes. Remove from Cooking Pot.

Add butter and bacon to Cooking Pot, cooking until crisp.

Add mushrooms, shallots, and garlic. Cook for 6-8 minutes or until tender.

Stir in flour and tomato paste. Press START/STOP. Add remaining ingredients, including the chicken and leek, into the Cooking Pot.

Secure the lid. Press POULTRY, set pressure to HIGH, and adjust time to 15 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press START/STOP.

Once cooking is complete and the pressure is released, season to taste with salt and pepper. Serve hot.

Beef & Mushroom Stroganoff



INGREDIENTS

- 2 tbsp olive oil
- 1 lb sliced cremini mushroom
- 2 large onions, thinly sliced
- 3 lbs round of beef, cut into ¼-inch slices ½ tsp each salt and pepper
- 4 cloves of garlic, minced
- 1 tbsp paprika
- ½ cup tomato paste
- 4 cups low-sodium beef broth
- 2 tbsp all-purpose flour
- 2 tbsp Worcestershire sauce
- 3 bay leaves
- ½ cup sour cream
- ½ cup chopped fresh parsley
- 20 oz egg noodles, cooked according to package directions

DIRECTIONS

Press SAUTÉ, set temperature to HIGH, and then press START/ STOP. Allow Multi-Cooker to preheat. Add half of the oil. Add mushrooms and onion; cook, stirring, for 5 minutes or until lightly browned. Set aside.

Add remaining oil to Cooking Pot. Toss beef with salt and pepper. Cook, stirring occasionally, for 5 minutes or until well browned.

Add garlic and paprika; return onions and mushrooms to Cooking Pot. Add tomato paste; cook for 1 minute. In a separate bowl, whisk $\frac{1}{4}$ cup of the beef broth with flour. Set aside. Add remaining beef broth, stirring to incorporate any browned bits into sauce. Add Worcestershire sauce and bay leaves. Add reserved stock and flour mixture.

Press START/STOP. Secure the lid. Select SLOW COOK, set temperature to LOW, and adjust time to 4 hours. Make sure Steam Release Valve is in the "Release" (open) position. Press START/ STOP. Once cooking is complete, stir in the parsley and sour cream. Serve over egg noodles, which have been cooked separately.

Traditional Beef Stew



INGREDIENTS

- 2 tbsp olive oil
- 3 $\frac{1}{2}$ lbs stewing beef
- $\frac{1}{2}$ tsp salt and pepper
- 4 cloves of garlic, finely chopped
- 2 tsp finely chopped fresh thyme
- 4 tbsp tomato paste
- 3 cups diced carrots
- 2 medium onions, diced
- 3 cups quartered baby red potatoes
- 2 cups pearl onions, peeled
- 1 cup red wine
- 4 cups beef broth
- 3 bay leaves
- 2 cups frozen peas, thawed
- 2 tbsp chopped fresh chives

TIP:

This recipe can be halved if you are feeding a smaller crowd.

DIRECTIONS

Press BROWN/SEAR, set temperature to HIGH, and then press START/STOP. Allow Multi-Cooker to preheat. Add oil to Cooking Pot. Toss beef with salt and pepper; add to Cooking Pot. Cook, stirring occasionally, for 5-7 minutes or until well browned. Add garlic and thyme; cook, stirring, for 1 minute. Stir in tomato paste. Stir in carrots, chopped onions, potatoes and pearl onions.

Stir in wine, broth and bay leaves; bring to boil. Press START/STOP. Secure the lid. Select MEAT/STEW, set pressure to HIGH, and adjust time to 35 minutes. Make sure Steam Release Valve is in the "Seal" (closed) position. Press START/STOP. Once cooking is complete and the pressure is released, stir in a little cornstarch mixed with water to thicken. Season to taste and stir through the peas and chives. Remove the bay leaves before serving.

TIP: To SLOW COOK this stew instead, cook on HIGH for 4-5 hours.

Thai Green Curry



INGREDIENTS

- 2 1/2 lbs skinless, boneless chicken thighs cut into strips
- 6 shallots, peeled
- 4 cloves of garlic, peeled
- 2 green chilies
- 2 tbsp of ginger, peeled
- 2 limes, zest and juice
- 1 lemon, zest only
- 1 large bunch of Thai basil
- 2 tbsp coconut or vegetable oil
- 2 cans (14 oz each) of light coconut milk
- 2 tsp brown sugar Fish sauce

DIRECTIONS

Place the shallots, garlic, chili, ginger, lime zest and juice, lemon zest and most of the Thai basil into a food processor. Blend until a paste is achieved.

Press BROWN/SEAR, set temperature to LOW, and then press START/STOP. Allow to preheat. Add the oil, then stir in the paste and cook for 1-2 minutes until fragrant. Stir in the chicken and continue cooking for a further 5-6 minutes.

Press START/STOP. Pour in the coconut milk and sugar, stir well.

Secure the lid. Press POULTRY, set pressure to HIGH, and adjust time to 15 minutes. Make sure the Steam

Release Valve is in the “Seal” (closed) position. Press START/STOP.

Once cooking is complete and the pressure is released, allow to cool. Season with the fish sauce to taste and thicken slightly with a little cornflour and water if required. Serve with steamed rice and garnish with the remaining Thai basil leaves.

TIP: This recipe requires the use of a food processor to make the paste; alternatively, you can buy ready-made paste from a local grocery store.

Herbed Salmon Parcels



INGREDIENTS

- 4 x 7 oz fillets salmon, skin on
- 1 lemon, finely sliced
- 1 bunch fresh basil
- 1 bunch fresh dill
- 3½ tbsp butter, room temperature
- Salt and freshly ground black pepper, to taste
- 2 cups water

DIRECTIONS

Place each piece of salmon in the middle of a 8” x 8” square of baking paper. Evenly divide lemon, basil and dill, and place over salmon. Dot with butter. Bring corners of baking paper to the center and secure to form a parcel.

Place 2 cups of water in the base of the Cooking Pot. Place Steaming Rack over water. Place the salmon parcels offset on the rack. Secure the lid. Press STEAM, set pressure to HIGH, and adjust time to 4 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press START/STOP. Once cooking is complete and the pressure is released, allow to cool.

Mexican Pulled Pork



DIRECTIONS

Mix all the ingredients except the oil, onion, pork, tomatoes, water and vinegar, together in a bowl until well blended. Rub the pork with the spice mix ensuring to cover all the pork.

Pour the oil into the Cooking Pot. Press BROWN/SEAR, set temperature to HIGH, and then press START/STOP. Allow Multi Cooker to preheat, then place pork into Cooking Pot and brown on all sides. Add the onion to the Cooking Pot and continue to brown for 2 minutes. Add the tomatoes, water and vinegar to the pork. Press START/STOP. Secure the Lid. Press MEAT/STEW, set pressure to HIGH, and adjust time to 2 hours. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press START/STOP.

Once cooking is complete and the pressure is released, shred the pork with two forks. Season to taste with salt and pepper.

Stir to combine. Serve in tortillas with guacamole, sour cream and salad.

TIP: If the sauce is too thin, thicken with 2 tbsp corn flour. Bring to a simmer until thickened.

Enchilada-Stuffed Peppers



INGREDIENTS:

- 6 bell peppers approx. 8 oz in weight (any color)
- 1 tbsp olive oil
- 1 ½ lbs ground beef
- 15 oz can black beans, drained and rinsed
- 2 cups shredded pepper-jack cheese
- 1 small can of corn, drained
- 1 medium onion, diced
- ½ cup diced tomatoes
- 10 oz can enchilada sauce
- 1 cup white wine
- 2 tsp of cumin
- 1 tsp garlic powder
- 1 tsp salt
- 1 jalapeño pepper, sliced (optional)
- 1 cup sour cream (optional)

DIRECTIONS

Cut off the tops of the bell peppers and hollow out the insides, discarding the seeds. Set aside.

Press BROWN/SEAR, set temperature to HIGH, and then press START/STOP. Add oil and allow Multi-Cooker to preheat. Brown the beef for about 5-10 minutes. Do not overcook. Press START/STOP.

Drain beef and place in a large mixing bowl. Stir in black beans, corn, cheese, tomatoes, onion, enchilada sauce, cumin, garlic powder and salt until evenly combined. Stuff mixture into each bell pepper.

Insert Steaming Rack into Cooking Pot and then pour in wine.

Place stuffed peppers onto rack. Secure the lid. Press BEANS/CHILI, set pressure to LOW, and adjust time to 15 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press START/STOP. Once cooking is complete and the pressure is released, serve with sour cream and jalapeño, if desired. With any extra stuffing mixture, you can make additional stuffed peppers or use for another recipe later.

Corned Beef Dinner (Pressure)



INGREDIENTS:

- 4-5 lbs corned beef brisket with seasoning packet
- 2 1/2 lbs red potatoes, washed and cut into large chunks
- 1 lb baby carrots
- 1/2 head of cabbage, sliced into sections 1/2" wide
- 1 can (15 oz) of Irish Stout
- 3 cloves garlic, minced
- 2 tbsp sugar
- 2 tbsp apple cider vinegar
- 1/4 tsp ground black pepper

DIRECTIONS TO PRESSURE COOK:

Layer potatoes, carrots and cabbage into the Cooking Pot. Add stout, garlic, sugar, apple cider vinegar, and black pepper on top of the vegetables. Rub seasoning packet over corned beef and then place into Cooking Pot on top of the cabbage. Secure the lid.

Press MEAT/STEW, set pressure to HIGH, and adjust time to 2 hours. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press START/STOP. Once cooking is complete and the pressure is released, serve hot.

Corned Beef Dinner (Slow Cook)



INGREDIENTS

- 4-5 lbs corned beef brisket with seasoning packet
- 2 1/2 lbs red potatoes, washed and cut into large chunks
- 1 lb baby carrots
- 1/2 head of cabbage, sliced into sections 1/2" wide
- 1 can (15 oz) of Irish Stout
- 3 cloves garlic, minced
- 2 tbsp sugar
- 2 tbsp apple cider vinegar
- 1/4 tsp ground black pepper

DIRECTIONS TO SLOW COOK:

Layer potatoes, carrots and cabbage into the Cooking Pot. Add stout, garlic, sugar, apple cider vinegar, and black pepper on top of the vegetables. Rub seasoning packet over corned beef and then place into Cooking Pot on top of the cabbage. Secure the lid.

Press SLOW COOK, set temperature to LOW, and adjust time to 8 hours. Make sure the Steam Release Valve is in the "Release" (open) position. Press START/STOP. Once cooking is complete, serve hot.

Spaghetti Squash With Bolognese (Pressure)



INGREDIENTS

- 1 large (approx. 3 lbs) spaghetti squash
- 1 1/2 lb ground beef
- 1 large onion, diced
- 3 cloves of garlic, minced
- 1 tsp salt
- 1 tsp black pepper
- 1 can (28oz) tomato sauce
- 1 cup beef broth
- 1 bay leaf
- 1 tbsp olive oil
- 1/2 cup grated pecorino Romano cheese

OPTIONAL:

If the sauce is not thick enough after cooking, you can simmer until it reaches the desired thickness. Press

SIMMER, set temperature to HIGH, and then press START/STOP. Once complete, press START/STOP.

DIRECTIONS TO PRESSURE COOK:

Press BROWN/SEAR, set temperature to HIGH, and then press START/STOP. Add oil and allow Multi-Cooker to preheat. Brown the beef for about 5 minutes. Do not overcook. Add onions and continue cooking for two more minutes.

Stir in garlic, salt and pepper until fragrant. Add tomato sauce, beef broth, and bay leaf and gently stir until combined. Press

START/STOP.

Pierce approximately 10-15 holes into the spaghetti squash using a large knife and then place whole squash into Cooking Pot over the sauce (use Steaming Rack if desired).

Secure the lid. Press BEANS/CHILI, set pressure to HIGH, and adjust time to 15 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press START/STOP. Once cooking is complete and the pressure is released, you should easily be able to pierce the squash with a fork. Remove the squash from the Cooking Pot and cut in half. Use a spoon to scrape out the seeds of the squash and discard. Then use a fork to gently scrape the flesh of the squash, which should separate into long, stringy, spaghetti-like strands. Serve spaghetti squash strands with the meat sauce and top with grated cheese.

Spaghetti Squash With Bolognese (Slow Cook)



INGREDIENTS

- 1 large (approx. 3 lbs) spaghetti squash
- 1 1/2 lb ground beef
- 1 large onion, diced
- 3 cloves of garlic, minced
- 1 tsp salt
- 1 tsp black pepper
- 1 can (28oz) tomato sauce
- 1 cup beef broth
- 1 bay leaf
- 1 tbsp olive oil
- 1/2 cup grated pecorino Romano cheese

OPTIONAL:

If the sauce is not thick enough after cooking, you can simmer until it reaches the desired thickness. Press SIMMER, set temperature to HIGH, and then press START/STOP. Once complete, press START/STOP.

DIRECTIONS TO SLOW COOK:

Press BROWN/SEAR, set temperature to HIGH, and then press START/STOP. Add oil and allow Multi-Cooker to preheat. Brown the beef for about 5 minutes. Do not overcook. Add onions and continue cooking for two more minutes.

Stir in garlic, salt and pepper until fragrant. Add tomato sauce, beef broth, and bay leaf and gently stir until combined. Press START/STOP.

Pierce approximately 10-15 holes into the spaghetti squash using a large knife and then place whole squash into Cooking Pot over the sauce (use Steaming Rack if desired).

Secure the lid. Press SLOW COOK, set temperature to LOW, and adjust time to 6-8 hours. Make sure the Steam Release Valve is in the "Release" (open) position. Press START/STOP. Once cooking is complete, you should easily be able to pierce the squash with a fork. Remove the squash from the Cooking Pot and cut in half.

Use a spoon to scrape out the seeds of the squash and discard.

Then use a fork to gently scrape the flesh of the squash, which should separate into long, stringy, spaghetti-like strands. Serve spaghetti squash strands with the meat sauce and top with grated cheese:

Oatmeal with Sliced Strawberries & Almonds



INGREDIENTS

- 2 cups steel cut oats
- 5 cups water
- 1 tablespoon oil Salt, to taste
- 1 cup sliced strawberries
- ¼ cup sliced almonds
- 1 teaspoon brown sugar

DIRECTIONS

Combine oats, water, oil, and salt in the Cooking Pot. Secure the lid. Press RICE/GRAINS, set pressure to HIGH, and adjust time to 10 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press START/STO

Once cooking is complete and the pressure is released, remove from the pot and top

Mixed Berry Yogurt



INGREDIENTS

- 1/2 gallon milk (whole, 2%, 1% or fat free)
- 2 tbsp yogurt starter
- 1 cup mixed berries

NOTES:

When making yogurt in your Express Crock, first make sure your pot is cold or cool. You will need a thermometer for the cooking process.

DIRECTIONS

Pour milk into the Cooking Pot. Press YOGURT, set temperature to HIGH. Press START/STOP. Whisk frequently. Using a thermometer, check the temperature of the milk. When milk has reached 180°F, press START/STOP. Use oven mitts to remove Cooking Pot and place in kitchen sink full of cold water, not allowing water into the Cooking Pot. Cool milk down to 95-105°F, whisking often. Do not add the yogurt starter to the hot milk, as it will kill the bacterial cultures.

Scoop some milk into a separate bowl and stir in yogurt starter. Add this mix to the Cooking Pot and stir until the mixture reaches a uniform consistency. Place Cooking Pot back into the Heating

Base. Secure the lid. Press YOGURT, set temperature to LOW, and set time to 8-12 hours. Make sure Steam Release Valve is in the "Release" (open) position. Press START/STOP. After 8 hours, taste test periodically until desired taste is achieved.

Once the yogurt has reached the desired taste, press START/STOP, remove the Cooking Pot, cover with aluminum foil, and place it on a trivet in the fridge to stop the incubating process and allow to sit there for at least 8 hours. The yogurt should thicken slightly as it sits.

Plain yogurt is done. Add mixed berries and serve.

Red Wine Poached Pears



INGREDIENTS

POACHED PEARS:

- 12 ripe bosc pears, peeled, core removed
- 4 cardamom pods, crushed
- 4 cloves
- 2 cinnamon sticks
- 1 tsp vanilla extract
- 6 cups fruity red wine
- 1 ¼ cups white sugar
- 2 lemons, zest only

COINTREAU CREAM:

- 3 cups thickened cream
- 1/4 cup Cointreau
- 4 tbsp powdered sugar

DIRECTIONS

POACHED PEARS:

Place all ingredients except cream into Cooking Pot. Secure lid. Press DESSERT, set pressure to LOW, and set time to 15 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press START/STOP.

Once cooking is complete and the pressure is released, remove pears from sauce. Press SIMMER, set temperature to LOW, and then press START/STOP. Cook sauce until reduced by half. Serve pears with sauce and Cointreau Cream.

COINTREAU CREAM:

Whip all ingredients together until soft peaks form.

Chocolate and Orange Volcano Pudding



INGREDIENTS

- 1 1/2 cups self-raising flour
- 3/4 cup white sugar
- 3/4 cup cocoa, sifted
- 1 tsp baking powder
- Zest and juice of 1 orange Salt

- 3 medium eggs
- 7 tbsp butter, melted
- 2/3 cup milk
- 2/3 cup orange flavored milk chocolate, chopped
- Whipped cream (optional)
- Vanilla ice cream (optional)

SAUCE:

- 1 1/2 cups light brown soft sugar
- 1/3 cup cocoa powder
- 1 3/4 cup water

DIRECTIONS:

Lightly grease the Cooking Pot with a little butter. In a separate bowl, mix the flour, sugar, cocoa, baking powder, orange zest and a pinch of salt.

In another bowl, whisk together the orange juice, eggs, melted butter and milk. Pour onto the dry ingredients and mix until smooth. Stir in the chocolate chunks then pour into the Cooking Pot. In a pot on the stovetop, make the sauce by mixing 1 3/4 cups of boiling water with the brown sugar and cocoa powder. Pour the sauce carefully over the mixture in the Cooking Pot. Select SLOW COOK, set temperature to HIGH, and adjust time to 3 hours. Secure the lid. Make sure the Steam Release Valve is in the "Release" (open) position. Press START/STOP. Cook for 3 hours or until firm and risen.

Serve hot with whipped cream or vanilla ice cream.

Lemon Cheesecake



INGREDIENTS

- 4 tbsp butter, melted
- 10 oz shortbread biscuits, crushed to crumbs
- 22 oz cream cheese
- 1/2 cup white sugar
- 1/2 cup sour cream
- 2 lemons, zest and juice
- 3 large eggs

TOPPING:

- 5 tbsp lemon curd
- Lemon thyme leaves
- Dusting of powdered sugar

TIP:

For this recipe, you will need an 8-inch springform baking pan, the base lined with baking parchment.

DIRECTIONS

Prepare a strip of foil roughly 18-inches in length, fold this twice lengthways. This will make a sling that will enable you to remove the baking pan from the Cooking Pot once cooked. In a bowl, combine the melted butter and biscuit crumbs, mix well together. Press crumbs evenly and firmly into the base of the baking pan, refrigerate. Place the soft cheese and sugar into a bowl and whisk together until smooth. Add the sour cream, lemon zest and juice, mixing well. Gently mix the eggs into the filling until just combined, do not overmix.

Pour the filling onto the cheesecake base. Add approx. 2 cups of water to the Cooking Pot. Fit the steaming rack into the Cooking Pot and lay the foil strip across the steaming rack and up the sides of the Cooking Pot. Ensure the foil strip is clear of the lid. Carefully place the cheesecake onto the Steaming Rack. Secure the Lid. Press

DESSERT, set pressure to HIGH, and adjust time to 30 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press

START/STOP.

Once cooking is complete and the pressure is released, remove the baked cheesecake carefully, using the foil sling to lift out the pan. Use gloves or oven mitts when lifting foil sling out of the pan to avoid touching the hot Cooking Pot. Allow to cool. Once completely cool, remove from the pan, peel the parchment from the base and refrigerate for 2-3 hours.

Before serving, spoon the lemon curd into a small bowl and mix well to soften. Swirl over the cheesecake, add a scattering of lemon thyme and a dust of powdered sugar.

Chocolate Chip & Hazelnut Banana Bread



INGREDIENTS

- 1½ cups all-purpose flour
- 1½ tsp baking powder
- 1 tsp baking soda
- ½ tsp salt

- 1 egg
- $\frac{3}{4}$ cup granulated sugar
- $\frac{1}{2}$ cup plain 2% yogurt
- $\frac{1}{2}$ cup vegetable oil
- 1 tsp vanilla extract
- 2 ripe bananas, mashed
- $\frac{3}{4}$ cup milk or dark chocolate chips
- $\frac{3}{4}$ cup chopped hazelnuts
- 1 $\frac{1}{2}$ cups water

DIRECTIONS

Grease an 8-inch diameter round Bundt pan and line the bottom and sides with parchment paper. Prepare a long strip of foil, roughly 24 inches long and fold into 3 lengthwise. This will provide a sling to lift out your cake pan. In a bowl, whisk together flour, baking powder, baking soda and salt. In separate bowl, whisk together egg, sugar, yogurt, oil and vanilla until blended; whisk in bananas until combined. Stir into flour mixture. Fold in $\frac{1}{2}$ cup chocolate chips and $\frac{1}{2}$ cup hazelnuts. Scrape into prepared cake pan and smooth top. Sprinkle with remaining chocolate and hazelnuts.

Add 1 $\frac{1}{2}$ cups of water into Cooking Pot. Place Steaming Rack over water. Fit the foil sling over the base of the rack, allowing the strips to fit the sides of the Cooking Pot and up to the rim. Place bundt pan on Steaming Rack, ensuring the foil strips are easily accessible to lift out of the Cooking Pot. Lightly cover the cake pan with a piece of paper towel and then a piece of foil. Secure the lid. Press MANUAL PRESSURE, set pressure to HIGH, and adjust time to 1 hour. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press

START/STOP.

Once cooking has completed and the pressure is released, remove the cake pan using the foil sling and place onto a cooling rack. Remove the pan and parchment paper and allow to fully cool before slicing.

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