



## Slow Cooking

Use Slow Cook mode for juicy and delicious results by controlling the temperature for long periods of time. See reference table for tips and guidelines.

### Tips

1

To protect the mixing bowl from oxidation due to prolonged heating of water, add an acidic ingredient such as 1 oz lemon juice, vinegar, wine or tomato purée to the cooking liquid.

2

Use the amount of liquid as indicated in reference table.

3

Cover the ingredients with liquid such as broth, sauce, etc. Do not exceed the maximum 2.2 liter level of the mixing bowl.

4

Use the Blade Cover & Peeler to prevent food from coming in contact with the mixing blade and cook food at temperatures up to 100°F.

5

Use a maximum of 28 oz meat.

6

Do not cook dried RED KIDNEY BEANS in the mode, the temperatures reached are not high enough to remove toxins from red kidney beans.

7

Follow the below reference table for recommend Slow Cooking guidelines. If ingredients have different weights and thickness, times must be adjusted.

8

When cooking manually, the speed and reverse rotation are predefined in the Slow Cook Mode. You will only need to select the cooking time and temperature and turn the speed selector to start the mode.

## Meat

Ingr.	Quantity	Size	Minumun liquid quantity	Temp.	Time	Tips
<b>Meat for stew</b>	14 oz	1 in x 1 in.	17.5 oz	185°F	7 hr	A nice sauce based on beef broth and stout-type beer (eg Guinness) creates a great flavor for stews.
<b>Mince meat</b>	21 oz		25 oz	205°F	4 hr	Cook the beef in a Bolognese sauce, use a mixture of 5.5 oz red wine, 7 oz beef broth and 14 oz crushed tomatoes, to make this classic sauce. This recipe can be cooked without the Blade Cover.
<b>Beef ribs</b>	28 oz	cut into 8 pieces	25-28 oz	205°F	4 h 30 min	Ideal for a classic stew prepared with vegetables, a mixture of red wine and beef broth.
<b>Lamb shoulder</b>	23 oz	cut into 8 pieces, (1.5 in. x 1.5 in.)	16-18 oz	205°F	6 hr	Marinate lamb in a curry paste and use coconut milk to make a great lamb curry.
<b>Pork cheek</b>	17.5 oz	4 x 3.5-4 oz each	50 oz	205°F	8 hr	Marinate pork cheek in a bit of oil and onion to get a succulent result.
<b>Pork belly</b>	21 oz	cut into pieces (1 in. x 3 in.)	25 oz	205°F	4 hr	Cook in vegetable broth. Brown pork belly after slow cooking. Strain the broth after cooking and add seasonings. Use seasoned broth to prepare rice noodles and serve with the pork belly.
<b>Pork shoulder</b>	28 oz	cut into pieces (4 in. x 4 in.)	25 oz	205°F	4 hr	Marinate before cooking for better results. Use chicken broth for cooking. At the end of cooking, shred meat <b>4-5 sec</b> /  / <b>speed 4</b> and mix with BBQ sauce.
<b>Meatballs</b>	17.5 oz minced meat, 10% fat	1 oz each	28 oz	205°F	3 hr	Meatballs can be slow cooked in a classic tomato sauce.
<b>Duck leg</b>	4	2-7 oz each	35 oz	205°F	3 hr	Season the chicken broth with plums, vegetables and bay leaf. Remove the bones and shred the meat to serve with the plum sauce.
<b>Chicken thigh</b>	25-28 oz	4 pieces, (6 oz each, 1 in. thick)	25 oz	205°F	3 h 30 min	A mixture of red chili, red bell pepper, tomato, and chicken broth makes a good base for a chicken thigh stew.
<b>Chicken leg</b>	28 oz	6 pieces, (4 oz ea.)	23 oz	205°F	3 hr	Use orange juice, chicken broth, honey and soy sauce as Asian inspiration to create a tasty chicken dish.
<b>Turkey leg, boneless, skinless</b>	23 oz	cubed (1.5 x 2 in.)	19.5 oz	205°F	3 hr	Cook slowly in chicken broth with vegetables and serve with sautéed mushrooms and bacon.

## Others

Ingr.	Quantity	Size	Minumun liquid quantity	Temp.	Time	Tips
<b>Octopus</b>	17.5-28 oz	1 in. thick	28 oz	175°F	5 hr	Season with salt and paprika, drizzle a little oil for a fresh octopus dish.
<b>Squid</b>	17.5-28 oz	sliced	28 oz	175°F	5 hr	Cook with tomato sauce.
<b>Beans</b>	7 oz weighed dry		19.5 oz	205°F	4 hr	Soak beans overnight before cooking. Cook in a rich tomato sauce, with vegetables for a tasty bean casserole.
<b>Chickpeas, overnight soaked</b>	7 oz weighed dry		19.5 oz	205°F	4 hr	Soak beans overnight before cooking. Cook in a rich tomato sauce, with vegetables for a tasty bean casserole.
<b>Red beans</b>	7 oz weighed dry		19.5 oz	205°F	4 hr	Soak red beans (do not use kidney beans) overnight before cooking. Cook in a rich tomato sauce, with vegetables for a tasty bean casserole.
<b>Vegetables - carrot, onion, sweet potato</b>	21 oz	4 in. long, 1 in. round	46 oz	185°F	2 h 30 min	Cook in a chicken or vegetable broth. Serve the vegetables with the cooking broth and fresh fine herbs. The cooking broth makes a tasty soup base.
<b>Squash</b>	25 oz	cut into pieces (1 in x 1.5 in.)	40 oz	185°F	4 hr	Add chopped fresh herbs before serving.
<b>Pears, firm</b>	4 pears (6.5 oz each)	whole, peeled	37 oz	195°F	4 hr	Cook in a wine reduction and season with orange zest, cinnamon and anise.
<b>Pineapple</b>	17.5	quartered and sliced (1 in. thick)	28 oz	185°F	2 hr	Cook in pineapple or sugar syrup and add some chili flakes and rum. Serve the cooked pineapple with the syrup and ice cream.
<b>Apples</b>	4 apples	halved, with skin	65 oz	195°F	2 hr	Cook with a sugar syrup or maple sugar and cinnamon. Ideal for a breakfast or dessert.
<b>Nectarine, peach</b>	14 oz	4 pieces, halved, seeded, with skin	60 oz	195°F	2 hr	Drizzle with a bit of honey before serving.



# Sous-Vide

Sous-Vide cooks in a precisely temperature-controlled water bath, providing even-cooking while preserving color and nutrients. Sous-Vide offers unparalleled control over what you are cooking, whether it's steak, shrimp, vegetables or fruit and allows you to get results and textures that are impossible to achieve using traditional cooking methods. See tips section and the reference table as a guide for adapting your own recipes.

## Tips

**1** Follow the below reference table for recommend Sous-Vide guidelines. If ingredients have different weights and thickness, times must be adjusted.

**2** Before placing meat in vacuum sealer bag, turn the top edge of bag inside out approx. 2 inches from the edge in order to keep the top clean for a tight seal.

**3** Do not exceed the maximum capacity indicator of the mixing bowl (2.2 l).

**4** To protect against metal oxidation due to prolonged heating of water, before adding filled bags add 1 oz lemon juice or 1 level tsp ascorbic acid (vitamin C) to the mixing bowl.

**5** Add the sealed bags into the mixing bowl, once the water has reached the desired

temperature (average heating takes 8-10 minutes). The bags must be fully submerge in water.

**6** Searing the meat a ter cooking on Sous-Vide will add flavor and color.

**7** Use the Blade Cover & Peeler to prevent sous-vide bags from coming in contact with the mixing blade and cook food at temperatures up to 185°F.

**8** When cooking manually, the speed and reverse rotation are predefined in the Sous-Vide Mode. You will only need to select the cooking time and temperature and turn the speed selector to start the mode.



# Recommended times and temperatures

## Meat

Ingr.	Total	Size/Thickness	Water for mixing bowl	Bags	Temp.	Time	Doneness	Tips
<b>Beef steak</b>	23-28 oz	4 × 6-7 oz per steak (approx. 1/8 in. thick)	47 oz	2	122°F	60 min	rare	
<b>Lamb loin</b>	17.5 oz	2 × 8 oz per loin	50 oz	2	140°F	35 min	medium rare	
<b>Pork loin</b>	17.5-23 oz	1 loin, cut into 2 pieces, 1/4 in.	40 oz	1-2	158°F	60 min	well done	
<b>Duck breast</b>	17.5-21 oz	2 × 8-10 oz per breast (1 in. thick)	40 oz	2	140°F	60 min	rare	
<b>Chicken breast</b>	17.5-21 oz	2 × 9-10.5 oz per breast (1 in. thick)	50 oz	2	158°F	75 min	well done	
<b>Chicken thigh</b>	23-25 oz	4 × 6 oz per thigh (1 in. thick)	47 oz	1-2	158°F	60 min	well done	
<b>Turkey breast</b>	17.5 oz	4 × 4 oz each breast (1/2 in. thick)	47 oz	2	158°F	60 min	well done	
			54 oz	1-2	132 °F	50 min	medium rare	

## Fish/ Seafood

<b>Lean fish (snapper)</b>	28 oz	4 × 8 oz each filet (1 in. thick)	50 oz	2	132 °F	60 min	medium rare/medium	
<b>Fatty fish (salmon)</b>	21 oz	4 × 6 oz each filet (1 in. thick)	48 oz	2	122 °F	45 min	medium rare	
<b>Shrimp, peeled</b>	12-13 oz	24 pieces (1/2 in. each)	50 oz	2	140 °F	20 min	medium	

## Eggs

<b>Poached eggs</b>	4 – 6	L size egg (2-2.5 oz, each)	40 oz	0	168°F	19-20 min	soft	Each egg, broken into a piece of plastic wrap previously greased and closed
<b>Boiled eggs (with shell)</b>	6	L size egg (2-2.5 oz, each)	54 oz	0	150°F	40 min	light eggwhite, soft yolk	Eggs with shell inside the simmering basket Add 1-2 slices lemon to water in mixing bowl for easy peeling

# Recommended times and temperatures

Root vegetables							
Ingr.	Total	Size/Thickness	Water for mixing bowl	Bags	Temp.	Time	Doneness Tips
<b>Carrots</b>	10.5 oz	6 in. long, 1 in. diameter	54 oz	1	185°F	45 min	
<b>Beets</b>	21 oz	1.5-2 in. diameter ea.	44 oz	1	185°F	60 min	Larger roots, halved, cut into halves
<b>Shallots</b>	9 oz	1 in. diameter ea.	47 oz	1	185°F	75 min	

## Vegetables

<b>Green beans, fresh</b>	10.5 oz	round or flat	64 oz	1	185°F	40 min	
<b>Eggplant</b>	10.5-12 oz	2 x 5-6 oz each, sliced (0.5-1 in.)	40 oz	1-2	185°F	50 min	
<b>Mushrooms</b>	8.5 oz	1-2 in diameter ea.	50 oz	1	185°F	20 min	
<b>Asparagus</b>	17.5 oz	0.5 in. diameter ea.	50 oz	1-2	177°F	10 min	
<b>Bell peppers</b>	14 oz	sliced (0.25-0.5 in.)	57 oz	1	185°F	30 min	

## Firm fruits

<b>Pears</b>	10 oz	2 halves (5 oz each half)	54 oz	1	185°F	25 min	
<b>Apples</b>	14 oz	4 x 3.5 oz each, quartered	50 oz	1	185°F	45 min	

## Soft fruits

<b>Peaches</b>	10-12 oz	3, halved (2 in. diameter)	47 oz	1	150°F	25 – 30 min	
<b>Banana</b>	14 oz	4 (approx. 3.5 oz, in diameter ea.)		1	185°F	20 min	