



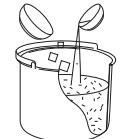
7L THERMAL COOKER



USER MANUAL AND PRODUCT SPECIFICATIONS

PART NO. PRI1007

FOUR EASY STEPS TO HEALTHIER, CONVENIENT COOKING



1. Place ingredients into the inner pot, and place it on the stove.
2. Cover, bring to boil and simmer on your stove for approximately 20 minutes. It is essential to heat food to a safe temperature before vacuum cooking (60°C for 10 minutes will kill most temperature sensitive bacteria). The food is then safe to cook for several hours.
3. Remove from stove, place into your thermal insulated pot, cover and leave. Make sure not to lift glass lid during cooking as the heat will escape.
 - The steam creates a convection effect which circulates and continues cooking keeping the food warm for up to 8 hours.
 - Food is cooked in its own moisture and steam, allowing all the nutrients to be preserved.



Simple Locking System

Simply press down to lock the lid and ensure the heat remains trapped inside. To unlock, slide button to the right.

WHAT MAKES IT WORK?

Most people find it hard to believe that food can cook so well without fuel and at temperatures below boiling. Thermal cooking has a similar result as stewing or boiling food. The pot and contents are heated to cooking temperature, and then sealed in the insulated thermal pot.

The insulated thermal pot simply reduces heat loss to a minimum, so that the food remains at cooking temperature for a long time, and cooks without continued heating. The insulated wall of the cooker thermally insulates its contents from the environment, the food remains hot for several hours. Insulated cooking appeals to dishes that require prolonged braising or simmering.

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USES FOR YOUR COOKING POT

Camping and Outdoors

- Great in winter— after a long day out and about, come home to a lovely warm casserole.
- Ideal in summer: At times when you are out enjoying the great weather and sites of Australia.

Ideal for the motor home, caravan or boating

- Takes up little space
- Stores away neatly
- Use the inner pot on its own to cook or prepare a meal for the end of a hard day

When you don't want to be spending all your time cooking

- Prepare the meal before you go on the boat or day trip.

Camping, picnics and backyard barbeques

- Forget all those pots and pans.
- Great for also keeping the cooked barbeque meat moist and hot. Place meat in the inner cooking pot and store in the thermal insulated pot to keep meat hot while sitting back with friends.
- Store cold drinks and sandwiches whilst fishing with the kids

FREQUENTLY ASKED QUESTIONS?

How do I clean the Portable Thermal Cooker?

The inner pot is made from a high quality stainless steel and therefore can be washed as you would all your other cooking pots. Even safe in the dishwasher.

DO NOT disperse the outer pot into water or in a dishwasher. Just wipe down with a damp cloth.

Can I fry my food using my inner cooking pot?

You may safely sauté your vegetables or brown your meat to further seal and add flavour to your meal.

Is there a safe temperature to use whilst bringing food to the boil?

The inner pot is capable of handling various heat temperatures.



How long will my food stay hot in the Portable Thermal Cooker?

You lose about 4 degrees per hour, depending on the level of liquid. The more liquid you have in the pot, the longer it will stay hot.

You can expect to find the food hot after six hours.

(NB: This is based on heating the inner pot to 100 degrees and filling it with liquid reaching 80% of the inner pot.)

The thermometer provides a temperature guide to monitor internal temperature.

How do I know when food is ready?

Follow recipe guidelines for cooking time. Removing and reapplying glass lid on inner pot may result in longer cooking time as a result of heat escaping.

Can I leave a meal overnight in the appliance?

DO NOT leave your meal overnight in the thermal pot. If you want to save some of your dish for later, you need to refrigerate the remaining food. Faster cooling times limit the time the bacteria has to develop.

You must re-heat your food to 60 degrees or hotter to avoid food bacteria. So if you have come home after a very long day, it may mean that you will have to remove the inner pots, and place on a stove and bring back to a boil for a few minutes.

Do I have to make sure the ingredients are all cut to the same size for even cooking?

No. You can cook a 2kg silverside with potatoes and carrots cut in half. After 4 hours, both the meat and vegetables are cooked to perfection. Just place all ingredients in, cover with water, boil and walk away.

What is the difference between a slow cooker and the thermal cooking pot?

The slow cooker is used for a similar purpose. Instead of minimising heat loss, sufficient heat is applied to the non-insulated slow cooker to maintain a steady temperature somewhat below the boiling point of water. Thus requiring constant penetration of a heating appliance gas or electric.

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SAFETY INSTRUCTIONS & WARNINGS

The following safety precautions must be followed:

- Ensure the appliance is placed on a stable surface before use
- The base of the appliance may become hot, ensure that it is not placed directly onto surfaces that may be damaged by heat (eg bench top)
- Ensure the amount of food and water is not less than 50% of full capacity. DO NOT fill the pot above 80% of capacity to prevent over flowing
- DO NOT place food directly into the outer thermal pot
- The metal part of the handle, glass lid and cake tin may be hot during the cooking process, use a cloth when handling to avoid being scalded
- DO NOT leave cooked food in the appliance after temperature has dropped below 60°C. It must be re-heated to 90°C or refrigerated before consumption
- The pot can be used to keep food warm for up to 8 hours, without the use of power
- Ensure that children are supervised when using or near the appliance
- Ensure lid is locked in place before lifting the appliance. If lid does not lock into place, contact our Sales Department
- The thermometer is to be used as a temperature guide only during the cooking process
- DO NOT place hot cooking pot on bench top as it may damage the surface

WARNING

**DO NOT PLACE THE INSULATED CARRY POT
OVER OPEN FLAME OR HEAT SOURCE**





MAINTENANCE & STORAGE

- “Bluish or rainbow” discolouration is common on stainless steel cookware and is caused by minerals or salts in food and water. Clean and dry well after use
- Wipe the outer thermal pot clean with a damp cloth only. DO NOT immerse the outer thermal pot in water
- DO NOT use corrosive cleaners or a metallic brush to clean the inner pot; clean using a damp cloth only

PART LISTING



Glass lid

**17cm stainless steel
cake tin with lockable lid**

Trivet

**7 litre stainless steel
cooking pot with forged
copper/steel base**

Insulated thermal pot

The following spare parts are available:

- Thermal Cooker Cake Tin, Part No. PRI007-01
- Thermal Cooker Glass Lid, Part No. PRI007-02S
- Thermal Cooker Stock Pot, Part No. PRI007-03S
- Thermal Cooker Trivet, Part No. PRI007-04S

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MEAL SUGGESTIONS

To bake using the Thermal Cooker

Cakes can be cooked in the Thermal Cooker by partly submerging the cake tin in boiling water using the trivet to provide some height between the base of the inner pot and the cake tin.

1. Using your favourite cake recipe prepare the mixture. Place the trivet on the base of the large inner pot.
2. Pour enough tepid water into the pot so that it comes halfway up the sides of the cake tin when submerged into the pot.
3. Bring the water to boil, submerge cake tin onto the trivet, cover the pot and lock away for at least 4 hours or until ready.
4. To test if the cake is ready, insert a wooden skewer into the centre of the cake, leave a few seconds then remove. If the mixture sticks to the skewer, then it will not be ready as yet. The skewer needs to come away clean for cake to be ready.

If you do not have tongs handy then you can make a support strap to lift the tin in and out of the boiling water. This can be done by folding some foil - approximately 50cm in length. Fold a few times lengthwise making the width of the support strap approximately 4cm wide.

Ensure you place the foil support strap in the pot at the start as this will help to raise the cake tin out once cooked.



RECIPES

Chicken & Vegetable Soup

- 1 fresh whole chicken
- 1 large onion halved
- 2 carrots - roughly chopped
- 2 sticks of celery, finely chopped
- 2 cloves of garlic, chopped or crushed
- 1 teaspoon of pepper
- 1 tablespoon of sea salt
- Herbs - as desired



Method

Place the ingredients into the large cooking pot, and pour over enough water to cover the chicken. Slowly bring this to the boil. Reduce the heat and simmer for 20 minutes.

Transfer the cooking pot to the thermal cooker and lock the lid. Leave for a minimum of 3 hours. Remove the chicken and celery from the cooking pot.

Roughly shred the chicken into bite sized pieces and return to broth. (Broth can be made the day before, and refrigerated.)

Now enjoy a hearty chicken soup. Great for the winter blues!

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Pumpkin Soup

- 2 tablespoons butter
- 2 tablespoons olive oil
- 2 onions, diced
- 3 garlic cloves
- 3 rashers of bacon, trimmed and diced
- 1 stock cube
- 1kg butternut pumpkin, peeled and cut into fairly large chunks
- 6 chive stalks
- ½ cup milk
- Salt and pepper to taste
- Sour cream and chopped chives for garnish when serving



Method

Add one tablespoon of butter and oil then saute the onions and garlic. Add bacon and remaining butter in the pot and cook over medium heat. Turn the heat down and add the pumpkin and enough boiling water to fill the pot to approximately 80% then add the stock cube, parsley, salt and pepper.

Bring to boil, and then simmer for a further 5 minutes with the lid on. Turn off the heat and place cooking pot and lid into your thermal cooker.

Allow at least 2 hours before removing the inner pot and puree the soup and add milk. Serve and garnish with the sour cream and chopped chives and some crusty bread.

Hearty Spaghetti Bolognese

- 2 tablespoons olive oil
- 200g lardon (strips of pork fat)
- 2 carrots, finely chopped, or grated
- 1/2 onion, finely chopped
- 200g mushrooms, finely chopped
- 1 garlic clove, finely chopped
- 250g minced beef
- 250g minced pork
- 1 teaspoon paprika
- 1 teaspoon thyme
- 1 teaspoon oregano
- 5 tablespoons tomato purée
- 100ml white or red wine
- 300ml chicken stock
- 400g dried spaghetti
- Salt and freshly ground black pepper
- Handful of grated Parmesan, to serve



Method

Heat the oil in the large inner pot over a low heat. When hot, add the lardon and cook for 4 minutes. Add the vegetables and garlic and cook gently, stirring occasionally to prevent sticking (do not allow to colour). Add the meat and colour slightly for a minute or two. Add the paprika, thyme, oregano and tomato purée.

Cook for 4-5 minutes (this ensures it acts as a thickening agent and does not overpower the meat). Pour in the wine, turn up the heat a little and allow to bubble and reduce. Add the chicken stock. Bring back to the boil. Put on the lid, turn down to a simmer and simmer for 5 minutes to get everything to the same temperature. Turn off the heat and transfer the inner pot to the insulated outer pot.

Shut the lid and leave to cook for approximately 3 hours. 10 minutes before serving put on the spaghetti and cook until it is al dente. Check the seasoning of the sauce and adjust. To serve put the spaghetti onto a warmed plate and spoon the bolognese on top. Finish with some grated parmesan.

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Red Wine Lamb Shanks with Herb Mash

- 1 cup plain flour
- Sea salt and black pepper
- 4-6 lamb shanks, depending on size
- 4 tablespoons olive oil
- 2 bay leaves
- 1 brown onion, diced
- 4 garlic cloves, finely chopped
- 2 cups full bodied red wine
- 1 cup beef or chicken stock

For the mash

- 4 large potatoes, diced
- 2 tablespoons butter
- 1/2 cup hot milk
- 1 tablespoon chives, chopped
- 1 tablespoon chopped parsley
- Sea salt and black pepper

Method

Place the flour, salt and pepper on a plate and stir to combine. Roll each of the lamb shanks in the flour and shake off the excess. Heat one tablespoon of the olive oil in the large pot. Add two of the shanks and brown on all sides. Set aside on a plate, then repeat with another tablespoon of oil and the other two shanks, so on.

In the same pot, heat the remaining olive oil, add the onion and saute for 5 minutes until just starting to brown. Add the garlic and cook for 1 minute further. Add the wine, stock, bay leaves, salt and pepper and bring to the boil. Boil rapidly for 2 minutes then remove from the heat. Place the lamb shanks in with the stock. Ensure the liquid fills about 80% of the pot. Continue to simmer for a further 20 minutes.

Place large pot into the outer pot and let it cook for about 4-5 hours. Just before you are ready to dish out your meal, place the potatoes in the smaller pot and fill with enough water to cover. Bring to the boil and simmer for 10-12 minutes until tender. Drain and mash with the hot milk, butter and herbs. Taste and season, then serve with the lamb shanks.



Asparagus & White Wine Risotto

- 600g asparagus, tips cut off (keep these) and the stems roughly chopped
- 50g unsalted butter
- 2 leeks, peeled and sliced finely
- 1 tablespoon of parsley leaves, roughly chopped
- 1 tablespoon of mint leaves, roughly chopped
- 1¼ cup of arborio rice
- 100ml dry white wine
- 1 litre of vegetable broth
- 1 teaspoon of salt
- 2 teaspoons of lemon juice
- ¼ teaspoon of lemon zest
- ½ cup freshly grated of your preferred cheese (for example Parmesan)



Method

1. Melt butter in the inner pot
2. Add the leeks and half a tablespoon of parsley and half a tablespoon of mint. Cook until soft.
3. Add the rice and stir, ensuring rice is coated
4. Add the asparagus and stir
5. Stir in the wine and the stock. Bring to the boil.
6. Turn down the heat and simmer for 5 minutes, stirring continuously
7. Put on the lid, turn off the heat and transfer the inner pot into the insulated outer thermal pot
8. Shut the outer thermal pot lid and leave for approximately 2 hours
9. When ready, add the cheese, lemon juice, zest, salt, asparagus tips and combine
10. Serve garnished with the remaining parsley, mint and cheese

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Borscht

- 500g of beetroot, peeled and quartered
- 1 carrot, peeled and chopped
- 1 parsnip, peeled and chopped
- 1 leek (white part only), sliced
- 1 brown onion, peeled and chopped
- 80ml of lemon juice
- ½ tablespoon of allspice
- ½ tablespoon of nutmeg
- 3 bay leaves
- 9 cups (approximately 2.0L) of beef or vegetable stock
- 250ml sour cream
- 4 tablespoons of dill, chopped



Method

1. Place the beetroot, carrot, parsnip, leek, onion, lemon juice, spices, bay leaves and stock into the inner pot
2. Bring to the boil and simmer for 20 minutes
3. Place inner pot with glass lid on top, into the thermal pot and leave for approximately 2 hours
4. Cool slightly, then puree and season well with salt and pepper
5. Return to outer pot and gently heat through
6. Place in bowls and garnish with sour cream and dill
7. Serve with bread if desired

Hungarian Beef Goulash

- 2 tablespoons oil
- 2 tablespoon margarine
- 1 kg rib eye steak or chicken
- ½ cup plain flour
- 2 large brown onions
- 1 tablespoon paprika
- 2 carrots – thickly sliced
- 2 potatoes peeled and cubed
- 1 beef stock cube
- 2 tins of peeled tomatoes
- 1 tablespoon tomato paste
- 1 bay leaf
- ½ cup sour cream
- Salt & pepper to taste
- 1 litre of stock (chicken or beef)



Method

1. Heat oil and margarine in the inner pot
2. Add or chicken and brown well
3. Stir in onions and brown lightly
4. Add paprika, water, stock, stock cube and remaining ingredients except sour cream
5. Cover and simmer for 20 minutes
6. Place inner pot inside thermal pot for approximately 2-3 hours
7. Season as desired and stir in sour cream just before serving
8. Serve with fettuccine pasta or rice

Chinese Five Spice Spare Ribs

- 1kg pork spare ribs, cut into sections
- 2-3 tablespoons of oil for stir-frying
- 2 litres of chicken stock
- 2 slices of crushed ginger
- 2 crushed garlic cloves
- 2 teaspoons of five-spice powder
- 4 scallions, each cut into four
- ½ cup Chinese rice wine or dry sherry
- 1 tablespoon of light soy sauce
- 1 tablespoon of dark soy sauce
- 2 – 3 tablespoons of soft brown sugar



Method

1. Half fill the inner pot with water and bring to the boil
2. Place the spare ribs in the water and return to the boil
3. Continue to boil for about 2 minutes, so that the scum rises off the ribs
4. Pour the ribs into a colander to drain and rinse
5. Rinse out the inner pot and add the oil, garlic, ginger and five spice powder
6. Add the ribs and brown on both sides
7. Add the stock, (ensuring that it covers the ribs), scallions, rice wine and soy sauces
8. Bring to the boil and then turn down to a simmer
9. Simmer for 5 minutes with the glass lid on
10. Turn off the heat and put the inner pot into the insulated thermal pot
11. Shut the lid and leave for approximately 3 hours
12. Garnish the ribs with sliced scallions and shredded carrot
13. Serve with rice and some stir fried vegetables

Boiled Fruit Cake

- 375g of mixed dried fruit
- ¾ cup of brown sugar
- 1 teaspoon of mixed spice
- Grated rind of one orange
- ½ cup of water or orange juice
- ¼ cup of whisky or sherry (optional)
- 125g of butter
- 2 eggs, beaten lightly
- 1 cup self-raising flour, sifted
- 1 cup plain flour, sifted
- ½ teaspoon of bicarbonate soda



OPTIONAL: you can replace the water, liquor and sugar with a 450g tin of crushed pineapple.

Method

1. Place the dried fruit into a saucepan with the brown sugar, mixed spice, orange rind, water, liquor and butter
2. Bring the mixture to the boil and simmer uncovered for 5 minutes
3. Allow the mixture to cool
4. Mix the beaten eggs into the mixture
5. Stir in the sifted flours and bicarbonate soda
6. Line the cake tin with baking paper
7. Spoon the mixture into the prepared cake tin
8. Place secure lid on cake tin
9. If there is no lid, place a piece of baking paper cut to size on top of the cake mixture then cover the tin with a trimmed piece of foil to prevent condensation from seeping in
10. Place trivet in the base of the inner pot and place the cake tin on this
11. Pour enough hot water into the inner pot so that the level comes halfway up the sides of the cake tin
12. Bring the water to the boil
13. Put the glass lid on and simmer gently for 20 minutes
14. Turn off the heat and transfer the inner pot into the insulated thermal pot for a minimum of 3 to 4 hours
15. Once cake is cooked, remove from cake tin and serve

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Chocolate Cake

- 160g of butter
- 1 cup of castor sugar
- 4 tablespoons of cocoa
- ½ cup of boiling water
- 1 tablespoon of whisky (optional)
- 3 eggs, lightly beaten
- 1 cup of self-raising flour, sifted
- ½ cup of plain flour, sifted
- 1 teaspoon of cinnamon
- ½ teaspoon of vanilla essence



Method

1. Place water in saucepan, bring to boil then reduce to simmer
2. Place butter and sugar in a metal bowl and place directly over saucepan
3. Melt the butter and sugar
4. Stir in the whisky and allow the mixture to cool
5. Grease the base of the cake tin and line with baking paper
6. Mix the lightly beaten eggs into the cooled mixture
7. Fold in the sifted flour, cocoa and cinnamon
8. Stir in the vanilla essence
9. Put the mixture into the cake tin and cover with secure lid
10. If there is no lid, cut a piece of baking paper to size and put on top of cake tin
11. Cover the top of the cake tin with a suitable lid to prevent condensation entering, if there is no lid available, use foil
12. Place trivet inside inner pot and rest cake tin on it
13. Carefully pour in enough hot water to come halfway up the side of the cake tin
14. Bring the water to the boil
15. Put on the lid and simmer for approximately 35 minutes
16. Turn off the heat and place the inner pot into the insulated thermal container
17. Close the lid and leave for a minimum of 3 hours
18. Once cake is cooked, remove from cake tin, allow to cool and decorate as desired



SPECIFICATIONS

Thermal Properties	Insulated outer wall, compressed copper/steel inner pot base
Dimensions (outer pot)	285L x 275W x 265Hmm
Weight (all components)	4.25kg (empty)

MATERIALS

Outer Pot	18/8 Stainless Steel, ABS
Inner Pot	18/8 Stainless Steel with forged copper/steel base
Trivet	18/8 Stainless Steel
Cake Tin	18/8 Stainless Steel, seamless, lockable lid with rubber seal

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WARRANTY

For further information or assistance please contact customer service on **1300 555 197**
Monday-Friday 8:30am-5:30pm AEST or email **service@companionbrands.com.au**



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