INTRODUCTION

THE FAST PRESSURE COOKER WITH SLOW-COOKER CONVENIENCE

In today’s fast-paced world, you need a Multi-Cooker that can keep up with your lifestyle. Let the Crock-Pot® brand handle the pressure of mealtime with the new Express Crock Multi-Cooker. Express Crock can cook meals up to 70% faster than traditional cooking, so you can spend less time in the kitchen and more time with family.

VERSTASILITY & CONVENIENCE

Easily prepare any recipe on the menu – whether it’s slow cooked, steamed, sautéed or pressure cooked – using one convenient appliance. The non-stick cooking pot resists stuck-on food and is dishwasher safe, making clean-up a breeze.

INSPIRED FAMILY MEALS

In this user-friendly recipe book, we walk you through some of the many flavor-packed meals that are easy to make in your Express Crock. To make this recipe book simple to use, we color-coded each dish so that you can quickly see which function is being used (pressure cook, slow cook, steam, or brown/sauté). We have also grouped the dishes according to meal type, so you can easily search for the dish that you are craving. We hope that you and your loved ones enjoy these recipes as much as we have!

PROMPT or PATIENT

When you’re in a hurry, choose from 8 pre-set pressurized settings for the same slow-cooked taste you love in under an hour. Of course, if you’re not ready to eat now, you can choose the SLOW COOK setting – just set the cook time and come back later to a delicious, hot meal that’s ready to eat when you are.

TRUSTED

For over 35 years, the Crock-Pot® brand has been your trusted brand for cooking convenience. We strive to provide you with the most innovative and dependable products to make your life easier. The Crock-Pot® brand is a leader in one-pot cooking, and we’re confident that Express Crock will be the perfect addition to your kitchen.

Let’s eat!

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MATCH COLORS WITH COOKING FUNCTIONS:

- pressure
- slow cook
- brown/sauté
- steam
QUICK START GUIDE*

ASSEMBLY
• Place Cooking Pot into the Heating Base.
• Place Lid onto Multi-Cooker, and align with . To lock, twist counterclockwise, aligning with .

HOW TO USE YOUR EXPRESS CROCK

1. Add ingredients to the Cooking Pot and secure the Lid.
2. Press the function you would like to use.
3. Adjust Temperature and/or Pressure, if needed.
4. Use the Time Selection Buttons to set the desired cook time.
5. Rotate the Steam Release Valve into the position needed for the chosen function (see chart).
6. Press START/STOP.
7. Once cooking is complete, wait at least 10 minutes, allowing pressure to release naturally.
8. Use a kitchen utensil to rotate the Steam Release Valve into the “Release” position.

<table>
<thead>
<tr>
<th>FUNCTION</th>
<th>PRESSURE COOK</th>
<th>LID REQUIRED</th>
<th>STEAM RELEASE VALVE POSITION</th>
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<tr>
<td>MEAT/STEW</td>
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<td>Yes</td>
<td>Seal</td>
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<tr>
<td>BEANS/CHILI</td>
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<td>Yes</td>
<td>Seal</td>
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<tr>
<td>RICE/RISOTTO</td>
<td>Yes</td>
<td>Yes</td>
<td>Seal</td>
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<tr>
<td>YOGURT</td>
<td>No</td>
<td>Yes (in some steps)</td>
<td>Release</td>
</tr>
<tr>
<td>POULTRY</td>
<td>Yes</td>
<td>Yes</td>
<td>Seal</td>
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<tr>
<td>DESSERT</td>
<td>Yes</td>
<td>Yes</td>
<td>Seal</td>
</tr>
<tr>
<td>SOUP</td>
<td>Yes</td>
<td>Yes</td>
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<td>Yes</td>
<td>Yes</td>
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<tr>
<td>STEAM</td>
<td>Yes</td>
<td>Yes</td>
<td>Seal</td>
</tr>
</tbody>
</table>

* This Quick Start Guide is not meant to replace your Owner’s Guide. Please read the Owner’s Guide thoroughly before using the Quick Start Guide.

DELAY TIMER
If you want your Express Crock to start cooking later, use the DELAY TIMER function, and select the amount of time you want your Multi-Cooker to wait before beginning the cooking cycle (not available on BROWN/SAUTÉ, KEEP WARM, or YOGURT settings).
Steamed Shrimp with Chimichurri Sauce

**INGREDIENTS:**
- 1 lb peeled, deveined, tail-on shrimp (16/20 count)
- 1 cup finely chopped fresh parsley
- 3 tbsp olive oil
- 2 tbsp red wine vinegar
- 2 cloves garlic
- ½ tsp salt
- ¼ tsp freshly ground black pepper
- Pinch hot pepper flakes
- 1 ½ cups water

**DIRECTIONS:**
Once cooking has completed, and the pressure has released, set aside to cool. Drain. Place all remaining ingredients in food processor and process to form a smooth paste. Season to taste with salt and pepper.

Store in a clean, covered container in the refrigerator for up to one week.

**Chimichurri Sauce:**
- Meanwhile, in food processor, combine parsley, oil, vinegar, garlic, salt, pepper and hot pepper flakes; pulse until finely chopped and almost smooth. Serve with shrimp.
**FUNCTION: pressure**

**Press BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add oil and preheat for 2 minutes. Add half of the beef bones and brown for 3-4 minutes. Remove from Cooking Pot and repeat with the remaining bones.

Add carrots, celery and onions. Sauté for 4-5 minutes or until tender. Add remaining ingredients. Secure the lid. Press **START/STOP**. Press **SOUP**, set pressure to HIGH, and set time to 1 hour. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press **START/STOP**.

Once cooking is complete, and the pressure has released, set aside to cool. Strain stock. Place stock in portion sized containers and freeze for up to 3 months.

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**INGREDIENTS:**
- 2 tbsp vegetable oil
- 4 lbs beef bones
- 2 carrots, roughly chopped
- 2 celery stalks, roughly chopped
- 5 black peppercorns
- 5 parsley stems
- 1 bay leaf
- 8 cups water

**DIRECTIONS:**
Place all ingredients inside Cooking Pot. Secure the lid. Press **SOUP**, set pressure to HIGH, and adjust time to 1 hour. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press **START/STOP**.

Once cooking is complete, and the pressure has released, set aside to cool. Strain stock. Place stock in storage containers and freeze for up to 3 months.

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**FUNCTION: pressure**

**Press BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add oil and preheat for 2 minutes. Add half of the beef bones and brown for 3-4 minutes. Remove from Cooking Pot and repeat with the remaining bones.

Add carrots, celery and onions. Sauté for 4-5 minutes or until tender. Add remaining ingredients. Secure the lid. Press **START/STOP**. Press **SOUP**, set pressure to HIGH, and set time to 1 hour. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press **START/STOP**.

Once cooking is complete, and the pressure has released, set aside to cool. Strain stock. Place stock in portion sized containers and freeze for up to 3 months.

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**INGREDIENTS:**
- 2 lbs chicken carcass
- 6 cups water
- 5 black peppercorns
- 5 parsley stems
- 3 celery stalks, roughly chopped
- 1 leek, roughly chopped
- 1 bay leaf

**DIRECTIONS:**
Place all ingredients inside Cooking Pot. Secure the lid. Press **SOUP**, set pressure to HIGH, and adjust time to 1 hour. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press **START/STOP**.

Once cooking is complete, and the pressure has released, set aside to cool. Strain stock. Place stock in storage containers and freeze for up to 3 months.
Thai Pumpkin Soup

**INGREDIENTS:**
- 1½ tbsp butter
- 2 onions, chopped
- 2 cloves garlic, crushed
- ¼ cup red curry paste
- 1 cup coconut cream
- 1½ cups vegetable stock
- 2 lbs pumpkin, peeled, chopped, seeds removed
- Salt and freshly ground black pepper, to taste
- Fresh coriander, to serve

**DIRECTIONS:**
Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add butter and preheat for 2 minutes. Add onion and garlic. Sauté for 4-5 minutes or until tender. Add curry paste, sautéing for one minute or until fragrant.

Add remaining ingredients to the Cooking Pot. Secure the lid. Press **START/STOP**. Press **SLOW COOK**, set temperature to HIGH, and adjust time to 4 hours. Make sure the Steam Release Valve is in the “Release” (open) position. Press **START/STOP**.

Once cooking has completed, allow to cool. Purée with immersion blender until smooth. Season to taste with salt and pepper. Reheat before serving. Serve with fresh coriander.

Creamy Avocado Soup

**INGREDIENTS:**
- 1 tbsp olive oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 tsp ground cumin
- 1 can (10 oz) cream of chicken condensed soup
- 4 cups chicken broth
- 2 ripe avocados, mashed
- ¼ cup lime juice
- 2 tbsp chopped fresh cilantro
- ¼ cup sour cream
- 2 tbsp 35% whipping cream

**DIRECTIONS:**
Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Allow Multi-Cooker to preheat. Add oil to cooking Pot; add onion, garlic and cumin. Sauté, stirring, for 5 minutes or until onion starts to soften.

Add cream of chicken condensed soup. Whisk in chicken broth. Press **START/STOP**. Press **BROWN/SAUTÉ**, set temperature to LOW, then press **START/STOP**. Bring to simmer for 10 minutes.

Once cooking has completed, allow to cool. Stir in avocados. Purée with immersion blender until smooth. Stir in lime juice and cilantro. Combine sour cream and whipping cream; drizzle evenly over soup. Reheat before serving.
Chili Con Carne

INGREDIENTS:
1 tbsp vegetable oil
4 lbs ground beef
1 tbsp olive oil
2 cloves garlic, crushed
1 large red capsicum, seeds removed, chopped
2 x 14 oz cans chopped tomatoes
2 cups beef stock
½ cup fresh coriander, roughly chopped
¼ cup cocoa powder
2 tsp ground cumin
2 tsp ground oregano
1 tsp ground cloves
1 tsp chili flakes
2 x 14 oz cans kidney beans, drained, rinsed
Salt and freshly ground black pepper, to taste

DIRECTIONS:
Press BROWN/SAUTÉ, set temperature to HIGH, and then press START/STOP. Add oil and preheat for 2 minutes. Add half of the beef and brown in Cooking Pot for 3-4 minutes. Remove from Cooking Pot. Repeat with the remaining beef. Remove from Cooking Pot. Press START/STOP. Remove any excess grease from the Cooking Pot and discard.

Press BROWN/SAUTÉ, set temperature to HIGH, and then press START/STOP. Add olive oil, garlic, onions and capsicum. Sauté for 4-5 minutes or until tender. Return beef to the Cooking Pot and add remaining ingredients, except beans. Press START/STOP. Secure the lid. Make sure the steam release valve is in the “Seal” (closed) position. Press BEANS/CHILI, set the pressure to HIGH, and adjust the time to 45 minutes. Press START/STOP. Once cooking has completed, and the pressure has released, carefully remove lid.

Press BROWN/SAUTÉ, then press START/STOP. Add the kidney beans and bring the chili con carnes to simmer for 15 minutes or until thickened. Season to taste with salt and pepper. Serve.

TIP: This chili is great served with sour cream and fresh coriander.

White Chili with Double-Smoked Bacon & Leeks

INGREDIENTS:
4 slices double-smoked bacon, chopped
2 leeks, chopped
1 can (19 oz) white beans, drained and rinsed
1 can (19 oz) black beans, drained and rinsed
1 can (19 oz) kidney beans, drained and rinsed
1 cup drained black beans
2 tbsp all-purpose flour
3 cups chicken broth
½ cup 35% whipping cream
2 cups shredded aged white cheddar cheese
2 green onions, finely chopped

DIRECTIONS:
Press BROWN/SAUTÉ, set temperature to HIGH, and then press START/STOP. Allow Multi-Cooker to preheat. Add bacon to Cooking Pot. Brown, stirring occasionally, for 5 minutes or until bacon starts to crisp.

Drain half of the fat. Add leeks, onion, jalapeño, garlic, thyme, cumin and seasoning blend. Brown for 4 or 5 minutes or until vegetables start to soften. Add white beans, chickpeas, kidney beans and black beans. Sprinkle flour over top. Cook for 2 minutes. Slowly stir in broth.

Press START/STOP. Secure the lid. Make sure Steam Release Valve is in the “Release” (open) position. Select SLOW COOK, set temperature to LOW, and adjust time to 3 hours. Press START/STOP. Once cooking has completed, stir in cream; heat through. Stir in cheddar cheese.

Garnish with green onions. Serve with bread (if using).
**Sesame & Honey-Glazed Green Beans**

**FUNCTION: brown/sauté**

Press **BROWN/SAUTÉ**, set temperature to **HIGH**, and then press **START/STOP**. Allow Multi-Cooker to preheat. Add canola oil to Cooking Pot; sauté green beans, salt and pepper, stirring, for about 5 minutes or until green beans start to soften.

Add orange juice, honey, rice wine vinegar and sesame oil; sauté, stirring occasionally, for about 5 minutes or until green beans are glazed and most of the liquid has evaporated. Press **START/STOP**. Garnish with sesame seeds.

**INGREDIENTS:**
- 1 tbsp canola oil
- 1½ lb green beans
- ¼ tsp salt
- ¼ tsp pepper
- 2 tbsp honey
- 2 tsp rice wine vinegar
- 2 tsp sesame oil
- 4 tsp toasted sesame seeds

**COURSE:** SIDE

**PREP TIME:** 10 MINUTES

**COOK TIME:** 10 MINUTES

**YIELDS:** 6-8 SERVINGS

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**Warm Potato Salad**

**FUNCTION: steam**

Add potatoes to Cooking Pot with 3 cups of water. Secure the lid. Press **STEAM**, set pressure to **HIGH**, and adjust time to 5 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press **START/STOP**. Once cooking has completed and the pressure is released, drain in colander; let cool slightly.


**INGREDIENTS:**
- 3 lb baby potatoes, halved
- ⅓ cup olive oil
- 3 tbsp white wine vinegar
- 1 tbsp grainy mustard
- 1 clove garlic, minced
- ⅛ tsp salt
- ⅛ tsp pepper
- ⅓ cup sliced fresh basil
- ⅓ cup sliced sun-dried tomatoes
- ¼ cup minced red onion
- 3 cups water

**COURSE:** SIDE

**PREP TIME:** 10 MINUTES

**COOK TIME:** 10 MINUTES

**YIELDS:** 8 SERVINGS
Lamb Shanks with Lemon & Dill

**FUNCTION:** pressure

**PRESS BROWN/SAUTÉ**, set temperature to HIGH, and then press START/STOP. Add oil and preheat for 2 minutes. Add chorizo and brown in Cooking Pot for 3-4 minutes. Remove from Cooking Pot.

Add garlic, onion and capsicum. Sauté for 4-5 minutes or until tender.

Press START/STOP and add remaining ingredients to the Cooking Pot, including shrimp. Secure the lid. Press RICE/RISOTTO, set the pressure to LOW, and set to 10 minutes. Make sure the Steam Release Valve is set to the “Seal” (closed) position. Press START/STOP.

Once cooking has completed and the pressure is released, season to taste with salt and pepper. Top with extra dill and serve.

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Express Paella

**FUNCTION:** pressure

**PRESS BROWN/SAUTÉ**, set temperature to HIGH, and then press START/STOP. Add oil and preheat for 2 minutes. Add chorizo and brown in Cooking Pot for 3-4 minutes. Remove from Cooking Pot.

Add garlic, onion and capsicum. Sauté for 4-5 minutes or until tender.

Press START/STOP and add remaining ingredients to the Cooking Pot, including shrimp. Secure the lid. Press RICE/RISOTTO, set the pressure to LOW, and set to 10 minutes. Make sure the Steam Release Valve is set to the “Seal” (closed) position. Press START/STOP.

Once cooking has completed and the pressure is released, season to taste with salt and pepper. Serve hot.
Mixed Berry Yogurt

INGREDIENTS:
½ gallon milk (whole, 2%, 1% or fat free)
2 tbsp yogurt “Starter” (yogurt made w/milk & live/active cultures only)
1 cup mixed berries

NOTES:
When making yogurt in your Express Crock, first make sure your pot is cold or cool. You will need a thermometer for the cooking process.
YOGURT function does not operate under pressure.
More time = more tangy, less time = less tangy.

Mushroom & Gorgonzola Risotto

INGREDIENTS:
2 tbsp olive oil
2 cloves garlic, crushed
2 onions, chopped
1 lb Portobello mushrooms, sliced
4 cups Arborio rice
1 cup grated Parmesan cheese
5 oz Gorgonzola cheese, crumbled
3 tbsp butter, room temperature
Salt and freshly ground black pepper, to taste

DIRECTIONS:
Press BROWN/SAUTÉ, set temperature to HIGH, and then press START/STOP. Add oil and preheat for 2 minutes. Add garlic, onion and mushrooms. Cook for 4-5 minutes or until tender.
Add rice and stir to coat all grains. Pour in wine and allow to reduce by half. Add stock. Press START/STOP. Secure the lid. Press RICE/RISOTTO, set the pressure to LOW, and set time to 12 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press START/STOP.
Once cooking has completed and the pressure is released, fold through Parmesan, Gorgonzola, parsley and butter. Season to taste with salt and pepper. Serve hot.
**Chicken Provencal**

**COURSE:** ENTREE  
**PREP TIME:** 8 MINUTES  
**COOK TIME:** 35 MINUTES  
**YIELDS:** 6 SERVINGS

**INGREDIENTS:**  
1 tbsp olive oil  
2 cloves garlic, crushed  
2 onions, sliced  
1 red capsicum, deseeded, sliced  
1 yellow capsicum, deseeded, sliced  
1 cup white wine  
28 oz can chopped tomatoes  
1 cup kalamata olives, pits removed  
10 chicken thigh fillets, skin removed  
8 sprigs fresh thyme  
2 anchovies  
Salt and freshly ground black pepper, to taste

**DIRECTIONS:**  
Press BROWN/SAUTÉ, set temperature to HIGH, and then press START/STOP. Add oil and preheat for 2 minutes. Add garlic, onions and capsicums. Cook for 4-5 minutes or until tender.

Add wine and allow to reduce by half. Press START/STOP. Add remaining ingredients to Cooking Pot. Secure the lid. Press POULTRY, set the pressure to HIGH, and set time to 30 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press START/STOP.

Once cooking is complete, and the pressure has released, season to taste with salt and pepper. Serve hot.

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**Duck Ragu**

**COURSE:** ENTREE  
**PREP TIME:** 10 MINUTES  
**COOK TIME:** 25 MINUTES  
**YIELDS:** 4-6 SERVINGS

**INGREDIENTS:**  
1 tbsp butter  
14 oz duck breasts, skin on, deboned  
4 oz bacon, chopped  
2 cloves garlic, crushed  
1 onion, finely chopped  
1 bay leaf  
1 tbsp fresh rosemary, roughly chopped  
2 tbsp tomato paste  
½ cup red wine  
14 oz can chopped tomatoes  
2 cups chicken stock  
5 oz button mushrooms, sliced  
Salt and freshly ground black pepper, to taste  
Pasta and Parmesan cheese, to serve

**DIRECTIONS:**  
Press BROWN/SAUTÉ, set temperature to HIGH, and then press START/STOP. Add butter and preheat for 2 minutes. Add duck and brown for 2 minutes on each side or until golden. Remove from Cooking Pot.

Add bacon, garlic, onion, bay leaf and rosemary. Sauté for 4-5 minutes or until tender. Add tomato paste and cook for 1 minute. Add wine and allow to reduce by half.

Press START/STOP. Place all ingredients in Cooking Pot, including the duck. Secure the lid. Press POULTRY, set pressure to HiHIGH, and adjust time to 20 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press START/STOP.

Once cooking is complete, and the pressure has released, set aside to cool. Season to taste with salt and pepper. Serve over pasta with grated Parmesan cheese.
FUNCTION: pressure

Place one half of the leek, cut side up, onto a flat surface. Place parsley, thyme and bay leaf in the middle of the leek. Cover with other half of leek. Tie leek together so all herbs are incased.

Press BROWN/SAUTÉ, set temperature to HIGH, and then press START/STOP. Add oil and preheat for 2 minutes. In batches, brown chicken in Cooking Pot for 3-4 minutes. Remove from Cooking Pot.

Add butter and bacon to Cooking Pot, cooking until crisp. Add mushrooms, shallots, leek and garlic. Cook for 6-8 minutes or until tender.

Stir in flour and tomato paste. Add remaining ingredients, including chicken, into the Cooking Pot. Secure the lid. Press POULTRY, set pressure to HIGH, and adjust time to 10 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press START/STOP.

Once cooking has completed and the pressure is released, carefully remove chicken parcels. Season to taste with salt and pepper. Serve hot.
Oatmeal with Sliced Strawberries & Almonds

INGREDIENTS:
- ⅛ cup steel cut oats
- 2 cups water
- 1 tablespoon oil
- Dash of salt
- ½ cup sliced strawberries
- ¼ cup sliced almonds
- 1 teaspoon brown sugar

DIRECTIONS:
Combine oats, water, oil, and salt in Multi-Cooker. Secure the lid. Press MULTIGRAIN, set pressure to HIGH, and adjust time to 10 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press START/STOP.

Once cooking has completed, and the pressure is released, remove from the pot and top with sliced strawberries, sliced almonds, and brown sugar.

Italian Meatballs in Marinara Sauce

INGREDIENTS:
- MEATBALLS:
  - 2 tbsp of chopped fresh parsley
  - 1¼ lb ground beef
  - ¼ cup bread crumbs
  - 2 tbsp grated Parmesan cheese
  - 1 egg
  - 1 clove garlic, minced
  - 1 tsp dried oregano
  - ½ tsp each salt and pepper
  - 1 tbsp olive oil
  - 1 lb spaghetti, cooked according to package directions
  - ½ cup shaved Parmesan cheese, to serve

- MARINARA SAUCE:
  - 1 tbsp olive oil
  - 1 onion, chopped
  - 2 cloves garlic, sliced
  - Pinch hot pepper flakes
  - ½ cup tomato paste
  - 1 can (28 oz) diced tomatoes
  - ¼ cup chopped fresh basil

DIRECTIONS:
- MEATBALLS:
  Mix together ground beef, bread crumbs, parsley, cheese, egg, garlic, oregano, salt and pepper until combined; roll into 24 1-inch meatballs.

  Press BROWN/SAUTÉ, set temperature to HIGH, and then press START/STOP. Allow Multi-Cooker to preheat. Add oil to Cooking Pot. Add meatballs in batches, allowing enough space in between meatballs to avoid steaming. Brown for 5 or 6 minutes or until browned; transfer to plate.

- MARINARA SAUCE:
  Add oil, onion, garlic and hot pepper flakes to Cooking Pot. Sauté, stirring, for 5 to 8 minutes or until onion starts to soften. Stir in tomato paste and diced tomatoes, stirring to incorporate any browned bits into sauce. Press START/STOP.

  Return meatballs to Cooking Pot. Secure the lid. Make sure Steam Release Valve is in the “Release” (open) position. Select SLOW COOK, set temperature to LOW, and adjust time to 2 hours. Press START/STOP. Once cooking is complete, serve over spaghetti and add Parmesan cheese.
**Beef & Mushroom Stroganoff**

**INGREDIENTS:**
- 2 tbsp olive oil
- 1/2 lb sliced cremini mushrooms
- 1 large onion, thinly sliced
- 1/2 lb beef sirloin steak, cut into 1/2-inch slices
- 1/2 tsp each salt and pepper
- 2 cloves garlic, minced
- 1 tbsp paprika
- 1/4 cup tomato paste
- 1/2 cups low-sodium beef broth
- 1 tbsp all-purpose flour
- 1 tbsp Worcestershire sauce
- 2 bay leaves
- 1/2 cup sour cream
- 1/4 cup chopped fresh parsley
- 12 oz egg noodles, cooked according to package directions

**DIRECTIONS:**
Press BROWN/SAUTÉ, set temperature to HIGH, and then press START/STOP. Allow Multi-Cooker to preheat. Add half of the oil. Add mushrooms and onion; cook, stirring, for 5 minutes or until lightly browned. Set aside.

Add remaining oil to Cooking Pot. Toss beef with salt and pepper. Brown, stirring occasionally, for 5 minutes or until well browned. Add garlic and paprika; return onion and mushrooms to Cooking Pot. Add tomato paste; cook for 1 minute. In a separate bowl, whisk 1/4 cup of the beef broth with flour. Set aside.

Add remaining beef broth, stirring to incorporate any browned bits into sauce. Add Worcestershire sauce and bay leaves; return beef back to Cooking Pot. Add reserved stock and flour mixture.

Press START/STOP. Secure the lid. Make sure Steam Release Valve is in the “Release” (open) position. Select SLOW COOK, set temperature to LOW, and adjust time to 4 hours. Press START/STOP. Once cooking is complete, serve over egg noodles, which have been cooked separately.

**PREP TIME:** 20 MINUTES  
**COOK TIME:** 4 HOURS, 10 MINUTES  
**YIELDS:** 6 SERVINGS

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**Traditional Beef Stew**

**INGREDIENTS:**
- 1 tbsp olive oil
- 1 1/2 lb stewing beef
- 1/2 tsp each salt and pepper
- 2 cloves garlic, minced
- 2 tsp finely chopped fresh thyme
- 2 tbsp tomato paste
- 1 1/2 cups sliced carrots
- 2 cups quartered baby red potatoes
- 1 cup pearl onions, peeled
- 1 cup frozen peas, thawed
- 1/3 cup sour cream
- 1/4 cup chopped fresh parsley
- 12 oz egg noodles, cooked according to package directions
- 12 oz egg noodles, cooked according to package directions

**DIRECTIONS:**
Press BROWN/SAUTÉ, set temperature to HIGH, and then press START/STOP. Allow Multi-Cooker to preheat. Add oil to Cooking Pot. Toss beef with salt and pepper; add to Cooking Pot. Cook, stirring occasionally, for 5 to 7 minutes or until well browned. Add garlic and thyme; cook, stirring, for 1 minute. Stir in tomato paste. Stir in carrots, potatoes and onions.

Whisk in wine, broth and bay leaves; bring to boil. Press START/STOP. Secure the lid. Make sure Steam Release Valve is in the “Release” (open) position. Select SLOW COOK, set temperature to HIGH, and adjust time to 2 hours, cooking until beef and vegetables are tender. Press START/STOP.

In a separate bowl, whisk flour with 1/2 cup of the cooking liquid and add to Cooking Pot during last 30 minutes of cooking; slow cook for 30 minutes or until sauce has thickened. Stir in peas and chives. Remove bay leaf before serving.

**PREP TIME:** 20 MINUTES  
**COOK TIME:** 2 HOURS, 40 MINUTES  
**YIELDS:** 6-8 SERVINGS
**Green Coconut Chicken Curry**

**INGREDIENTS:**
- 1½ lb boneless skinless chicken breasts, sliced
- ½ tsp each salt and pepper
- 2 tbsp canola oil
- 1 onion, sliced
- 2 zucchini, sliced
- 2 cloves garlic, minced
- 1 tbsp minced fresh ginger root
- 1 can (14 oz) coconut milk
- 2 tbsp Thai green curry paste
- 3 tbsp chopped fresh cilantro
- 2 tbsp lime juice
- 1 tbsp soy sauce
- 1⅛ cups jasmine rice, cooked according to package directions

**DIRECTIONS:**
Press BROWN/SAUTÉ, set temperature to HIGH, and then press START/STOP. Allow Multi-Cooker to preheat. Season chicken with salt and pepper. Add half of the oil to Cooking Pot. Brown chicken, stirring occasionally, for 7 minutes or until well browned. Transfer to plate.

Add remaining oil to Cooking Pot; add onion, zucchini, garlic and ginger. Sauté, stirring, for 5 minutes or until vegetables start to soften. Add coconut milk and curry paste, stirring to incorporate browned bits into sauce.

Press START/STOP. Return chicken to Cooking Pot. Secure the lid. Make sure Steam Release Valve is in the “Release” (open) position. Select SLOW COOK, set temperature to LOW, and adjust time to 30 minutes. Press START/STOP.

Just before serving, add cilantro, lime juice and soy sauce. Serve over rice.

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**Herbed Salmon Parcels**

**INGREDIENTS:**
- 4 x 7 oz fillets salmon, skin on
- 1 lemon, finely sliced
- 1 bunch fresh basil
- 1 bunch fresh dill
- 3½ tbsp butter, room temperature
- Salt and freshly ground black pepper, to taste
- 2 cups water

**DIRECTIONS:**
Place each piece of salmon in the middle of a 8” x 8” square of baking paper. Evenly divide lemon, basil and dill, and place over salmon. Dot with butter. Bring corners of baking paper to the center and secure to form a parcel.

Place 2 cups of water in the base of the Cooking Pot. Place Steaming Rack over water. Place salmon parcels on the rack. Secure the lid. Press STEAM, set pressure to HIGH, and adjust time to 3 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press START/STOP. Once cooking has completed and the pressure is released, allow to cool.
Cut off the tops of the bell peppers and hollow out the insides, discarding the seeds. Set aside.

Press BROWN/SAUTÉ, set temperature to HIGH, and then press START/STOP. Add oil to Cooking Pot and brown the beef for about 5 minutes. Do not overcook. Press START/STOP. Drain beef and place in a large mixing bowl. Stir in black beans, corn, cheese, tomatoes, onion, enchilada sauce, cumin, garlic powder and salt until evenly combined. Stuff mixture into each bell pepper.

Insert Steaming Rack into Cooking Pot and then pour in wine. Place stuffed peppers onto rack. Secure the lid. Press BEANS/CHILI, set pressure to LOW, and adjust time to 15 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press START/STOP. Once cooking has completed, allow pressure to release naturally. Remove lid and shred pork with two forks. Season to taste with salt and pepper. Stir to combine. Serve in soft tacos with guacamole, sour cream and salad.

TIP: If the sauce is too thin, thicken with 2 tbsp corn flour. Bring to a simmer until thickened.

INGREDIENTS:
- 5 bell peppers (any color)
- 1 ½ lbs ground beef
- 1 15oz can black beans, drained and rinsed
- 2 cups shredded pepper-jack cheese
- 1 can of corn, drained
- 1 small onion, diced
- ½ cup diced tomatoes
- 10oz can enchilada sauce
- 1 cup white wine
- 1 tsp of cumin
- 1 tsp garlic powder
- 1 tsp salt
- 1 tbsp olive oil
- 1 jalapeño pepper, sliced (optional)
- 1 cup sour cream (optional)

DIRECTIONS:
Cut off the tops of the bell peppers and hollow out the insides, discarding the seeds. Set aside.

Press BROWN/SAUTÉ, set temperature to HIGH, and then press START/STOP. Add oil to Cooking Pot and brown the beef for about 5 minutes. Do not overcook. Press START/STOP. Drain beef and place in a large mixing bowl. Stir in black beans, corn, cheese, tomatoes, onion, enchilada sauce, cumin, garlic powder and salt until evenly combined. Stuff mixture into each bell pepper.

Insert Steaming Rack into Cooking Pot and then pour in wine. Place stuffed peppers onto rack. Secure the lid. Press BEANS/CHILI, set pressure to LOW, and adjust time to 15 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press START/STOP. Once cooking has completed, and the pressure is released, serve with sour cream and jalapeño, if desired. With any extra stuffing mixture, you can make additional stuffed peppers or use for another recipe later.
Corned Beef Dinner (Pressure)

**COURSE:** ENTÉREE

**PREP TIME:** 15 MINUTES

**COOK TIME:** 1 HOUR, 30 MINUTES

**YIELDS:** 6 SERVINGS

**FUNCTION:** pressure

**INGREDIENTS:**
- 4 lbs corned beef brisket with seasoning packet
- 6 red potatoes, washed and cut into large chunks
- 1 lb baby carrots
- 1 head of cabbage, sliced into sections ½” wide
- 1 can (15 oz) of Guinness Stout
- 3 cloves garlic, minced
- 2 tbsp sugar
- 2 tbsp apple cider vinegar
- ¼ tsp ground black pepper

**DIRECTIONS TO PRESSURE COOK:**
Layer potatoes, carrots and cabbage into the Cooking Pot. Add Guinness, garlic, sugar, apple cider vinegar, and black pepper on top of the vegetables. Rub seasoning packet over corned beef and then place into Cooking Pot on top of the cabbage. Secure the lid.

Press MEAT/STEW, set pressure to HIGH, and adjust time to 1 hour, 30 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press START/STOP. Once cooking has completed, and the pressure is released, serve hot.

Corned Beef Dinner (Slow Cook)

**COURSE:** ENTÉREE

**PREP TIME:** 15 MINUTES

**COOK TIME:** 8 HOURS

**YIELDS:** 6 SERVINGS

**FUNCTION:** slow cook

**INGREDIENTS:**
- 4 lbs corned beef brisket with seasoning packet
- 6 red potatoes, washed and cut into large chunks
- 1 lb baby carrots
- 1 head of cabbage, sliced into sections ½” wide
- 1 can (15 oz) of Guinness Stout
- 3 cloves garlic, minced
- 2 tbsp sugar
- 2 tbsp apple cider vinegar
- ¼ tsp ground black pepper

**DIRECTIONS TO SLOW COOK:**
Layer potatoes, carrots and cabbage into the Cooking Pot. Add Guinness, garlic, sugar, apple cider vinegar, and black pepper on top of the vegetables. Rub seasoning packet over corned beef and then place into Cooking Pot on top of the cabbage. Secure the lid.

Press SLOW COOK, set temperature to LOW, and adjust time to 8 hours. Make sure the Steam Release Valve is in the “Release” (open) position. Press START/STOP. Once cooking has completed, serve hot.
Spaghetti Squash With Bolognese (Pressure)

COURSE: ENTÉE 15 MINUTES 22 MINUTES 8 SERVINGS

FUNCTION: pressure

INGREDIENTS:
1 large (approx. 3 lbs) spaghetti squash
1 lb ground beef
1 small onion, diced
3 cloves of garlic, minced
1 tsp salt
1 tsp black pepper
1 can (28oz) tomato sauce
1 cup beef broth
1 bay leaf
1 tbsp olive oil
¼ cup grated pecorino Romano cheese

OPTIONAL:
If the sauce is not thick enough after cooking, you can simmer until it reaches the desired thickness. Press BROWN/SAUTÉ, set temperature to LOW, and then press START/STOP. Once complete, press START/STOP.

DIRECTIONS TO PRESSURE COOK:
Press BROWN/SAUTÉ, set temperature to HIGH, and then press START/STOP. Add oil to Cooking Pot and brown the beef for about 5 minutes. Do not overcook. Add onions and continue sautéing for two more minutes.

Stir in garlic, salt and pepper until fragrant. Add tomato sauce, beef broth, and bay leaf and gently stir until combined. Press START/STOP.

Pierce approximately 10-15 holes into the spaghetti squash using a large knife and then place whole squash into Cooking Pot over the sauce (use Steaming Rack if desired).

Secure the lid. Press BEANS/CHILI, set pressure to HIGH, and adjust time to 15 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press START/STOP. Once cooking has completed, and the pressure is released, you should easily be able to pierce the squash with a fork. Remove the squash from the Cooking Pot and cut in half. Use a spoon to scrape out the seeds of the squash and discard. Then use a fork to gently scrape the flesh of the squash, which should separate into long, stringy, spaghetti-like strands. Serve spaghetti squash strands with the meat sauce and top with grated cheese.

Spaghetti Squash With Bolognese (Slow Cook)

COURSE: ENTÉE 15 MINUTES 6-8 HOURS 8 SERVINGS

FUNCTION: slow cook

INGREDIENTS:
1 large (approx. 3 lbs) spaghetti squash
1 lb ground beef
1 small onion, diced
3 cloves of garlic, minced
1 tsp salt
1 tsp black pepper
1 can (28oz) tomato sauce
1 cup beef broth
1 bay leaf
1 tbsp olive oil
¼ cup grated pecorino Romano cheese

OPTIONAL:
If the sauce is not thick enough after cooking, you can simmer until it reaches the desired thickness. Press BROWN/SAUTÉ, set temperature to LOW, and then press START/STOP. Once complete, press START/STOP.

DIRECTIONS TO SLOW COOK:
Press BROWN/SAUTÉ, set temperature to HIGH, and then press START/STOP. Add oil to Cooking Pot and brown the beef for about 5 minutes. Do not overcook. Add onions and continue sautéing for two more minutes.

Stir in garlic, salt and pepper until fragrant. Add tomato sauce, beef broth, and bay leaf and gently stir until combined. Press START/STOP.

Pierce approximately 10-15 holes into the spaghetti squash using a large knife and then place whole squash into Cooking Pot over the sauce (use Steaming Rack if desired).

Secure the lid. Press SLOW COOK, set temperature to LOW, and adjust time to 6-8 hours. Make sure the Steam Release Valve is in the “Release” (open) position. Press START/STOP. Once cooking has completed, and the pressure is released, you should easily be able to pierce the squash with a fork. Remove the squash from the Cooking Pot and cut in half. Use a spoon to scrape out the seeds of the squash and discard. Then use a fork to gently scrape the flesh of the squash, which should separate into long, stringy, spaghetti-like strands. Serve spaghetti squash strands with the meat sauce and top with grated cheese.
Red Wine Poached Pears

**INGREDIENTS:**
- 6 bosc pears, peeled, core removed
- 2 cardamom pods, crushed
- 2 cloves
- 1 cinnamon stick
- 1 vanilla bean, split
- 3 cups red wine
- 1½ cups caster sugar
- 2 tbsp lemon zest

**COINTREAU CREAM:**
- ½ cups thickened cream
- 1 tbsp Cointreau

**DIRECTIONS:**
Place all ingredients except cream into Cooking Pot. Secure lid. Press DESSERT, set pressure to LOW, and set time to 15 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press START/STOP.

Once cooking is complete, and the pressure has released, remove pears from sauce. Press BROWN/SAUTÉ, set temperature to HIGH, and then press START/STOP. Cook sauce until reduced by half. Serve pears with sauce and Cointreau Cream.

**COURSE:** DESSERT
**PREP TIME:** 10 MINUTES
**COOK TIME:** 25 MINUTES
**YIELDS:** 8 SERVINGS

Double Chocolate Centered Puddings

**INGREDIENTS:**
- 10 tbsp butter, room temperature
- ½ cup brown sugar
- 1 tsp vanilla extract
- 4 oz good quality dark chocolate, melted
- 2 eggs, lightly whipped
- ½ cup self-raising flour
- ½ cup plain flour
- ½ cup cocoa powder
- ½ cup milk
- 4 oz good quality dark chocolate, extra, chopped
- 2 cups water

**DIRECTIONS:**
Grease 8 small (1/2 cup capacity) ramekin dishes.

In a separate bowl, mix together the butter, sugar and vanilla until pale and creamy. Add one egg. Mix to combine. Pour in melted chocolate and beat well. Add remaining egg, beat well.

Sift together the flours and cocoa into a second bowl. On low speed, slowly add flour mix and milk to the creamed mixture until just combined to form a pudding. Fill ramekin dishes 1/3 full with pudding mixture, place a piece of dark chocolate onto mixture then place more pudding mixture on top of chocolate. Repeat with all ramekins.

Cover the top of each ramekin with foil, ensuring no water can get into puddings. Pour 2 cups of water into Cooking Pot, then add Steaming Rack over water. Place ramekins on the rack. Secure the lid. Press DESSERT, set pressure to HIGH, and set time to 25 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press START/STOP.

Once cooking has completed, and the pressure is released, serve puddings with raspberry coulis and cream.
**FUNCTION: pressure**

### Fruits of the Garden with a Trio of Nut Topping

**INGREDIENTS:**
- 2 plums, peeled, halved, deseeded
- 2 pears, peeled, cored, halved
- 10 medjool dates, stones removed
- 14 oz can sliced peaches
- 14 oz can sliced apricots
- 14 oz can black cherries
- 4 tbsp light brown sugar
- 2 cinnamon quills
- 4 tbsp fresh orange juice

**DIRECTIONS:**
Place all but the topping ingredients into the Cooking Pot. Secure the lid. Press **DESSERT**, set pressure to HIGH, and adjust time to 30 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press **START/STOP**.

While the fruit is cooking, melt the butter in a separate pan on the stovetop and add the topping ingredients. Stir until the coconut has turned a golden brown. Set aside to cool.

Once the fruit is cooked, serve warm topped with the trio of nuts topping.

### Chocolate Chip & Hazelnut Banana Bread

**INGREDIENTS:**
- 1½ cups all-purpose flour
- 1½ tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- 1 egg
- ½ cup granulated sugar
- ½ cup plain 2% yogurt
- ½ cup vegetable oil
- 1 tsp vanilla extract
- 2 ripe bananas, mashed
- ½ cup milk or dark chocolate chips
- ¼ cup chopped hazelnuts
- 1 ½ cups water

**DIRECTIONS:**
Grease 6-cup bundt pan (or 7-inch diameter round cake pan) and line with enough parchment paper to overhang sides. In a bowl, whisk together flour, baking powder, baking soda and salt. In separate bowl, whisk together egg, sugar, yogurt, oil and vanilla until blended; whisk in bananas until combined. Stir into flour mixture. Fold in ½ cup chocolate chips and ½ cup hazelnuts. Scrape into prepared Cooking Pot and smooth top. Sprinkle with remaining chocolate and hazelnuts.

Add 1.5 cups of water into Cooking Pot. Place Steaming Rack over water. Place cake pan on Steaming Rack. Lightly cover the cake pan with a piece of paper towel and then a piece of foil. Secure the lid. Press **MULTIGRAIN**, set pressure to HIGH, and adjust time to 1 hour. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press **START/STOP**. Once cooking has completed and the pressure is released, allow cake to cool in pan.
IMPORTANT NOTES:
- Please refer to your Crock-Pot® Express Crock instruction book for directions on using your specific multi-cooker.
- Cook times are based on the approximate amount of time required to cook the recipe. Always ensure food is cooked thoroughly before consuming.
- Visit the Crock-Pot® website at www.crockpot.com for additional recipes, hints, tips, and more.