

# CROCK·POT®

EXPRESS CROCK  
MULTI-COOKER

*Recipe Book*



# 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 new Express Crock 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 7 pre-set 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 have 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 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

We believe that one-pot cooking should be easy, nutritious and delicious. We want to help avoid the mid-week meal dilemma by making it easy to provide flavoursome dishes with minimal time and effort required.

*Let's eat!*

# TABLE OF CONTENTS

*Quick Start Guide.....4-5*



*Breakfast.....6-7*



*Soups & Sides.....8-11*



*Mains .....12-27*




*Desserts.....28-31*



# QUICK START GUIDE\*

# 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 and/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
MEAT/STEW	Yes	Yes	Seal
BEANS/CHILI	Yes	Yes	Seal
RICE/RISOTTO	Yes	Yes	Seal
YOGURT	No	Yes (in some steps)	Release
POULTRY	Yes	Yes	Seal
DESSERT	Yes	Yes	Seal
MULTIGRAIN	Yes	Yes	Seal
PRESSURE COOK	Yes	Yes	Seal
SLOW COOK	No	Yes	Release
BROWN/SAUTÉ	No	No	Do not use Lid
STEAM	Yes	Yes	Seal



## ASSEMBLY

- Place Cooking Pot into the Heating Base.
- Place Lid onto Multi-Cooker, and align  with . To lock, twist counterclockwise, aligning  with .

## 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/SAUTÉ**, **KEEP WARM**, or **YOGURT** settings).

# Natural Yogurt/Greek Yogurt



**COURSE:**  
BREAKFAST

**COOK TIME:**  
8-12 HOURS

**SERVES:**  
4 SERVINGS

## INGREDIENTS:

1 litre of whole or semi skimmed milk at room temperature.  
250g natural yogurt at room temperature.

## DIRECTIONS:

Pour the yogurt and milk into the cooking pot and whisk together.  
Secure the lid and ensure the steam release valve is in the open (release) position.  
Select **YOGURT** and press **START/STOP**.  
When complete transfer yogurt into containers and chill.

# Porridge



**COURSE:**  
BREAKFAST

**COOK TIME:**  
8 MINUTES

**SERVES:**  
2 SERVINGS

## INGREDIENTS:

1¼ cups rolled oats  
800ml water  
Pinch of salt

## DIRECTIONS:

Place the 3 ingredients into the cooking pot and stir to combine.  
Secure the lid, ensure the steam release valve is in the seal (closed) position and select **RICE/RISOTTO**.  
Add a time of 8 minutes and press **START/STOP**.  
Once the unit has finished cooking, carefully vent the unit and remove the lid.  
Serve with a selection of fresh berries, chopped nuts, dried fruits and or honey.

# Chicken, Chorizo and Kale Soup



**COURSE:**  
SOUP

**COOK TIME:**  
10 MINUTES

**SERVES:**  
4 SERVINGS

## INGREDIENTS:

225g chorizo, remove the casing and dice  
1 large onion, diced  
2 large cloves of garlic, finely chopped  
300g boneless, skinless chicken fillets  
1 tsp smoked paprika  
2 bay leaves  
175g red lentils, rinsed  
2 tbsp tomato puree  
400g tin chopped tomatoes  
400g tin chickpeas, drained and rinsed  
100g shredded kale  
1 litre hot chicken stock  
Salt and pepper

## DIRECTIONS:

Press **BROWN/SAUTÉ** and adjust the time to 12 minutes, press **START** and allow to preheat.

Place the chorizo into the cooking pot and sauté, stirring regularly for a couple of minutes.

Add the onions, garlic, chicken and paprika, continue to sauté.

Add the remaining ingredients and stir well.

Secure the lid, ensure the steam release valve is in the seal (closed) position and press **PRESSURE COOK**. Adjust the time to 10 minutes and press **START/STOP**.

Once the unit has finished cooking, allow the unit to have a natural pressure release time of 5 minutes.

Stir well, adjust the seasoning. Garnish with some chopped parsley, a dollop of natural yoghurt and a sprinkle of chilli seeds.

# Speedy Lentil and Vegetable Soup



**COURSE:**  
SOUP

**COOK TIME:**  
10 MINUTES

**SERVES:**  
4 SERVINGS

## INGREDIENTS:

1 tbsp vegetable oil  
1 large onion, finely diced  
2 carrots, peeled and diced  
2 celery sticks, diced  
2 bay leaves  
½ tsp dried thyme  
1.3 litres hot vegetable stock  
200g dried brown lentils, rinsed  
200g dried red lentils, rinsed  
200g frozen sweetcorn  
1 large potato, peeled and diced  
Salt and pepper

## DIRECTIONS:

Press **BROWN/SAUTE** and adjust time to 3 minutes, press **START** and allow to preheat.

Add oil, onions, carrots and celery to the cooking pot. Sauté for 3 minutes.

Add the remaining ingredients and stir well.

Secure the lid, ensure the steam release valve is in the seal (closed) position, press **PRESSURE COOK** adjust time to 10 minutes and press **START/STOP**.

Once the unit has finished cooking, allow the unit to have a natural pressure release time of 10 minutes.

Stir well, adjust the seasoning. Serve with some chunky granary bread for a tasty healthy meal.

## Hommous



**COURSE:**  
SIDE

**COOK TIME:**  
45 MINUTES

**MAKES 8 CUPS**

### INGREDIENTS:

6 cups water  
2 cups dried chickpeas  
1 cup olive oil  
3 cloves garlic, peeled  
¼ cup tahini  
½ cup water  
Juice of 2 lemons  
Salt and freshly ground  
black pepper, to taste

### DIRECTIONS:

Place chickpeas and water in the cooking pot. Secure the lid. Ensure the steam release valve is in the seal (closed) position. Press **BEANS/CHILI**, adjust the time to 45 minutes. Press **START/STOP**.

Once cooking has completed, and the pressure has released, set aside to cool. Drain. Place all remaining ingredients in food processor and process to form a smooth paste. Season to taste with salt and pepper.

Store in a clean, covered container in the refrigerator for up to one week.

## Warm Potato Salad



**COURSE:**  
SIDE

**COOK TIME:**  
10 MINUTES

**SERVES:**  
8 SERVINGS

### INGREDIENTS:

1.5 kg baby potatoes, halved  
¼ cup olive oil  
3 tbsp white wine vinegar  
1 tbsp seeded mustard  
1 clove garlic, minced  
½ tsp salt  
¼ tsp freshly ground black pepper  
¼ cup torn basil leaves  
¼ cup sliced sun-dried tomatoes  
¼ cup finely chopped red onion  
3 cups water

### DIRECTIONS:

Add potatoes to cooking pot with 3 cups of water. Secure the lid ensuring the steam release valve is in the seal (closed) position.

Press **STEAM**, and adjust time to 10 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press **START/STOP**. Once cooking has completed 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.

# Express Paella



**COURSE:**  
MAIN

**COOK TIME:**  
20 MINUTES

**SERVES:**  
4-6 SERVINGS

## INGREDIENTS:

2 tbsp olive oil  
500g chorizo, sliced  
500g chicken thighs, diced  
3 cloves garlic, crushed  
1 onion, chopped  
1 red capsicum, seeds removed, diced  
1 tsp paprika  
1 cup chicken stock  
1 cup peas  
½ cups long grain rice  
2 tbsp freshly chopped parsley  
½ tsp extra fine sugar  
450g prawns, peeled, deveined  
400g can chopped tomatoes  
Salt and freshly ground black pepper, to taste

## DIRECTIONS:

Press **BROWN/SAUTÉ**, and then press **START/STOP**. Add oil and preheat for 2 minutes. Add chorizo and chicken and brown in cooking pot for 3-4 minutes. Remove from cooking pot.

Add garlic, onion and capsicum. Sauté for 4-5 minutes or until tender.

Press **START/STOP** and add remaining ingredients to the cooking pot. Secure the lid ensuring the steam release valve is in the seal (closed) position. Press **RICE/RISOTTO**, set the pressure to LOW, and set to 10 minutes. Press **START/STOP**.

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

# Mushroom & Gorgonzola Risotto



**COURSE:**  
MAIN

**COOK TIME:**  
20 MINUTES

**SERVES:**  
6-8 SERVINGS

## INGREDIENTS:

2 tbsp olive oil  
2 cloves garlic, crushed  
2 onions, chopped  
500g Portobello mushrooms, sliced  
4 cups Arborio rice  
¾ cup white wine  
6 cups chicken stock  
¾ cup grated Parmesan cheese  
140g Gorgonzola cheese, crumbled  
½ cup flat leaf parsley, roughly chopped  
3 tbsp butter, room temperature  
Salt and freshly ground black pepper, to taste

## DIRECTIONS:

Press **BROWN/SAUTÉ**, then press **START/STOP**. Add oil and preheat for 2 minutes. Add garlic, onion and mushrooms. Cook for 4-5 minutes or until tender.

Add rice and stir to coat all grains. Pour in wine and allow to reduce by half. Add stock. Press **START/STOP**. Secure the lid ensuring the steam release valve is in the seal (closed) position. Press **RICE/RISOTTO**, set the pressure to LOW, and set time to 12 minutes. Press **START/STOP**.

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

# Vegetable Risotto

**COURSE:**  
VEGETARIAN

**COOK TIME:**  
8 MINUTES

**SERVES:**  
2-3 SERVINGS

## INGREDIENTS:

1 tbsp olive oil  
15g butter (optional)  
1 medium onion, diced  
3 cloves of garlic, finely chopped  
1 red capsicum, finely chopped  
1 green capsicum, finely chopped  
1 tsp paprika  
200g Arborio rice  
650ml vegetable stock  
100g frozen peas defrosted.  
2 large handfuls of baby spinach leaves  
30g Parmesan cheese, grated  
Fresh basil leaves

## DIRECTIONS:

Press **BROWN/SAUTÉ** and adjust the time to 5 minutes. Press **START/STOP** and allow to preheat.

Add 1 tbsp vegetable oil, butter, onion, garlic and capsicums to the cooking pot and sauté for 5 minutes, stirring often. Add the paprika and rice and stir well.

Pour in the stock then secure the lid ensuring the steam release valve is in the seal (closed) position. Press **RICE/RISOTTO** and set the time for 8 minutes, then **START/STOP**.

Once the unit has finished cooking, allow the unit to have a natural pressure release time of 5 minutes.

Stir in the peas, spinach and parmesan and adjust the seasoning.

Serve with freshly grated parmesan and some torn basil leaves.

# Vegetable Tagine

**COURSE:**  
VEGETARIAN

**COOK TIME:**  
10 MINUTES

**SERVES:**  
4 SERVINGS

## INGREDIENTS:

1 tbsp vegetable oil  
1 medium red onion, diced  
2 cloves of garlic, finely chopped  
½ tsp ground cinnamon  
½ tsp ground cumin  
½ tsp ground coriander  
1 red capsicum, diced  
2 zucchinis, diced  
1 medium eggplant, diced  
400g tin chopped tomatoes  
400g tin chickpeas, rinsed and drained  
2 tbsp tomato puree  
100g dried apricots, quartered  
1 tbsp harissa  
300ml hot vegetable stock  
2 cinnamon sticks

## TO SERVE:

Cous cous  
Chopped parsley  
Natural yoghurt

## DIRECTIONS:

Press **BROWN/SAUTÉ**, set time to 8 minutes then press **START/STOP** to start preheating.

Add the oil to the cooking pot, along with the onion and garlic and sauté for 3-4 minutes, stirring until softened.

Stir in spices and continue cooking for a further minute. Add the remaining ingredients, stir well. Secure lid and ensure steam release valve is in seal (closed) position.

Select the **BEANS/CHILI** and set a cook time of 10 minutes.

Once the unit has finished cooking, allow a natural release time of 5 minutes then remove the lid.

Take out the cinnamon sticks and adjust the seasoning.

Serve with chopped parsley, a touch of natural yoghurt and accompany with a fragrant cous cous.



# Chicken Provencale

**COURSE:**  
MAIN

**COOK TIME:**  
35 MINUTES

**SERVES:**  
4-6 SERVINGS

## INGREDIENTS:

1 tbsp olive oil  
2 cloves garlic, crushed  
2 onions, sliced  
1 red capsicum, deseeded, sliced  
1 yellow capsicum, deseeded,  
sliced  
1 cup white wine  
2 x 400g cans chopped tomatoes  
1 cup kalamata olives, pits  
removed  
10 boneless chicken thighs  
8 sprigs fresh thyme  
2 anchovies  
Salt and freshly ground black  
pepper, to taste

## DIRECTIONS:

Press **BROWN/SAUTÉ**, and then press **START/STOP**. Add oil and preheat for 2 minutes. Add garlic, onions and capsicums. 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**, and set time to 30 minutes. Ensure the Steam Release Valve is in the seal (closed) position. Press **START/STOP**.

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

# Whole Roast Chicken

**COURSE:**  
MAIN

**COOK TIME:**  
30 MINUTES

**SERVES:**  
4 SERVINGS

## INGREDIENTS:

1 whole chicken, 1.3-1.6kg  
1 tsp paprika  
1 tsp dried thyme  
Salt and pepper  
1 tbsp vegetable oil  
4 cloves of garlic, peeled  
2 tbsp lemon juice  
250ml hot chicken stock  
1 large sprig of fresh thyme

## DIRECTIONS:

Press **BROWN/SAUTÉ** and adjust the time to 6 minutes, press **START/STOP**. Allow to preheat.

Place the paprika, thyme and seasoning into a small bowl and mix together.

Rub over the outside of the chicken.

Add the oil to the cooking pot and place the chicken breast side down to brown. Turn half way through and continue browning. Add the garlic, lemon juice and chicken stock.

Secure the lid ensuring the steam release valve is in the seal (closed) position. Press **POULTRY** and set time to 30 minutes. Press **START/STOP**.

Once the unit has finished cooking, allow the unit to have a natural pressure release time of 10 minutes.

Carefully lift out the chicken and place on a warmed plate. Cover loosely with foil to keep warm.

To make gravy – strain the cooking liquid to remove the garlic and thyme.

Press **BROWN/SAUTÉ**, heat the stock to boiling point.

Stir in a little cornflour mixed with water to thicken.

Serve with potatoes and vegetables.

# Lamb Shanks with Lemon & Rosemary



**COURSE:**  
MAIN

**COOK TIME:**  
60 MINUTES

**SERVES:**  
4 SERVINGS

## INGREDIENTS:

4 lamb shanks  
¼ cup plain flour  
¼ cup olive oil  
2 cloves garlic, crushed  
2 onions, chopped  
¾ cup chicken stock  
4 fresh rosemary sprigs  
1 lemon, finely sliced  
2 tbsp lemon juice  
Salt and freshly ground  
black pepper, to taste  
Fresh rosemary, to serve

## DIRECTIONS:

Dust lamb shanks in flour. Press **BROWN/SAUTÉ**, then press **START/STOP**. Add half of the oil and preheat for 2 minutes. Add lamb and brown for 3-4 minutes or until golden.

Remove lamb from cooking pot. Add remaining oil, garlic and onion. Sauté for 4-5 minutes or until tender.

Press **START/STOP**. Add shanks, stock, rosemary, lemon slices, and lemon juice to the cooking pot. Secure the lid ensuring the steam release valve is in the seal (closed) position. Press **MEAT/STEW**, and adjust the time to 60 minutes. Press **START/STOP**.

Once cooking has completed, and the pressure is released, season to taste with salt and pepper. Top with extra rosemary and serve.

# Duck Ragu



**COURSE:**  
MAIN

**COOK TIME:**  
25 MINUTES

**SERVES:**  
4 SERVINGS

## INGREDIENTS:

1 tbsp butter  
4 duck marylands  
100g bacon, chopped  
2 cloves garlic, crushed  
1 onion, finely chopped  
1 bay leaf  
1 tbsp fresh rosemary,  
roughly chopped  
2 tbsp tomato paste  
½ cup red wine  
400g can chopped tomatoes  
2 cups chicken stock  
200g button mushrooms, sliced  
Salt and freshly ground  
black pepper, to taste  
Cooked pasta and Parmesan  
cheese, to serve

## DIRECTIONS:

Press **BROWN/SAUTÉ**, then press **START/STOP**. Add butter and preheat for 2 minutes. Add duck and brown for 2 minutes on each side or until golden. Remove from the cooking pot.

Add bacon, garlic, onion, bay leaf and rosemary. Sauté for 4-5 minutes or until tender. Add tomato paste and cook for 1 minute. Add wine and allow to reduce by half.

Press **START/STOP**. Place all ingredients in the cooking pot, including the duck. Secure the lid ensuring the steam release valve is in the seal (closed) position. Press **POULTRY**, and adjust time to 20 minutes. Press **START/STOP**.

Once cooking is complete, and the pressure has released, set aside to cool. Season to taste with salt and pepper. Serve over pasta with grated Parmesan cheese.

## Thai Green Curry

**COURSE:**  
MAIN

**COOK TIME:**  
15 MINUTES

**SERVES:**  
2-3 SERVINGS

### INGREDIENTS:

600g skinless, boneless chicken thighs cut into strips  
3 shallots, peeled  
2 cloves of garlic, peeled  
1 green finger chilli  
1 thumb sized piece of ginger, peeled  
1 lime, zest and juice  
1 stem of lemon grass, woody end and outer removed  
1 small bunch of Thai basil  
1 tbsp coconut or vegetable oil  
400g tin of light coconut milk  
3 Kaffir lime leaves  
1 tsp brown sugar  
Fish sauce

### DIRECTIONS:

Place the shallots, garlic, chilli, ginger, lime zest and juice, lemongrass and most of the Thai basil into a food processor. Blend until a paste is achieved.  
Press **BROWN/SAUTÉ** and adjust the time to 5 minutes, press **START/STOP**. Allow to preheat.  
Add the oil, then stir in the paste and cook for approx. 1-2 minutes until fragrant. Stir in chicken and continue cooking for a further 2-3 minutes to seal.  
Pour in the coconut milk, lime leaves, sugar and stir well.  
Secure the lid ensuring the steam release valve is in the seal (closed) position. Press **POULTRY** and set time for 15 minutes. Press **START/STOP**.  
Once the unit has finished cooking, allow the unit to have a natural pressure release time of 10 minutes.  
Season with the fish sauce to taste and thicken slightly with a little cornflour and water if required.  
Serve with some steamed rice.

## Paper Wrapped Steamed Seabass Fillet

**COURSE:**  
MAIN

**COOK TIME:**  
6 MINUTES

**SERVES:**  
2 PARCELS

### INGREDIENTS:

2 skinless sea bass fillets  
2 small potatoes, very thinly sliced  
1 small fennel bulb, thinly sliced  
Extra virgin olive oil  
Salt and pepper  
Small handful of fresh parsley  
2 slices of lemon

### DIRECTIONS:

Using the steaming rack, measure some baking/greaseproof parchment over the top of the rack allowing a 3cm excess on each side; fold the paper to fit the tray so you have the creases formed for a parcel.  
Drizzle the parcel base with a little olive oil. Place a single layer of the sliced potatoes onto the oil add a drizzle of olive oil and some seasoning. Top with the fish, a thin layer of fennel, a drizzle of oil and season again. Top with the fresh parsley and a slice of lemon.  
Fold over the creases to encase the parcel. Wrap the parcel snugly in a piece of foil. Repeat to make the second parcel.  
Pour 300ml of water into the base of the cooking pot.  
Add the rack and place the parcels on top allowing a little room between them.  
Secure the lid and ensure the steam release valve is in the release (open) position, press **STEAM**. Set the time for 6 minutes then press **START/STOP**.

# Smookey BBQ Brisket



**COURSE:**  
MAIN

**COOK TIME:**  
75 MINUTES

**SERVES:**  
10 SERVINGS

## INGREDIENTS:

1.5kg beef brisket, trimmed of excess fat  
¾ cup BBQ sauce  
½ cup BBQ seasoning  
400ml beef stock  
2 Tbsp cornflour  
¼ cup water

## DIRECTIONS:

Combine the BBQ sauce and seasoning together and rub all over the brisket.

Place the steaming rack into the base of the cooking pot. Pour in the beef stock and rest the brisket on the metal rack.

Secure the lid and ensure the steam release valve is in the seal (closed) position. Press **MEAT/STEW**, adjust time to 1 hour 25 minutes, press **START/STOP**.

Once the brisket is cooked, remove from the cooking pot with the steaming rack and set to one side.

Press **BROWN/SAUTE** then **START/STOP** and reduce remaining liquid by half. Combine the cornflour and water, add to the cooking pot and simmer for one minute. Press **STOP**.

Using two forks, shred the brisket and add to the cooking pot. Fold into the sauce then serve on burger buns with slaw.

**TIP:** For extra smoky flavour, spray the brisket with smoke oils before cooking. These are available at most meat emporiums and other specialty stores.

# Traditional Beef Stew



**COURSE:**  
MAIN

**COOK TIME:**  
4 HOURS, 10 MINUTES

**SERVES:**  
6-8 SERVINGS

## INGREDIENTS:

1 tbsp olive oil  
750g gravy beef  
½ tsp each salt and pepper  
2 cloves garlic, minced  
2 tsp finely chopped fresh thyme  
2 tbsp tomato paste  
½ cups diced carrots  
2 cups quartered baby potatoes  
1 cup spring onions, peeled  
½ cup red wine  
2 cups beef stock  
2 bay leaves  
3 tbsp corn flour  
1 cup frozen peas  
2 tbsp chopped fresh chives

## DIRECTIONS:

Press **BROWN/SAUTÉ**, then press **START/STOP**. Allow to preheat. Add oil to cooking pot, toss beef with salt and pepper; add to cooking pot. Cook, stirring occasionally, for 5 to 7 minutes or until well browned. Add garlic and thyme; cook, stirring, for 1 minute. Stir in tomato paste, carrots, potatoes, onions, wine, stock, bay leaves and bring to the boil.

Press **START/STOP**. Secure the lid ensuring the steam release valve is in the release (open) position. Select **SLOW COOK**, set temperature to HIGH, and adjust time to 4 hours, cooking until beef and vegetables are tender. Press **START/STOP**.

When cooking is complete, in a separate bowl, whisk corn flour with ½ cup cold water and add to cooking pot. Press **BROWN/SAUTÉ**. Stir in peas and chives. Boil sauce until thickened. Remove bay leaf before serving.

# Chilli Con Carne



**COURSE:**  
MAIN

**COOK TIME:**  
10 MINUTES

**SERVES:**  
4 SERVINGS

## INGREDIENTS:

1 tbsp vegetable oil  
500g minced beef  
1 medium onion, diced  
2 cloves of garlic, finely chopped  
1 red capsicum, diced  
1 tbsp chilli powder, or to taste  
2 tsp ground cumin  
½ tsp chilli seeds  
1 tbsp Worcestershire sauce  
2 x 400g tins of chopped tomatoes  
3 tbsp tomato puree  
2 x 400g tins of red kidney beans, rinsed and drained  
½ tsp salt  
250ml beef stock

## DIRECTIONS:

Press **BROWN/SAUTÉ** adjust time to 8 minutes and press **START/STOP** and allow to preheat.

Add the vegetable oil to the cooking pot along with the minced beef and brown, stirring regularly.

Remove the beef to a separate bowl.

Add the onions and garlic to the pot, adding a little more vegetable oil if needed. Sauté for approx. 3-4 minutes until softened.

Stir in the remaining ingredients, fit secure the lid ensuring the steam release valve is in the seal (closed) position. Press **BEANS/CHILI**.

Add a cook time of 10 minutes then press **START/STOP**.

Once the unit has finished cooking, allow a natural release time of 5-10 minutes.

Adjust the seasoning.

Serve with some steamed rice, tortilla chips, guacamole, fiery salsa and sour cream.

# Mexican Pulled Pork



**COURSE:**  
MAIN

**COOK TIME:**  
2 HOURS

**SERVES:**  
6 SERVINGS

## INGREDIENTS:

2 tbsp chili powder  
1 tbsp salt flakes  
1 tbsp brown sugar  
1 tsp ground cumin  
½ tsp cayenne  
½ tsp turmeric  
½ tsp ground oregano  
½ tsp onion powder  
½ tsp garlic powder  
½ tsp cinnamon  
¼ tsp ground cloves  
2 kg boneless pork shoulder, rind and fat removed  
2 tbsp of vegetable oil  
1 leek, sliced  
400g tin chopped tomatoes  
1 cup water  
2 tbsp apple cider vinegar  
Salt and freshly ground black pepper, to taste  
Soft tacos, guacamole, sour cream and salad, to serve

## DIRECTIONS:

Mix the first eleven ingredients together in a bowl until well blended. Rub the pork with the spice mix.

Pour the oil into the cooking pot. Press **BROWN/SAUTÉ** then press **START/STOP**. Once preheated, place pork into cooking pot and brown on all sides. Press **START/STOP**. Add the leek to the cooking pot and continue to brown for 2 minutes. Add the tomatoes, water and cider to the pork. Secure the lid ensuring the steam release valve is in the seal (closed) position. Press **MEAT/STEW**, and adjust time to 2 hours. Press **START/STOP**.

Once the cooking has completed, allow pressure to release naturally. Remove lid and shred pork with two forks. Season to taste with salt and pepper. Stir to combine. Serve in soft tacos with guacamole, sour cream and salad.

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

# Mexican-Style Stuffed Capsicums



**COURSE:**  
MAIN

**COOK TIME:**  
20 MINUTES

**SERVES:**  
5 SERVINGS

## INGREDIENTS:

5 capsicums (any colour)  
750g minced beef  
400g can black beans, drained and rinsed  
2 cups shredded tasty cheese  
1 can of corn, drained  
1 small onion, diced  
2 tomatoes, diced  
375g jar enchilada sauce  
1 cup white wine  
1 tsp of cumin  
1 tsp garlic powder  
1 tsp salt  
1 tbsp olive oil  
1 jalapeño pepper, sliced (optional)  
1 cup sour cream (optional)

## DIRECTIONS:

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

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add oil to cooking pot and brown the beef for about 5 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 capsicum.

Insert steaming rack into the cooking pot and then pour in wine. Place stuffed capsicums onto rack. Secure the lid ensuring the steam release valve is in the seal (closed) position. Press **BEANS/CHILI**, set pressure to LOW, and adjust time to 15 minutes. Press **START/STOP**. Once cooking has completed, and the pressure is released, serve with sour cream and jalapeño, if desired.

# Sticky Spare Ribs



**COURSE:**  
MAIN

**COOK TIME:**  
15 MINUTES

**SERVES:**  
4 SERVINGS

## INGREDIENTS:

1.5 kg pork spare ribs  
2 tbsp vegetable oil  
3 tbsp dark soy sauce  
2 tbsp sweet chilli sauce  
1 tbsp dark brown soft sugar  
2 garlic cloves, finely chopped  
1 red chilli, finely chopped  
Thumb sized piece of ginger, finely chopped  
3 tbsp tomato sauce  
2 tbsp Worcestershire sauce  
2 tbsp honey  
1 bunch spring onions, shredded

## TO SERVE:

Toasted sesame seeds  
Shredded spring onions  
Chopped coriander

## DIRECTIONS:

Press **BROWN/SAUTÉ**. Adjust the time to 15 minutes, press **START/STOP** and allow to preheat.

Add 1 tbsp vegetable oil and start browning the ribs, you will need to do this in batches so add a little more oil if required.

Mix the remaining ingredients in a small bowl.

Once all the ribs have been browned, wipe out the cooking pot with some kitchen paper to remove any excess oil.

Place the ribs and sauce back into the bowl and stir well to coat.

Secure the lid ensuring the steam release valve is in the seal (closed) position and press **MEAT/STEW**. Set the time for 15 minutes and press **START/STOP**.

Once the unit has finished cooking, allow the unit to have a natural pressure release time of 10 minutes.

Carefully remove the ribs and place into a warmed serving bowl, press **BROWN/SAUTÉ** then **START/STOP** and allow the sauce to bubble and reduce slightly, this will thicken the sauce.

Garnish with the above serving suggestions.

# Chocolate and Orange Volcano Pudding



**COURSE:**  
DESSERT

**COOK TIME:**  
3 HOURS

**SERVES:**  
6-8 SERVINGS

## INGREDIENTS:

100g butter, melted, plus a little extra for the dish  
225g self-raising flour  
150g caster sugar  
75g cocoa, sifted  
5g baking powder  
Zest and juice of 1 orange  
Salt  
3 medium eggs  
150ml milk  
100g orange flavoured milk chocolate, chopped

## SAUCE:

300g light brown soft sugar  
40g cocoa powder

## DIRECTIONS:

Lightly grease the cooking pot with a little butter

Mix the flour, caster sugar, cocoa, baking powder, orange zest and a pinch of salt in a bowl.

Whisk together the orange juice, eggs, melted butter and milk in a separate bowl, then pour onto the dry ingredients and mix until smooth. Stir in the chocolate chunks then pour into the cooking pot.

Make the sauce by mixing 420ml of boiling water with the brown sugar and cocoa powder. Pour the sauce carefully over the mixture in the cooking pot. Secure lid ensuring the steam release valve is in the release (open) position. Press **SLOW COOK** and adjust time to 3 hours. Press **START/STOP**.

Serve hot with pouring cream or vanilla ice cream.

# Red Wine Poached Pears



**COURSE:**  
DESSERT

**COOK TIME:**  
20 MINUTES

**SERVES:**  
6 SERVINGS

## INGREDIENTS:

### POACHED PEARS:

6 bosc pears, peeled, core removed  
2 cardamom pods, crushed  
2 cloves  
1 cinnamon stick  
1 vanilla bean, split  
3 cups red wine  
¼ cups caster sugar  
2 tbsp lemon zest

### COINTREAU CREAM:

½ cups thickened cream  
1 tbsp Cointreau  
2 tbsp soft icing sugar

## DIRECTIONS:

### POACHED PEARS:

Place all pear ingredients except cream into cooking pot. Secure lid ensuring the steam release valve is in the seal (closed) position. Press **DESSERT**, set pressure to LOW, and set time to 15 minutes. Press **START/STOP**.

Once cooking is complete, and the pressure has released, remove pears from sauce. Press **BROWN/SAUTÉ**, set temperature to HIGH, 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.

# Double Chocolate Molten Puddings



**COURSE:**  
DESSERT

**COOK TIME:**  
15 MINUTES

**SERVES:**  
8 SERVINGS

## INGREDIENTS:

200g butter, room temperature  
2/3 cup brown sugar  
1 tsp vanilla extract  
200g good quality dark chocolate, melted  
2 eggs, lightly whisked  
3/4 cup self-raising flour  
1/4 cup plain flour  
1/4 cup cocoa powder  
1/2 cup milk  
100g good quality dark chocolate, extra, chopped  
1 cup water

## DIRECTIONS:

Grease 8 small (3/4 cup capacity) ramekin dishes.

In a separate bowl, beat together the butter, sugar and vanilla until pale and creamy. Add one egg. Mix to combine. Pour in melted chocolate and beat well. Add remaining egg, beat well.

Sift together the flours and cocoa into a second bowl. Slowly add flour mix and milk to the chocolate mixture until just combined to form a batter. Fill ramekin dishes 1/3 full with pudding mixture, place a piece of dark chocolate onto mixture then place more pudding mixture on top of chocolate. Repeat with all ramekins.

Cover the top of each ramekin with foil, ensuring no water can get into puddings. Pour 1 cup of water into the cooking pot, then add Steaming Rack over water. Place ramekins on the rack. Secure the lid ensuring the steam release valve is in the seal (closed) position. Press **DESSERT**, set pressure to HIGH, and set time to 15 minutes. Press **START/STOP**.

Once cooking has completed, and the pressure is released, serve puddings with raspberry coulis and cream.

# Lemon Cheesecake



**COURSE:**  
DESSERT

**COOK TIME:**  
25 MINUTES

**SERVES:**  
6 SERVINGS

## INGREDIENTS:

30g butter, melted  
225g shortbread biscuits, crushed to crumbs  
500g full fat soft cheese  
100g castor sugar  
60ml sour cream  
1 lemon, zest and juice  
2 large eggs

## TO SERVE:

4 Tbsp lemon curd  
Lemon thyme leaves  
Dusting of icing sugar

## TIP:

For this recipe, you will need an 18cm springform baking tin, the base lined with baking parchment.

## DIRECTIONS:

Prepare a strip of foil roughly 45cm in length, fold this twice lengthways, this will make a sling which will enable you to remove the hot cheesecake once cooked.

In a suitable bowl, combine the melted butter and biscuit crumbs mix well together. Press crumbs evenly and firmly into the base of the baking tin, 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. 250ml of water to the cooking pot. Place the steaming rack into the bowl and lay the foil strip across the steaming rack and up the sides of the bowl. Ensure the foil strip is clear of the lid fastening.

Carefully place the cheesecake onto the steaming rack, secure the lid ensuring the steam release valve is in the seal (closed) position. Press **DESSERT** and set the time for 25 minutes. Press **START/STOP**.

Once the unit has finished cooking, allow the unit to have a natural pressure release time of 10 minutes.

Remove the baked cheesecake carefully from the unit using the foil sling to lift out the tin.

Place onto a wire rack to cool. When completely cool, remove from the tin, peel the parchment from the base and refrigerate 2-3 hours.

Before serving, spoon 3-4 tbsp 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 icing sugar.



# CROCK·POT®

EXPRESS CROCK  
MULTI-COOKER



[www.crockpot.com](http://www.crockpot.com)

---

#### IMPORTANT NOTES:

- Please refer to your Crock-Pot® Express Crock user guide for directions on using your specific multi-cooker.
  - Cook times are based on the approximate amount of time required to cook the recipe. Always ensure food is cooked thoroughly before consuming.
  - Visit the Crock-Pot® website at [www.crockpot.com](http://www.crockpot.com) for additional recipes, hints, tips, and more.
- 

© 2018 Sunbeam Corporation PTY LTD. Crock-Pot is a registered trade mark of Sunbeam Corporation. Due to continued product improvements product images may differ slightly from the actual product.

CPE200\_18ECB2  
CSH-SL0418-CRP186945

P.N. 3710B-RB