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CKS1660D

PRECISION SLOW COOKER

Instructions for use
Keep these instructions
Mode d'emploi
Conservez cette notice
Instrucciones para el uso
Repase y guarde estas
instrucciones
Lea cuidadosamente este
instructivo antes de usar su
aparato.

ELECTRIC CHARACTERISTICS /
CARACTÉRISTIQUES ÉLECTRIQUES /
CARACTERISTICAS ELECTRICAS:
120 V ~ 60 Hz 350 W



The DeLonghi logo, consisting of the brand name in a stylized font inside an oval border.

EN

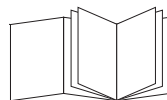
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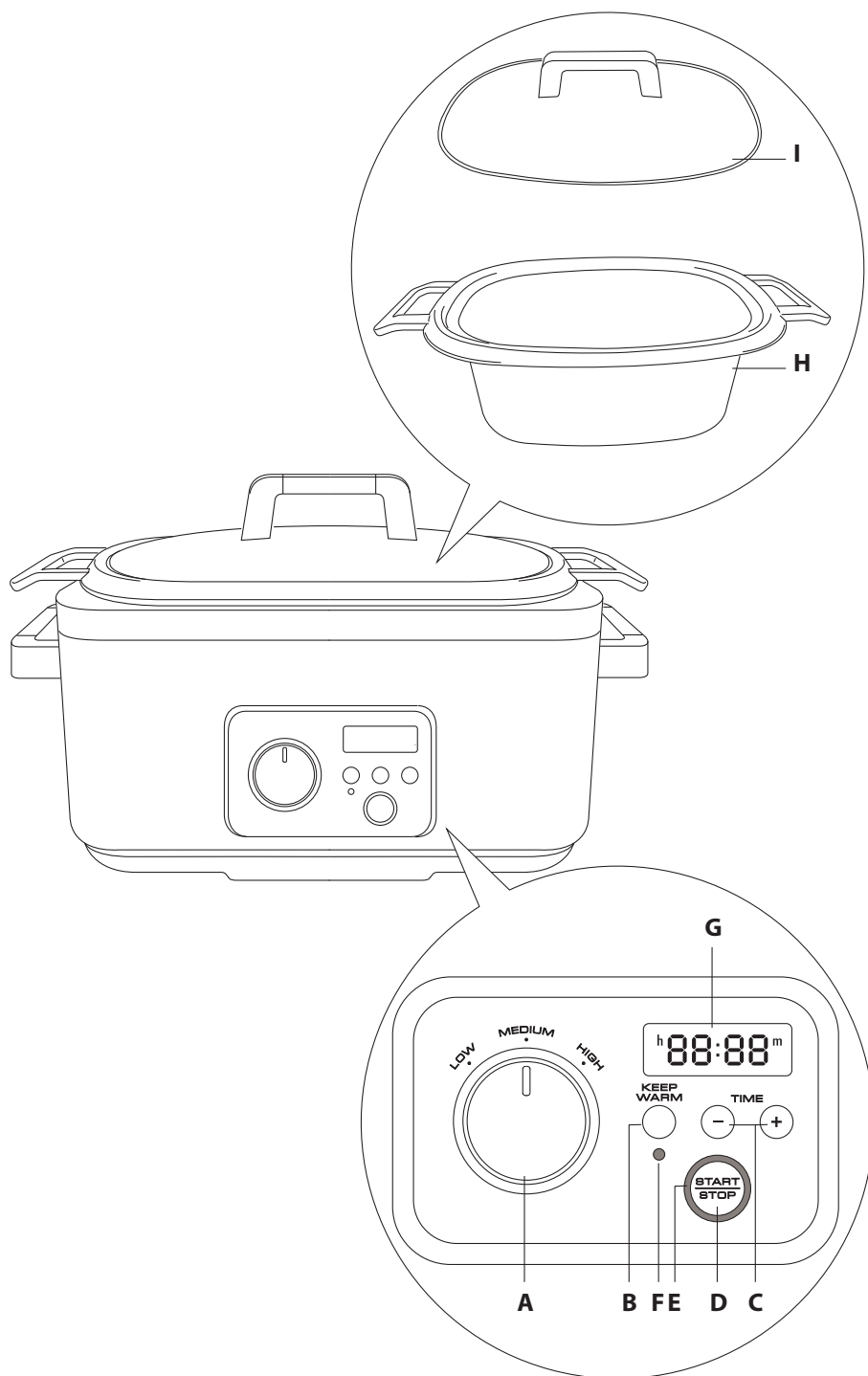
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page 15

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pág. 26





CONTENTS

IMPORTANT SAFEGUARDS5

ELECTRICAL CONNECTION6

TECHNICAL SPECIFICATION6

DESCRIPTION OF THE APPLIANCE6

ASSEMBLY INSTRUCTIONS6

OPERATION6

NOTE6

POT6

STAND-BY MODE/ACTIVE MODE OF YOUR SLOW COOKER7

COOKING GUIDELINES8

SLOW COOKING8

COOKING WITH LOW FUNCTION9

COOKING WITH MEDIUM FUNCTION9

COOKING WITH HIGH FUNCTION10

KEEP WARM FUNCTION10

CHANGE FUNCTION DURING COOKING PROCESS ALREADY
RUNNING10

ADJUST TIMER DURING COOKING FUNCTION ALREADY RUN-
NING11

CLEANING AND MAINTENANCE11

TROUBLESHOOTING12

RECIPES13

IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed:

1. READ ALL INSTRUCTIONS

2. **THIS PRODUCT IS DESIGNED FOR HOUSEHOLD USE ONLY. DO NOT USE OUTDOORS.**

3. Do not touch hot surfaces; use handles or knobs. Extreme caution must be used when handling the pot in hot condition. Always use oven gloves or potholders.
4. To protect against risk of electrical shock, do not immerse the slow cooker housing, cord or plug in water or any other liquid. If housing falls into liquid, unplug the cord from outlet immediately.
DO NOT reach into the liquid.
5. To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children.
6. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
7. Do not operate any appliance with a damaged cord or plug or after the appliance has malfunctioned or has been dropped or damaged in any way or is not operating properly.
Return the appliance to the nearest De'Longhi Customer Service (see Warranty for details) for examination, repair or mechanical or electrical adjustment.
8. If the plug heats up, contact a qualified electrician.
9. The use of attachments are not recommended by De'Longhi as they may cause fire, electrical shock, or risk of injury.
10. Do not use outdoors or anywhere the cord or unit housing might come into contact with water while in use.
11. Do not place on or near a hot gas or electric burner, or in a heated oven
12. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
13. Do not use appliance for other than intended use.
14. To avoid the possibility of the slow cooker being ac-

identally pulled off work area, which could result in damage to the slow cooker or personal injury, do not let cord hang over edge of table or counter top.

15. To avoid damage to cord and possible fire or electrocution hazard, do not let cord contact hot surfaces, including a stove.
16. Do not use abrasive/aggressive/acid detergent, metal sponges or steel wool to clean the appliance.
17. Avoid sudden temperature changes, such as adding refrigerated foods to a heated pot, or pour cold water over hot lid.
18. The lid is made of glass and is therefore fragile. Handle with proper care.
19. Caution: to reduce the risk of electric shock, cook only in the pot provided, do not use any other metal containers.
20. Caution: a heated pot may damage countertops or tables. When removing the hot pot from the slow cooker, do not place it directly on any unprotected surface. Always set the hot pot on a trivet or a rack, or a heatproof surface.
21. If the appliance is used on countertop made with solid surface material (e.g. Silestone®, Corian®, etc.), follow carefully the indications of countertop manufacturer and/or supplier.
22. To disconnect, press the On/Off button, and then remove the plug from the wall outlet.
23. This appliance is intended for countertop use only.
24. **WARNING:** Spilled food can cause serious burns. Keep appliance and cord away from children. Never drape cord over edge of counter, never use outlet below counter, and never use with an extension cord.
25. This product is in compliance with UL and CSA safety standards.

SAVE THESE INSTRUCTIONS

WARNING: After having removed the appliance from its packaging, check that all parts are intact.

The lid is made of glass and is therefore fragile. If it is visibly chipped, scored or scratched, it should be replaced. While using, cleaning or moving the ap-

pliance, avoid slamming or knocking the lid. Do not pour cold liquid onto the glass while the appliance is hot.

WARNING: The accessories for cooking of this appliance are not suitable for food preservation. Avoid leaving acid foods for prolonged time such as lemon/orange juice, tomato or vinegar on accessories surface. If left on surfaces for prolonged time these substances may damage and deteriorate the non stick coating.

ELECTRICAL CONNECTION

Only use a 120 Volt - 60 Hz power supply outlet

NOTICE

This appliance has a polarized plug (one prong is wider than the other).

As a safety feature, this plug will fit into a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

SPECIAL CORD SET INSTRUCTIONS

A short power supply cord is provided to reduce the risks of becoming entangled in or tripping over a longer cord.

Do not use any extension cords.

TECHNICAL SPECIFICATION

Voltage: 120 V ~ 60Hz

Absorbed power: 350 W

Overall dimensions: LxPxH 17.7x11.8x9.4 in (45x30x24 cm)

Weight (including accessories): 8.8 lb (4 kg)

DESCRIPTION OF THE APPLIANCE

- A. FUNCTION SELECTOR DIAL
- B. KEEP WARM BUTTON
- C. TIME + / - BUTTONS
- D. START/STOP BUTTON
- E. RED LIGHT
- F. KEEP WARM RED LIGHT
- G. DISPLAY
- H. POT
- I. LID

ASSEMBLY INSTRUCTIONS

To use your Slow Cooker:

1. Carefully unpack the Slow Cooker.
2. Rinse the pot and glass lid in warm, soapy water. Rinse well and dry thoroughly.
3. Wipe all interior and exterior surfaces of the Slow Cooker base with a soft, damp cloth.
4. Place pot in the base of the unit.
5. Place the lid on top of the pot.
6. Plug in power cord. Your slow cooker is now ready for use.

OPERATION

Your De'Longhi Slow Cooker cooks food automatically once you set the time and the desired cooking mode. When time expires, the unit automatically switches to the Keep Warm setting and the Keep Warm indicator light illuminates.

When cooking time and mode are set, the unit will perform those functions until the cooking time expires or the unit is manually turned off.

NOTE

- The U.S. Department of Agriculture (USDA) recommends that when cooking anything containing meat in a slow cooker, the meat should reach 140°F within 2 hours. This ensures that the meat will reach food-safe temperatures in the proper amount of time.
- This is a large-capacity slow cooker and it is recommended that you cook with at least 1 qt (1 L) of food in the pot.
- Avoid cooking frozen food. Use fresh room temperature ingredients only.

POT

Your De'Longhi slow cooker is provided with removable 6-qt. (5.7 L) aluminum pot with non-stick coating (H).

Pot can also be used as a serving dish at the dinner table. It is oven safe up to 450°F (230°C), and suitable for the stove top (gas burner stove or electric stove , not induction stove).

Pouring may be difficult if pot is full or nearly full, so it is recommended that you use a ladle to remove the contents from the pot.

WARNING :

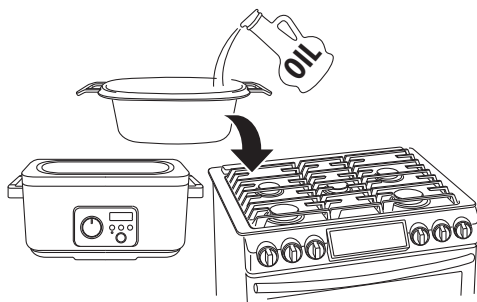
- Do not overheat the pot with intense flame without food.
- Prolonged food browning time may damage the non stick coating.
In order to avoid damages on the non stick coating, use short time browning.
- Do not use the pot in microwave ovens.

Browning & Searing in the Aluminum Pot

1. For a flavorful, seared crust, generously season meat or poultry with your favorite spice rub before searing.
2. Lightly coat the pot with cooking oil or butter. It will vary upon the fat content in the type of meat that is being cooked.
3. Remove the aluminum pot from the slow cooker, and place it directly on the stovetop.

WARNING: Use proper gas burner or electric stovetop dimension suitable for the pot base. Not induction stove.

To avoid damaging the pot, do not let flame or heat come into direct contact with black painted portion of the cooking pot.



4. When the oil is simmering hot, add meat to the aluminum pot, fat-side down; place poultry skin-side down. Sear meat for a few minutes until brown, then turn food until all surfaces are browned.

WARNING: Use caution while searing. Use protective oven mitts. Keep hands and face away from the aluminum pan's opening. Avoid contact with hot oil as it may splatter.

5. After all food is browned, drain any excess grease before returning the pot to the slow cooker base to complete your recipe.

CAUTION: Use protective oven mitts when removing aluminum pot from stovetop to bring back to slow cooker body.

WARNING: To avoid scratching the non-stick coating, never use sharp utensils when stirring foods in the aluminum pot.

6. Prepare ingredients according to recipe instructions. Place food into the aluminum pot. **DO NOT FILL THE POT TO THE TOP WITH FOOD.** For best results, the aluminum pot should be at least half-filled.

Stand-by mode.

Turning Function Selector Dial (A) , or press any push buttons , the display will default to setting of selected function. This is defined as Active mode. If no operation is taken within 20 seconds , the display backlight is reduced , turning to Stand-by mode. This condition is valid anytime if no operation is made within 20 seconds from active mode.

h 00:00 m

From stand-by mode, if Start/Stop button is pressed one time the control will default into Active mode. If Start/Stop button is pressed again, the current selected function is started.

STAND-BY MODE/ACTIVE MODE OF YOUR SLOW COOKER

Once appliance is connected to the power supply, the display is illuminated as h00:00m (with dots fixed) for 20 seconds. After this time the display backlight is reduced. This is defined as

COOKING GUIDELINES

SLOW COOKER MODE					
SETTING	DESCRIPTION	RECIPES	FUNCTION TEMPERATURE	TIMER	KEEP WARM
LOW	Good for slow cooking recipes or less tender cuts of meats that require longer cooking times to develop full flavor.	Baked egg based puddings Beef roast Beef rolls Beef short ribs Chicken/turkey pieces Dressing/stuffing Dried beans/lentils Pork roast Soups with less tender cuts of meat Stewed chicken	175°F (80°C)	Default time is h10:00m Adjustable from 30 minutes to 24h, with increments of 15 minutes	Automatically set at end of cooking time, 12h maximum duration
MEDIUM	Appropriate for most recipes when there is time for long, slow cooking. It's an ideal setting for food started before going to work in the morning and served for dinner in the evening	Baked potatoes Beef chuck roast Beef roast Beef rolls Beef short ribs Pork ribs Potato casserole Puddings Rice pudding Egg bake Poached pears Pork chops	185°F (85°C)	Default time is h08:00m. Adjustable from 30 minutes to 16h, with increments of 15 minutes	Automatically set at end of cooking time, 12h maximum duration
HIGH	Try using this setting when a shorter cooking time is desired or for recipes that are typically baked.	Broth-based soup Chicken/turkey pieces Roasted meats Steamed potatoes Wild rice casserole Dumplings	200°F (93°C)	Default time is h04:00m Adjustable from 30 minutes to 8h, with increments of 15 minutes	Automatically set at end of cooking time, 12h maximum duration
KEEP WARM	DO NOT USE THIS FUNCTION TO COOK FOOD This setting is intended to reheat or keep cooked food warm only	All cooked food Reheating dinner, Soups, etc. Use for keeping foods warm while entertaining.	150°F (65°C)	Default time is h00:15m Adjustable from 15 minutes to 12h, with increments of 15 minutes	-

SLOW COOKING

Slow cooking is perfect for foods that require long, slow simmering, such as soups, stocks, stews, and dried beans. Slow cooking is also ideal for specific types of meat such as chuck roasts, short ribs, pork shoulders and lamb shanks.

The Medium and Low settings are usually used for recipes that require additional cook time.

When starting a dish later in the day, select the High setting to ensure that food is cooked, warm, and ready when you'd like to eat.

COOKING WITH LOW FUNCTION

1. Place the unit on a clean, dry counter.
2. Remove glass lid.
3. Fill the pot with ingredients.
4. Replace lid.

From stand-by mode, turn the Function Selector Dial (A) to select LOW function.

The display will default to h10:00m flashing, then adjust cooking time by pressing Time + / - push buttons (C).

Each pressing of + button will increase the time in increments of 15 minutes, for a maximum set time of h24:00m.

Each pressing of - button will decrease the time in increments of 15 minutes, till h00:30m.

Keep + button pressed for 2 seconds and the display will automatically increase the time, in increments of 30 minutes until the button is released.

Keeping - button pressed for 2 seconds the display will automatically decrease the time, in increments of 30 minutes until the button is released.

Pressing Start/Stop button (D) the selected cooking function is started, the red light (E) around Start/Stop button will illuminate. If Start/Stop button (D) is not pressed within 20 seconds, the control goes in stand-by mode.

The display will stop flashing and the timer starts countdown.

A digital display showing the time h 12:45 m. The 'h' and 'm' are small, and the numbers are large and clear.

It is possible to stop the function anytime by pressing Start/Stop button (D). The red light (E) around Start/Stop button will turn off, the display will default to stand-by mode.

Once set time is elapsed, the cooking has ended, the red light around Start/Stop button will shut off, the display will show "End" flashing for 5 minutes.

A digital display showing the word "End" in a large, bold, sans-serif font.

While "End" is flashing you can reset the control by pressing Start/Stop button (D). The control will go into stand-by mode.

If no action is taken after 5 minutes of flashing, the control will automatically default to KEEP WARM function.

Keep warm red light (F) will illuminate, the red light (E) around Start/Stop button will illuminate.

Once Keep Warm function maximum of 12 hours timing has elapsed, the control will turn off and will go into stand-by mode.

COOKING WITH MEDIUM FUNCTION

1. Place the unit on a clean, dry counter.
2. Remove glass lid.
3. Fill the pot with ingredients.
4. Replace lid.

From stand-by mode, turn the Function Selector Dial (A) to select MEDIUM function.

The display will default to h08:00m flashing, then adjust cooking time by pressing Time + / - push buttons (C).

Each pressing of + button will increase the time with 15 minute increments, for a maximum set time of h16:00m.

Each pressing of - button will decrease the time with 15 minute increments, till h00:30m.

Keeping + button pressed for 2 seconds the display will automatically increase the time, with 30 minute increments until the button is released.

Keeping - button pressed for 2 seconds the display will automatically decrease the time, with 30 minute increments until the button is released.

Pressing Start/Stop button (D) the selected cooking function is started, the red light (E) around Start/Stop button will illuminate. If Start/Stop button (D) is not pressed within 20 seconds, the control goes in stand-by mode.

The display will stop flashing and the timer starts countdown.

A digital display showing the time h 12:45 m. The 'h' and 'm' are small, and the numbers are large and clear.

It is possible to stop the function anytime by pressing Start/Stop button. The red light (E) around Start/Stop button will turn off, the display will default to stand-by mode.

Once set time is elapsed, the cooking has ended, the red light (E) around Start/Stop button will turn off, the display will show "End" flashing for 5 minutes.

A digital display showing the word "End" in a large, bold, sans-serif font.

While "End" is flashing you can reset the control by pressing Start/Stop button (D). The control goes into stand-by mode.

If no any action is taken after 5 minutes flashing, the control will automatically switch to KEEP WARM function.

Keep warm red light (F) will illuminate, the red light (E) around Start/Stop button will illuminate.

Once Keep Warm function maximum of 12 hours time has elapsed, the control will turn off and will go into stand-by mode.

COOKING WITH HIGH FUNCTION

1. Place the unit on a clean, dry counter.
2. Remove glass lid.
3. Fill the pot with ingredients.
4. Replace lid.

From stand-by mode, turn the Function Selector Dial (A) to select MEDIUM function.

The display will default to h04:00m flashing, then adjust cooking time by pressing Time + / - push buttons (C).

Each pressing of + button will increase the time in increments of 15 minutes, for a maximum set time of h08:00m.

Each pressing of - button will decrease the time in increments of 15 minutes, till h00:30m.

Keeping + button pressed for 2 seconds the display will automatically increase the time, with 30 minutes increments until the button is released.

Keeping - button pressed for 2 seconds the display will automatically decrease the time, with 30 minutes increments until the button is released.

Pressing Start/Stop button (D) the selected cooking function is started, the red light (E) around Start/Stop button will illuminate. If Start/Stop button (D) is not pressed within 20 seconds, the control goes in stand-by mode.

The display will stop flashing and the timer starts countdown.

A digital display showing the time h 02:45 m. The digits are black on a white background, with a small 'h' at the top left and 'm' at the top right.

It is possible to stop the function anytime by pressing Start/Stop button (D). The red light (E) around Start/Stop button will turn off, the display will default to stand-by mode.

Once set time is elapsed, cooking has ended, the red light (E) around Start/Stop button will shut off, the display will show "End" flashing for 5 minutes.

A digital display showing the word "End" in a large, black, sans-serif font. The letters are slightly spaced out.

While "End" is flashing you can reset the control by pressing Start/Stop button (D). The control goes into stand-by mode.

If no action is taken after 5 minutes flashing, the control will automatically default to KEEP WARM mode.

Keep warm red light (F) will illuminate, the red light (E) around Start/Stop button will illuminate.

Once Keep Warm function maximum of 12 hours timing has elapsed, the control will turn off and will go into stand-by mode.

KEEP WARM FUNCTION

Keep Warm automatic selection

Keep Warm function is automatically activated at the end of cooking time for each function.

Once the function time has elapsed, the "End" message flashes for 5 minutes, the Keep Warm function will automatically turn on, the Keep warm red light (F) and red light (E) around Start/Stop button will be illuminated, and the display will show a time count up from h00:00m to h12:00m, with 1 minute increment. So you will know how long the keep warm function has been activated.

A digital display showing the time h 00: 12 m. The digits are black on a white background, with a small 'h' at the top left and 'm' at the top right.

If no action is taken, after 12h elapsed the control will turn off, and will go into stand-by mode. The Keep warm red light (F) and red light (E) around Start/Stop button will shut off.

Keep warm manual selection

Keep Warm function can be also manually activated pressing Keep Warm button (B).

From stand-by mode (or active mode but not while any cooking function has already started) function can be activated by pressing Keep Warm button (B).

Keep warm red light (F) will be illuminated, the display default to active mode and show h00:15m.

Further pressing of Keep Warm button (B) will disable the function: the control returns in active mode, Keep warm red light (F) will be turned off and the display will show the default selected function setting for 20 seconds.

If no action after this time the control will return in Stand-By mode.

It is also possible to disable the Keep Warm function (if not already started) turning the Function Selector Dial (A): Keep warm red light (F) will be turned off and the control will go into active mode, showing default condition for each function for 20 seconds. If no action after this time the control will return in Stand-By mode.

When Keep Warm function is selected, time can be adjusted from h00:15m to h12:00m, in increments of 15 minutes by pressing Time + / - buttons (C).

Keeping + button pressed for 2 seconds the display will automatically increase the time, in increments of 30 minutes until the button is released.

Keeping - button pressed for 2 seconds the display will automatically decrease the time, in increments of 30 minutes step until the button is released.

If Start/Stop button (D) is not pressed within 20 seconds, the control goes in stand-by mode.

Pressing Start/Stop button (D), Keep Warm function is activated, the red light (E) around Start/Stop button will illuminate.



Once set time is elapsed, the control will turn off and will go into stand-by mode. The Keep warm red light (F) and red light (E) around Start/Stop button will shut off.

For both above cases (Manual or Automatic), it is possible to stop the function anytime by pressing Start/Stop button (D). The red light (E) around Start/Stop button and Keep warm red light (F) will turn off, the display will default to stand-by mode.

CHANGE FUNCTION DURING COOKING PROCESS ALREADY RUNNING

Each cooking function has already started, you can turn the Function Selector Dial (A), changing the current cooking function. The control continues the countdown of time previously selected if it did not exceed the maximum time of the newly selected function, and changes the temperature setting to the new function selected.

If the time exceeds the maximum time for new selected function, the display will change to maximum time value for new selected function.

See below examples of how to select the Time/Function values. Examples:

Low Function with time h22:15m

▼

change to Medium Function

▼

time will be h16:00m

Medium function with time h10:20m

▼

change to High function

▼

time will be h08:00m

Medium function with time h04:30m

▼

change to High function

▼

time will be h04:30m

If the Function Selector Dial (A) is turned when Keep Warm function is already stated, the control will not change anything, and continue to run the Keep Warm function.

ADJUST TIMER DURING COOKING FUNCTION ALREADY RUNNING

When cooking function has already started, you can adjust the timer by pressing Time + / - buttons (C).

As first pressing of + / - buttons, the display will start to flash showing actual time.

If no further selection of + / - buttons, after 3 seconds the display will stop flashing confirming the value.

Further pressing of + / - buttons, the display will show the nearest multiple value of 15 minutes.

See below examples how the control will select the 15 minute multiple values:

Examples:

01:34 > + button pressed > display will show 01:45

01:34 > - button pressed > display will show 01:30

03:54 > + button pressed > display will show 04:00

03:54 > - button pressed > display will show 03:45

02:16 > + button pressed > display will show 02:30

02:16 > - button pressed > display will show 02:15

Further pressing of Time + / - buttons (C) the control will increase or decrease the timer in increments of 15 minutes.

Keeping + button pressed for 2 seconds the display will automatically increment the time by 30 minutes until the button is released.

Keeping - button pressed for 2 seconds the display will automatically decrease the time, in increments of 30 minutes until the button is pressed.

If no additional pressing of Time + / - buttons (C), after 3 seconds the display will stop flashing and will confirm new value.

CLEANING AND MAINTENANCE

Here are a few simple tips to assure your slow cooker gives you years of service.

Lid is dishwasher safe.

We recommend hand washing the pot to ensure longer life of the non-stick coating.

- Unplug your Slow Cooker and allow it to cool before cleaning.
- Avoid using abrasive/aggressive products that may damage the pot or the exterior of the appliance.
- Place lid in the dishwasher or wash with warm, soapy water.
- If food sticks to the surface, fill the pot with warm, soapy

- water and allow to soak before cleaning.
- If scouring is necessary, use a nonabrasive cleanser or liquid detergent with a nylon pad or brush.
- Wipe the inside surfaces of the pot with a soft pad.

TROUBLESHOOTING

Slow Cooker will not switch ON or LCD display light has gone out	Check that the power plug is properly inserted into wall outlet Insert the power plug into a different outlet Verify the circuit breaker If above solution does not solve the problem, the appliance has probably had a malfunction. Unplug the appliance from the outlet and contact a De'Longhi customer service for assistance.
The display show The image shows a rectangular LCD display with the text 'Err' in a stylized, segmented font.	The electronic control detects a malfunction in the appliance. Unplug the appliance from the outlet, wait for 10 minutes and plug it again. If error message is displayed again, unplug the appliance from the outlet and contact De'Longhi Customer Service for assistance

RECIPES

Spinach Artichoke Dip with a Kick

Serves: 10

Prep: 15 minutes

Cook: 2 ½ hours

Total time: 2 ¾ hours

Ingredients:

¼ cup butter

1 small onion, diced

1 tablespoon garlic, minced

1 block (8oz) cream cheese, softened

½ cup mayonnaise

½ cup sour cream

¼ half and half (or regular milk)

½ teaspoon red pepper flakes (can be adjusted to spice level desired)

1 package (10oz) frozen spinach (thawed and water squeezed out)

1 can (14oz) artichoke hearts, drained and chopped

1 jalapeño pepper, minced

1 tablespoon wine vinegar

¼ parmesan cheese, grated

½ cup feta cheese crumbles

½ cup mozzarella cheese

Directions:

Remove the insert from the slow cooker and place on the stove top. Melt the butter in the insert over medium heat. Add the onion and sauté about 5 minutes, stirring occasionally until the onions are translucent. Add the garlic and sauté for another minute.

Replace the insert in the slow cooker. Add the cream cheese, sour cream, mayonnaise and half and half to the onion and garlic. Stir to combine. Add the remaining ingredients and again stir to thoroughly combine.

Cover and set the slow cooker to cook on Low for 2 ½ hours. Stir before serving.

Cauliflower Barley Salad with Cashews

Serves: 4

Prep: 25 minutes

Cook: 3 to 3½ hours

Total time: Approximately 3½ hours

Ingredients:

2 tablespoons butter

1 cup barley

3 cups vegetable broth

½ cup celery, chopped

1 red pepper, cored, seeded and chopped

1 small onion, chopped

1 large clove garlic, minced

1 medium head cauliflower, cut into florets

1 can (15 oz) garbanzo beans, drained and rinsed

Dressing:

3 tablespoons lemon juice

1 tablespoon mayonnaise

1 teaspoon Dijon mustard

½ teaspoon sugar

5 tablespoons olive oil

Salt, to taste

Ground pepper, to taste

1 bag (5 oz) arugula or baby kale

½ cup cashews, coarsely chopped

¼ cup fresh parsley, chopped (optional)

Directions:

Remove the insert from the slow cooker and place on the stove top set to medium heat. To the insert add the butter and the barley. Stir and cook for approximately 10 minutes or until barley is slightly browned. Transfer the insert back to the slow cooker.

To the barley, add the broth and next 4 ingredients. Stir to combine. Place the cauliflower florets on top of the mixture. Cover and cook on Medium 3 to 3.5 hours, or until the barley is tender and the liquid is absorbed. Add the garbanzo beans. Fold the beans into the barley mixture.

While the barley cooks, prepare the salad dressing by whisking together the lemon juice, mayonnaise, Dijon mustard, sugar and olive oil in a medium bowl until emulsified. Season the dressing to taste with the salt and pepper.

To prepare the individual salads, place individual portions of the arugula or kale. Top with the cooked barley mixture. Drizzle with the dressing and top with chopped cashews and parsley.

Butter Chicken

Serves: 4

Prep: 15 minutes

Cook: 3 hours

Total time: 3 hours 15 minutes

Ingredients:

2½ - 3 pounds boneless, skinless chicken thighs, cut into 2" pieces

1 onion, diced

4 cloves garlic, minced

1 tablespoon fresh ginger, minced

4 teaspoons curry powder

1 tablespoon garam masala

2 teaspoons cumin

1 teaspoon turmeric

¾ teaspoon cayenne pepper

3 tablespoons tomato paste

1 can (14 oz) coconut milk

½ cup sour cream

¼ cup butter

1 teaspoon smoked paprika

Salt, to taste

½ cup chopped cilantro

Jasmine rice, cooked according to package directions

Directions:

Combine the chicken pieces, onion, garlic and ginger in the slow cooker pot. In a small bowl, combine the curry powder and the next four ingredients through the cayenne pepper. (*) Sprinkle the spice mixture over the chicken. Stir to coat the chicken pieces with the spice. Add the tomato paste and coconut milk to the chicken. Stir to evenly distribute the tomato paste.

Cover and cook on Medium heat for 3 hours. At the end of the cook time add the sour cream, butter and smoked paprika. Stir the mixture to create a smooth, uniform sauce. Season to taste with additional salt. Serve the butter chicken over rice and top with additional sour cream and cilantro if desired.

(*) If a spicier version of this dish is desired, reserve 1/3 – 1/2 of the dry spice mixture to add with an hour left in the cook cycle.

Company Pot Roast with Vegetables and Pan Sauce Gravy

Serves: 6-8

Prep: 20 minutes

Cook: 8 hours

Total time: 8 hours 20 minutes

Ingredients:

Salt

Pepper

Smoked Paprika

4-5 pound chuck roast

2 tablespoons olive oil

2 tablespoons butter

2 whole sweet onions, peeled and halved

1 stalk celery cut into 4 pieces

12 baby carrots

1 cup red wine

2 cups beef broth

2 sprigs fresh rosemary

3 sprigs fresh thyme

2 bay leaves

2 tablespoons corn starch (if needed)

¼ cup beef broth (if needed)

Vegetables:

5 small red potatoes, cut into quarters

16 baby carrots

2 sweets onions, peeled and quartered

Directions:

Sprinkle the roast on all sides with salt, pepper and paprika.

Remove the insert from the slow cooker. Place the insert on the stove top and add the oil and butter. Heat over medium high heat. Place the onion halves, carrots and celery in the heated pan. Brown the vegetables on all sides. Remove the vegetables from the pan to a large plate. Place the seasoned roast in the pan adding more oil if needed. Sear the meat at least 3 minutes per side. Remove the meat from the pan adding it to the plate with the browned vegetables. Deglaze the pan by slowly pouring the wine into the pot. As the wine boils, stir to loosen any residual food material that was stuck to the pan from browning the vegetables and searing the meat. Once the pan has been deglazed, return the insert to the slow cooker. Add the browned vegetables back to the pan and place the meat on top of the vegetables. Lay the fresh herbs on top of the roast. Add enough beef stock to the pan to cover the bottom half of the roast. Place the bay leaves into the broth. Place the raw potatoes, carrots and quartered onion on top of the roast. Put the lid on the pot. Set to cook on Medium heat for 8 hours. At the end of the cook time, remove the top layer of vegetables (potatoes, carrots and quartered onion) and the roast to a serving plate. Cover to keep warm. Remove the bay leaves and herbs and discard. Pour the pan sauce containing the browned onions, carrots, celery into a stainless steel sauce pan. Using a hand blender, blend until smooth. If the gravy is too thin, mix the corn starch and ¼ cup broth. Whisk into the pan gravy. Heat the gravy until boiling. Turn the heat down to bring the gravy to a low boil. Stir until the gravy thickens to desired consistency. To serve, divide the roast and vegetables into individual portions and top with the pan gravy.