



Cook In
GRMC3U

Cuisinart®

Congratulations on your purchase of the Cuisinart Cook In.

For over 30 years Cuisinart's aim has been to produce the very finest kitchen equipment. All Cuisinart products are engineered for exceptionally long-life, and designed to be easy to use as well as to give excellent performance day after day.

To learn more about our products and for recipe ideas visit our website www.cuisinart.co.uk

Contents

Product Description5

Important Safety Cautions6

Using the Cuisinart Cook In..... 10

Assembly Instructions..... 11

Preheating the appliance..... 12

Hints and Tips 13

 Cooking Tips13

 Grilling Tips..... 14

 Steaming Tips..... 14

Cooking Function Guidelines..... 15

Steaming Chart..... 16

Cleaning & Maintenance 17

UK Guarantee..... 18

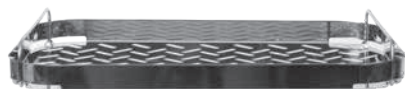
UK After Sales Service 19

Recipes..... 20

Product Description



Removable Lid with Handle



Removable Stainless Steel Steam Rack
– elevates ingredients to steam



Removable Non-Stick Cooking Pan
– for cooking, browning / sautéing,
steaming and griddling



Removable Non-Stick Grill Pan
– for grilling



Base Unit

Temperature Control Dial

Indicator Lights

Power Supply Cord (not shown)

Important Safety Cautions

Carefully read all the instructions before using the appliance and keep in a safe place for future reference.

Always follow these safety cautions when using this appliance to avoid personal injury or damage to the appliance. This appliance should be used only as described within this instruction book. There is a risk of injury if the product is misused.

IMPORTANT SAFEGUARDS

CAUTION: BURN HAZARD



- **WARNING:** very hot surfaces.
- **DO NOT TOUCH** hot surfaces as possible injury could occur. Always use the handle.
- **THIS IS AN ATTENDED APPLIANCE.** Do not leave unattended during use, unplug after each use. Never leave the appliance unattended when switched on or plugged in.
- **IMPORTANT:** Use extra care when working with hot liquids to avoid injury from overflowing, steaming and splattering.
- **WARNING:** Take care when removing the lid while water is boiling.
- **CAUTION:** Position the lid so that the steam is directed away from the handle.
- Any adjacent furniture must be able to withstand a minimum temperature rise of 85°C, above the ambient temperature of the room it is located in, whilst in use. This appliance requires 100mm clearance around the front, back and sides of the appliance and a minimum of 700mm between the cooking plate and the underside of any horizontal surface above it. Certain types of vinyl or laminate kitchen furniture are particularly prone to heat damage or discolouration at temperatures even below the guidelines given above. Any damage caused by the appliance being installed in contravention of these instructions will be at the liability of the owner. You should not use

this appliance to store items on or as work surface.

- Do not use the grill near or under combustible materials like curtains or furniture.
- Not for use by children aged less than 8 years. Keep the appliance and its supply cord out of reach of children under 8 years old during and after use.
- Cleaning and maintenance shall not be made by children, unless they are older than 8 and supervised.
- This appliance 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 the safe use of the appliance and understand the hazards involved.
- Children should always be supervised to ensure that they do not play with this appliance.
- This appliance is for indoor, domestic use only and is not intended to be used in applications such as: staff kitchen areas in shops, offices and other working environments; farm houses; by customers in hotels, motels and other residential type environments; bed and breakfast type establishments.
- Do not use the appliance if the supply cord is damaged. In the event of supply cord damage, discontinue use immediately. If the supply cord is damaged it must be replaced by the manufacturer. Return the appliance to the Customer Care Centre (refer to 'UK After Sales Service' section for further information). No repair must be attempted by the consumer.
- Do not leave the supply cord hanging over the edge of a kitchen table or worktop.
- Do not allow the supply cord to come into contact with sources of heat.
- As the outer surfaces may get hot when the appliance is in use, take care not to allow the appliance surfaces to come into contact with other heat sensitive surfaces.
- Do not use metal utensils as this will damage the cooking plates.
- Always unplug the appliance from the mains outlet and allow to cool before cleaning.

ELECTRICAL SAFETY

- Always ensure the voltage to be used corresponds with the voltage on the appliance, this is indicated on the bottom of the housing.
- The appliance is not intended to be operated by means of an external timer or separate remote control system.
- Always disconnect the appliance from the electric supply, if it is left unattended and before assembling, disassembling or cleaning.
- Never pull the plug out of the mains socket by the supply cord.
- Always ensure that your hands are dry before touching the supply cord or removing the plug from the mains socket.

GENERAL SAFETY

- Ensure all packaging materials and any promotional labels or stickers are removed from the appliance before first use.
- Always inspect the appliance before use for noticeable signs of damage. Do not use if damaged, or if the appliance has been dropped. In the event of damage, or if the appliance develops a fault, contact the Cuisinart Customer Care Line (refer to "UK After Sales Service section" for further information).
- Before switching on the appliance, ensure that the plates are correctly fitted and locked into position.
- Do not use the appliance for anything other than its intended use.
- Do not touch hot surfaces; use the handle whilst the appliance is switched on and during cooling time.
- Position the Multi Cooker on a stable, level, heat resistant surface near a power socket.
- Do not attempt to move or lift the Multi Cooker by the handle, when lifting the appliance ensure you fully support from underneath.
- Do not place anything on top of the appliance, while it is operating or while it is hot.
- Do not wrap food in plastic film, polythene bags or metal foil during cooking. This may cause damage to the cooking plates and create a fire hazard.
- Do not use accessories or attachments with this appliance other than those recommended by Cuisinart.
- Do not place the appliance on or near a hot gas or electric burner or place in a heated oven.
- Never leave the appliance unattended when switched on or plugged in.

- Periodically check all parts before use. If any part is damaged DO NOT USE.
- To avoid injury or possible fire, do not cover the appliance when in use.
- To protect against fire, electric shock or personal injury, do not immerse the housing base, cord or plug in water or other liquids or place in a dishwasher.
- To disconnect, turn the control to the OFF setting and then remove the plug from the mains.
- Switch off and unplug the appliance after use.
- Unplug from the mains when not in use and before cleaning. Allow to cool completely before fitting or removing parts and before cleaning the appliance.
- We recommend carefully washing the plates by hand. If you wash the plates in a dishwasher place them on the top rack only.



WARNING: Polythene bags over the product or packaging may be dangerous. To avoid danger of suffocation, keep away from babies and children. These bags are not toys.

This product complies fully with all appropriate EU and UK legislation and the standards relevant to this type and class of appliance. We are an ISO9001:2015 certified company that continually evaluates our Quality Management System performance. If you have any queries regarding product safety and compliance, please contact our Customer Services Department (see "U.K. After Sales Service" section).



Disposing of electrical and electronic appliances at the end-of-life

■ This symbol on the product or on the packaging indicates that this product may not be treated as household waste. Instead it should be handed over to the appliance collection point for the recycling of electrical and electronic equipment. By ensuring this product is disposed of correctly you will help prevent potential negative consequences for the environment and human health which could otherwise be caused by inappropriate waste handling of the product. For more detailed information about the recycling of this product, please contact your local council office or your household waste disposal service.

USING THE CUISINART COOK IN

The Cook In is a versatile piece of kitchen equipment. It can be used in various ways, depending on the food you are cooking.

Grill

Use the Cook In to sear meats and to grill burgers, fish and vegetables. When the Cook In is being used as a grill, use the removable, non-stick grill plate. It can be used with the glass lid, to minimise splashing.

Cook

Use the Cook In for casseroles, stews or to cook meats, fish, vegetables or rice and pasta dishes in sauces. You can use the Cook In to brown / saute base ingredients for your recipe, before adding in liquids / sauces. When the Cook In is being used in this way, use the non-stick cooking pan and the glass lid.

Steam

Steam anything from artichokes to broccoli to chicken breasts in the Cook In. Use the stainless steel steam rack, inside the cooking pan – add water to the cooking pan, following the marking on the pan. Use the glass lid, which allows steam to be gently released.

BEFORE FIRST USE

Before using your Cuisinart Cook In for the first time, ensure all packaging is removed and all parts have been cleaned thoroughly (see Cleaning & Maintenance Section).

ASSEMBLY INSTRUCTIONS

Place your Cook In on a clean, flat surface where you intend to cook. The Cook In can be positioned in three ways:

■ Grill Plate Position:

Place the grill plate on top of the heater plate.



■ Cooking Pan Position:

Place the cooking pan on top of the heater plate. Use with the glass lid.



■ Steam Position:

Place the cooking pan on top of the heater plate and put the steam rack into the baking pan. Use with the glass lid.

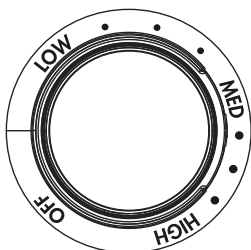


PREHEATING THE APPLIANCE

Once you have assembled the Cook In, with the correct tray for your recipe, you are ready to start using the Cook In.

For optimum results, always preheat the unit completely before using.

- Plug the unit into a suitable mains socket.
- Although the plates / pans have a non-stick coating, we recommend that you prepare the plates / pans with cooking spray or oil. If using oil, apply with a paper towel or pastry brush.
- Turn the temperature control dial to the desired setting for cooking: Low, Medium or High.



N.B: Adjust the temperature according to the food. For example, when using the Cook In as a grill, use high heat for searing meats, but low heat on more delicate foods such as prawns or vegetables.

- When the dial is in place, a red light will illuminate on the front of the appliance to indicate that the power is on and the appliance is heating up.
- Once the appliance has reached the optimal temperature, the green light will illuminate to indicate the appliance is ready to cook.

N.B: It may take up to 10 minutes to reach the selected temperature, depending on the temperature level that was set. Use the glass lid when pre-heating, as this will help speed up the heating time.

Refer to the Cooking Function Guidelines Chart and Steaming Chart on pages 15 and 16 for recommendations.

HINTS AND TIPS

- Heat-up times may vary, based on a number of factors. The selected temperature, the current temperature of the grill plate or cooking pan, the contents of the pan and other factors can all affect heat-up time.
- Always use non-stick utensils. Metal utensils may damage the non-stick coating.

Cooking Tips

- Use the cooking pan to brown and sauté. Brown / sauté as you would in a skillet or sauté pan on the stove – this is the first step in many braised or slow-cooked dishes.
- For even browning, it is important not to crowd the pan. Foods should be cooked in an even layer on the bottom of the pan, so it is good to cook foods in batches, when necessary.
- Many recipes call for browning and sautéing before cooking. Some items produce more grease and fat than is desirable in the finished dish. To remove excess grease, using oven gloves, very carefully remove the cooking pan from the base and pour out the excess grease from the corner of the cooking pan. Return the cooking pan to the base and finish cooking the dish as desired.
- You can use the cooking pan to cook ingredients in sauces, perfect for pasta dishes, casseroles and much more. When simmering ingredients, always use the glass lid.
- When cooking with sauces / liquids, do not exceed the maximum fill level, which is clearly marked 'MAX' on the cooking pan. If the pan is overfilled, there is a risk that the liquid could overflow the pan, causing damage to the base unit.
- When browning meats, any brown bits that are left in the bottom of the pan can be used to flavour the dish. Simply add a small amount of liquid (like wine or stock) to the pan and scrape up the browned bits with a wooden spoon.
- You can poach eggs and fish using the cooking pan.

Grilling Tips

- Don't overcrowd the grilling pan. Everything being grilled should have a flat surface to cook on.
- Cut food into equal sized pieces before grilling, to ensure even cooking.
- Flatbreads can be reheated using the grilling pan, but should be brushed with a small amount of oil first.
- Although we wouldn't advise using the glass lid when grilling, as this can cause excess condensation, the lid can be used to avoid grease from splattering or to keep food warm, once cooked.
- Allow the grill to come up to temperature before adding food, for cooking.
- Use wooden or heat resistant plastic utensils to turn food over, to avoid scratching the non-stick surface.

Steaming Tips

- Steaming is one of the healthiest methods of cooking, as the smallest amount of nutrients are lost in the cooking process.
- To steam, fill the cooking pan with water to the steam indicator level, marked on the cooking pan . Add ingredients to the steam rack. Cover and then select the requested temperature. Refer to the Cooking Function Guidelines Chart and Steaming Chart on pages 15 and 16 for recommendations.
- When adding heavier foods, like corn on the cob, to the steaming rack, place them on the middle of the rack and work your way to the edges.
- Use the smaller amount of water (roughly 700ml) when steaming fish or seafood.
- Always use caution when removing the lid. It is best you remove the lid away from you, as steam escaping from the cooking pan will be extremely hot.

COOKING FUNCTION GUIDELINES

FUNCTION	TEMPERATURE SETTING
Grill	
Steak, Burgers, Chops, Chicken, Sausages	HIGH
Bacon	HIGH
Vegetables	MEDIUM / HIGH
Cook	
Casseroles	MEDIUM
Meats, Chicken	HIGH
Vegetables	MEDIUM / HIGH
Eggs (Fry)	MEDIUM / HIGH
Risotto	MEDIUM
Pancakes	MEDIUM / HIGH
Paella	MEDIUM / HIGH
Steam	
Vegetables, Chicken	HIGH
Fish, Shellfish	MEDIUM
Dumplings	HIGH

STEAMING CHART

FOOD	AMOUNT	PREPARATION	COOKING TIME
Asparagus	Approx. 450g	Trimmed	10 – 12 minutes
Broccoli	1 Large Head (approx. 450g)	2-inch Florets	10 – 12 minutes
Baby Carrots	Approx. 450g	Whole	18 – 20 minutes
Cauliflower	1 Medium Head (approx. 500g)	2-inch Florets	15 minutes
Sweet Corn on the Cob	4 Ears	Husked	15 – 18 minutes
Green Beans	Approx. 450g	Trimmed	15 – 17 minutes
Peas	Approx. 450g	Trimmed / Shelled	10 – 11 minutes
New Potatoes	Approx. 450g	Whole	25 – 30 minutes
Potatoes	Approx. 450g	Slices or 2cm Pieces	20 minutes
Sweet Potatoes	Approx. 450g	Slices or 2cm Pieces	14 – 15 minutes
Butternut Squash	Approx. 450g	Cubed	20 minutes
Squash / Courgette	Approx. 450g	10cm Slices	12 – 14 minutes
Chicken	Approx. 450g (about 2 large boneless breasts)	Whole	20 – 25 minutes
Prawns*	Approx. 450g (Large)	Peeled & deveined	8 – 10 minutes

Fish*			
(Salmon, Sword-fish, etc)	Approx. 450g	Cut into portion sizes	Thin Fillet: 8 – 10 minutes
Thick Fillet: 15 – 20 minutes			
Hard Boiled Eggs	12 Eggs	-	15 – 20 minutes

* 700ml of water should be used here

Note: When steaming seafood, use the **MEDIUM** heat setting. All other steaming can be done on **HIGH**, as per the above Guidelines Table.

Note: Cooking Time includes the heat up time, of 6 minutes. All foods should be placed on the steaming tray before turning on.

Cleaning & Maintenance

- Before first use and after every use, clean each part thoroughly.
- Once you have finished cooking, turn the temperature control to the OFF position and unplug the power cord from the mains.
- Allow the appliance to cool completely before cleaning.
- Never immerse the base unit in water or other liquids. To clean the housing and control panel, simply wipe with a clean, damp cloth.
- The plates / grills can be washed by hand or in the top rack of the dishwasher. Do not use metallic objects such as knives when cleaning. This will damage the non-stick coating.
- Never immerse the plug or lead in water or any other liquid.
- Make sure all parts are clean and dry before storing.

N.B: Do not use abrasive cleaners, hard implements or a scourer, as this may cause damage to the non-stick coating.

NOTE: If food residue sticks to the cooking pan surface, fill the pot with warm, soapy water and allow it to soak before cleaning.

WARRANTY

LIMITED 1 YEAR WARRANTY

This Cuisinart appliance is guaranteed for domestic consumer use for 1 year warranty.

Within 1 year from the date of your purchase, and under normal circumstances, if there is anything wrong with the quality or parts of the product, Cuisinart Hong Kong Customer Service Center will provide you with one-year repair service for free.

To obtain this warranty service, please remember to keep the original purchase receipt.

Note: The warranty does not cover any accessories such as glass lid and water reservoir etc. It also excludes all products that are misused, not handled according to instructions, accidentally damaged, missing parts, and self-modified products.

Thakral Corporation (HK) Ltd Customer Service Center:

Unit B, 13F, Chuan Kei Factory Building 15 Kin Hong Street, Kwai Chung, N.T. Hong Kong

Customer Service Hotline / Whatsapp:

(852) 9855 2916

COOKING RECIPES

Chicken in Tarragon

Servings: 4 Prep. Time: 10 minutes

Cooking Time: 30 minutes

Ingredients:

8 chicken thighs, trimmed of excess fat
Sea salt and freshly ground black pepper
1 tbsp. butter
1 tbsp. olive oil
4 garlic cloves, skin on and lightly crushed
1 lemon, quartered
8 spring onions, topped and tailed
1 tbsp. tarragon, chopped, plus whole leaves to garnish
50ml dry white wine, optional (or an extra 50ml, if not using)
150ml chicken stock
2 tbsp. full fat crème fraiche

Method:

- Generously season the chicken with salt and pepper.
- Using the cooking pan, heat the Multi Cooker to MEDIUM – HIGH. When the green light shows, add the butter and olive oil.
- Add the chicken thighs, skin side down. Allow to cook for several minutes so that the skin begins to colour.
- Turn the chicken over and cook for several minutes, adding the garlic, lemon wedges, chopped tarragon and spring onions.
- Continue to cook, with the lid off, for 5 – 10 minute, until the chicken is evenly browned.
- Add the wine and allow to bubble, until slightly reduced.
- Add the stock and stir everything together to combine.
- Place the lid on the Multi Cooker and turn the heat down to LOW – MEDIUM. Cook for a further 20 minutes or until the chicken is thoroughly cooked through.
- Stir in the crème fraiche, check for seasoning and heat through.
- Serve with peas and a generous helping of sauce. Scatter with tarragon leaves.

COOKING RECIPES

Shakshuka

Servings: 4 **Prep. Time:** 10 minutes

Cooking Time: 30 minutes

Ingredients:

3 tbsp. olive oil
1 large onion, finely diced
2 green peppers, finely diced
2 cloves garlic, peeled and chopped
1 tsp. ground coriander
1 tsp. sweet paprika
1 tsp. ground cumin
Salt and pepper
2 tins cherry tomatoes in juice
4 large eggs

To Serve

½ tsp. ground sumac
5g fresh coriander, stalks removed
Lime wedges

Method:

- Using the cooking pan, heat 3 tbsp. olive oil in the Multi Cooker on MEDIUM. When the green light shows add the onions, peppers, garlic, spices and salt and pepper and cook for 10 minutes with lid off, stirring occasionally.
- Add the tinned tomatoes and stir to combine. Cover and allow to simmer on LOW – MEDIUM, until the mixture begins to reduce and thicken, about 15 minutes.
- Taste for seasoning, before gently breaking the eggs into the mixture, distributing them evenly. Sprinkle a little sumac over the top and replace the lid. Reduce the heat to LOW and cook gently, until the egg whites are set.
- Remove the lid and sprinkle with freshly chopped coriander before serving.

GRILLING RECIPES

Crab Burgers and Fennel Slaw

**Servings: 2 Prep. Time: 15 minutes
+ 2 hours chilling time**

Cooking Time: 10 minutes

Ingredients:

For the Crab Burgers:

100g fresh white crab meat
50g panko breadcrumbs
1 tbsp. mayonnaise
1 small egg
1 tsp. fennel seeds
Zest of 1 lemon
½ chilli, finely chopped
Handful of fresh parsley, finely chopped

For the Fennel Slaw:

60g fennel, finely shredded
60g white cabbage, finely shredded
30g red onion, finely sliced
1 tbsp. mayonnaise
Juice of ½ a lemon

To Serve

2 ciabatta, brioche or buns of your choice
Baby spinach leaves

Method:

- Place all the crab burger ingredients into a bowl and mix well until combined. Season and shape the mixture into 2 evenly sized burgers. Place the burgers onto a plate, cover with cling film and then chill in the refrigerator for a minimum of 2 hours.
- For the fennel slaw, place the fennel, white cabbage and red onion into a bowl. Add the mayonnaise and lemon juice, then mix until all of the vegetables are coated. Season to taste and chill, until required.
- Using the grill plate, set the temperature to 'HIGH'. When the green light shows, place the crab burgers onto the grill. Cook for approx. 5 minutes on each side, until crisp and golden brown.
- To serve, layer each bun base with the baby spinach leaves and fennel slaw, then place the crab burger on top, followed with the top half of the bun to finish.

GRILLING RECIPES

Cajun Spiced Cauliflower Steaks

Servings: 4 Prep. Time: 12 minutes Cooking Time: 10 minutes

Ingredients:

For the Spice Mixture:

1 tsp. cumin seeds
1 tsp. ground coriander
1 tsp. dried oregano
1 tsp. smoked paprika
½ tsp. cayenne pepper
4 tbsp. olive oil
Salt and pepper for seasoning

For the Yoghurt Dressing:

100ml plain yoghurt
30ml milk
Juice of ½ a lemon
Salt

4 medium cauliflower steaks and
young inner leaves

To Serve

Steamed tender stem broccoli
Steamed fresh green beans

Method:

- Using the grill plate, set the temperature to 'HIGH'.
- In a small bowl, combine the spices and olive oil together. Season to taste.
- Brush the cauliflower steaks with the spiced oil mixture.
- When the green light shows, place 2 of your spiced cauliflower steaks onto the grill plate and cook for 5 minutes on each side, until charred and tender. Repeat with the remaining cauliflower. Add the young leaves towards the end of the cooking time.
- Whilst the cauliflower is cooking, make the yoghurt dressing, by combining the yoghurt, milk and lemon juice. Season to taste.
- Serve drizzled with the yoghurt dressing and steamed broccoli stems and beans.

STEAMING RECIPES

Rolled Lemon Sole with Courgette

Servings: 4 **Prep. Time:** 10 minutes **Cooking Time:** 15 minutes

Ingredients:

4 skinless lemon sole fillets (approximately 900g)
100g courgette, coarsely grated
2 anchovy fillets, finely chopped
1 tbsp. parsley, finely chopped
1 tbsp. sherry vinegar
1 tbsp. olive oil
½ red chilli, finely chopped
½ tsp. caster sugar
Salt and freshly ground pepper
Paprika
4 slices of lemon
4 sprigs of dill
Skewers

Method:

- Add 700ml of water into the baking pan of the Multi Cooker and place in the steam tray.
- In a small bowl, combine the courgette, anchovies, parsley, sherry vinegar, olive oil, red chilli, sugar and salt and pepper.
- Spread the courgette mixture onto the sole fillets and role tightly, securing with skewers.
- Sprinkle the sole with paprika and place a slice of lemon on top of each roll.
- Evenly space the rolled sole onto the steaming tray and secure the glass lid. Set the temperature to 'MEDIUM' and steam the lemon sole for 15 minutes, or until the fish is cooked through.
- At the end of the steaming allow to rest for 1 minute.
- Remove the skewers and garnish with a sprig of dill and serve with wilted spinach.

STEAMING RECIPES

Raspberry Jam Puddings

Servings: 6 **Prep. Time:** 10 minutes

Cooking Time: 30 minutes

Ingredients:

150g raspberry jam
120g unsalted butter, softened, plus extra for greasing
120g golden caster sugar
120g self-raising flour
2 medium free range eggs
½ tsp. baking powder
½ tsp. vanilla essence
Pinch of salt

Method:

- Add water to the steam line in the baking pan of the Multi Cooker and place in the steam tray.
- Grease 6 individual pudding moulds.
- Place 2 tsp of raspberry jam in the bottom of each mould.
- Whisk together the remaining pudding ingredients in a bowl, until light and fluffy. Carefully spoon the pudding mixture into the individual moulds, smoothing the tops flat.
- To cover the moulds you need to cut 6 squares of aluminium foil, large enough to fit over the moulds, whilst allowing some room for expansion.
- Grease the underside of the foil squares. Fold a pleat in the middle and place on the puddings, ensuring the foil fits snugly around the edges of the moulds.
- Place the puddings evenly onto the steaming tray and secure the glass lid. Set the temperature to 'MEDIUM' and steam for 30 minutes.
- Once the time is up, carefully remove the puddings, take off the wrapping and discard.
- To serve, turn the puddings out onto individual plates.

www.cuisinart.co.uk