

# 3.5L Slow Cooker

/ GVALSC40



## Instruction Manual

**12**  
MONTH

MANUFACTURER'S  
**WARRANTY**

# GVA

THE 'V' STANDS  
FOR VALUE.

## Important Safety and General Instructions

Please keep this user manual in a safe place along with your purchase receipt and carton for future reference. The safety precautions enclosed herein reduce the risk of fire, electric shock and injury when correctly adhered to.

1. Read all instructions before using the GVA Slow Cooker.
2. Close supervision is necessary when any appliance is used by or near children.
3. Before turning on, ensure the electrical voltage and frequency of the circuit corresponds to those indicated on the rating label of the appliance.
4. To protect against the risk of electric shock, do not immerse the unit, cord set or plug in water or any other liquid, or rinse under a tap.
5. The Slow Cooker is not intended to be operated by means of an external timer or any type of separate remote control system.
6. The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock or injury.
7. This appliance is intended to be used indoors for household use only.
8. DO NOT use an extension cord unless completely necessary with this product. If an extension cord is used please ensure that it has a rating equal or exceeding the rating of this appliance.
9. DO NOT pull or carry by cord, use cord as a handle, close a door on the cord, or pull cord around sharp edges or corners. Keep cord away from heated surfaces.
10. DO NOT bend or damage the power cord.
11. Always unplug the appliance when not in use. To disconnect from the power supply, grip the plug and pull from the power socket. Never pull by the cord. The power plug must be removed from the power socket before cleaning, servicing, maintenance or moving the Slow Cooker.
12. DO NOT move or lift the Slow Cooker while the power cord is still connected to the wall outlet or still on. Always ensure it is switched off and has cooled down before moving the appliance.
13. Never force the plug into an outlet.
14. DO NOT leave Slow Cooker unattended when in use.
15. DO NOT place the appliance near a hot gas or electric burner.
16. DO NOT cover the appliance whilst in use. If it is covered there is a risk of fire.
17. NEVER use your fingers to move ingredients around inside the Slow Cooker.
18. Always let the appliance cool down to room temperature before using again.

19. Switch OFF the appliance before removing the lid, removing the bowl or transferring food.
20. Unplug the appliance immediately after use.
21. DO NOT overfill the Slow Cooker bowl.
22. Use this Slow Cooker away from curtains and walls. DO NOT use your Slow Cooker in confined spaces.
23. Always ensure that your hands are dry before operating or adjusting any switches on the appliance or touching the plug and main power connection.
24. Thoroughly clean all parts that will come into contact with food in hot soapy water and dry thoroughly before using for the first time. Never submerge the base of this appliance in water or any other liquids.
25. Improper installation may result in the risk of fire, electric shock and/or injury to persons
26. Do not use the appliance if the supply cord or plug is damaged. Please return to your place of purchase along with your receipt for a refund or exchange.
27. The manufacturer is not responsible for any eventual damages caused by improper or faulty use.
28. The unit has no user-serviceable parts contained within. Do not attempt to repair, disassemble or modify the appliance.
29. This appliance is only for domestic use. Commercial use could void the warranty.
30. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure they do not play with the appliance.

**Caution:** Extreme care must be used when moving the Slow Cooker when it contains hot food, water or other hot liquids. The Slow Cooker should never be moved while it is "ON". Always carry the Slow Cooker by the handles provided.

**Caution:** The exterior of the Slow Cooker gets very hot during use. Please do not touch the exterior while it is "ON".

## Description of Parts



## Indicator Light



## Instructions for Use

1. If using the appliance for the first time, wash the cooking pot and glass lid in warm soapy water and dry thoroughly before use.
2. Place the Slow Cooker on a flat, level surface.
3. Position the removable pot in the base of the Slow Cooker.
4. Place the prepared food into the pot and cover with the glass lid.
5. Do not place food or liquid directly in the appliance without the cooking pot.
6. Plug the appliance into the mains power supply and switch on. Use the temperature control knob to select the heat setting; LOW, HIGH or KEEP WARM. The power indicator light will illuminate and the food will now begin to cook.
7. Turn "OFF" the Slow Cooker when it has finished cooking using the Temperature Control knob, then switch off the mains power supply and unplug the appliance from the outlet.

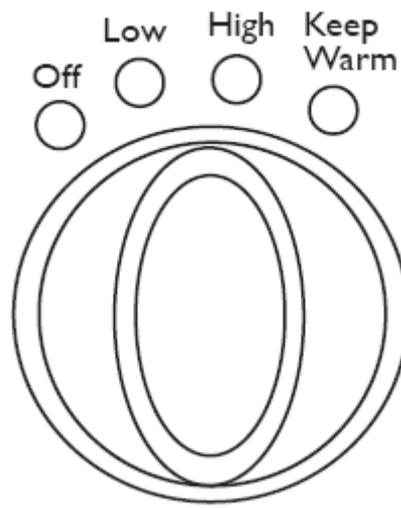
**Caution:** The glass lid and ceramic pot will become hot when in use and also after the appliance is switched off. Oven gloves or a suitable cloth must be used when holding them. When removing the glass lid, do so safely and lift away from yourself as steam will be released when the lid is removed.

### **Basic Guide to Slow Cooking**

- As most food cooked in the Slow Cooker is cooked over a period of 6-9 hours, it can be prepared in advance the evening before and refrigerated. The prepared food can then simply be placed in the cooking pot in the Slow Cooker, and switched on.
- Always allow sufficient time for the food to cook. It is almost impossible to overcook in the Slow Cooker, particularly when using the low heat setting.
- Food will not cook in the Keep Warm setting. This setting is to keep food warm after it has finished cooking, or to slowly warm up food that has already been cooked.
- Cooking times will differ depending on the amount of ingredients, room temperature and many other factors. For example, if the slow cooker is not full, the food will cook quicker. Adjust the cooking time or the temperature accordingly.
- The Slow Cooker has been developed with a wrap around element for even cooking, which is concealed in the walls on the appliance. Always ensure that food or liquid is at least half way up the walls of the ceramic pot as the wrap around element could be damaged.
- The wrap around cooking element cooks the food evenly. Because of this, it is not necessary to stir the ingredients whilst cooking.
- For best cooking results, leave the lid on.
- If the recipe has too much liquid in it, only then take the lid off. Turn the thermostat up to the HIGH setting until the liquid has evaporated sufficiently. Replace the lid.
- The removable ceramic pot can be used as a serving vessel. Always use oven mitts or a suitable cloth when handling the ceramic pot and do not place it on a surface that could be affected by heat.
- Always let the ceramic pot and glass lid completely cool before washing.
- When cooking vegetables in the Slow Cooker, it is best to place the vegetables in the removable ceramic pot first then add the meat on top.
- Roasting whole pieces of meat (beef, chicken, lamb) does not require any additional liquid. Pot roasts also should be barely covered in liquid.
- Pre-browning meat in a pan prior to adding into the Slow Cooker will seal in juices and flavours, and help to keep the meat tender.

- To thicken a casserole, turn the heat setting to HIGH then stir in a thickening agent such as cornflour or starch combined with a little bit of water. Allow to simmer and thicken, stirring occasionally.
- Some ingredients are not recommended for slow cooking, such as pasta, seafood, milk and cream. These should be added towards the end of the slow cooking process.
- Cutting food into smaller pieces will allow the food to cook faster. A degree of trial and error will be required to fully optimise the potential of your slow cooker.
- When cooking soups, leave about a 5cm gap between the top of the pot and the food surface to allow simmering.

### Using the Temperature Control Dial



#### Low Setting

- The low heat setting simmers food for a longer period of time without over cooking or burning.
- No stirring is required when using this setting.
- It is ideal for vegetable dishes and re-heating.

#### High Setting

- The high heat setting is used when baking, cooking dried beans in half the time required for the low setting. As food may boil when cooked on the high heat setting, it may be necessary to add extra liquid, depending on the recipe and the amount of time in which it is cooked.
- Occasional stirring of stews and casseroles will improve the distribution of flavours.
- NOTE: Food should be monitored when using the high setting.

### Keep Warm Setting

- The Keep Warm setting is recommended for keeping cooked food at the perfect temperature until ready to serve.
- This setting should not be used to cook food.

### Do's & Don'ts

- Handle the ceramic pot and glass lid with care. Use oven gloves when handling hot parts.
- Ensure that most of the water has been used up before serving. If any excess water is present, cook for a further 30 minutes with the glass lid removed.
- Ensure that the appliance is unplugged from the mains supply before cleaning.
- Do not clean the appliance, cooking bowl or glass lid with harsh abrasives or cleaners.
- Do not use oven bags in the Slow Cooker.
- Do not place frozen food into a heated Slow Cooker. Only place frozen food into a cold Slow Cooker, and let it heat slowly between 5-8 hours depending on the quantity.

### Care & Maintenance

- Clean the Slow Cooker with a soft, damp, lint free cloth.
- Clean the cooking bowl and glass lid in warm, soapy water.
- Do not use a scouring pad or other abrasive materials.

**CAUTION:** Do not immerse the base of the Slow Cooker in water or any other liquids.

	<p>This marking indicates that this product should not be disposed with other household wastes. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.</p>
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## **RECIPES**

### **Beef Stew**

#### **Ingredients**

500g of cubed beef  
8 large potatoes scrubbed and cubed  
4 ribs of celery sliced  
1 brown onion cut into cubes  
4 medium carrots sliced  
250mL tomato juice  
70g butter  
70g flour

#### **Method**

1. Pre-brown the onion and beef in a pan, on high heat with the butter.
2. Transfer the browned beef and onion to the Slow Cooker.
3. Heat on low heat for 2 hours, then add in the vegetables and add tomato juice.
4. Heat for 2 more hours on low heat, your stew is now ready to be served.

### **Lamb Shanks with Tomatoes**

#### **Ingredients:**

6 lamb shanks  
1 tsp olive oil  
4 cloves garlic, crushed  
1 onion, diced  
2 x 400g tin diced tomatoes  
2 tbsp tomato paste  
2 tbsp sundried tomato pesto  
1 cup beef stock  
1 tbsp fresh rosemary leaves

#### **Method:**

1. Heat oil in a small saucepan over medium heat and then add the onion. Stir until onion becomes translucent.
2. Add garlic and continue cooking for another two and a half minutes.
3. Add tomato paste and stir through and continue cooking for another two minutes.
4. Add diced tomatoes, sundried tomato pesto and the beef stock. Stir through and bring up to the boil then take off the heat.
5. Place the lamb and rosemary leaves into the slow cooker and pour the tomato sauce over the top.

6. Cook on low for 8 hours.

### **Chicken Stock**

#### **Ingredients**

2.5kg Chicken Pieces (bone in)  
4 stalks celery, chopped  
4 carrots chopped  
2 onions quartered  
3 litres water

#### **Method**

1. Place the chicken, celery, onions carrots and water into the slow cooker.
2. Cook on low heat for 8-10 hours.
3. Strain before using and remove vegetables. Chicken may be removed from the bones and used in soup.

### **Fragrant Lemon Chicken**

#### **Ingredients**

1 whole large chicken  
Salt and freshly ground pepper  
1 apple, peeled, cored and quartered  
1 stalk celery with leaves, chopped  
2 cloves garlic crushed  
1 onion, chopped  
½ teaspoon dried rosemary, crushed  
1 lemon, rind finely grated and juiced  
1 cup (250mL) chicken stock  
1 teaspoon butter

#### **Method**

1. Saute onion and garlic in butter in a pan till fragrant and slightly brown.
2. Sprinkle salt and pepper on the skin and also inside of the chicken to season.
3. Place apple and celery inside the chicken, then place chicken into the slow cooker.
4. Sprinkle the onion and garlic, rosemary and lemon juice over the chicken, then pour in the chicken stock.
5. Cover and cook on high heat for 1 hour, then turn to slow heat and cook for 6-8 hours, basting several times.

## **Slow Cooker Honey Ginger Chicken Thighs (Serves: 10)**

### **Ingredients**

10 boneless, skinless chicken thighs  
1 tablespoon vegetable oil  
185g (½ cup) honey  
190ml (¾ cup) light soy sauce  
2 cloves garlic, crushed  
3 tablespoons tomato sauce  
1 tablespoon finely chopped fresh ginger  
1 tin (around 440g) pineapple pieces, drained with juice reserved  
4 tablespoons water  
2 tablespoons cornflour

### **Method**

1. Heat the oil in a frying pan over medium heat, and brown chicken thighs on all sides.
2. Pour honey, soy sauce, tomato sauce, ginger, garlic and reserved pineapple juice into a slow cooker and mix well.
3. Place thighs in the slow cooker and coat with mixture.
4. Cover and cook for 4 hours on High. Stir in pineapple during the last 20 minutes of cooking.
5. Mix the water and cornflower together in a small bowl. Remove thighs from slow cooker. Stir the cornflour mixture into remaining sauce in the slow cooker until it thickens. Serve sauce over the chicken.

### Warranty Details

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

