

Calphalon® 

4 Qt. Digital Slow Cooker

USER GUIDE

Model HE400SC



Thank you for choosing a Calphalon 4 Qt. Digital Slow Cooker.

The **Calphalon Kitchen Electrics** collection features our exclusive **Opti-Heat System**. Designed to provide accurate temperature control and even heat delivery, Opti-Heat ensures that foods cook evenly and thoroughly, for reliable results you can count on – every time.

We know you are excited to begin using your slow cooker; this User Guide is designed to help you make the most of your new appliance.

Be sure to carefully review this guide before using your slow cooker and keep it handy for future reference should you have any questions about your slow cooker’s operation.

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NOTE: If you have additional questions or concerns, or wish to return product(s), please contact **Calphalon Customer Service** at **1-800-809-7267**. Please do not return this product to the store.

SAFETY INSTRUCTIONS

The safety instructions appearing in this guide are not meant to cover all possible situations that may occur. Caution must be exercised when installing, maintaining or operating this appliance. Contact your dealer, distributor, service agent or manufacturer with any issues you do not understand.

Recognize Safety Messages

Always read and obey the safety messages included in this guide. Look for the following safety symbols, which will alert you to potential hazards.



WARNING – Hazards or unsafe practices which **COULD** result in severe personal injury or death.



CAUTION – Hazards or unsafe practices which **COULD** result in minor personal injury.



ATTENTION! The slow cooker may emit a light smoke or odor as it heats up during the first few minutes of operation. This will dissipate quickly and is not a reason for concern.

IMPORTANT SAFEGUARDS

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

1. READ ALL INSTRUCTIONS in this guide before attempting to operate your appliance.
2. This product is designed for household use only. Do not use appliance for other than its intended purpose.
3. Do not use outdoors nor around water.
4. Do not touch hot surfaces of slow cooker. Appliance surfaces are hot during and after use. To prevent burns or personal injury, use handles or knobs and use hot pads or oven mitts when in contact with the unit.
5. To protect against electrical shock do not immerse cord, plug, or slow cooker base in water or other liquid.
6. Close supervision is necessary when any appliance is used by or near children.
7. Always use slow cooker on a dry, level surface. Do not place on sink drain board.
8. Do not operate the unit on furniture with wood finishes.
9. Allow air circulation around the slow cooker, keeping it away from window treatments, walls, towels or other combustible materials.
10. Do not let cord hang over edge of table or counter, or touch hot surfaces.
11. Unplug slow cooker from electrical outlet and cool completely when not in use and before cleaning. Allow to cool before putting on or taking off parts.
12. Do not operate any appliance with a damaged cord or plug or after any part of the appliance malfunctions or is damaged in any manner. Contact **Calphalon Customer Service** at **1-800-809-7267** for examination, repair, or adjustment.
13. Do not place on or near a hot gas or electric burner, or in a heated oven.
14. The use of accessory attachments not recommended by Calphalon may cause injuries. Use only the provided ceramic crock inside the stainless steel base.
15. Never plug in or turn on the slow cooker without the removable ceramic crock in place.

16. Extreme caution must be used when an appliance contains hot liquids or foods. Do not move while cooking.
17. Only place foods in the removable ceramic crock of slow cooker (not directly in the stainless steel base/liner) to avoid risk of electric shock.
18. Do not place removable crock and lid in the microwave or on the stovetop.
19. When hot, do not place removable ceramic crock on any surfaces that are not heat resistant.
20. Do not operate the slow cooker when the crock is empty. Make sure it is at least $\frac{1}{2}$ to $\frac{3}{4}$ full before operating.
21. Do not refrigerate foods in the removable ceramic crock and then place directly in the slow cooker to begin cooking. Instead, refrigerate foods in separate storage containers.
22. Do not reheat foods using your slow cooker.
23. The slow cooker is not designed to operate via a separate remote control system or external timer.
24. Always operate the slow cooker with the lid in place for the recommended amount of time. Do not use any other type of cover on the slow cooker during cooking or storage.
25. Prevent steam burns when removing the lid from a hot slow cooker by angling the lid away from you when removing it.
26. It is safe to use metal, nylon, wood, and plastic utensils with your slow cooker. Utensils could get hot if left in the crock. Please use with caution.
27. Do not chop, cut, blend, or mix in the crock.
28. Keep the slow cooker clean by following the recommended **Cleaning and Care** instructions found on **page 11**.

**SAVE THESE INSTRUCTIONS
FOR FUTURE REFERENCE.**

ELECTRICAL REQUIREMENTS



Avoid Electric Shock

This appliance has a polarized plug with one blade wider than the other. To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit into the outlet completely, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

Short Cord Instructions

Your Calphalon Slow Cooker has a short power supply cord as a safety precaution to prevent personal injury or property damage resulting from becoming entangled with a longer cord. Do not allow children to be near this appliance without adult supervision. Longer detachable extension cords are available and may be used if care is exercised in their use.

If an extension cord is used:

- 1.** The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance.
- 2.** The cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

GETTING TO KNOW YOUR SLOW COOKER



Parts and Features

1. **Brushed, Stainless Steel Exterior** – durable and sleek
2. **Tempered Glass Lid** – seals in heat and allows for viewing during the cooking process
3. **Four Quart Ceramic Crock** – is removable for easy cleaning in the dishwasher
4. **Cool Touch Handles** – stay cool, easy and comfortable to grasp
5. **Digital Display and Timer** – easy to read 24 hour digital timer allows you to prepare meals up to one day in advance
6. **Mode** – offers a choice of High, Low, and Warm settings
7. **Cord** – wraps underneath for convenient storage

OPERATING YOUR SLOW COOKER

CAUTION

Appliance surfaces are hot during and after use. Always wear protective, insulated oven mitts when touching a hot slow cooker.

Before the First Use

1. Carefully remove all the pieces of the slow cooker from the packaging and place on counter near a suitable electrical outlet. (See **Electrical Requirements** on page 4.)
2. Before the first use, hand wash the removable crock and lid in hot, soapy water. Rinse and dry thoroughly.
3. Insert ceramic crock into slow cooker base.
4. Place slow cooker on a level, dry surface. Allow air circulation around the slow cooker, keeping it away from window treatments, walls, towels, etc.
5. Plug power cord into two-prong electrical outlet. The slow cooker will chime once to indicate the slow cooker is ready for operation.

Setting the Controls



Step 1: LOAD

Make sure the slow cooker is assembled with the ceramic crock in place, that it is on a dry, level surface, and it is plugged into a suitable electrical outlet. (See **Electrical Requirements** on page 4.)



To make clean up easier, spray the inside of the ceramic crock with nonstick cooking spray.


Fill the ceramic crock between $\frac{1}{2}$ and $\frac{2}{3}$ full with ingredients and cover with lid. This meets food safety standards and ensures that your food will cook thoroughly. Spread the ingredients evenly across the bottom of the crock.


Here are a few tips regarding ingredients:

- REFRIGERATE perishable foods before placing them in a slow cooker
- THAW any frozen ingredients, such as poultry and meats before placing them in the slow cooker.
- CUT large pieces of meat (such as roasts or whole poultry) into pieces and remove skin and excess fat to ensure thorough and even cooking.
- BROWN meats, including ground meats, before adding them to the slow cooker for additional flavor, if desired.
- LAYER foods according to how quickly they cook. Meats cook more quickly than vegetables in a slow cooker. So, layer vegetables first, then meat, and pour any cooking liquids over top.

Step 2: SELECT COOKING MODE

High   Each time the slow cooker is powered on, you will notice it displays a default setting of the High cooking mode and six hours of cooking time. However, you may adjust the settings to suit your specific cooking needs. The display will blink until the cooking cycle begins.

Low 

Warm 

To modify the cooking mode, press the Mode button to select between High, Low and Warm.

Most slow cooker recipes provide cooking times for either Low or High settings, so use these as your guide. Consider the following general tips for selecting a heat setting.

High – Use this setting when time is short and you need food done within a few hours. In general, one hour of cooking time on High is equal to two hours on the Low setting.

Low – Choose this setting when you want to place food in the slow cooker in the morning and serve dinner in the evening. Many main dish recipes cooked on the Low setting take eight to ten hours.

Warm – Use this setting to keep cooked foods warm until serving. DO NOT use the Warm setting to reheat leftovers or to cook foods (as the temperature is not hot enough to do so).

Step 3: SET TIMER



Time

Press the Time button to select desired cooking time (in 30 minute increments) or hold Time button for one minute increments.

Your slow cooker is equipped with a digital timer with a maximum cook time of 24 hours.

Step 4: BEGIN COOKING BY PRESSING START/CANCEL



Cancel

NOTE: The slow cooker does not begin cooking until you press the Start/Cancel button.

The time remaining will be displayed and count down until there is no time remaining. The slow cooker chimes three times to indicate the cooking cycle is complete.

To Change Cooking Mode: If you decide you'd like to change the cooking mode or time during the cooking process, you may press the corresponding buttons or arrows to adjust accordingly. The time will adjust by 30 minute increments. If you hold down the arrow button the time will adjust in one minute increments.

To Cancel a Cycle: If you need to cancel a cooking cycle for any reason, simply press the Start/Cancel button and the slow cooker will reset. The default cooking modes will reappear and the display will blink.

Step 5: AUTOMATIC KEEP WARM

At the end of the designated cooking time the slow cooker chimes three times and automatically switches to the Warm setting until serving (up to four hours). After four hours, the slow cooker automatically turns off.

WARNING

- DO NOT cook foods using the Warm setting. Doing so may result in food poisoning. The Warm setting is intended to keep cooked, hot foods warm until serving.

- DO NOT reheat leftovers in a slow cooker. Doing so may result in food poisoning. Instead, reheat leftovers on the stove top or in a microwave until steaming hot, and then move to the slow cooker to keep warm for serving.

Step 6: POWER OFF AND SERVE

Before serving, press the Start/Cancel button if the slow cooker is still operating. Next, grasp the electrical plug securely and remove it from the outlet.

CAUTION

Use caution when opening the slow cooker lid. Be sure to use the cool touch handles and hot pads and oven mitts whenever touching the base of the slow cooker. Carefully tilt the lid away from you to avoid burns from escaping steam.

Use hot pads to remove the crock from the slow cooker, if desired. Never place the hot slow cooker or crock directly on a wooden table or other non-heat resistant surface.

Once serving is complete. Remove any left over food and refrigerate in storage containers. Do not use your ceramic crock for food storage.

WARNING

If this slow cooker malfunctions during use, immediately press the Start/Cancel button to cancel the cycle. Unplug the power cord from the electrical outlet by grasping the plug. Do not use or attempt to repair the slow cooker. Contact **Calphalon Customer Service** at **1-800-809-7267** for examination, repair, or adjustment.

TIPS FOR SUCCESSFUL OPERATION

As you become familiar with your new small appliance, we want to share a few suggestions for adapting your traditional recipes for the slow cooker. You may want to begin by referring to slow cooker cookbooks for recipes similar to those you want to adapt. They will serve as a guide for cooking times and temperatures. Refer to our handy “Suggested Slow Cooker Settings” in the Quick Start Guide.

Why Moist Heat?

In general, slow cooking is a moist heat method of cooking. Steam accumulates under the lid during cooking, which naturally adds more moisture during the cooking process. This type of cooking is especially suitable for foods that benefit from simmering in liquids over several hours to tenderize and/or develop flavors.

Tips:

- When using traditional recipes for the slow cooker, reduce the liquid by about one-half, unless making soup or long grain rice.
- If you lift the lid at the end of the cooking time and discover there is too much liquid that has accumulated during cooking, remove the lid. Set the slow cooker on high for about 30 minutes and some of the liquid will simmer away.
- Cut vegetables into approximately one-inch pieces so that they are bite-sized and cook evenly.
- Reserve tender vegetables (such as broccoli and asparagus), pasta, and quick cooking rice, and add in the final 30 minutes of cooking time.
- Dairy products tend to break down when using a long cooking process. So, wait and stir them in about 30 minutes before the end of the cooking time.
- Seafood should be added during the last hour to avoid overcooking.
- Brown meats, including ground meats, before slow cooking for added flavor. And, slice larger cuts of meat (such as pot roast) into pieces before placing in slow cooker.
- When slow cooking a roast, add approximately one cup of liquid (i.e., beef or vegetable broth) to the ceramic crock for a 2½ to 3 pound roast.

- The temperature, size and density of ingredients will affect cooking times. Check cooked foods with a meat thermometer, if possible, to make sure they reach an internal temperature of 160 °F.

Don't Peek!

Remember to keep the lid in place while slow cooking. Each time you remove the lid, the temperature drops, extending the cooking time.

CLEANING AND CARE

WARNING

Unplug slow cooker before cleaning. Failure to do so may result in risk of serious injury and electric shock.

Before Cleaning

1. **UNPLUG** – Carefully unplug the slow cooker's power cord from electrical outlet by firmly grasping the plug.
2. **REMOVE LEFTOVERS** – Remove any leftover food and place in storage containers; refrigerate. Do not store leftovers in the crock.
3. **COOL** – Let the slow cooker cool completely before attempting any cleaning. The stainless steel base will be hot after use.

Cleaning the Slow Cooker

- Allow the slow cooker to cool and then remove the crock.
- Wash the crock and lid in the dishwasher, if desired. Or, wash in hot soapy water. Rinse and dry thoroughly.
- Wipe the slow cooker base with a clean, damp cloth. **DO NOT** use abrasive cleaners or scouring pads, as they may scratch the surface of the slow cooker. **DO NOT** immerse the slow cooker base, cord or plug in water.
- Place crock in slow cooker base and put lid on top.

Note: Do not operate the slow cooker without the ceramic crock in place.

STORAGE

Wrap the electrical cord around the cord storage wrap under the slow cooker for easy storage. Store the slow cooker upright on a clean, dry level surface. Do not store anything on top of the slow cooker.

FREQUENTLY ASKED QUESTIONS

My slow cooker is not heating up; what am I doing wrong?

Be sure the power cord is plugged into a suitable outlet. See **Electrical Requirements** on **page 4**. Then, check to make sure you've selected both the cooking mode and time. Finally, press the Start/Cancel button to start the cooking process.

How do I know which heat setting to choose? Refer to our handy "Suggested Slow Cooker Settings" in the Quick Start Guide. Also, you may want to look at existing slow cooker recipes. They provide suggested cook times and heat settings. Most foods may be cooked on either the Low or the High setting. It depends on the amount of time available for cooking and how tender you want the food to become. The longer the cook time, the more tender the food.

I've cooked my food for the designated time, but it's not steaming hot. How could this be? Check to make sure you didn't start with frozen ingredients. All foods you place in the slow cooker should be thawed before using. Also, determine if you've overloaded the slow cooker. The USDA recommends filling a slow cooker between $\frac{1}{2}$ and $\frac{3}{4}$ full. Finally, make sure you cut large pieces of meat or poultry into smaller pieces before cooking.

My new slow cooker seems to cook faster than my previous slow cooker that I bought 20 years ago. Could this be? Yes. To keep up with food safety standards, slow cookers manufactured today cook at slightly higher temperatures than older models. So, you will find that foods become hot and steamy more quickly.

While cooking family dinners I often run out of room in my regular oven. Can I use my slow cooker to serve dishes such as mashed potatoes? If so, what setting should I use? Yes.

Simply spray your ceramic crock with nonstick cooking spray and spoon in the mashed potatoes. Cover with the lid and set the slow cooker on the Warm setting. This will keep the potatoes (or other side dishes) warm without scorching them.

The power went out, and I discovered my cold slow cooker full of food has been sitting on the counter for several hours. If I heat the food to steaming hot, will it be safe? Food that sits at room temperature for more than two hours is no longer safe to eat and should be discarded.

WARRANTY

Register your Slow Cooker - It's Easy!

Please register your product to ensure that we have the correct information in our system for any warranty inquiries. **Retain the original sales receipt. Without registering your product or having the original sales receipt, we will consider the warranty start date to be the date of manufacture.**

Taking a few moments to register your product greatly expedites warranty inquiries and helps us continue to develop new products and services that make your culinary experience even better. Please visit www.calphalon.com for complete details.

Limited One Year Warranty

Calphalon will repair or replace any slow cooker found defective in material or workmanship within one year of the original purchase with the original sales receipt. This warranty applies when the slow cooker is put to normal household use and is operated and cared for according to the instructions. This excludes damage from misuse or abuse, such as improper cleaning, neglect, accident, alteration, fire, theft, or use in a commercial establishment. Minor imperfections, surface markings as a result of shipping, and slight color variation are normal. This warranty excludes all incidental and consequential damages, except in those states that do not allow the exclusion or limitation of these damages. Without an original sales receipt or having registered your product with Calphalon, the warranty start date will be considered the date of manufacture. This warranty gives you specific legal rights, and you may have other rights that vary from state to state.

Customer Service

We at Calphalon want to hear from you. If you have a question, comment, or a recommendation that will help us help you, please contact us via our web site, phone, fax or mailing address.

Please do not return the product to the store. Please contact us directly with questions or comments about your slow cooker. Thank you!

Web site

www.calphalon.com

Write Us

Calphalon Customer Service

PO Box 583

Toledo, Ohio 43697-0583

(Please, DO NOT send returns to this address)

Toll Free Phone

1-800-809-7267

(Monday-Friday 8:00am – 5:00pm EST)

Fax

419-666-2859

RECIPES

Chicken Cacciatore

Serves 8

Ingredients:

- ¼ c. all-purpose flour
- Salt and pepper, to taste
- 8 large chicken thighs, excess fat trimmed
- 1 Tbsp. olive oil
- 1 c. chopped onions
- 2 cloves garlic, minced
- 1 red bell pepper, seeded and cut into 1" pieces
- 1 green bell pepper, seeded and cut into 1" pieces
- 2 sprigs fresh thyme
- 1 sprig fresh rosemary
- 2 c. canned plum tomatoes, coarsely chopped
- ½ c. chicken stock
- ¼ c. white wine
- 8 oz. cremini mushrooms, sliced thick

Method:

Combine flour, salt and pepper in a shallow dish. Coat chicken thighs in flour mixture and transfer pieces to a plate. Heat a 12" Calphalon nonstick omelette pan over medium-high heat. Add olive oil and heat for about 1 minute or until hot. Add chicken to pan and brown on all sides; transfer browned chicken to slow cooker crock. Add onions, garlic, peppers, thyme, tomatoes, stock, wine and a pinch of salt and pepper to crock. Cover with lid and cook 3 hours on High. Remove lid, add mushrooms and continue to cook for 30 minutes on High. Remove sprigs of thyme and rosemary. Reseason sauce with salt and pepper and serve chicken with cooked rice or noodles.

Chili con Carne

Serves 6

Ingredients:

2 lbs. lean ground beef (or ground turkey)
1 Tbsp. olive oil
1½ c. onions, finely diced
3 cloves garlic, pureed
1 Tbsp. ground cumin, toasted
3 Tbsp. chili powder (Try chili blends such as ancho and chipotle)
Pinch cayenne pepper
1 scant Tbsp. canned Chipotle chilies in adobo sauce, chopped
3 c. canned plum tomatoes, coarsely chopped
¼ c. beef stock
1 bay leaf
Stems of cilantro tied with cotton kitchen twine
1 c. canned red kidney beans, rinsed and drained
1 c. canned white kidney beans, rinsed and drained
¼ c. fresh cilantro leaves, finely chopped

Garnish

1 c. Monterey Jack cheese, grated
1 c. sour cream
1 bunch green onions, finely chopped
2 limes, cut into wedges
Tortilla chips

Method:

Heat a 12" Calphalon nonstick omelette pan over medium heat. Add olive oil and heat one minute. Add beef and brown. Pour off excess fat and transfer beef to slow cooker crock. In same pan, add onions and cook until transparent, about 2-3 minutes. Add garlic and continue to cook over medium heat for another minute. Be careful not to burn garlic.

Transfer to slow cooker crock. Add cumin, chili powder, cayenne, chipotle chilies, tomatoes, beef stock, bay leaf and stems of cilantro. Cover with lid and cook 1 1/2 hours on high and 30 minutes on Low. Add beans, season with salt and pepper and cook 30 additional minutes on Low. Remove cilantro stems and stir in chopped cilantro and mix well. Serve with garnish of Monterey Jack cheese, sour cream, green onion, limes and chips.

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