

5 Quart Oil Core Dutch Oven

*Utensilio de Núcleo de Aceite
de 5 Cuartos (4,7L)*

*Faitout 5 quarts (4,7L)
noyau d'huile*



COOKING SYSTEM

KN05OCU

120V~ 50/60Hz 850W

IMPORTANT SAFEGUARDS

When using any electrical appliance, basic safety precautions should always be followed, including the following:

1. Read all instructions.
2. Do not touch hot surfaces. Use handles and knobs. Do not operate this appliance without handles in place.
3. To protect against electrical hazards, do not immerse cord, plugs, or heat control in water or other liquid.
4. This appliance is not intended for use by young children or infirm persons without supervision.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged. Return appliance for examination and possible repairs.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot burner or in a heated oven.
11. Use extreme caution when moving an appliance containing hot oil or other hot liquid.
12. Always attach plug to appliance first, then plug cord into wall outlet. To disconnect, press the off button, then remove plug from wall outlet.
13. This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electrical shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician for assistance. **DO NOT ATTEMPT TO MODIFY THE PLUG IN ANY WAY.**
14. Do not use appliance for other than intended household use.
15. Do not tamper with pressure relief valve behind handle. If oil leaks from under handles or from any part of the appliance, do not use. For repairs, see warranty.
16. After cleaning, the appliance inlet (where the electrical connector plugs in) must be thoroughly dried before appliance is used again.

SAVE THESE INSTRUCTIONS

Your Safety is Our Concern

1. Check the handles on the appliance and tighten any loose screws when necessary.
2. The pressure relief valve for the unique “Oil Core” is guarded by the handle. It is important to have handles in place at all times. Do not operate this appliance without both handles securely in place.
3. If the appliance is dropped or the handles are broken, check for damage to the pressure relief valve. If parts are dislodged or if you notice oil leaking from under the handle, contact your distributor for service. Do not tamper with the pressure relief valve under any condition.
4. Always dry outside of appliance completely before connecting heat control.
5. Never immerse hot appliance in water. Always allow it to cool before cleaning.
6. To reduce the hazard of potential electrical shock, this item has a polarized plug which is designed to fit only one way in a polarized outlet.
7. A short cord is provided to reduce the risks of becoming tangled in or tripping over a longer cord. Extension cords are not recommended.

Features and Benefits

Stainless Steel Construction – Hard, polished stainless steel resists pitting, cracking, and chipping. Easy to clean, your Stainless Steel 5 Qt. Oil Core will retain its beautiful appearance for years.

Amazing Oil Core – Fast, even heat distribution over the entire cooking surface without hot spots is assured, thanks to a special heat conducting oil sandwiched between layers of high quality stainless steel. This is the finest heat conduction system available for cookware!

Touch-Pad Heat Control - Optimum heat selection is easy with the touch-pad heat control. Built-in timer allows you to select the cooking time, up to 12 hours, and the appliance shuts off automatically. Temperature and cooking time can be changed at any point during cooking.

Fully Immersible – With the touch-pad heat control removed, the appliance can be easily washed in your sink or placed in a dishwasher. Water cannot damage the heating element. It is sealed beneath the cooking surface, protected from moisture and corrosion.

Stores Heat – From kitchen to table, piping hot! The Oil Core holds heat long after the appliance is unplugged. Food stays at serving temperature at the table without an inconvenient cord attached.

Use and Care

1. Before the first use, remove heat control. Wash appliance and cover in warm, soapy water to which you have added one cup of vinegar per gallon of water. This removes all traces of manufacturing oils and polishing compounds. Rinse in clear, warm water and dry thoroughly with a clean, soft towel. **Caution: Always remove touch-pad heat control before immersing appliance in water.**
2. Always dry outside of appliance completely before connecting heat control.
3. Refer to Temperature Guide or use temperature specified in recipe to ensure best results.
4. When the appliance is turned off, disconnect the cord from the outlet. To transfer it to the table for serving, remove heat control, handling very carefully since the heat control will be very hot. It is important to lay the hot heat control on a heatproof surface to cool to avoid damage to the table or counter top. If food is not being served from the appliance, allow it to cool before removing heat control.
5. Allow appliance to cool before immersing it in water for cleaning. Do not immerse heat control.
6. See complete Operating and Cleaning Instructions that follow.
7. Before first use, remove the thin protective film covering the touch-pad heat control.

Operating Instructions

1. Insert automatic heat control into appliance. Plug into electric outlet. As soon as the appliance is plugged in, a red signal light will appear on the right side of the display.  **CAUTION:** Always operate appliance at least 4" (10 cm) from wall.
2. To set the desired temperature, press and release the temperature key (the default temperature will flash) then press the up or down arrow until the desired temperature appears on the display. To select the default temperature of 150°F (65°C), press the temperature key a second time. If no temperature is set, the display will flash for 2 minutes and automatically shut off. Pulsing the up or down arrow will adjust the temperature by 5-degree increments; pressing and holding the key will adjust it by 25-degree increments (10-degrees in Celsius). As the appliance preheats to desired temperature, the signal light (red light on left side of digital display) will blink on and off. Always preheat appliance (4 to 6 minutes), unless recipe states to start with it cold.
3. Add food when the signal light stops blinking, indicating that the cooking temperature has been reached. Heat may be increased or decreased by depressing the up or down arrow, depending upon the type or amount of food being prepared. The signal light will cycle on and off during cooking to indicate that the proper temperature is being maintained.
4. After the food is placed in the appliance, set the cooking time if desired. Press and release the time key. The display will flash "00:00." Press the up or down arrows until the desired length of time is set (maximum is 12 hours). If no time is set, the heat control will operate at the preset temperature until the off button is pressed. Pulsing the key will adjust the time by 1-minute increments; pressing and holding either key will adjust the time by 10-minute increments. The time will automatically count down and the remaining time will be displayed unless the temperature key is pressed. The temperature or time can be changed or displayed anytime during cooking by simply repeating the steps detailed above.
5. When cooking is complete, and the time setting has not been used, press the off button. The temperature and time settings will be cancelled.
6. Pressing and holding both temperature and time buttons at the same time will switch temperature reading between Fahrenheit and Celsius.

Automatic Rice Settings

The digital heat control features two convenient automatic rice settings that take all the guess work out of cooking rice. *It's as easy as 1-2-3!* (1) Insert desired ingredients. (See guide below.) (2) Press the temperature key. (3) Press the down arrow key once to select RIC1 or twice to select RIC2. Display will flash the chosen setting. When flashing stops, heating has begun. The unit will automatically heat to boiling, cook the rice (a count down timer will appear in the display) and then switch to the keep warm temperature of 150°F (65°C) when cycle is complete.

RIC1 – Low setting/shorter cooking time used for smaller amounts of rice. (1-3 cups dry measure)

RIC2 – High setting/longer cooking time used for larger amounts of rice. (4-5 cups dry measure) *This unit has a capacity of 5 cups dry measure. DO NOT EXCEED CAPACITY.*

Rice Cooking Guide

<u>Rice</u>	<u>Water</u>	<u>Setting</u>
Standard Varieties		
1 cup	2 cups	RIC1
2 cups	3 cups	RIC1
3 cups	4 cups	RIC1
4 cups	5 cups	RIC2
5 cups	7 cups	RIC2
Jasmine (For best results, rinse rice twice.)		
2 cups	3½ cups	RIC1
Calrose		
2 cups	2¾ cups	RIC1

These are general guidelines. Results may vary depending on quantity, type and brand of rice selected.

Spanish and American Rice

- 2 cups rice
- 3 cups chicken stock or broth
- ½ cup onion, shredded
- ½ cup carrots, shredded
- ½ cup zucchini
- ½ cup tomato, seeded and chopped (optional)

Add all ingredients; mix well. Set 5 Quart Cooker to the RIC1 setting. Cycle will begin automatically. *For vegetables that are more firm, add them when the display reads "20" and the cooking countdown has begun.*

Temperature Guide

Warm or Simmer 150 to 200°F (65 to 95°C)	Keep foods warm; simmer meats and poultry.
225 to 250°F (105 to 120°C)	Stew or braise meats; sauté vegetables; cook sauces, fruits, casseroles, fried rice, and snacks.
275 to 300°F (135 to 150°C)	Prepare eggs, gravies, candies, and puddings.
325 to 350°F (165 to 175°C)	Brown meats, seafood and potatoes; bake cakes, pancakes, and French toast; grill sandwiches.
375°F (190°C)	Sear meats and poultry; stir-fry chicken.
400 to 425°F (205 to 220°C)	Pan-broil meats and fish; stir-fry meats; pop corn.

Slow Cooking Temperature Guide

150 to 160°F (65 to 70°C)	5-7 hours	Simmer: Baked beans, 4 to 6 hour stews, poultry-bone-in soups, cereals. Steam: Hot dogs, fresh-vegetables, puddings
170 to 190°F (75 to 90°C)	3-5 hours	Simmer: Appetizer dips, hot beef, barbecue, "Sloppy Joes," etc.
200 to 220°F (95 to 105°C)	2-3 hours	Fast Simmer: Spare ribs, lamb shanks, winter squash, fruit punch, vegetable juices, fish chowder, cheese sauce Simmer: Frozen vegetables, potatoes, corn-on-the-cob, stuffed peppers, seafood, rice, dumplings
230 to 250°F (110 to 120°C)	1 1/2-3 hours	Bring liquids to boil. High-simmer: Corned beef, pot roasts and short ribs Thicken: Gravies, soups and sauces Prepare: Fresh applesauce, peach or apple butter and hot chocolate.

Most foods can be prepared at the listed settings. Use cooking times in chart as a guide only. Times will vary. When cooking roasts, ham or poultry, use a meat thermometer inserted in thickest part to ensure that recommended doneness is reached.

Cleaning

1. To maintain the beauty and cooking efficiency of the 5 Qt. Oil Core Cooker, it is important that it be cleaned thoroughly with warm, soapy water after each use. Food films left on the cooking surface will cause discoloration when the appliance is reheated.
2. Although durable, stainless steel is not indestructible. Pitting may result if undissolved salt remains in your appliance. Salt should be added just before serving foods or to boiling liquids. Liquids should be stirred immediately to completely dissolve the salt. Do not allow seasoned foods or high-acid foods to remain in your appliance for long periods.
3. With the heat control removed, your appliance can be immersed in water or placed in an automatic dishwasher to clean. **IMPORTANT: Allow appliance to cool before cleaning. Do not immerse hot appliance in water. Always remove touch pad heat control before putting appliance in water.** Clean in warm, soapy water with a sponge, dishcloth, nylon net, or plastic pad. Do not use a metal scouring pad, knife, or harsh scouring powder on the polished stainless steel finish. Rinse thoroughly with clear, warm water. Dry promptly to prevent water spots. Wipe heat control with a damp cloth, then dry.
4. Persistent overheating may cause blue or brown heat tints inside the appliance. Stains may also result from minerals in certain foods. To remove both heat tints and stains, make a paste with water and a non-abrasive stainless steel cleaner. Do not use a cleaner which contains chlorine bleach. Apply paste with a cloth or sponge, and rub lightly in a circular motion. Wash again, rinse, then dry promptly.
5. Remove minor scratches with a non-abrasive stainless steel cleaner, following the instructions in No. 4 above. To prevent scratches, do not cut, scrape, or chop food with sharp-edged kitchen tools in your appliance.
6. To remove stuck on foods, fill with warm water and let soak for 30 minutes. Then clean with warm, soapy water as usual. A non-abrasive stainless steel cleaner may also be used, following the instructions in No. 4 above.

Quick & Easy Vegetable Minestrone

Serves 10-12

- 1 medium onion, coarsely chopped
 - 3 14¹/₂-ounce (406g) cans vegetable broth
 - 2 large carrots, thinly sliced
 - 2 medium leeks (white part only), chopped
 - 1 large potato, diced
 - 1 rib celery with leaves, coarsely chopped
 - 1 14¹/₂-ounce (406g) can diced tomatoes, undrained
 - 1 cup (240ml) green beans, broken into 1-inch (2.5cm) pieces
 - ¹/₂ cup (120ml) coarsely chopped zucchini
 - ¹/₃ cup (80ml) egg noodles or spaghetti, broken into pieces
 - 1 15-ounce (420g) can white kidney beans, drained, rinsed
- Grated Parmesan cheese for garnish

Preheat 5 Quart Cooker, uncovered, at 250°F (120°C). Add onion and sauté until tender.

Add vegetable broth and bring to a boil. Add all remaining ingredients except egg noodles, kidney beans and Parmesan cheese. Return to a boil, cover and reduce heat to simmer. Cook for 30 minutes or until vegetables are tender.

Add egg noodles and kidney beans. Stir to combine. Cover and continue to simmer for 15 minutes until egg noodles are done.

Serve with Parmesan cheese as garnish.

Roasted Chicken

Serves 4

- 3-3¹/₂ pound (1¹/₂-1³/₄ kg) whole chicken**
- 2 tablespoons (30ml) paprika**
- 1 tablespoon (15ml) onion salt**
- 1 tablespoon (15ml) dried rosemary leaves**
- 1 tablespoon (15ml) poultry seasoning**
- 1 teaspoon (5ml) salt**

Rinse chicken; pat dry. In a small bowl combine paprika, onion salt, rosemary leaves, poultry seasoning and salt. Rub chicken with seasoning mixture.

Preheat 5 Quart Cooker, uncovered, at 375°F (190° C). add chicken, turning to brown on all sides. With breast side up, cover and reduce heat to simmer. Cook for 1 hour. Insert meat thermometer into chicken to ensure internal temperature is 180°F (80°C) or higher before serving.

Stoplight Stuffed Peppers

Serves 3-6

- 3 large bell peppers (1 green, 1 yellow, 1 red; or desired combination)**
- 1 pound (454g) ground turkey breast**
- 1 large onion, chopped**
- 2 tablespoons (30ml) Worcestershire sauce**
- 1 48-ounce (1¹/₃ kg) jar prepared spaghetti sauce**
- 2 cups (480ml) cooked white rice**

Wash and core peppers; set aside.

Preheat 5 Quart Cooker, uncovered at 375°F (190°C). Add ground turkey and onion; brown.

Add Worcestershire sauce, spaghetti sauce and cooked rice; mix well. Fill peppers with mixture, leaving some mixture in 5 Quart Cooker. Place peppers on top of the mixture in Cooker, cover and reduce heat to simmer. Cook 35 to 45 minutes or until peppers are tender. Garnish with parsley if desired.

Italian Style Spaghetti Sauce and Meatballs

Serves 8

MEATBALLS:

- 1 pound (454g) lean ground beef
- 1 cup (240ml) fine plain bread crumbs
- $\frac{1}{2}$ cup (120ml) grated Parmesan cheese
- $\frac{1}{2}$ cup (120ml) milk
- 2 large eggs
- 2 cloves garlic, minced
- 1 tablespoon (15ml) dried parsley flakes
- $1\frac{1}{2}$ teaspoons (7ml) salt
- $\frac{1}{8}$ teaspoon ($\frac{1}{2}$ ml) pepper

SAUCE:

- 1 medium onion, chopped
- 1 green pepper, chopped
- 3 cups (720ml) water
- 2 15-ounce (420g) cans tomato sauce
- 2 12-ounce (336g) cans tomato paste
- 2 3-ounce (85g) envelopes Italian-style spaghetti sauce seasoning
- 2 cloves garlic, crushed
- 1 tablespoon (15ml) sugar
- 1 bay leaf, crumbled
- 1 teaspoon (5ml) dried oregano leaves

In a large bowl combine all ingredients for meatballs. Shape into 1-inch (2.5cm) balls, set aside. Makes about 30 meatballs.

Preheat 5 Quart Cooker, uncovered, at 350°F (175°C). Sauté onion and green pepper until soft. Add remaining sauce ingredients, stir to combine.

Add prepared meatballs to sauce; stir to combine. Cover; reduce heat to simmer for $1\frac{1}{2}$ hours, stirring occasionally, until meatballs are cooked through. Serve over spaghetti noodles, garnish with Parmesan cheese.

Le Coq Au Vin (Chicken & Wine)

Serves 8

- 3 pounds (1½ kg) chicken parts, skinned**
- 1 medium onion, chopped**
- 1 medium carrot, chopped**
- 1 rib celery, chopped**
- 2 tablespoons (30ml) flour**
- 1 cup (240ml) dry red wine**
- 1 cup (240ml) beef stock**
- 1 tablespoon (15ml) tomato paste**
- 2 cloves garlic, minced**
- 1/8 teaspoon (½ ml) dried thyme leaves**
- 1 bay leaf**
- 1/2 teaspoon (2-3ml) salt**
- 1/4 teaspoon (1-2ml) pepper**
- 18 white boiler onions**
- 1/4 pound (116g) bacon, cut in 1/2-inch (1.25cm) pieces**
- 1 tablespoon (15ml) vegetable oil or olive oil**
- 1/2 pound (225g) mushrooms, quartered**
- 2 tablespoons (30ml) chopped fresh parsley for garnish**

Preheat 5 Quart Cooker, uncovered, at 375°F (190°C). Add chicken; brown on all sides. Remove and set aside. Drain excess grease, leaving 1 tablespoon (15ml).

Add onion, carrot, and celery. Cook uncovered, stirring for 3 to 5 minutes until vegetables are softened. Add flour, stirring for 1 to 2 minutes until browned.

Stir in wine, beef stock, tomato paste, garlic, thyme, bay leaf, salt and pepper. Bring to a boil. Return chicken to pan, cover and reduce heat to simmer for 30 minutes.

Meanwhile, bring 1 quart (1 litre) water to a boil in a sauce pan. Add boiler onions, boil for 3 minutes. Drain, rinse with cold water. Peel, trim and set aside.

In a skillet, cook bacon until crisp. Remove, drain and set aside. Wipe out skillet. Add 1 tablespoon (15ml) oil to skillet; heat over medium heat. Sauté boiler onions and mushrooms until browned. Add to chicken mixture.

Simmer chicken 15 minutes or until onions are tender and chicken is done. Discard bay leaf. Transfer chicken to serving dish. Garnish with bacon pieces and parsley.

Picnic Bar-B-Que

Serves 16-18

- 2 pound (908g) pork shoulder butt roast**
- 2 pound (908g) beef chuck roast**
- 1 large onion, chopped**
- 1 cup (240ml) celery, finely chopped**
- 1 8-ounce (224g) can tomato sauce**
- 2 8-ounce (224g) bottles chili sauce**
- ¹/₄ cup (60ml) sugar**
- 2-3 teaspoons (10-15ml) chili powder**

Preheat 5 Quart Cooker, uncovered, at 375°F (190°C). Add pork roast and beef roast, brown on all sides. Cover and reduce heat to simmer. Cook for 3 hours, until meat is very tender.

Shred meat by pulling apart with a fork. Add remaining ingredients, stir to combine. Cover and simmer 30 to 60 minutes, until heated through. Serve on buns.

Beef Stroganoff

Serves 6-8

- 1¹/₂ pound (679g) sirloin steak, cut in ¹/₄-inch (5mm) slices**
- ³/₄ cup (180ml) chopped onion**
- 1 14.5-ounce (406g) can beef broth**
- 1 7-ounce (196g) can mushrooms, undrained**
- 1 8-ounce (224g) can tomato sauce**
- 1 8-ounce (224g) package egg noodles, uncooked**
- 12 ounces (336g) sour cream**

Preheat 5 Quart Cooker, uncovered, at 400°F (205°C). Add sirloin steak and onion. Cover and cook for 5 minutes.

Add remaining ingredients except sour cream. Stir to combine. Cover and reduce heat to simmer for 15 to 20 minutes. Just before serving stir in sour cream and heat for 5 minutes.

Chicken Vegetable Soup

Serves 4

- 3 medium carrots, scraped, sliced 1/4-inch thick**
- 3 stalks celery, sliced 1/4-inch thick**
- 1 medium onion, chopped**
- 1 1/2-2 pounds chicken (thighs, breast, wings), skin and fat removed**
- 1/2 teaspoon pepper**
- 3 chicken bouillon cubes**
- 4-5 cups water**
- 1-2 cups egg noodles, optional**
- 3 tablespoons chopped fresh parsley**

In 5 Quart Cooker, combine carrots, celery, onion, chicken, pepper, bouillon cubes and water. Cover and cook 7 hours at 150°F (65°C) or 4 hours at 225°F (105°C). Remove and discard bones; return meat to soup. Add noodles and parsley. Cook 15 minutes or until noodles are tender. To keep warm for serving, reduce to 150°F (65°C).

Steak and Mushrooms

Serves 4-6

- 2 pounds extra thick cut, lean, boneless sirloin steak**
- 1 pound fresh mushrooms, cleaned, halved if large**
- 1/2 teaspoon coarsely ground pepper**
- 1 envelope beefy onion soup mix, dry**
- 1 10 1/2-ounce can beef consommé, or beef broth**
- 1 10 1/2-ounce can Healthy Choice cream of mushroom soup**

In 5 Quart Cooker, layer steak, mushrooms, pepper and dry soup. In small bowl, blend beef consommé and mushroom soup until smooth; pour over steak. Cover and cook 6 to 8 hours at 150°F (65°C). Serve with hot noodles, rice or mashed potatoes.

Chicken in Roasted Garlic Sauce

Serves 6

- 6 medium boneless, skinless chicken breast halves**
- 1 teaspoon snipped fresh rosemary**
- 8 ounces fresh mushrooms, sliced**
- 1 10¹/₂-ounce can Healthy Choice cream of roasted garlic soup**
- 1 cup reduced-fat sour cream**
- ¹/₄ cup flour**
- ¹/₂ teaspoon salt**
- ¹/₄ teaspoon pepper**
- ¹/₂ cup cream sherry, or nonfat chicken broth**
- 12 ounces spinach fettuccine, cooked**
- 2 tablespoons grated Parmesan or Romano cheese**
- Fresh rosemary sprigs**
- Paprika**

Arrange chicken breasts in 5 Quart Cooker, overlapping if necessary. Sprinkle snipped rosemary over chicken; layer mushrooms on top.

In small bowl, blend soup, sour cream and flour until smooth; do not beat. Stir in salt, pepper and wine; pour over chicken and mushrooms. Cover and cook 6 to 8 hours at 150°F (65°C) until chicken is tender. Remove chicken to center of heated, deep serving platter. Arrange hot pasta around chicken. Stir sauce and mushrooms to mix thoroughly; pour over chicken and pasta. Sprinkle with cheese; garnish with rosemary sprigs and paprika.

