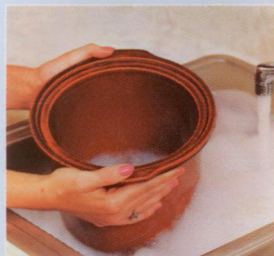


Your New **CRUCK-POT**[™] Features "Lift-Out" Stoneware

- ...for carefree cleaning*
- ...for cordfree serving*
- ...for "fix-ahead" dinners*



The stoneware bowl comes "clean out" — it's immersible and dishwasher safe!

A wonderfully convenient way to serve: at the dinner table, on the patio or for potluck affairs!

Prepare dinner ahead the night before and keep it refrigerated. Next morning, pop it all in your Crock-Pot and be on your way for the day!

RIVAL MANUFACTURING COMPANY • Kansas City, Mo. 64129

427-724

Printed in the U.S.A.

RIVAL[®]

CRUCK-POT[®]

SLOW COOKER/SERVER

COOKBOOK

LIMITED WARRANTY TO CONSUMER
★
Good Housekeeping
PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE



Model
3350
3355

Model
3150

A Note from the Rival Home Economist

Congratulations on purchasing your Rival "Crock-Pot" — the original slow cooker. The Crock-Pot has been one of the great success stories of recent years.

What's behind this popularity? Changing life-styles. More women are employed outside the home. More homemakers are on the go—busy with sports, hobbies, volunteer projects. All want to properly feed their families and are interested in flavor, nutrition and economy. The Crock-Pot is like a key that unlocks the door to better living.

What makes Crock-Pot cookery so special? Well, the Crock-Pot bowl is made of thick stoneware — not glass or metal, and the heat is all around the sides of the stoneware. On Low, it's about 200° and on High about 300°. No heat is concentrated in the base. As good cooks and Home Economists know, low-temp slow cooking simmers foods to the peak of flavor . . . and thick stoneware holds this heat best.

The Crock-Pot offers you "all-day cooking without looking." Start your evening meal in the morning and go away for 8, 10 or 12 hours. Don't worry about stirring or carefully timing it. Come home to a perfectly-cooked dinner! You'll be thrilled with the juicy, delicious meals you can serve. Meals full of rich vitamins and old-time flavor. Even cheaper meats turn out tender (and there's very little shrinkage). In fact, it's the best way I've seen to save on food bills. And you'll love the way it saves electricity because the Crock-Pot uses such low wattage. Actually, it cooks all day for pennies.

Because Crock-Pot cooking is such a change from what you may be used to, I urge you to read this book carefully. And may I suggest two "starter" recipes: Hearty Beef Stew or Smothered Steak. Both scrumptious!

Just don't be afraid to leave your cooker alone. With your Crock-Pot in the kitchen, you don't have to be.

Good Crock-Pot cooking!



Home Economics Department
Rival Manufacturing Company
General Offices: Kansas City, Missouri 64129

12-1981

FULL ONE YEAR WARRANTY

This Rival product is warranted against defects in materials or workmanship for one (1) year from date of original purchase. Rival will repair, or replace at its option, if the defective product is delivered prepaid during that period to:

Service Division
Rival Manufacturing Company
16th and Lamine
Sedalia, Missouri 65301

or to an authorized service station.

This warranty does not apply to commercial use, unreasonable use, or to damage to the product (not resulting from defect or malfunction) while in the possession of the consumer. The replacement of glass lids or stoneware liners broken in use is not included in this warranty.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

CROCK-POT® SLOW COOKER MODELS

Model No.	3150	3350	3355
Capacity	3½-qt.	5-qt.	5-qt.

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IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. Read all instructions.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical hazards, do not immerse cord, plugs or cooking unit in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause hazards.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Extreme caution must be used when moving an appliance containing hot oil, or other hot liquids.
12. To disconnect, turn control to "off," then remove plug from wall outlet.
13. Do not use appliance for other than intended use.
14. Avoid sudden temperature changes, such as adding refrigerated foods into a heated pot.

SAVE THESE INSTRUCTIONS

THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY. NO USER-SERVICEABLE PARTS INSIDE. REFER SERVICING TO QUALIFIED SERVICE PERSONNEL.

BRILLE EDITION AVAILABLE

A special 2-volume Braille edition of the Rival "Crock-Pot" Cookbook has been produced as an aid to the visually handicapped. It has all 150 recipes and information as contained in the printed version.

The Crock-Pot method of slow cooking is of special value to blind homemakers because it requires no open flames or exposed range-top elements. Concealed low-watt elements encircle the stoneware. No stirring, watching or careful timing is necessary.

The Braille edition consists of 192 pages, size 11½ x 11 inches. For information, write the sponsor of this volunteer project:

**Braille Committee, Beth Shalom Sisterhood
8831 Ensley Lane Leawood, Ks. 66206**

PARTS — MODEL 3150, 3350, 3355

	3150	
Glass Cover (230-138)		Stoneware (238-011)
	3350	
Lexan Cover (997-482)		Stoneware (238-015)
	3355G	
Lexan Cover (997-482)		Stoneware (238-053)
	3355M	
Lexan Cover (997-482)		Stoneware (238-015)

When ordering replacement parts, state model number, part number and description of parts needed. Write to: Service Department, Rival Manufacturing Co., 16th and Lamine, Sedalia, Mo. 65301, or to any authorized Rival service station.

A short power-supply cord is provided to reduce the hazards resulting from entanglement or tripping over a longer cord. An extension cord may be used with care; however, **the marked electrical rating should be at least as great as the electrical rating of the CROCK-POT.** The extension cord should not be allowed to drape over the counter or tabletop where it can be pulled on by children or tripped over.

This symbol on the nameplate means the product is Listed by Underwriters Laboratories Inc.



HOW TO USE

We urge You To Read This Important Information as CROCK-POT slow cooking is so different from conventional range cooking.

Your CROCK-POT has two basic heat settings: High and Low. High is similar to a 300° oven setting. Primary uses are to speed up cooking, bake breads and cakes and cook soups. The Low setting (200°) is recommended for slow "all-day" cooking.

Step 1: Vegetables usually go into the CROCK-POT first. They should be pared and thinly sliced or diced. (Vegetables actually take longer to cook than meat).

Step 2: Trim fats and wipe meats well to remove residue. (If meats contain fats, they should be browned in a separate skillet or broiler and drained before adding to the CROCK-POT). Season with salt and pepper. Place in CROCK-POT on top of vegetables.

Step 3: For roasts and stews, pour liquid over meat, moistening well. Use no more liquid than specified in the recipe. Why? Because in CROCK-POT cooking, more juices in meats and vegetables are retained than in conventional cooking.

Step 4: Always cook with the cover on and for the length of time given in the recipe.



TO CLEAN

CAUTION: NEVER SUBMERGE CROCK-POT COOKING UNIT IN WATER

- **The removable stoneware** goes safely into the dishwasher, or may be washed in hot soapy water as soon as possible after emptying. Do not use abrasive cleaning compounds — a cloth, sponge or rubber spatula will usually remove the residue. To remove water spots and other stains, use a non-abrasive cleaner (Bon-Ami® Polishing Cleanser) or vinegar.
- **The metal liner** may be cleaned with a damp cloth or scouring pad, or sprayed lightly with an all-purpose cleaner, to maintain original sheen.
- **The outside of the CROCK-POT** may be cleaned with a soft cloth and warm soapy water. Wipe dry. Do not use abrasive cleaners.
- **The lid** may be washed in the dishwasher; Lexan lid must be placed on top rack.

CARE OF STONWARE

As with any fine ceramic, the stoneware bowl of your CROCK-POT slow cooker will not withstand the shock of sudden temperature changes.

- Frozen foods such as vegetables and shrimp may be used as part of a recipe. However, do not thaw or cook large frozen foods such as roasts and chicken unless you first add at least 1 cup of liquid.
- If the stoneware has been preheated or is too hot to the touch, do not put in cold foods. Do not preheat CROCK-POT before using unless specified in the recipe. The CROCK-POT should be at room temperature before adding hot foods.
- To wash your CROCK-POT right after cooking, use hot water. Do not pour in cold water if the stoneware is hot.
- Removable stoneware bowl is ovenproof and microwave-safe, too! Do not use under a broiler. Do not use Lexan lid in microwave.

By exercising reasonable care in handling, and by avoiding the exposure of your CROCK-POT to temperature shocks, the stoneware should remain serviceable for years.

COOKING HINTS

Recommended Cooking Capacity:

5-quart Crock-Pot—4½ Quarts

3½-quart Crock-Pot— 3 Quarts

- When cooking meats and vegetables together on the Low setting, be sure to place vegetables on the bottom or where they will be kept moist.
- Avoid frequent removal of the cover for checking cooking progress or stirring. Significant amounts of heat escape whenever this occurs, with the result that proper cooking time must necessarily be extended. CROCK-POT lacks the ability to recover heat losses quickly when cooking on Low setting. Never remove cover during first two hours when baking breads or cakes.
- To keep vegetables extra-moist when roasting on Low and when not covered by meat, wrap in foil OR use 1 cup liquid instead of small amount stated in recipe.
- The size and shape of the 5-quart CROCK-POT is ideal for larger roasts (6 to 8 pounds), baking hens (5 to 6 pounds), and picnic hams (to 7 pounds). These weights depend on shape. Except for these larger foods, cooking times will generally be the shorter times given.
- When cooking on High, stir occasionally for more even cooking and improved flavor.
- Recipes in this cookbook are designed for either the 3½-quart or 5-quart CROCK-POT. If desired, recipes may be increased one half for the 5-quart model. Where a recipe may be doubled, it's indicated by a footnote.
- Removable stoneware bowl is ovenproof and microwave safe, too! Do not use Lexan lid in microwave or conventional oven.
- Do not reheat foods in CROCK-POT.

Crock-Pot® Slow Cooking Questions and Answers

“Explain the High and Low temperature settings.”

LOW uses 120 watts of electricity; HIGH requires 210 watts. (The 5-quart model requires 180 watts on LOW and 250 watts on HIGH).

Slow cooking is the “secret” of outstanding flavor, retention of natural nutrients, and carefree economy. One hour on HIGH is approximately equal to 2 to 2½ hours on LOW. (See recommended times with each recipe). LOW is the best setting most of the time. However, some recipes call for HIGH because of the nature of the foods, and to obtain the best consistency for that particular dish. HIGH also comes in handy to speed the cooking time.

Example: a recipe says cook 10 to 12 hours on LOW. You want to eat at 7 or 8 p.m. but can't start the CROCK-POT until noon. Turn to High for about 2 hours, then to Low for about 6 hours.

“What are the cooking temperatures in the CROCK-POT?”

About 200° (just below boiling) on Low; and approximately 300° on High.

Due to the unique “wrap-around” heating system, low temperatures and long cooking periods, CROCK-POT temperatures cannot accurately be compared to an oven or skillet.

NOTE: Authentic stoneware is fired under extreme heat. Therefore each CROCK-POT is individual, and differs slightly from every other CROCK-POT. This unique characteristic may result in a minor rocking of the lid, which should not be cause for concern. Low heat cooking does not allow escape of steam, so there will be no significant loss of juices, flavor, or nutrition.

“Does it matter how I cut up vegetables?”

When roasting it might. Most vegetables should be cut in small pieces, or at least quartered, and placed near sides or bottom of the CROCK-POT. Carrots should be peeled and put where they will be covered by liquid. (An unusual characteristic of the CROCK-POT is that meats generally cook faster than most vegetables—depending on the age of the vegetables.)

“How may I vary the flavors more?”

Use whole leaf herbs and spices for best and truest flavor for all-day cooking. If ground herbs and spices are used, they should be stirred in during the last hour.

“Can I cook small portions in the CROCK-POT?”

Yes, but cooking times will vary. Because there is no direct heat at the bottom, always fill CROCK-POT at least half full to conform to recommended times. Small quantities may be prepared but cooking time will be affected.

THERE'S A SPICY DIFFERENCE IN TASTE!

Meats will pick up desirable flavors from vegetables they are cooked with. This might produce more flavor than you are used to. You can reduce quantities of vegetables such as onions and carrots, if desired, to fit personal taste. The same fact applies to fresh spices—a little goes a long way in the CROCK-POT!

Meats (especially cubed as for stew) should be clean, and wiped well, before cooking. If the meat is not being browned first, careful wiping will remove particles normally disposed of during browning. This will assure best flavor.

“Will the CROCK-POT cook at temperatures high enough to prevent bacteria growth?”

Yes, the CROCK-POT provides safe cooking of foods. According to the U.S. Department of Agriculture, bacteria in foods is killed at a temperature of 165°F. maintained for 2 hours or more. Microbiologists have tested the CROCK-POT and proven foods cooking at 185°F. to 200°F. are well above the safety limit.

- Follow recommended cooking times.
- Do not use the CROCK-POT for storage of foods out of the refrigerator.

“What if the food is overcooked after 10 hours?”

Most of the recipes in the CROCK-POT cookbook call for a cooking time of 8 to 10 hours. If foods are cooked more than desired, it is probably due to not trimming excess fat from meats or adding too much liquid. Fats and increased amounts of liquid can possibly cause an unsatisfactory increase in temperatures. Significant voltage variations can also increase the cooking temperature.

“Must I ‘brown’ meats first?”

Not unless there is considerable fat. Browning does cut down on the fat content. When meat is lean there is no need to brown it first, because the CROCK-POT improves flavor. Browning is recommended in some recipes to remove the fat.

“Can I cook a roast without adding water?”

Yes—if cooked on Low. We recommend a small amount because the gravies are especially tasty. The more fat or “marbling” the meat has, the less liquid you need. The liquid is needed to properly soften and cook vegetables.

“How many servings?”

Most of the recipes in this book are sized for six servings unless otherwise indicated. Size of roast or quantity of meat may be increased or decreased to fit personal needs. Use the minimum time given in the recipes for the smaller roasts or quantities.

“May I substitute liquids or ingredients in the recipes?”

Certainly—a specific liquid called for in a recipe may be varied if an **equal** quantity is substituted. (Such as substituting a 10¾-ounce can of soup plus 4 ounces of water for a 14½-ounce can of tomatoes OR ½ cup beef or chicken broth for ½ cup wine, etc. . . .)

“Shouldn't I stir sometimes while cooking?”

It's seldom necessary to stir while cooking on Low heat. While using High for short periods, occasional stirring improves the distribution of flavors throughout the entire recipe.

“How about thickening the juices or making gravy?”

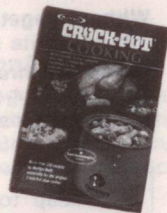
Make it right in your CROCK-POT! Retain all that delicious flavor! Add some quick-cooking tapioca to any recipe when you want a thick gravy. It will thicken as it cooks! Or you may remove foods from the pot, leaving the juices. Prepare a smooth paste of approximately ⅓ cup flour or cornstarch to ⅓ cup water or 3 tablespoons melted butter. Pour mixture into liquid in the CROCK-POT and stir well. Turn to High and when it comes to a boil (about 15 minutes) it is ready.

“What if the food isn't done after 8 hours . . . when the recipe says '8 to 10 hours'?”

This is due to voltage variations which are commonplace everywhere. Or altitude. Or even extreme humidity. The slight fluctuations in power which occur everywhere do not have a noticeable effect on most appliances. They can slightly alter the cooking times in the CROCK-POT due to the extended cooking times. Allow plenty of time, and remember, it is practically impossible to overcook. You will learn through experience whether to use the shorter or longer time given.

“Are more recipes for the CROCK-POT available?”

Yes, there is a large hardcover cookbook, “**CROCK-POT® Cooking**,” with over 300 recipes not duplicated in the regular cookbook. Write to Rival Manufacturing Company for ordering information.



“What if I end up with too much liquid?”

Since the liquid content of meats and vegetables will vary, you may have a recipe turn out more liquid than desired. The excess can be reduced by removing the cover and setting the CROCK-POT on High for about 45 minutes. Most recipes cooked on Low will be juicier since the low heat prevents the boiling away of flavorful liquids.

