

Tefal[®]



Cook 4me

Step by step
pre-programmed
recipes cooked
in minutes



Intelligent multicooker
That cooks for you

SAFETY INSTRUCTIONS

- Read these instructions for use carefully before using your appliance for the first time. Any use which does not conform to these instructions will absolve the manufacturer from any liability and invalidate the guarantee.
- Indoor use only.
- For cleaning your appliance, please refer to instructions for use. You can wash the cooking bowl and steam basket in soapy hot water or in the dishwasher. Clean the body of the appliance using a damp cloth.
- Do not immerse the appliance in water or any other liquid.
- Improper use of the appliance and its accessories may damage the appliance and cause injury.
- Do not touch hot parts of the appliance. After use, the heating element surface is subject to residual heat after use.
- For your safety, this appliance conforms to all applicable standards and regulations (Low Voltage Directive, Electromagnetic Compatibility, Food Compliant Materials, Environment, ...).
- This appliance is not intended for use by persons (including children) with reduced physical, sensory

Take the time to read all the following instructions carefully

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 that they do not play with the appliance.

- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard. Do not replace the power cord supplied with other cords.
- This appliance is intended for domestic household use only. It is not intended to be used in the following applications, and the guarantee will not apply for:
 - staff kitchen areas in shops, offices and other working environments;
 - farm houses;
 - by clients in hotels, motels and other residential type environments;
 - bed and breakfast type environments.
- This appliance shall not be used by children. Keep the appliance and its cord out of reach of children.
- Appliances can be used by persons with reduced

physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and if they understand the hazards involved.

- Children shall not play with the appliance.
- Place the appliance on a flat stable, heatproof work surface, away from any water splashes or any sources of heat.
- Never place or use the appliance close to a wall or below a wall cupboard as the steam produced by the appliance can cause damage.
- Do not place your appliance near a heat source in operation (hob, household appliance, etc.).
- Do not fill your appliance to more than the MAX mark on the bowl. Do not fill it more than half full for food that expands during cooking, such as rice, dried vegetables. **Reduce** the volume of water to avoid the risk of boiling over.
- When in operation, never leave the appliance unattended.
- Please follow the recommendations on the volume of food and water to avoid the risk of boiling over which can damage your appliance and cause injury.

- Before using your appliance, check that the manometric rod and the safety valve are clean (see section Cleaning and maintenance).
- Do not place any foreign objects in the pressure release system. Do not replace any of the safety device yourself.
- When you open the lid, first unlock it by holding the lid open/close handle. Then position your arms in alignment with the side carrying handles, hold each side lid handle with your hands and raise the lid.
- Be careful also about the risk of scalding from the steam coming out of the appliance when you open the lid. First open the lid very slightly to allow the steam to escape gently.
- Never force the appliance open. Make sure that the inside pressure has returned to normal. Do not open the lid when the appliance is under pressure. To do so, see page 46 «Problem & Solutions» section «The lid does not open once the steam is released».
- Use only the appropriate spare parts for your model. This is particularly important for the sealing gasket, the cooking bowl and its safety devices.
- Do not damage the sealing gasket. If it is damaged, have it replaced in an Approved Service Centre.

- The heat source necessary for cooking is included in the appliance.
- Do not place the appliance in a heated oven or on a hot hob. Do not place the appliance close to an open flame or a flammable object.
- Do not heat the cooking bowl with any other heat source than the heating plate of the appliance and do not use any other bowl. Do not use the cooking bowl with other appliances.
- Move the appliance with great care when it is under pressure. Do not touch the hot surfaces. Use the carrying handles when moving it and wear oven gloves, if necessary. Do not use the lid handle to lift the appliance.
- Do not use the appliance for other than the intended purpose.
- This appliance is not a steriliser. Do **not** use it to sterilise jars.
- The appliance cooks food under pressure, in two different modes: low pressure (40 kPa, i.e. 109°C) or high pressure (70 kPa, i.e. 115°C). Incorrect use may cause risks of burns due to steam.
- Make sure that the appliance is properly closed before bringing it up to pressure (see Instructions for use).

- Do not use the appliance empty, without its bowl or without liquid inside the bowl if using a mode cooking under pressure. This could cause serious damage to the appliance.
- After cooking meat which has an outer layer of skin (such as ox tongue), which could swell due to the effects of pressure, do not pierce the skin after cooking if it appears swollen: you could get burnt. Pierce it **before** cooking.
- When cooking food with a thick texture (chick peas, rhubarb, compotes, etc.), shake the appliance slightly before opening it to ensure that the food or cooking juices do not spurt out.
- Do not use the appliance to deep fry food in oil. Only browning is allowed.
- In browning mode, be careful of risks of burns caused by spattering when you add food or ingredients into the hot bowl.
- During cooking and automatic steam release at the end of cooking, the appliance releases heat and steam. Keep your face and hands away from the appliance to avoid scalding. Do not touch the lid during cooking.

- Do not use a cloth or anything else between the lid and the housing to leave the lid ajar. This can permanently damage the gasket.
- Do not touch the safety devices, except while cleaning and maintaining the appliance in accordance with the instructions given.
- Make sure that the bottom of the cooking bowl and the heating element are always clean. Make sure that the central part of the heating plate is mobile.
- **Do not fill up the interior body of your appliance without its cooking bowl.**
- Use a plastic or wooden spoon to prevent any damage to the non-stick coating of the bowl. Do not cut food directly in the cooking bowl.
- If a great deal of steam is released from the rim of the lid, unplug the power cord at once and check whether the safety devices are clean. If necessary, send the appliance to an Approved Service Centre for repair.
- Do not carry the appliance by holding it by the

- handles of the removable bowl. Always use the two side handles on the housing of the appliance. Wear oven gloves if the appliance is hot. For more safety, make sure that the lid is locked before transporting the appliance.
- If pressure is released continuously through the valve of the appliance (for more than 1 minute) while pressure cooking, send the appliance to a Approved Service Centre for repair.
 - Do not use a damaged appliance. Take it to your Approved Service Centre.
 - The guarantee does not cover the normal wear and tear of the cooking bowl.
 - In accordance with current regulations, before disposing of an appliance no longer needed, the appliance must be rendered inoperative (by unplugging it and cutting off the supply cord).
 - Use only spare parts sold in an Approved Service Centre.
- SAVE THESE INSTRUCTIONS CAREFULLY.**



Environment protection first!

- ① Your appliance contains valuable materials which can be recovered or recycled.
- ➡ Leave it at a local civic waste collection point.

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EPC03 Series

Low pressure 40kPa (109°C) / High pressure: 70kPa (115°C)
APPLIANCE CAPACITY: 6L / USEABLE CAPACITY: 4L
Built-in heating



Lid open/close handle



Main operation button



Silencing pressure valve



Open/close marker



Return button



Control panel



Cooking bowl



Warning indicator for
pressure and locking



INGREDIENTS



MEAT & CHICKEN

Beef
Chicken
Lamb
Pork



FISH & SHELLFISH

Cod
Fish
King prawns (raw)
Mussels
Scallops



RICE & CEREALS

Brown rice - Basmati
Bulgur wheat
Quinoa
White rice - Basmati
White rice - Long grain



FRUITS & VEGETABLES

Apples
Asparagus
Aubergines
Beetroot
Broccoli (florets)
Brussels sprouts
Butternut squash
Cabbage (green)
Cabbage (red)
Carrots
Cauliflower (florets)
Celery
Courgettes
Green beans (whole)
Green lentils
Leeks
Mushrooms
Parsnips
Pears
Peas (frozen)
Peppers (any colour)
Potatoes (new)
Potatoes (old)
Runner beans
Spinach
Swede
Sweet potatoes
Turnips

RECIPE LIST

www.tefal.co.uk



STARTER/SIDES

Asian pork meatballs
Butternut squash soup
Celery and stilton soup
Dahl
Houmous
Italian vegetable soup
Lentil & smoked bacon soup
Potato & leek soup
Prawn and coriander bisque
Sweet potato tajine
Vegetable curry



MAIN DISHES

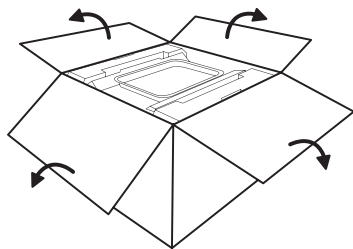
| | | |
|--------------------------|---------------------------|---------------------------------|
| Bacon & leek risotto | Farmers chicken | Pork spare ribs |
| Beef & ale casserole | Gammon joint | Pot roast cider chicken |
| Beef bolognaise | Greek Lamb | Quinoa & feta salad |
| Beef madras curry | Green thai chicken curry | Sausage and bean stew |
| Beef tacos | Korma chicken wings | Spring lamb stew |
| Beef teriyaki stir fry | Lamb rogan josh curry | Sweet and sour pork |
| Butternut squash risotto | Lamb shanks | Sweet chilli salmon |
| Chicken cacciatore | Meatballs in tomato sauce | Thai spicy chicken |
| Chicken tikka masala | Moules marinere | Thai spicy pork and green beans |
| Chilli con carne | Mustard roast beef | Tuna puttanesca |
| Cod loin in prawn sauce | Pesto chicken risotto | |



DESSERTS

Bread and butter pudding
Cabinet pudding
Chocolate croissant pudding
Creme brulee
Jam sponge puddings
Molten chocolate puddings
Pears in red wine

BEFORE USE



To open the appliance, turn the open/ close handle on top of the lid, until the marking is in line with the open padlock.



Install the appliance on a flat dry surface that is not hot. Remove all the packaging, stickers or different accessories inside and outside the appliance.

Remove the appliance from its packaging and read the instructions carefully before using the appliance for the first time.



CLEAN THE DIFFERENT COMPONENTS

- 1 Cooking bowl
- 2 Metal plate with non-removeable seal
- 3 Valve cover
- 4 Condensation collector
- 5 Steam basket
- 6 Decompression ball

BEFORE USE

HOW TO DISMANTLE AND REASSEMBLE THE METAL PLATE



ACCESSING THE DECOMPRESSION BALL:

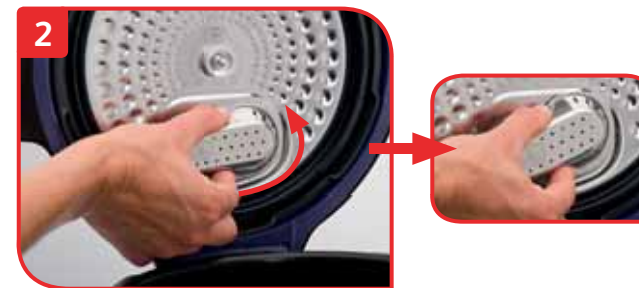
When the lid is completely cool, turn the ball cover, anti-clockwise, so as to bring the **I** marker into position . Lift off the cover. Remove the ball, and gently clean it, along with its cover, with water and some washing-up liquid. Dry the ball using a soft cloth, then put it back in position. Put the ball cover back in place, and the marker **I** in position . Lock it by turning the ball cover so that the marker is opposite the pictogram "closed" .

Note: The metal decompression ball may still be hot even when the lid has cooled



HOW TO REMOVE THE METAL PLATE:

Grip the metal plate holding it by the seal, and unscrew the central nut in an anti-clockwise direction. Remove the nut and keep it in a safe place. Press the spring loaded screw spindle to release the metal plate. Remove the metal plate.



HOW TO TAKE THE VALVE COVER OFF:

Hold the valve cover by its middle part (as shown); Then turn it slightly to unclip it. Clean the valve cover, paying special attention to the inside (check that there is no left over food).



PUTTING THE METAL PLATE BACK IN PLACE:

Grip the metal plate by the seal as shown in the picture. Line up the metal plate with the central screw spindle and press it flat against the underside of the lid. Put the nut back on with the flat side facing the metal plate and turn it clockwise, tightening it as far as it will go.



PUTTING THE VALVE COVER BACK:

Take the valve cover as shown in the picture (gripping the middle). Line up the interior circular shape with the three hooks and then push so that the valve cover clips on (you should hear a "click" sound). The valve cover must be close up against the inside of the lid.

The notches on the rotating inner part of the lid must be correctly aligned with the notches on the rim of the bowl otherwise the lid will not lock when closed.

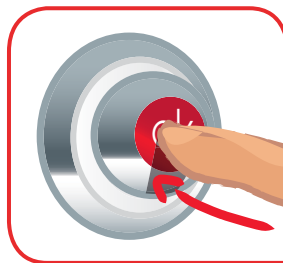


USE

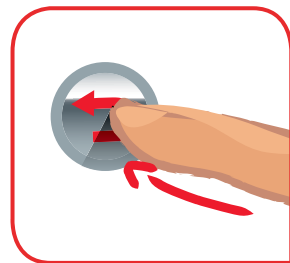
INTERFACE CONTROLS



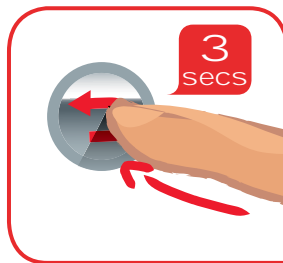
SELECT



CONFIRM



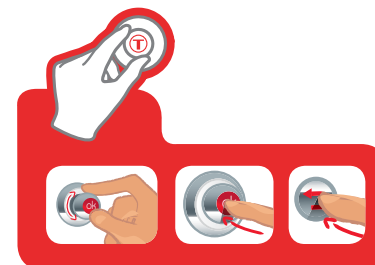
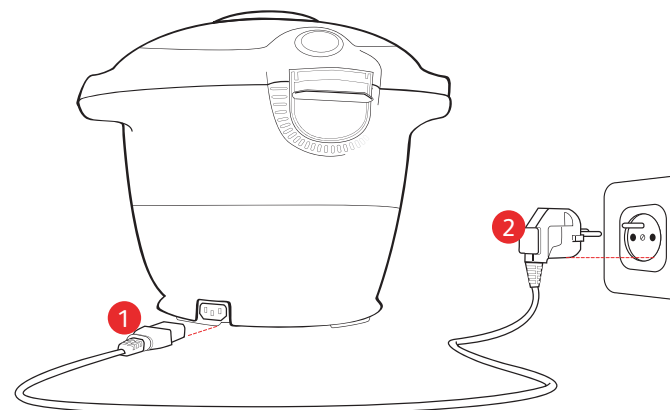
BACK



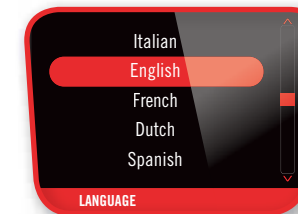
RESTART



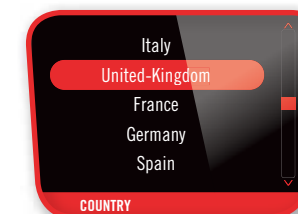
OPERATION



When turning on for the first time, you will first see the settings menu:



Select your language



Select your country



USE



Never use the appliance without the cooking bowl



OPEN THE LID:

To open the appliance, turn the open/close handle so that the marking is in line with the open padlock. Never try to force the lid to open if it is stuck.



OPEN/CLOSE INDICATOR:

When the indicator flashes, the lid is locked. When the indicator remains on constantly, the appliance is pressurised; you can no longer open it.



INSTALLING THE CONDENSATION COLLECTOR:

Check that the condensation collector is empty then install it behind the appliance.



USE

When using your appliance for the first time, the bowl may release a slight odour. This is normal. When cooking under pressure it is normal for Cook4Me to vent steam during cooking. After each use check the safety valve and manometric rod move freely and clean if necessary as instructed on page 42.



INSTALLING THE STAND UNDER THE STEAM BASKET:

Pinch the stand between your thumb and index finger to install it under the steam basket as shown.



POSITIONING THE BOWL IN THE APPLIANCE:

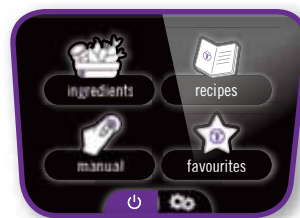
Wipe the bottom of the cooking bowl. Make sure there are no food remains or liquid under the bowl or on the heating plate.



Then install the bowl in the appliance by positioning the bowl handles into the slots.



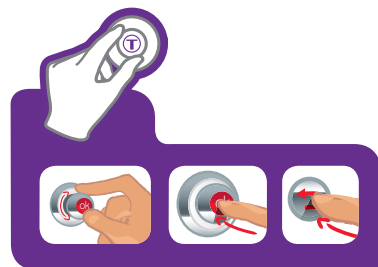
ON/OFF MENU



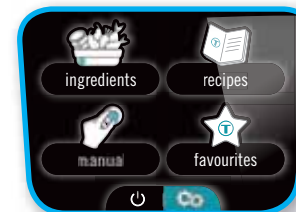
Select and confirm



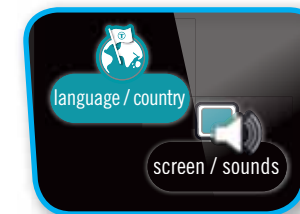
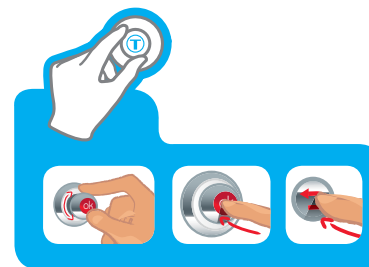
Pressing ON/OFF will allow you to switch the appliance on and off



SETTINGS MENU



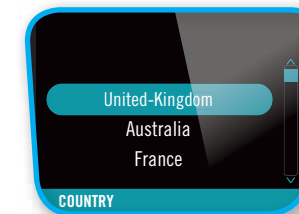
N.B.: each confirmation takes you back to the main menu.
N.B.: even if the sound is deactivated, the alert sounds remain active.



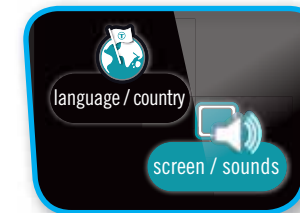
Select
«language / country»



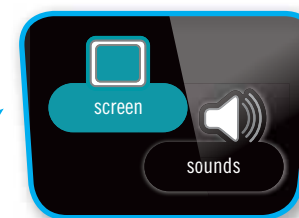
Select
your language



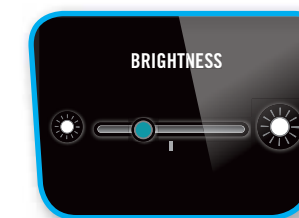
Select
your country



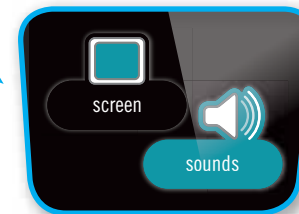
Select the «screen
/ sounds» setting



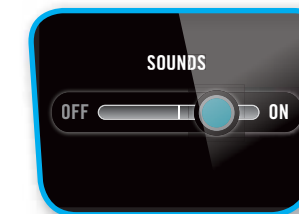
Select «screen»



Adjust the light



Select «sounds»



Adjust the volume



MANUAL MENU

COOKING MODE

QUICK COOKING

MANUAL MENU:

With the manual menu, you set the cooking yourself. Select the cooking mode: **browning**, **quick cooking**, **reheat** or **keep warm**, as well as the **cooking time**.



Select the «manual» menu



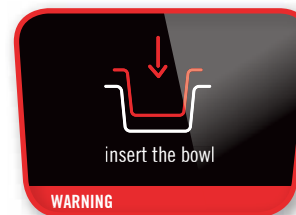
Set the cooking time



Select the «quick cooking» mode



Select immediate or delayed start (p.23)



Insert the bowl then add the ingredients



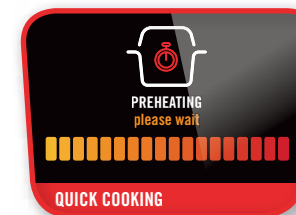
Close and bolt the lid



MANUAL MENU

COOKING MODE

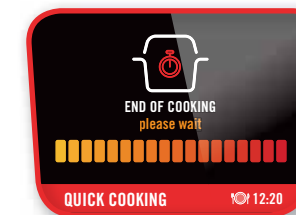
QUICK COOKING



The preheating time will vary between 3-10 minutes depending on the quantity of food, the quantity of liquid and whether the food is fresh or frozen



Cooking has started (the cooking time counts up)



Cooking has finished



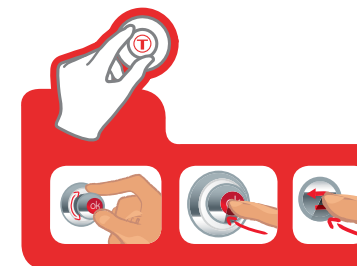
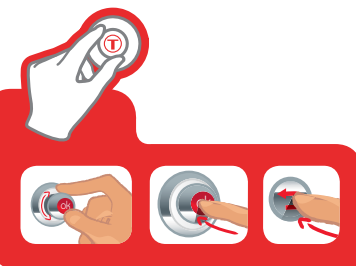
It's ready to eat! The appliance automatically goes to keep warm mode



Note: 4 litre max and 200 ml min capacity for quick cooking.



Do not touch the hot appliance during cooking.



MANUAL MENU



Select the «manual» menu



Select the «browning» function



Open the lid

MANUAL MENU



Select the «manual» menu



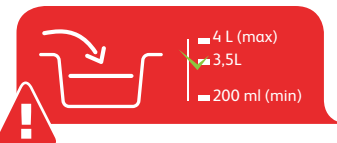
Select the «reheat» mode



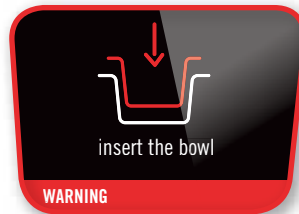
Insert the bowl

COOKING MODE

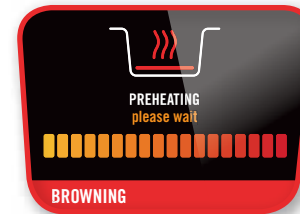
BROWNING



NB: 4 litre max and 200 ml min capacity for browning



Insert the bowl



The appliance is preheating (This can take up to 5 minutes)



Add the ingredients

COOKING MODE

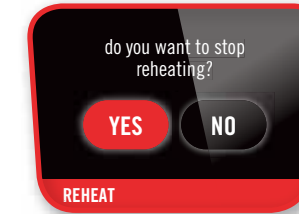
REHEAT



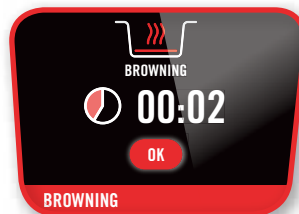
Close and lock the lid



Reheat has started



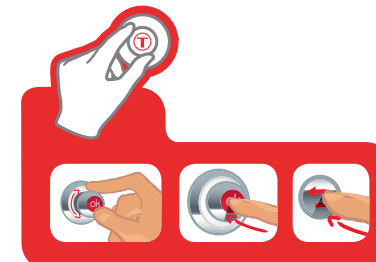
To stop reheating select yes. Ensure food is piping hot before serving



The cooking time counts up



To stop browning select yes and then either stop or quick cooking



N.B.: Reheating starts and the time increases



MANUAL MENU

COOKING
MODE

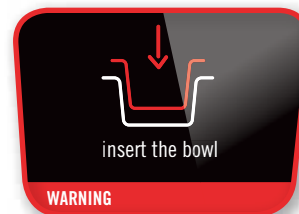
KEEP WARM



Select the
«manual» menu



Select the
«keep warm» function



Insert the bowl



The appliance
is preheating



The keeping warm
function has started



To stop the keep warm
function, press the «back»
button and select «yes»



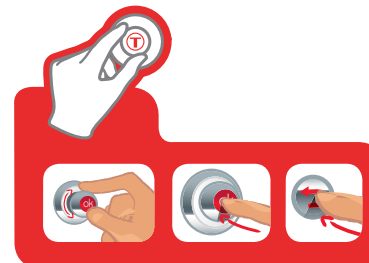
MANUAL MENU

COOKING
MODE

DELAYED START
The delayed start feature
is only possible with the
manual menu «quick cooking»
and the ingredients menu
«Fruit & vegetables» or
«Rice & Cereals»



Do not use delayed start for
recipes containing meat, chicken,
fish, milk or eggs as these foods
can deteriorate if left at room
temperature before cooking.



Select
«delayed start»



Select the current time
(using the 24 hour clock)



Select the end
of cooking



Delayed start
is programmed

Note: The delayed start time
always includes 15 minutes
for the appliance to preheat.





INGREDIENTS MENU

INGREDIENTS MENU:

With the ingredients menu, cook single ingredients without having to program the cooking mode or time: Cook4Me provides you with instructions for different weights and types of ingredients: meat, fish, vegetables, fruit and cereals.

The guides on pages 28 & 29 give you advice on how to prepare fruit and vegetables for use with the ingredients menu and suggested cuts of meat.

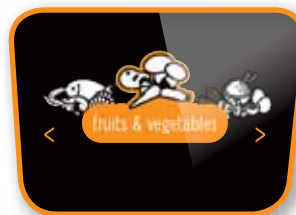
Note: The weights displayed on the Cook4Me are the prepared weight of the ingredients.



Select the «ingredients» menu



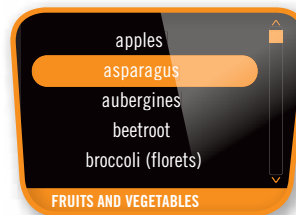
Select the quantity of ingredients



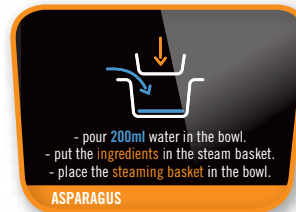
Select fruits & vegetables



Start the recipe



Select the required ingredient



Follow the instructions on screen



INGREDIENTS MENU

INGREDIENTS MENU: (continuation)



The recommended cooking time is displayed. You can adjust the cooking time to your personal taste by turning the OK button



Cooking has started



Select immediate or delayed start (p 17)



Cooking has finished



The appliance is preheating
Note: depending on the type of ingredient and the quantity the preheating time will take between 3-10 minutes



Its ready to eat! The appliance automatically goes to keep warm mode

Note: The delayed start can be used on the Ingredients Menu with the Fruit & Vegetables and Rice & Cereals programs

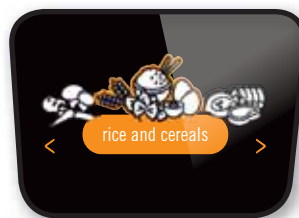


INGREDIENTS RECIPE

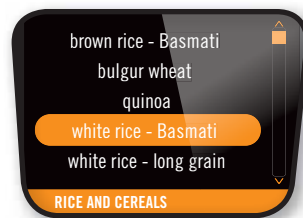
WHITE RICE



Select the
«ingredients» menu



Select
«rice and cereals»



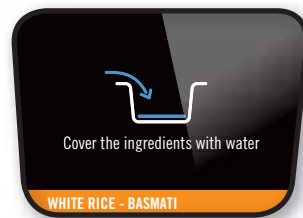
Select
«white rice»



Select the desired rice
quantity (min. 200g)



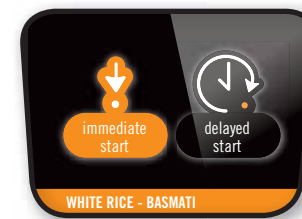
Start the recipe



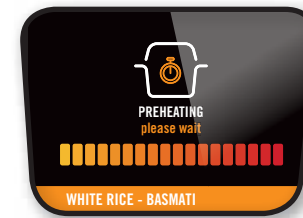
Follow the instructions
on the screen and in the Rice
and Cereals Cooking Guide



The recommended
cooking time appears



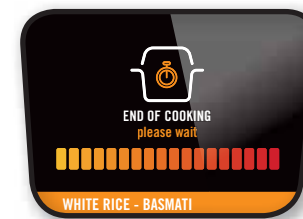
Select
«immediate start»



The appliance is preheating
(takes 5-10 minutes)



Cooking has started



Cooking has finished



It's ready to eat! The appliance
automatically goes to keep warm mode



| Cooking Guide for Rice and Cereals | | |
|--|------------|--------------------------------------|
| | Weight (g) | Recommended quantity cold water (ml) |
| Bulgar Wheat | 200 g | 300 ml |
| | 300 g | 400 ml |
| | 400 g | 500 ml |
| | 500 g | 600 ml |
| | 600 g | 700 ml |
| Quinoa | 200 g | 500 ml |
| | 300 g | 600 ml |
| | 400 g | 750 ml |
| | 500 g | 800 ml |
| | 600 g | 850 ml |
| Brown Rice - Basmati* | 200 g | 350 ml |
| | 300 g | 500 ml |
| | 400 g | 650 ml |
| | 500 g | 725 ml |
| | 600 g | 800 ml |
| White Rice - Basmati & Long Grain* | 200 g | 300 ml |
| | 300 g | 450 ml |
| | 400 g | 600 ml |
| | 500 g | 675 ml |
| | 600 g | 750 ml |
| *Once at pressure it is normal for the Cook4me to vent short bursts of steam during cooking. After cooking rice a thin translucent layer may form at the base of the bowl caused by loose starch from the rice. | | |

| Cook4Me Meat & Chicken Cooking Guide | | |
|---|------------------|---|
| The cooking times for meat are approximate and may need adjustment depending on the degree of doneness you prefer. When cooking joints we recommend leaving them to rest covered with foil for 10 minutes before carving. | | |
| Ingredient | Type | Suggested cuts of meat/chicken |
| Beef | Roast | Boneless joints of beef such as topside, top rump, sirloin & mini joints |
| | Pieces | Casserole steak, braising steak, chuck steak, stewing steak |
| Chicken | Whole | Unstuffed |
| | Pieces with bone | Chicken drumsticks, chicken legs, chicken thighs, chicken wings |
| Lamb | Roast | Boneless joints of leg or shoulder, mini joints |
| | Pieces | Diced lamb shoulder or leg |
| | Pieces with bone | Lamb chops, lamb cutlets |
| Pork | Roast | Boneless joints of leg & shoulder. For loin joints reduce the cooking time slightly |
| | Pieces | Diced pork shoulder or leg |
| | Pieces with bone | Pork chops |

| Cook4Me Fruit & Vegetables Cooking Guide | | | |
|--|--|---------------------------------------|---|
| The cooking times are approximate and may need adjustment depending on personal taste. | | | |
| Ingredient | Immersion (IM) or steamed in basket (ST) | Preparation | Tips |
| Apples | ST | wedges | Use a firm texture apple variety such as Braeburn. Bramley variety is not recommended as it froths during cooking. Peel apples & cut into 2.5 cm thick wedges |
| Asparagus | ST | whole (thin stems 8-10 mm diameter) | Choose fresh, tender stems. Trim to 17 cm lengths to fit steaming basket |
| | ST | whole (thick stems 12-15 mm diameter) | Choose fresh, tender stems. Trim to 17 cm lengths to fit steaming basket |
| Aubergines | ST | whole | Choose small aubergines that fit inside steaming basket |
| | ST | pieces | Cut into 2.5 cm pieces |
| Beetroot | IM | whole (small or medium size) | Trim off all but 2.5 cm of stalk and root. Wash without breaking the skin. Cook using 1 litre of water. Peel skin after cooking. Serve hot or cold |
| Broccoli | ST | florets | Cut into small florets of even size |
| Brussels Sprouts | ST | whole | Adjust cooking time according to size of brussels sprouts. |
| Butternut Squash | ST | pieces | Cut into 2.5 cm pieces |
| Cabbage (green) | ST or IM | shredded | Cook sliced cabbage either by steaming in the basket or immersion method using 200 ml water. Use green cabbage, Savoy cabbage and spring greens. For pointed (Sweetheart) cabbage reduce cooking time by about 1 minute |
| Cabbage (red) | ST or IM | shredded | Cook sliced cabbage either by steaming in the basket or immersion method using 200 ml water. |
| Carrots | ST | small whole | Choose similar size carrots so that they all cook to the same time, such as Chantenay variety |
| | ST | slices | Cut into 1 cm slices |
| Cauliflower | ST | florets | Cut into small florets of even size |

| Ingredient | Immersion (IM) or steamed in basket (ST) | Preparation | Tips |
|----------------------|--|-------------|--|
| Celery | ST | slices | Cut into 5 cm slices |
| Courgettes | ST | whole | Choose courgettes that fit inside the steam basket |
| | ST | pieces | Cut into 2.5 cm slices |
| Green beans | ST | whole | For fine green beans reduce cooking time by 1 minute |
| Green lentils | IM | washed | Rinse well before cooking.Cook 200 g green lentils with 400 ml cold water. Cook 300 g green lentils with 550 ml cold water Cook 400 g green lentils with 650 ml cold water Cook 500 g green lentils with 750 ml cold water |
| Leeks | ST | slices | Cut into 5 cm slices |
| Mushrooms | ST | whole | Cut in half or quarters if large |
| Parsnips | ST | florets | Cut into 2.5 cm pieces |
| Peas (frozen) | ST | | Cook from frozen. Place in steaming basket |
| Pears | ST | whole | Peel pears and trim bases so they stand upright in the steaming basket. Choose firm, ripe pears such as Cornice variety |
| Peppers (any colour) | ST | whole | Trim off stalk and deseed peppers |
| Potatoes (new) | ST | whole | The cooking time will vary depending on the variety and size of the potatoes |
| Potatoes (old) | ST | pieces | Peel potatoes and cut into pieces approximately 40 g. The cooking time will vary depending on the variety of potatoes. The larger the size of the potato pieces the longer cooking time |
| Runner beans | ST | sliced | String and slice the beans |
| Spinash | ST or IM | washed | Cook in steaming basket or by immersion method with 100 ml water |
| Sweede | ST | pieces | Cut into 2.5 cm cubes |
| Sweet potatoes | ST | whole | Wash and cook unpeeled |
| | ST | pieces | Cut into 2.5 cm pieces |
| Turnips | ST | pieces | Cut into 2.5 cm cubes |



RECIPES MENU

GREEN THAI CHICKEN CURRY

RECIPES MENU:

With the recipes menu, choose from over 50 savoury or sweet recipes divided into **four** categories: **starters & sides/ main dishes / desserts / express recipes**.

You can go back to the initial menu by pressing the return button for 30 seconds, or back one step by pressing the return button once.



Select the recipes menu



Select the number of servings



Select the type of recipe



Show recipe



Select the recipe



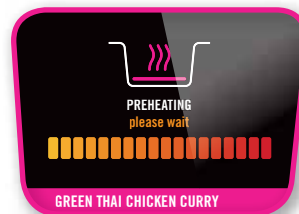
Prepare the ingredients



Start the recipe



Follow the instructions



Preheating



Follow the instructions



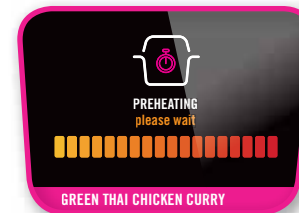
Stop browning



Follow the instructions



Start cooking



Preheating



Cooking time



Cooking has finished

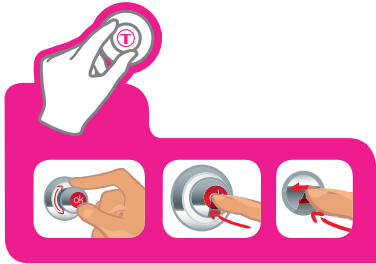


Its ready to eat!

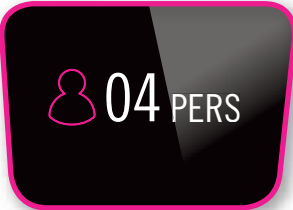


RECIPES MENU

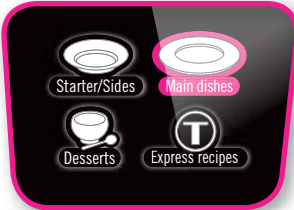
SWEET CHILLI SALMON



Select the recipes menu



Select the number of servings



Select the type of recipe



Show recipe



Select a recipe



Prepare the ingredients



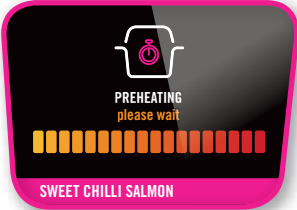
Start the recipe



Follow the instructions



Start the cooking



Preheating



Cooking time



Cooking has finished



Its ready to eat!





FAVOURITES MENU

SAVE A RECIPE AS A FAVOURITE

FAVOURITES MENU:

With the favourites menu, create a link to your favourite recipes in the recipes menu.



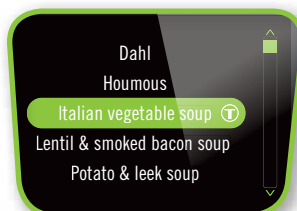
Select the «favourites» menu



Select «add»



Select the type of recipe



Select the recipe you want to appear as a favourite



Select the number of servings



Select the required cooking time



FAVOURITES MENU



You can change the name of the recipe



Use < to delete



Select OK to confirm



Save the favourite





FAVOURITES MENU

PREPARE
A RECIPE
ALREADY
SAVED AS
A FAVOURITE



Select the
«favourites» menu



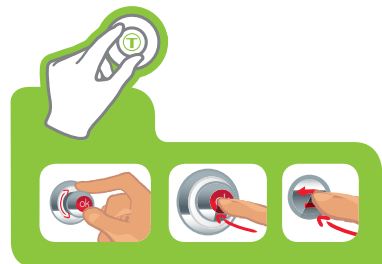
Select «my list»



Select the recipe that
you want to prepare



Follow the instructions
as for a normal recipe



FAVOURITES

DELETE
A RECIPE FROM
THE FAVOURITES
MENU



Select the «favourites» menu



Select delete

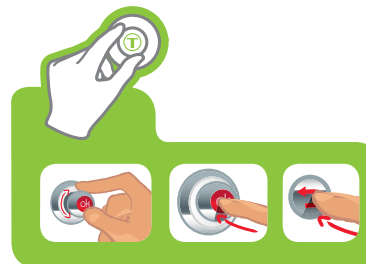


Select the recipe
you want to delete

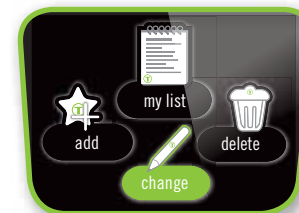


Follow the instructions

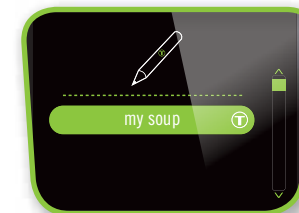
CHANGING
THE NAME OF
THE RECIPE



Select the
«favourites» menu



Select the
«change» menu



Select the recipe whose name
you want to change

GOLDEN RULES OF COOKING WITH YOUR COOK 4ME

- Always use plastic or wooden utensils to avoid damaging the non-stick coating of the cooking bowl. Never cut food in the bowl.

Liquid quantities

- Programs that cook under pressure – quick cooking, ingredients menu and recipes menu – always require some liquid. See the cooking guides on pages 28-29 for advice on the quantity of liquid to use or follow the instructions on the Cook4me display screen.
- Always use a liquid that gives off steam when boiled e.g. water, stock, wine, beer, cider, etc. Never use oil or fat. Do not use milk as it can froth up under pressure.
- When steaming foods in the basket always use a minimum of 200 ml of water in the Cook4Me.

Maximum Filling level

- The ingredients plus liquid must not exceed the maximum filling level.
- Some foods such as rice and pulses (e.g. dried beans and dried peas) swell up and tend to froth during cooking and the bowl should not be more than half full with these ingredients and liquid.

Foods which require special care when cooking in Cook4Me

- See the point above about cooking rice & pulses.
- Take care when cooking fruit which froths during pressure

cooking, such as stewed apple. Instead steam some fruits, such as apple, in the steaming basket instead.

- Never cook dumplings in the Cook4Me under pressure, as they could rise up and block the safety devices.

Cooking times

- The cooking times programmed into the Cook4Me are only a guide and can be adjusted to your personal taste by manually adjusting the advised cooking time.
- For the programs that cook under pressure – quick cooking, ingredients menu and recipes menu – the pressure cooking time will vary according to the size of the individual pieces or thickness of the food, not the weight.
- To prevent overcooking with delicate foods such as vegetables, fruit and fish the suggested cooking times may need slight adjustment for your personal taste.

Cook4Me Meat & Chicken Cooking Tips

- Choose meat joints of an even shape and thickness to ensure they cook evenly. Boneless joints which are tied into an even cylindrical shape are ideal.
- The maximum recommended weight for meat joints is 1 kg.
- The maximum recommended weight for a whole chicken is 1.5 kg.
- Choose pieces of meat, such as chops, cubed meat for stews, of the same size and thickness to ensure they cook evenly.

- Before browning meat joints dry the outside with kitchen paper towel if it is moist on the outside. This helps reduce spitting during browning.
- Use about ½ – 1 tablespoon sunflower or vegetable oil when browning joints of meat.
- During browning, turn joints or meat using a spatula so it browns on all sides. Take care as hot oil may spit from the bowl. For pieces of meat, e.g. chops, or chicken, e.g. drumsticks, brown in batches, if necessary.
- After browning, take care when adding liquid to the hot bowl as it may spit or give off hot steam.
- Meat or joints with a layer of fat on the outside, such as chops or pork joints, will not turn crisp when cooked in the Cook4Me.

Adapting your own recipes for use in Cook4Me

- For the programs that cook under pressure – quick cooking and ingredients menu – reduce the liquid quantity when adapting a conventional recipe as there is less evaporation in Cook4Me.
- The cooking time will be shorter than in a conventional oven or on the hob. Find a similar recipe in the Recipe Menu as a guide to the cooking time.
- Recipes are best thickened after cooking using Instant Thickening Granules available in larger supermarkets and are usually sold in the aisle near to cornflour. Just stir the

thickening granules into the boiling hot dish or liquid until all the granules dissolve and the liquid thickens.

Alternatively, blend cornflour with a little cold liquid to form a smooth paste (see packet instructions for advice on quantities); stir into the hot dish and then bring to the boil in a separate saucepan.

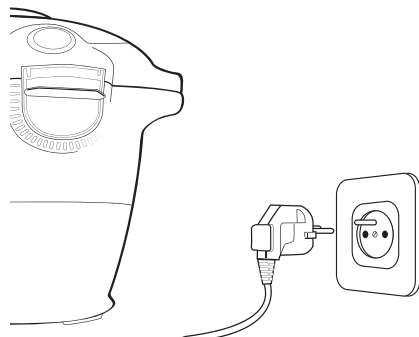
- To remove any unpleasant odours left in the Cook4Me after cooking strong foods, such as fish or curry, clean the appliance afterwards including dismantling the metal plate and cleaning all safety parts. Reassemble and leave the lid open for a few hours.

About the recipe program

- The cooking times in the recipes are approximate and may need adjustment to suit your personal taste.
- Eggs used in the recipes are medium size unless stated otherwise.
- All spoon measures are level unless stated otherwise.
- The weight stated in the recipes are for the prepared weight of the food, for example, 100 g sliced carrots is the weight of carrots after peeling and trimming off the top and bottom.
- The recipes have been specifically developed for use in Cook4Me. If the recipes are prepared in an appliance other than this, the results and cooking times may vary.

CLEANING AND MAINTENANCE

Note: To ensure the correct operation of your Cook4me, follow these cleaning and maintenance instructions after each use.



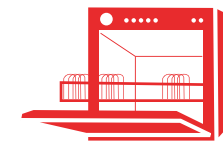
Once you have finished cooking your dish, disconnect the appliance to clean. Clean the appliance after each use.



You can wash the cooking bowl and steam basket in hot water and washing up liquid or in the dishwasher. Clean the body of the appliance using a damp cloth. After several washes in the dishwasher, the exterior of the bowl may become discoloured.



CLEANING AND MAINTENANCE



CLEANING IN THE DISHWASHER:

You can place the metal plate in the dishwasher, without removing the valves. After placing in the dishwasher, remove the decompression ball and blow in the pipe to check that it is not blocked. Dry the ball and its support carefully using a soft cloth.



CLEANING BY HAND:

You can clean the metal plate using washing up liquid and hot water. Firstly, remove the ball then clean completely. Dry the ball and its support using a soft cloth.



After each use, remove the condensation collector and wash carefully in soapy water or in the dishwasher. Take care to dry it well. Return to its original position.



To clean the metal plate, by hand or in the dishwasher, you need to remove the valve cover.

- 1 Unscrew the screw at the centre of the metal plate and keep it in a safe place
- 2 Take off the metal plate
- 3 Remove the valve cover

CLEANING AND MAINTENANCE



Do not clean any part of the Cook4Me with abrasive sponges or wire wool.



Before reinstalling the ball, check that the pipe is not blocked by blowing into it, from the opposite side to the picture above.



Press on the internal part of the safety valve spring, from the opposite side to the picture shown above, to check that it is not clogged.



Check that the manometric rod (above) is not blocked and correctly positioned. Clean if necessary.

CLEANING AND MAINTENANCE



Clean the outside of the appliance's lid using a damp sponge. Clean the silencing pressure valve at the back of the lid. Pull out the valve cover from the lid, then take out the valve and clean it under running water. Reassemble the valve and return it to its original position in the lid.



Clean the upper part of the cooking bowl using a damp cloth. Clean the area behind the condensation collector using a damp cloth. Rinse the condensation collector and replace.



Clean the seal on the metal plate using a damp cloth then rinse thoroughly. Do not use sharp objects.

Note: The seal is non-removeable from the metal plate.

CLEANING AND MAINTENANCE



Replace the watertight seal at least every three years. This operation can only be performed by an Approved Service Centre.



- In the event of accidental immersion of the appliance or if water is spilt directly on the heating element when the bowl is not in position, take the appliance to an Approved Service Centre.

CLEANING AND MAINTENANCE



Do not store the appliance with the lid closed. Leave open or half open or slightly ajar. This will prevent unpleasant odours.



To carry the appliance, close the lid and lock it.

UK Helpline Information
0845 602 1454



Tefal®