SERVICE INSTRUCTIONS

1. Do NOT attempt to repair or adjust any electrical or mechanical functions on this unit. Doing so will void the Warranty.
2. If you need to exchange the unit, please return it in its original carton, with a sales receipt, to the store where you purchased it. If you are returning the unit more than 30 days after the date of purchase, please see the enclosed Warranty.
3. If you have any questions or comments regarding this unit's operation or believe any repair is necessary, please call our Consumer Service Department at 1-800-323-9519 or visit our website at www.crockpot.com.

1 YEAR LIMITED WARRANTY

Sunbeam Products, Inc. or if in Canada Newell Brands Canada ULC (collectively "Sunbeam") warrants that for a period of one year from the date of purchase, this product will be free from defects in material and workmanship. Sunbeam, at its option, will repair or replace, free of charge, this product or any component of the product found to be defective during the warranty period. Replacement will be made with a new or remanufactured product or component at no cost to the consumer. If the product is no longer available, replacement may be made with a similar product of equal or greater value. This is your exclusive warranty. Do NOT attempt to repair or adjust any electrical or mechanical functions on this product. Sunbeam reserves all rights to decline coverage if the defect or damage was caused by unauthorized components or service. This warranty is valid for the original retail purchaser from the date of initial retail purchase and is not transferable. Keep the original sales receipt. Proof of purchase is required to obtain warranty performance. Dealers, service centers, or retail stores selling Sunbeam products do not have the right to alter, modify or any way change the terms and conditions of this warranty. This warranty does not cover normal wear of parts or damage resulting from any of the following: negligent use or misuse of the product, use on improper voltage or current, use contrary to the operating instructions, disassembly, repair or alteration by anyone other than Sunbeam or an authorized Sunbeam service center. Sunbeam expressly excludes from this warranty and denies liability for defects or damage caused by repair or alteration by anyone other than Sunbeam or an authorized Sunbeam service center. Further, the warranty does not cover: Acts of God, such as fire, flood, hurricanes and tornadoes.

No terms of this warranty may be construed to apply to non-warranty service and maintenance. Accordingly, Sunbeam also denies liability for defects and damage caused by repair or alteration outside the terms of this warranty.

What are the limits on Sunbeam's Liability?

Sunbeam shall not be liable for any incidental or consequential damages caused by the breach of any express, implied or statutory warranty or condition.

Except to the extent prohibited by applicable law, any implied warranty or condition of merchantability or fitness for a particular purpose is limited in duration to the duration of the above warranty.

Sunbeam disclaims all other warranties, conditions or representations, express, implied, statutory or otherwise.

Sunbeam shall not be liable for any damages of any kind resulting from the purchase, use or misuse of, or inability to use the product including incidental, special, consequential or similar damages or loss of profits, or for any breach of contract, fundamental or otherwise, or for any claim brought against purchaser by any other party.

Some provinces, states or jurisdictions do not allow the exclusion or limitation of incidental or consequential damages or limitations on how long an implied warranty lasts, so the above limitations or exclusion may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights that vary from province to province, state to state or jurisdiction to jurisdiction.

How To Obtain Warranty Service

In the U.S.A.

If you have any question regarding this warranty or would like to obtain warranty service, please call 1-800-323-9519 and a convenient service center address will be provided to you.

In Canada

If you have any question regarding this warranty or would like to obtain warranty service, please call 1-800-323-9519 and a convenient service center address will be provided to you.

In the U.S.A., this warranty is offered by Sunbeam Products, Inc. 6655 Peachtree Dunwoody Road Atlanta, Georgia 30328. In Canada, this warranty is offered by Newell Brands Canada ULC located at 20B Hereford Street, Brampton, Ontario L6Y 0M1. If you have any other problem or claim in connection with this product, please write to Consumer Service Department.

PLEASE DO NOT RETURN THIS PRODUCT TO ANY OF THESE ADDRESSES OR TO THE PLACE OF PURCHASE.

To register your product, please visit us online at www.crockpot.com.

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Slow Cooker with Sous Vide_23EM2 (US)_GCDS-JC

crockpot™

Slow Cooker with Sous Vide

Owner's Manual

Read and Keep These Instructions

www.crockpot.com

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed to reduce the risk of fire, electric shock, and/or injury to persons including the following:

1. Read all instructions before using this product.
2. This appliance generates heat during use. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electric shock, do not place or immerse cord, plugs, or appliance in water or other liquid.
4. This appliance is not to be used by children or by persons with reduced physical, sensory or mental capabilities.
5. Close supervision is necessary when any appliance is used near children. Children should not play with the appliance.
6. Unplug from outlet when not in use, before putting on or taking off parts and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning. To disconnect, turn any control to OFF, then unplug power cord from outlet. Do not disconnect by pulling on cord.
7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Do not attempt to replace or splice a damaged cord. Return appliance to the manufacturer (see warranty) for examination, repair or adjustment.
8. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
9. Do not use outdoors or for commercial purposes.
10. Do not let cord hang over edge of table or counter or touch hot surfaces.
11. Do not place on or near wet surfaces, or heat sources such as 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. The heating base is subject to residual heat from cooking cycle. Do not touch heating base immediately after removing stoneware. Allow to cool before handling.
14. Use caution when opening the lid during or after a cooking cycle. Escaping steam can cause burns.
15. Do not use appliance for other than intended use. Misuse can cause injuries.
16. Intended for household countertop use only. Keep 6 inches (152 mm) clear from the wall and on all sides. Always use appliance on a dry, stable, level surface.
17. Avoid sudden temperature changes, such as adding refrigerated foods or cold liquids into a heated pot.
18. The slow cooker lid is made of tempered glass. Always inspect the lid for chips, cracks, or any other

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damage. Do not use the glass lid if it is damaged, as it may shatter during use.

19. **CAUTION:** To protect again electrical shock and product damage, do not cook directly in the heating base. Cook only in the stoneware provided.
20. **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.

For appliances with temperature probe:

21. Do not touch Probe tip, it will be hot during and after cooking. Use Probe handle.

For appliances with locking lids:

22. Never attempt to lift or carry this appliance by the lid handle. Always use the handles located at each side on the base of the appliance.
23. Do not lock the lid while cooking. Locking the glass lid while cooking may lead to glass breakage, which can cause injuries.

SAVE THESE INSTRUCTIONS
HOUSEHOLD USE ONLY

NORTH AMERICAN MODELS WITH POLARIZED PLUGS:

POLARIZED PLUG



This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric 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. Do not attempt to modify the plug in any way. If the plug fits loosely into the AC outlet or if the AC outlet feels warm do not use that outlet.

POWER CORD INSTRUCTIONS:

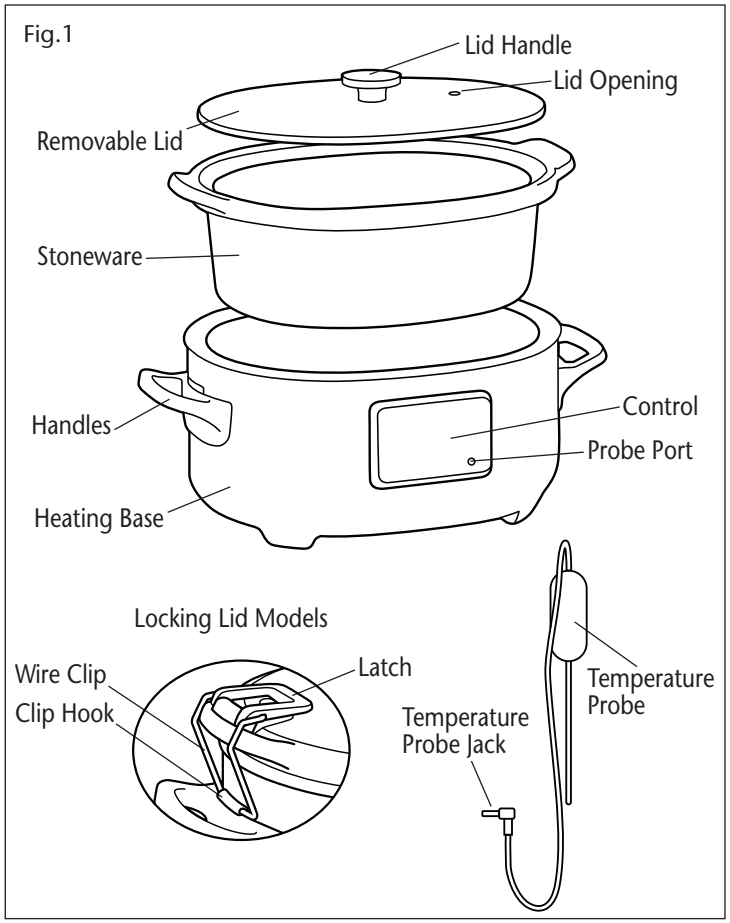
A short power-supply cord is used to reduce the risk resulting from it being grabbed by children, becoming entangled in, or tripping over a longer cord.

NOTICES:

1. Some countertop and table surfaces are not designed to withstand the prolonged heat generated by certain appliances. Do not set the heated unit on a finished wood table. We recommend placing a hot pad or trivet under your slow cooker to prevent possible damage to the surface.
2. During initial use of this appliance, some slight smoke and/or odor may be detected. This is normal with many heating appliances and will not recur after a few uses.
3. Please use caution when placing your stoneware on a ceramic or smooth glass cook top stove, countertop, table or other surface. Due to the nature of the stoneware, its rough bottom may scratch some surfaces if caution is not used. Always place heat resistant protective padding under the stoneware before setting on a table, countertop, or other surface.

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CROCKPOT™ SLOW COOKER WITH SOUS VIDE COMPONENTS



PREPARING YOUR CROCKPOT™ SLOW COOKER FOR USE

Before you use your Slow Cooker with Sous Vide, remove all packaging components and wash the Lid and Stoneware, in warm, soapy water. To clean the Temperature Probe, use a damp cloth and warm, soapy water. Make sure to dry thoroughly.

CAUTION: Do not immerse the Temperature Probe in water.

FOR MODELS WITH LOCKING LID:

LOCKING THE LID

1. Place Lid on Stoneware. Hook Wire Clip onto Clip Hook (Figure 1). Flip Latch around to top (Figure 2) and push Latch down to securely lock (Figure 3). Repeat steps on other side of the lid.

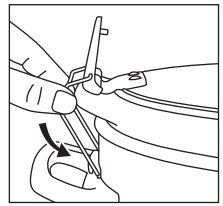


Figure 1

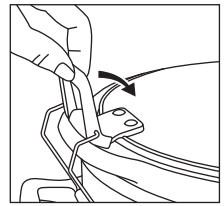


Figure 2

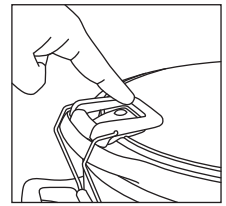


Figure 3

UNLOCKING THE LID

1. Flip the latch up and around to loosen the Wire Clip. Clear the Wire Clip from the Clip Hook. Repeat steps on other side of the Lid.
2. Remove the Lid.
3. Wire should remain on top of Latch base when unit is unlocked.

CAUTION:

NEVER attempt to lift or carry your slow cooker by the Lid Handle. Always use the handles located at each side on the base of the unit.

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HOW TO USE YOUR UNIT

FOR SLOW COOK RECIPES WITHOUT TEMPERATURE PROBE

1. Place the Stoneware into the Heating base, add your ingredients into the Stoneware and cover with the Lid.
   NOTE: For units with a locking lid, DO NOT lock lid while cooking.
2. Plug in unit to a 120V outlet. SOUS VIDE, SLOW COOK, and KEEP WARM lights will flash to indicate the unit is on.
3. Press SLOW COOK.
   NOTE: SLOW COOK light will illuminate to indicate the mode selected.
4. Adjust the desired cooking setting (HI or LO) by pressing the + or – next to the temperature icon. Select cook time by pressing the + or – next to the hourglass icon.
   TIPS: Refer to the Slow Cooking Chart for suggested temperature and cook times (page 10).
5. When the cooking time is completed, the unit will beep and automatically enable the KEEP WARM mode to keep your meal ready until serving time.
   NOTE: DO NOT cook on the WARM setting. This is only to keep cooked food at the perfect serving temperature until you are ready to eat. We do not recommend using the WARM setting for more than 4 hours. To help you keep track of how long your food is in the WARM setting, the timer will begin after pressing START/KEEP WARM.
6. To turn the unit off, press the STOP button and unplug the unit from the outlet. Allow unit to cool before cleaning.

FOR SLOW COOK RECIPES WITH TEMPERATURE PROBE

1. Place the Stoneware into the Heating Base, add your ingredients into the Stoneware and cover with the Lid.
   NOTE: For units with a locking lid, DO NOT lock lid while cooking.
2. Plug in unit to a 120V outlet. SOUS VIDE, SLOW COOK, and KEEP WARM lights will flash to indicate the unit is on.
3. Press SLOW COOK.

HOW TO USE YOUR UNIT (CONT.)

   NOTE: SLOW COOK light will illuminate to indicate the mode selected.
4. Insert the Temperature Probe Jack into the Probe Port on the Control Panel. Then, slide the metal of the Temperature Probe through one of the Lid Openings, piercing the thickest part of the meat.
   CAUTION: Never use Temperature Probe without the lid. Do not immerse the Temperature Probe in any liquids.
5. Adjust the desired cooking setting (HI or LO) by pressing the + or – next to the temperature icon. Set desired internal temperature by pressing the + or – next to the hourglass icon.
   TIPS: Refer to the Slow Cooking Chart for suggested temperature and cook times (page 10).
6. Press START to begin cooking. The display will intermittently flash the target temperature and the actual temperature of the food for you.
   NOTE: If the Probe is unplugged at any time during cooking, the unit will beep and a "PROB" error will be displayed on the Control Panel. If not plugged back into the Port after 5 minutes, the unit will reset the selected cook settings. If the Probe is connected but there is no temperature change after 10 minutes, the unit will beep 3 times and reset the selected cook settings.
7. When the desired temperature has been reached, the unit will beep 3 times and the KEEP WARM light will begin to flash. At this time, the heat will automatically switch off. Press KEEP WARM to keep your meal ready until serving time.
   NOTE: WARM is ONLY for keeping already cooked food at the perfect serving temperature until you are ready to eat. DO NOT cook on the WARM setting. We do not recommend using the WARM setting for more than 4 hours.

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HOW TO USE YOUR UNIT (CONT.)

8. Before removing the Lid or food from the unit, make sure to remove and disconnect the Temperature Probe first. Remove the metal Probe from the Lid Opening and disconnect the Probe Jack from the Control Panel.
   CAUTION: Do not touch the Probe tip, it will be hot during and after cooking. Use Probe handle.
9. To turn the unit off, press the STOP button and unplug the unit from the outlet. Allow unit to cool before cleaning.

SLOW COOKING CHART

Meat Cut	Meat Weight	Low Cook Time	High Cook Time
Large Pork Roast*	6-7 lbs	9 ½ hours	7 ½ hours
Pork Loin	3-4 lbs	6 hours	5 hours
Poultry**	6 lbs	7 ½ hours	6 ¼ hours
Beef Roast	3-4 lbs	8 hours	5 ¾ hours
Stew Meat	3 lbs	6 hours	4 ¾ hours
Fish***	2 lbs	3 ½ hours	1 ½ hours

NOTE: Cook times are estimates and may vary based on food type, preparation, and external temperatures. Visit https://www.foodsafety.gov/ or https://www.fsis.usda.gov/ for more information on safe internal cooking temperatures.

* Pork butt, pork shoulder

** Whole chicken, Bone-in turkey breast

*** If fish is added in after Crockpot™ Slow Cooker has been fully heated to stabilization/ simmer point, it will cook within 15-30 minutes.

HOW TO USE YOUR UNIT (CONT.)

FOR SOUS VIDE RECIPES

1. Fill Stoneware using hot tap water, place into Heating Base and cover with the Lid.
   NOTE: Water may have to be removed later once sealed foods are submerged to keep it from overflowing.
2. Plug in unit to a 120V outlet. SOUS VIDE, SLOW COOK, and KEEP WARM lights will flash to indicate the unit is on.
3. Insert Temperature Probe Jack into the Port on the Control Panel and press SOUS VIDE. Then, insert the metal Probe through one of the Lid Openings and ensure the bottom of the Probe is touching the water.
   NOTE: SOUS VIDE light will illuminate to indicate the mode selected. The unit will beep 3 times and a "PROB" error will display if the Temperature Probe is not inserted correctly.
4. Set temperature by pressing the + or – next to the temperature icon. Select cook time by pressing the + or – next to the hourglass icon.
   TIPS: Refer to the Sous Vide Cooking Chart for suggested temperature and cook times (page 14).
5. Once you have selected your cook time and temperature, press the START button. The preheat indicator will turn on and your Sous Vide Slow Cooker will now begin preheating. The display will intermittently flash the target temperature and the actual temperature of the water for you.
   NOTE: Preheat times vary based on the desired temperature and may exceed one hour. Use hot tap water, or a kettle to heat the water for higher temperatures, to help reduce preheat times.
6. You may start preparing your ingredients at this time (see the Preparing your Sous Vide Ingredients section on page 13 for tips on preparing your food).
   NOTE: If the Probe is unplugged at any time, the unit will beep and a "PROB" error will be displayed on the Control Panel. If not

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plugged back into the Port after 5 minutes, the unit will reset the selected cook settings. If the Probe is connected but there is no temperature change after 10 minutes, the unit will beep 3 times and reset the selected cook settings.

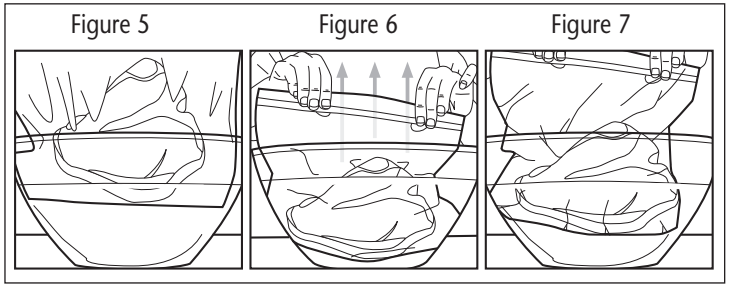
7. Once the water has reached the desired temperature, the unit will beep twice, the preheat light will turn off, and the START light will begin to blink. First, remove the Temperature Probe from the Lid Opening without disconnecting the Probe Jack from the Control Panel. Then, remove the Lid and submerge your sealed ingredients.
   CAUTION: Proceed with caution as water is hot. Use tongs to help submerge your sealed ingredients. To keep water from overflowing, you may have to remove some water.
   TIP: If your sealed food is floating, attempt to remove any remaining air within the bag (see the Preparing your Sous Vide Ingredients section on page 13 for help). If the food is still not completely submerged, you can place a heavy object, such as a serving spoon, on the bag or place food-grade weights inside the bag.
8. Once your food is submerged and covered, insert the metal Probe again through one of the Lid Openings. Ensure the Probe is not piercing any of the sealed bags and is only touching water as it is meant to monitor and maintain the water temperature. Press START to begin cook time.
   NOTE: For units with a locking lid, DO NOT lock lid while cooking.
9. When the cook time is completed, the unit will beep 3 times and begin to count upwards to indicate how much time has passed since completion. At this time, the heat will automatically switch off.
   NOTE: The display will flash DONE every 30 seconds to confirm the cook time has been reached.
10. Before removing the Lid or food from the unit, be sure to remove the Temperature Probe from the Lid Opening and disconnect the Probe Jack from the Control Panel.

CAUTION: Do not touch the Probe tip, it will be hot during and after cooking. Use Probe handle.

11. Remove the Lid and use tongs to remove your sealed food from the water. To turn the unit off, press the STOP button and unplug the unit from the outlet. Allow unit to cool before cleaning.
    TIP: To finish proteins or to crisp veggies, sear on a grill, under a broiler or in a hot pan with butter or oil. Be sure to pat food dry to ensure caramelization before searing.

PREPARING YOUR SOUS VIDE INGREDIENTS:

To prepare your Sous Vide ingredients, you may use either vacuum sealed bags or plastic resealable bags. For the best results, it's important to remove all air within the bag.
To do this with plastic resealable bags, place your food in the bag and get as much air out as possible. Seal the bag almost completely, leaving a small section open (Figure 5). Then, in a pot of water, slowly lower the sealed bag into the water to push the remaining air out (Figure 6). Air will escape as the bag is submerged. Right before the bag is fully submerged, seal the open section to fully close the bag (Figure 7).



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SOUS VIDE COOKING CHART:

Food	Doneness	Temp	Time
Steak (1-1 ¼" thick)	Rare	125	1:30-3:00 hours
	Medium Rare	135	1:30-4:00 hours
	Medium	140	1:30-4:00 hours
	Medium Well	150	1:30-4:00 hours
	Well done	155	1:30-4:00 hours
Chicken Breast (5-6 oz)	Soft	140	1:30-3:00 hours
	Tender	150	1:30-3:00 hours
	Firm	160	1:30-3:00 hours
Chicken Thigh (5-6 oz)	Tender	170	2:00-3:00 hours
Fish (5-6 oz)	Well done, firm and flaky	130	1:00-1:10 hours
Pork Chop (Boneless ¾" thick, Bone-in 1" thick)	Tender	140-150	1:30-3:00 hours
	Firm	150-160	1:30-3:00 hours
Potatoes (cut into 2" pieces)	Tender	185	2:30-3:00 hours
Carrots (cut into 2" pieces)	Tender	185	1:30-2:00 hours
Asparagus	Tender	185	10 minutes

NOTE: Cook times are estimates and may vary based on food type, preparation, and external temperatures. Visit https://www.foodsafety.gov/ or https://www.fsis.usda.gov/ for more information on safe internal cooking temperatures.

USAGE NOTES:

If there is a Power outage, the display and lights blink when the Power is restored. All settings have been cleared and must be reset. As a result, the food may be unsafe to eat. If you are unaware of how long the power was out, we suggest you discard the food inside.

HOW TO CLEAN YOUR SLOW COOKER WITH SOUS VIDE

- ALWAYS turn your unit off, unplug it from the electrical outlet, and allow it to cool before cleaning.
- The Lid and Stoneware can be washed in the dishwasher or with hot, soapy water. Do not use abrasive cleaning compounds or scouring pads. A cloth, sponge, or rubber spatula will usually remove residue. To remove water spots and other stains, use a non-abrasive cleaner or vinegar.
- As with any fine ceramic, the Stoneware and Lid will not withstand sudden temperature changes. Do not wash the Stoneware or Lid with cold water when they are hot.
- The outside of the heating base may be cleaned with a soft cloth and warm, soapy water. Wipe dry. Do not use abrasive cleaners.
  CAUTION: Never immerse the Heating Base in water or other liquid.
- To clean the Temperature Probe, use a damp cloth and warm, soapy water. Dry thoroughly before next use.
  CAUTION: Do not immerse the Temperature Probe in water.
- No other servicing should be performed.
- This appliance has no user serviceable parts. Any servicing beyond that described in the Cleaning Section should be performed by an Authorized Service Representative only. See Warranty Section.

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NOTIFICATION CODES

Display	Audio	Cause	Action
"PROB"	3 beeps	Temperature Probe Jack is not plugged into Control Panel	Ensure Temperature Probe Jack is fully connected to Port on Control Panel and re-enter cook settings if needed. If it happens again, disconnect and do not use.
		Temperature Probe has not detected a change in temperature after 10 minutes	Ensure the metal portion of the Temperature Probe is in contact with meat/ water and re-enter cook settings. If it happens again, disconnect and do not use.
START light is blinking	2 beeps	Unit is preheated (Sous Vide)	Add sealed ingredients and push START. Unit will automatically begin timer if START is not pressed after 2 minutes.
KEEP WARM light is blinking	3 beeps	Unit has reached set internal temperature	Retrieve your food or press KEEP WARM or START to keep meal ready until serving time.

NOTIFICATION CODES

"DONE"	3 beeps	Set cook time or internal temperature has been reached	Retrieve your food or press KEEP WARM/START to keep your meal ready until serving time.
Timer counting up		Cook time is complete OR unit has entered KEEP WARM mode	Retrieve your food when ready to serve.

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SOUS VIDE TIPS AND TRICKS:

- Preheat times vary based on the desired temperature and may exceed one hour. Use hot tap water, or a kettle to heat the water for higher temperatures, to help reduce preheat times.
- Refrain from lifting or removing the Lid often during preheating. This causes the temperature of the water to drop.
- For best results, use a FoodSaver® Vacuum Sealer and FoodSaver® Rolls or Bags when sealing food. Alternatively, you can use a microwave safe/heat resistant resealable plastic bag with the water displacement method shown on page 13.
- To ensure even cooking, place the ingredients in an even layer when sealing and do not overlap once submerged.
- For any sharp foods, such as shrimp or lobster (tails on), wrap in aluminum foil to avoid piercing the bag.
- Wait until the water has been preheated before submerging your sealed ingredients. This will help with precise and even cooking.
- To prevent food from floating, place a heavy object, such as a serving spoon, on the bag or you may place food-grade weights inside the bag.
- Use tongs when submerging or removing bagged ingredients as the water will be very hot.
- To finish proteins or to crisp veggies, sear on a grill, under a broiler or in a hot pan with butter or oil. Be sure to pat food dry to ensure caramelization before searing.

SLOW COOKING TIPS AND TRICKS

PASTA AND RICE

- For best rice results, use long grain converted rice or a specialty rice as the recipe suggests. If the rice is not cooked completely after the suggested time, add an extra 1 to 1½ cups of liquid per cup of cooked rice and continue cooking for 20 to 30 minutes.
- For best pasta results, first partially cook the pasta in a pot of boiling water until just tender. Add the pasta to the Crockpot™ slow cooker during the last 30 minutes of cook time.

BEANS

- Beans must be softened completely before combining with sugar and/or acidic foods. Sugar and acid have a hardening effect on beans and will prevent softening.
- Dried beans, especially red kidney beans, should be boiled before adding to a recipe.
- Fully cooked canned beans may be used as a substitute for dried beans.

VEGETABLES

- Many vegetables benefit from slow cooking and are able to develop their full flavor. They tend not to overcook in your slow cooker as they might in your oven or on your stovetop.
- When cooking recipes with vegetables and meat, place vegetables in slow cooker before meat. Vegetables usually cook slower than meat in the slow cooker.
- Place vegetables near the sides or bottom of the stoneware to facilitate cooking.

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HERBS AND SPICES

- Fresh herbs add flavor and color, but should be added at the end of the cooking cycle as the flavor will dissipate over long cook times.
- Ground and/or dried herbs and spices work well in slow cooking and may be added at the beginning.
- The flavor power of all herbs and spices can vary greatly depending on their particular strength and shelf life. Use herbs sparingly, taste at end of cook cycle and adjust seasonings just before serving.

MILK

- Milk, cream, and sour cream break down during extended cooking. When possible, add during the last 15 to 30 minutes of cooking.
- Condensed soups may be substituted for milk and can cook for extended times.

SOUPS

- Some soup recipes call for large amounts of water. Add other soup ingredients to the slow cooker first then add water only to cover. If thinner soup is desired, add more liquid at serving time.

MEATS

- Trim fat, rinse well, and pat meat dry with paper towels.
- Browning meat in a separate skillet or broiler allows fat to be drained off before slow cooking and also adds greater depth of flavor.
- Meat should be positioned so that it rests in the stoneware without touching the lid.
- For smaller or larger cuts of meat, alter the amount of vegetables or potatoes so that the stoneware is always ½ to ¾ full.

- The size of the meat and the recommended cook times are just estimates and can vary depending upon the specific cut, type, and bone structure. Lean meats such as chicken or pork tenderloin tend to cook faster than meats with more connective tissue and fat such as beef chuck or pork shoulder. Cooking meat on the bone versus boneless will increase required cook times.
- Cut meat into smaller pieces when cooking with precooked foods such as beans or fruit, or light vegetables such as mushrooms, diced onion, eggplant, or finely minced vegetables. This enables all food to cook at the same rate.
- When cooking frozen meats, at least 1 cup of warm liquid must first be added. The liquid will act as a "cushion" to prevent sudden temperature changes. An additional 4 hours on LOW or 2 hours on HIGH is typically required. For larger cuts of frozen meat, it may take much longer to defrost and tenderize.

FISH

- Fish cooks quickly and should be added at the end of the cooking cycle during last fifteen minutes to hour of cooking.

LIQUID

- For best results and to prevent food from drying or burning, always ensure an adequate amount of liquid is used in the recipe.
- Ensure the stoneware is always filled a minimum of ½ full and a maximum of ¾ full, and conform to recommended cook times.

Visit the Crockpot™ slow cooker website at www.crockpot.com for additional hints, tips and recipes or call 1-800-323-9519.

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