

CROCK·POT[®]

EXPRESS CROCK

MULTI-COOKER

Congratulations on receiving your new Crock-Pot[®] Express Crock Multi-Cooker!

To keep you as happy and informed about your Express Crock as possible, we have added some additional helpful hints & tips below to guide you through the pressure cooking process.

A NOTE ABOUT PRESSURE COOKING

Pressure cookers generate steam in order to build pressure. Liquid is needed to create steam. So in order for your Express Crock to build enough pressure to cook your meal, there needs to be enough liquid in the pot to boil and generate steam. One cup – or 8 oz – of liquid (it can be water, chicken broth, etc) is usually enough liquid to successfully build pressure. If your recipe is too thick or doesn't have enough liquid in it, then you will receive an E6 Notification Code during the cooking cycle (more on this below).

Using a “Manual” Setting While Pressure Cooking:

Although none of the buttons on Express Crock are labeled as “Manual” pressure, it is very easy to do. If you have a pressure recipe that requires a manual setting – or if you simply want to pressure cook using your own pressure setting and cook time – then select any of the “One-Touch Meal” pressure setting options below and adjust the pressure and cook time as needed.

- **BEANS/CHILI**
- **DESSERT**
- **SOUP**

All About “E” Notification Codes and How to Resolve Them:

Your Express Crock has been designed to help you achieve just the right results for every meal. If the Express Crock notices that something in the recipe or cooking cycle needs to be optimized at any point, it will stop cooking and give you an “E” Notification Code on the display screen. These “E” Notification Codes are very easy to resolve, and ensure that your meal gets cooked to perfection.

- **E6 NOTIFICATION CODE** – If you receive this code while cooking, it means that the Express Crock was unable to generate enough steam to pressurize completely. To resolve, follow the steps below:
 1. Make sure that the Steam Release Valve is turned to the closed or “Seal” position. If it was not in the correct position, then rotate it to the correct position and jump to step 3 below.
 2. If the Steam Release Valve was in the correct position, then turn it to the “Release” position and wait for the unit to de-pressurize. Then remove the lid and look underneath it to make sure the Sealing Gasket (large rubber ring) is properly secured to the underside of the lid.
 3. Add another cup of liquid (water, broth, etc) to the cooking pot, stir your ingredients, and reattach the lid, making sure the Steam Release Valve is in the “Seal” position.
 4. Unplug the unit for at least 5 seconds, and then re-plug it in and re-program your cook settings to begin cooking.

- E3 NOTIFICATION CODE** – If you receive this code while using one of the pressure cooking settings, then the lid probably did not close or seal correctly. To resolve, follow the steps below:
 - Rotate the Steam Release Valve to the “Release” position and wait for the unit to de-pressurize.
 - Take off the lid and look underneath to make sure the Sealing Gasket (large rubber ring) is properly secured to the underside of the lid.
 - If your recipe looks like it may need more liquid now that you have released some of the steam after removing the lid, then add more, stir your ingredients, and reattach the lid, making sure the Steam Release Valve is in the “Seal” position.
 - Unplug the unit for at least 5 seconds, and then re-plug it in and re-program your cook settings to begin cooking.
- E4 NOTIFICATION CODE** – This notification occurs when the Express Crock attempts to begin a new cooking or pressurization cycle after it is already pressurized. To resolve, follow the steps below:
 - Rotate the Steam Release Valve to the “Release” position and wait for the unit to de-pressurize.
 - If your recipe looks like it may need more liquid now that you have released some of the steam after removing the lid, then add more, stir your ingredients, and reattach the lid.
 - If you were using a pressure setting, make sure the Steam Release Valve is in the “Seal” position. Otherwise, the Steam Release Valve should be placed in the “Release” position if you were trying to use a non-pressure setting (like Slow Cook).
 - Unplug the unit for at least 5 seconds, and then re-plug it in and re-program your cook settings to begin cooking.
- E5 NOTIFICATION CODE** – This code appears when either the lid or Steam Release Valve is being used incorrectly for a non-pressure cook setting. Please note that the lid should never be used when using the Brown/Sauté setting. When using the lid during the Slow Cook or Yogurt settings, the Steam Release Valve must be turned to the open or “Release” position. If you receive the E5 Notification during any of these situations, then simply remove the lid while using Brown/Sauté, or correctly position Steam Release Valve to “Release” while using Slow Cooking or Yogurt, and then unplug the unit for at least 5 seconds, re-plug it in and re-program your cook settings to begin cooking.

AND FINALLY, THIS HANDY CHART BELOW WILL HELP YOU DETERMINE HOW TO USE THE LID AND STEAM RELEASE VALVE CORRECTLY FOR ALL OF THE EXPRESS CROCK COOK SETTINGS:

FUNCTION	PRESSURE COOK	LID REQUIRED	STEAM RELEASE VALVE POSITION
MEAT/STEW	Yes	Yes	Seal
BEANS/CHILI	Yes	Yes	Seal
RICE/RISOTTO	Yes	Yes	Seal
YOGURT	No	Yes (in some steps)	Release
POULTRY	Yes	Yes	Seal
DESSERT	Yes	Yes	Seal
SOUP	Yes	Yes	Seal
MULTIGRAIN	Yes	Yes	Seal
SLOW COOK	No	Yes	Release
BROWN/SAUTÉ	No	No	Do not use Lid
STEAM	Yes	Yes	Seal



Note: Do not use the Quick Pressure Release Method when cooking foods with high liquid content, like soup, stew, etc. For these, please use the Natural Release Method, waiting at least 10 minutes after cooking is complete to rotate the Steam Release Valve.