

# F·R·I·E·N·D·S

THE TELEVISION SERIES



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7 QUART SLOW COOKER  
MODEL # WBF-70 INSTRUCTION MANUAL



# IMPORTANT SAFEGUARDS

When using electrical appliances especially when children are present, basic safety precautions should always be followed to reduce the risk of fire, electric shock, and/or injury to persons, including the following:

1. READ ALL INSTRUCTIONS.
2. Do not touch hot surfaces. Use any handles or knobs. Use pot holders when removing cover or handling hot containers.
3. To protect against electrical shock, do not place cord, plug or appliance 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 and before cleaning.
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 injury.
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, water or other hot liquids.
12. Do not use appliance for other than intended use.
13. Lift and open cover carefully to avoid scalding, and allow water to drip into unit.
14. To disconnect, turn control to Off, then remove plug from wall outlet.
15. Removable insert is designed for use with this appliance only. It must never be used on a range top. Do not set a hot container on a wet or cold surface. Do not use a cracked container.
16. A short power-supply cord is used to reduce the risk resulting from it being grabbed by children, becoming entangled in, or tripping over a longer cord.
17. WARNING: Spilled food can cause serious burns. Keep appliance and cord away from children. Never drape cord over edge of counter, never use outlet below counter, and never use with an extension cord.
18. Intended for countertop use only.
19. CAUTION: TO PREVENT DAMAGE OR SHOCK HAZARD NEVER COOK DIRECTLY IN THE HEATING SURFACE OF THE SLOW COOKER. COOK ONLY IN THE CONTAINER PROVIDED.
20. FOR HOUSEHOLD USE ONLY.

## SAVE THESE INSTRUCTIONS

## 7 QT OVAL SLOW COOKER



1 Tempered Glass Lid

4 7 Quart Oval Base

2 Removable Stoneware Insert

5 Digital Control Interface

3 Cool-Touch Handles

6 Non-Skid Rubber Feet



This appliance is for HOUSEHOLD USE ONLY. It may be plugged into an AC electrical outlet (ordinary household current). Do not use any other electrical outlet.

#### **POLARIZED PLUG**

This appliance has a polarized plug (one blade is 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, reverse the plug and try again. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

#### **SHORT CORD INSTRUCTIONS**

A short power-supply cord is used to reduce the risk resulting from it being grabbed by children, becoming entangled in, or tripping over a longer cord.

#### **LINE CORD SAFETY TIPS**

1. Never pull or yank on cord or the appliance.
2. To insert plug, grasp it firmly and guide it into outlet.
3. To disconnect appliance, grasp plug and remove it from outlet.
4. Before each use, inspect the line cord for cuts and/or abrasion marks. If any are found, this indicates that the appliance should be serviced and the line cord replaced.
5. Never wrap the cord tightly around the appliance, as this could place undue stress on the cord where it enters the appliance and cause it to fray and break.

**DO NOT OPERATE APPLIANCE IF THE LINE CORD SHOWS ANY DAMAGE, OR IF APPLIANCE WORKS INTERMITTENTLY OR STOPS WORKING ENTIRELY.**

#### **IMPORTANT**

During the first few minutes of initial use, you may notice smoke and/or a slight odor. This is normal and should quickly disappear. It will not recur after appliance has been used a few more times.

## BEFORE USING

Solid surface counter tops can be easily scratched, cracked, scorched, or damaged, especially when exposed to heat. To prevent damage, the following precautions should be observed when using this product:

- Always use a heat resistant trivet under heat generating sources such as Slow Cookers.
  - Do not place hot pans, pots, ceramic or stoneware inserts directly on the countertop surface.
  - Slow cooker stoneware inserts have a rough bottom. To avoid scratching surfaces, always place the stoneware insert on a heat resistant place mat or trivet.
1. Carefully unpack the slow cooker.
  2. Wash stoneware insert and glass lid in warm, soapy water. Rinse well and dry thoroughly.
  3. Wipe interior and exterior surfaces of the base with a soft, moist cloth to remove dust particles collected during packing and handling. **NEVER IMMERSE THE BASE, CORD OR PLUG IN WATER OR ANY OTHER LIQUID.**
  4. Slow cooker should be operated before initial use. After cleaning unit, place cooking pot inside the base. Pour 2 cups of water into the stoneware insert and cover with lid. Plug slow cooker into electrical wall outlet and turn to HIGH setting. Allow to operate approximately 20 minutes.
  5. After 20 minutes, switch OFF and unplug. Allow unit to cool. Remove stoneware insert, and discard water. Rinse the stoneware insert, dry thoroughly and replace it in the base.

## STONEWARE INSERT

Like any ceramic, the stoneware insert may crack or break if not properly handled.

Failure to follow these instructions can cause breakage resulting in injury or property damage.

- All stoneware is breakable. Handle with care.
- **ALWAYS USE POT HOLDERS WHEN HANDLING HOT STONEWARE.**
- **DO NOT** place hot stoneware directly on counter. Use protective trivet.
- **DO NOT** place stoneware insert on any range top burner, under a broiler, microwave browning element, or in a toaster oven.
- **DO NOT** strike utensils against rim to dislodge food.
- **DO NOT** use stoneware insert to pop corn, caramelize sugar, or make candy.
- **DO NOT** use abrasive cleaners, scouring pads, or any object that will scratch the stoneware, other parts or accessories.
- **DO NOT** use or repair any item that is chipped, cracked, or broken.
- Bottom of stoneware insert may be rough. To avoid scratching surfaces, place on heat-resistant place mat, tablecloth, or trivet.
- **DO NOT** use stoneware insert for reheating foods or for general food storage.
- Always place foods into the stoneware insert when it is at room temperature; then place stoneware insert into cooking base before turning it on.
- **DO NOT** preheat cooking base before adding stoneware insert. **NEVER** heat the stoneware insert when it is empty.

**USE:** The stoneware insert and glass lid CAN NOT be used in conventional, convection or microwave ovens. Both the stoneware insert and glass lid are dishwasher safe.

**CARE:** Use only wooden, nylon, or plastic utensils. Metal utensils can scratch. Insert can be washed by hand or in a dishwasher. Load carefully to avoid contact with, and bumping against, other items during cycle.

**DO NOT** allow stoneware insert to soak or stand in water for an extended period of time. Applied heat after soaking may cause glaze crazing. If scouring is necessary, use only plastic or nylon cleaning pads with nonabrasive cleaners.

- Never subject the stoneware insert to sudden changes in temperature. **NEVER** place it where it can come in contact with direct heat (e.g., on top of a range or under a broiler).
- Ingredients for a particular dish may be prepared in advance and stored in cooking pot in the refrigerator until ready to cook. **DO NOT** preheat base before adding pot. **NEVER** heat the cooking pot when it is empty.
- Always use pot holders or oven mitts when removing stoneware insert from cooking base. Do not set stoneware insert directly on counter top or table; use a trivet or hot pad.
- Unplug slow cooker and allow to cool after use. Do not pour cold water into hot stoneware insert.

#### **CARE OF GLASS COVER:**

To prevent cracking or breaking of the glass cover, which may cause personal injury, cover should be treated with special care.

**CAUTIONS: Glass cover may shatter if it is exposed to direct heat or subjected to severe temperature changes. Chips, cracks or deep scratches may also weaken the cover.**

- **KEEP GLASS COVER AWAY FROM** broiler, microwave oven, hot stove top burners, oven heat vents. If cover has been utilized in any of these locations, do not use it again, even if there are no signs of damage. Order a replacement cover immediately.
- **IF COVER BECOMES CHIPPED, CRACKED OR SCRATCHED, DO NOT USE IT.** Discard it and order a replacement.
- **ALWAYS LET COVER COOL** on a dry, heat-resistant surface before handling. Do not place it on cold or wet surfaces, as this may cause it to crack or shatter.
- **ALWAYS USE POT HOLDERS OR OVEN MITTS** when removing the hot cover. To avoid burns from escaping steam, always tilt cover away from hands and face.

## **HOW TO USE**

Using a slow cooker is easy but different from conventional cooking. This manual contains many helpful hints for successful slow cooking. Many more slow cooker recipes books are available in libraries, bookstores and online. Keep these materials handy whether preparing favorite recipes or trying something new.

This slow cooker has three heat settings: LOW, HIGH and WARM. Use the recommended guidelines offered in the recipe being used to determine cooking time and heat setting. Dishes can be prepared well in advance of mealtime and cooking time regulated so that food is ready to serve at a convenient time.

A general rule of thumb for most slow cooker meat-and-vegetable combos is:

Cooking Time in Recipes:  
8-10 Hours  
4-6 Hours

Recommended Temperature Setting  
LOW  
HIGH

Other favorite recipes may be adapted to the slow cooker. All times listed below are approximate and should serve only as cooking guidelines.

#### ***Regular Cooking Time***

30 minutes  
35-60 minutes  
1-3 hours

#### ***Slow Cooker Cooking Times***

LOW	HIGH
6-8 hrs.	3-4 hrs.
8-10 hrs.	5-6 hrs.
10-12 hrs.	7-8 hrs.

1. Prepare recipe according to instructions.
2. Place food in stoneware insert and cover with glass lid.
3. Plug the power cord into the wall outlet and rotate the temperature control dial to your preferred heat setting (HIGH - LOW - WARM).

**NOTE: The WARM setting should NOT be used to cook foods or reheat refrigerated foods. WARM should be used to maintain the serving temperature of previously cooked foods.**

4. When finished cooking, rotate the temperature control dial to the OFF position and remove the plug from the wall outlet.
5. Remove glass lid.

**CAUTION: When removing glass cover, grasp the designated area on the cover and lift to allow steam to escape before setting cover aside. To avoid burns, always hold cover so that escaping steam flows away from hands and face.**

6. Using oven mitts, grasp stoneware insert by the handles and remove it from the heating base. NEVER place insert directly on a counter top. Use a heat-resistant trivet or pad.
7. Serve contents. If serving directly from the cooking pot, always place a trivet or protective padding under pot before placing it on a table or counter top.

#### **PROGRAMMING YOUR SLOW COOKER**

1. When you plug your slow cooker into the wall outlet, the LED display will flash "---" indicating the unit is plugged in and ready to be programmed. The slow cooker is in stand by mode with no heat function at this time.
2. Press the TEMP button to select LOW, HIGH OR WARM. You can press STOP at any time to cancel all operation and slow cooker will again be in stand by mode.
3. If LOW is selected, the slow cooker will display "08:00" (8 hrs). The screen will flash 3 times, buzz, and then cooking will begin.
4. If HIGH is selected, the slow cooker will display "04:00" (4 hrs). The screen will flash 3 times, buzz, and then cooking will begin.

**NOTE:** If more or less cooking time is desired, press the TIME button until you reach the desired cooking time. Continue pushing the button past 10 hours to start over at 30 minutes if a shorter



cooking time is desired.

- When the cooking time is complete, the slow cooker will automatically switch the temperature to the WARM function for a period of 6 hours. The slow cooker buzz 3 times, it will display "06:00" (6 hrs) and then switches to the WARM function.

**NOTE:** If more or less time is desired in the WARM function, press the TIME button until you reach the desired time. Continue pushing the button past 10 hours to start over at 30 minutes if a shorter time is desired.

- When the time has elapsed, the LED display will flash "---" and return to stand by mode with no heat function.
- Unplug slow cooker from wall outlet.

## USER MAINTENANCE INSTRUCTIONS

This appliance requires little maintenance. It contains no user-serviceable parts. Do not attempt to repair it yourself. Any servicing that requires disassembly, other than cleaning, must be performed by a qualified appliance repair technician.

### PRECAUTIONS

- Always turn knob to the OFF position, unplug slow cooker power cord from wall outlet and allow to cool before cleaning.**
- Always handle stoneware insert and glass lid carefully. Avoid hitting insert against faucet or hard surfaces.
- Do not touch sides of slow cooker base while food is cooking. Always use handles on the base. Use pot holders or oven mitts to lift the stoneware insert.

### TO CLEAN:

This appliance should be cleaned after every use.

After slow cooker has been allowed to cool, wash stoneware insert and glass cover in warm, soapy water. Rinse well and dry. If food sticks to the surface of the stoneware insert, fill the insert with warm, soapy water and allow it to sit for a few hours before cleaning. Wipe interior and exterior surfaces of the base with a soft, slightly damp cloth or sponge.

NEVER IMMERSER THE BASE IN WATER.

NEVER USE ABRASIVE CLEANSERS OR SCOURING PADS TO CLEAN THE STONEWARE INSERT OR BASE, AS THESE CAN DAMAGE THE SURFACES.

### Dishwasher Cleaning

Stoneware insert may be cleaned in an automatic dishwasher. To prevent damage, position it in rack so that it will not hit other items during cleaning.

### Special Cleaning

If stoneware insert becomes stained, clean with a non-abrasive cleanser or apply a paste of baking soda with a soft cloth. To remove water spots or mineral deposits, wipe with distilled white vinegar, or pour a small amount into the stoneware insert and let it soak. After cleaning, wash insert in warm, soapy water, rinse and dry.

### TO STORE:

Be sure all parts are clean and dry before storing. Store appliance in its box or in a clean, dry place. Never store it while it is hot or wet. To store, place

stoneware insert inside the base and the cover over the insert. Never wrap cord tightly around the appliance; keep it loosely coiled.

#### **HELPFUL HINTS IN USING A SLOW COOKER:**

- The cover of the slow cooker does not form a tight fit on the stoneware insert but should be centered on the insert for best results. Do not remove the cover unnecessarily – this will result in a major heat loss.
- Stirring is not necessary when slow cooking. However, if cooking on HIGH, stirring occasionally will help to distribute flavors throughout the recipe.
- For best results, the slow cooker should be at least half-filled.
- If cooking soups or stews, allow a 2-inch space between the food and the top of the cooking pot, so ingredients can come to a simmer. When cooking on HIGH, keep checking progress, as some soups may come to a boil.
- Less tender, cheaper cuts of meat are better candidates for slow cooking than more expensive varieties. When possible, remove excess fat before cooking. If recipe calls for browning the meat, brown it on a range top using a separate cooking pot and with separate utensil before placing meat in insert of slow cooker.
- The greater the fat content of the meat, the less liquid needed for cooking. If cooking meat with a high fat content, place thick onion slices beneath it, so the meat will not sit and cook in the fat. Roasts may be prepared in cooker without adding liquid, if cooked on LOW.
- Always use a meat thermometer to determine proper temperature.
- Add fresh or thawed fish or seafood to cooking pot an hour before serving, as these ingredients can fall apart during long hours of cooking.
- Since raw vegetables usually take longer to cook than meats, cut vegetables into uniform, bite-sized pieces (about ½ inch in diameter) before adding them to the cooking pot.
- If recipe calls for milk, sour cream or other fresh dairy products, add them just prior to serving, as these ingredients tend to break down during long hours of cooking. If preferred, substitute condensed creamed soups (undiluted) or evaporated milk. Processed cheese may be substituted for naturally aged cheese.
- Rice or pasta may be cooked separately or added uncooked to recipes no more than two hours before serving. If adding uncooked pasta, there should be at least 2 cups of liquid in the pot. Stir occasionally to keep pieces from sticking together.

#### **ADAPTING RECIPES (General Hints)**

- The LOW setting is recommended for all-day cooking. Most meat-and-vegetable combinations required at least 7 hours on LOW.
- For best flavor, use whole-leaf herbs and spices during initial preparation. If ground herbs and spices are used, stir in during last hour of cooking.
- Many factors can affect how quickly a recipe will cook. The water and fat content of food, its temperature, and the size of the item(s) will all affect the cooking time. Food cut into pieces will cook faster than larger pieces.
- Recipes for vegetable-type casseroles must contain liquid to prevent scorching on the sides of the cooking pot.
- If using a specific recipe, one item may be substituted for another, if an equal quantity is used. For example, if recipe calls for a 12-oz. can of chicken broth, a 10-oz. can of tomato soup plus 2 oz. of something else (water, wine, canned tomatoes) may be substituted.
- Canned beans may be added directly to any recipe, but dried beans, especially red kidney beans, should be soaked in water (if desired) and boiled first. Beans must be softened completely before they are combined with sugary and/or acid foods, as these have a hardening effect on beans. In this case, beans should be allowed to simmer until tender (about 1 ½ hours) after boiling.

# ONE YEAR LIMITED WARRANTY

SELECT BRANDS, INC. warrants, subject to the conditions stated below, that from the date of purchase, this product will be free from mechanical defects for a period of one (1) year. SELECT BRANDS, INC., at its option, will repair or replace this product found to be defective during the warranty period. Should this product become defective by reason of improper workmanship or material defect during the specified warranty period, Select Brands, Inc. will repair or replace the same effecting all necessary parts replacements for a period of one year from the date of purchase.

Transportation charges on parts, or products in whole, submitted for repair or replacement, under this warranty, must be borne by the purchaser.

**CONDITIONS:** This warranty is valid for the original retail purchaser from the date of initial retail purchase and is not transferable. This warranty does not apply to product sold by third party resellers. Keep the original sales receipt. Proof of purchase is required to obtain warranty service or replacement. Dealers, service centers, or retail stores do not have the right to alter, modify or in any way, change the terms and conditions of this warranty.

Warranty registration is not necessary to obtain warranty on Select Brands, Inc. products. Save your proof of purchase receipt.

**ABOUT YOUR PRODUCT WARRANTY:** Most warranty repairs are handled routinely, but sometimes requests for warranty service may not be appropriate. For example, warranty service would NOT apply if the product damage occurred because of misuse, lack of routine maintenance, shipping, handling, warehousing or improper installation. Similarly, the warranty is void if the manufacturing date or the serial number on the product has been removed or the equipment has been altered or modified. During the warranty period, the authorized service dealer, at its option, will repair or replace any part that, upon examination, is found to be defective under normal use and service.

**NORMAL WEAR:** This warranty does not cover normal wear of parts or damage resulting from any of the following: Negligent use or misuse of the product; Improper voltage or current; Use contrary to the operation instructions; Deviation from instructions regarding storage and transportation; Repair or alteration by anyone other than SELECT BRANDS, INC. or an authorized service center. Further, the warranty does not cover Acts of God, such as fire, flood, hurricanes and tornadoes.

SELECT BRANDS, INC. shall not be liable for any incidental or consequential damages caused by the breach of any express or implied warranty. Except to the extent prohibited by applicable law, any implied warranty of merchantability or fitness for a particular purpose is limited in duration to the duration of the above warranty. Some states, provinces or jurisdictions do not allow the exclusion or limitation of incidental or consequential damages or limitations on how long an implied warranty lasts, so the above limitations or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights that vary from state to state or province to province.

**HOW TO OBTAIN WARRANTY SERVICE:** You must contact SELECT BRANDS, INC. Customer Service at 1-913-663-4500. A Customer Service representative will attempt to resolve warranty issues over the phone. If telephone resolution is not possible, the Customer Service representative will require your assistance in performing routine diagnostic procedures. This warranty is effective for the time periods listed above and subject to the conditions provided for in this policy.

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