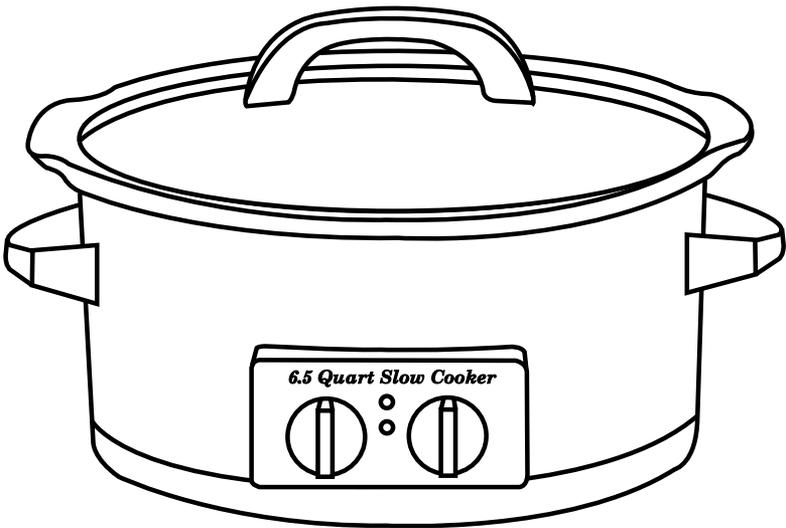


WARING PRO™

PROFESSIONAL 6.5 QUART SLOW COOKER



WSC650

For your safety and continued enjoyment of this product,
always read the instruction book carefully before using.

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 risk of electrical shock, do not immerse the slow cooker housing in water or any liquid. If housing falls into liquid, unplug the cord from outlet immediately. DO NOT reach into liquid.
4. To avoid possible accidental injury, 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 has malfunctioned or has been dropped or damaged in any way or is not operating properly. Return the appliance to the nearest Customer Service (see Warranty for details) for examination, repair, or mechanical or electric adjustment.
7. The use of attachments not recommended by Waring may cause fire, electrical shock, or risk of injury.
8. Do not use outdoors or anywhere the cord or unit housing might come into contact with water while in use.
9. Do not use the slow cooker for anything other than its intended use.
10. To avoid the possibility of the slow cooker being accidentally pulled off work area, which could result in damage to the slow cooker or personal injury, do not let cord hang over edge of table or counter.
11. To avoid damage to cord and possible fire or electrocution hazard, do not let cord come into contact with hot surfaces, including stove.
12. Extreme caution must be used when moving a slow cooker containing hot oil or other hot liquids.

13. Do not place on or near a hot gas or electric burner, or in a heated oven.
14. Do not operate slow cooker in water or under running water.
15. Avoid sudden temperature changes, such as adding refrigerated foods to a heated pot.
16. **CAUTION: TO REDUCE THE RISK OF ELECTRIC SHOCK, COOK ONLY IN THE CERAMIC POT PROVIDED. DO NOT USE METAL CONTAINERS.**
17. CAUTION: A heated ceramic pot may damage countertops or tables. When removing the hot ceramic pot from the slow cooker, DO NOT place it directly on any unprotected surface. Always set the pot on a trivet or a rack.
18. To disconnect, turn the power selector to the off position and then remove the plug from the wall outlet.
19. Caution: Do not place or cook with ceramic pot directly on burner.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

SPECIAL CORD SET INSTRUCTIONS

A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord. Longer extension cords may be used if care is exercised. If a long extension cord is used, the marked electrical rating of the extension cord must be at least as great as the electrical rating of the appliance and the longer 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.

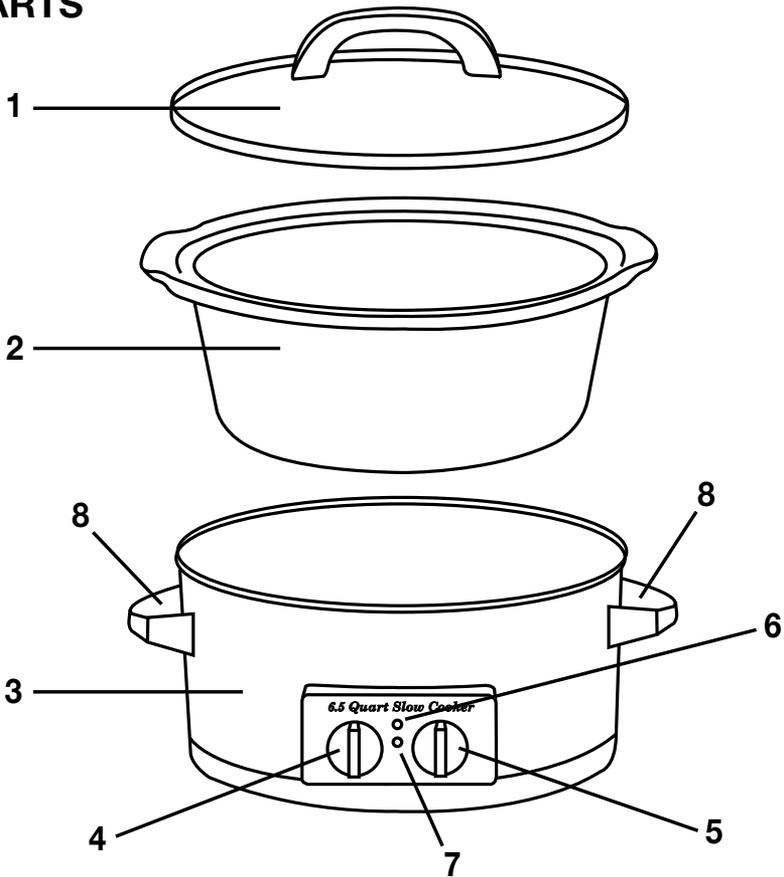
NOTICE

This appliance has a polarized plug (one prong is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

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PARTS



1. Glass lid with stainless steel rim and black matte cool-touch insulated handle
2. 6.5-quart oval ceramic pot
3. Stainless steel housing
4. Timer control: 2, 4, 6, 8, 10 or 12 hours
5. Power selector
6. Cook indicator will light for low and high settings (red)
7. Warm indicator light (blue)
8. Black matte cool-touch insulated handles

ASSEMBLY INSTRUCTIONS

To use your slow cooker:

1. Carefully unpack the slow cooker.
2. Rinse the ceramic pot and glass lid in warm, soapy water. Rinse well and dry thoroughly.
3. Wipe all interior surfaces of the slow cooker base with a soft, damp cloth.
4. Position ceramic pot in the base of the unit.
5. Place the lid on top of the ceramic pot.
6. Plug in power cord. Your slow cooker is now ready for use.
7. To turn the unit off manually, turn the power selector to off.
8. Lift ceramic pot carefully, using potholders.

OPERATION

Your slow cooker cooks food automatically once you set the time and the desired cooking mode. The 2 to 12 hour timer allows you to set the cooking time. The marks in between the times on the timer control indicate odd hours. When time expires, the unit automatically switches to the warm setting and the warm indicator light illuminates. Once it switches to warm the slow cooker will run until it is manually shut off.

Setting Cooking Modes

Two cooking modes, low and high, give you the opportunity to prepare a wide variety of dishes. You can adapt many recipes to slow down the cooking time or speed it up, to coordinate meals to your schedule. You will usually want to use the low setting for recipes that cook longer. If you're starting a dish later in the day, select the high setting to ensure that your food is cooked, warm and ready when you'd like to eat.

COOKING GUIDELINES

Setting	Guidelines	Recipes	Program Temp.	Timer
High	This is the setting to use when you don't have time for a long, slow cook. It's also the setting to select when "baking" in your slow cooker.	Casseroles, puddings, cheesecakes, rolls	212° F (100° C)	You can program the high or low cook time from 2 to 12 hours.
Low	Low is the standard slow cooker temperature, and is ideal for foods that you start in the morning before work, and enjoy at the end of your day.	Braises, roasts, stews, ribs, casseroles, shanks, chops, less tender cuts of meat, soups, stews, stocks	212° F (100° C)	You can program the low setting cook time from 2 to 12 hours.
Warm	Do not use this setting to cook food or as a cooking function. This setting is intended only to keep cooked food warm once cooking time has been completed.		165° F (74° C)	After cooking time is completed, from 2 to 12 hours, your cooker will automatically switch to the warm setting. Or if you just want to use the warm setting, turn to warm (with timer off).

Note: The U.S. Department of Agriculture (USDA) recommends that when cooking anything containing meat in a slow cooker, the meat should reach 140°F within 2 hours. This ensures that the meat will reach food-safe temperatures in the proper amount of time.

Cooking WITHOUT the Timer

1. Place the unit on a clean, dry counter.
2. Remove glass lid.
3. Fill ceramic pot with ingredients.
4. Replace lid.
5. Plug in unit. There will be no power to the slow cooker until it is turned on.
6. If not using the timer, place the timer control in off position before selecting your desired power level.
7. To turn unit on, switch the power selector from off to low or high.
8. When the high or low setting is selected the red cook indicator will illuminate. When the warm setting is activated the blue warm power indicator light will illuminate.
9. To turn the unit off manually, turn the power selector to off.
10. Lift ceramic pot carefully, using potholders.

Cooking WITH the Timer

1. Place unit on a clean, dry counter.
2. Remove glass lid.
3. Fill ceramic pot with ingredients.
4. Replace lid.
5. Plug in unit. There will be no power to the slow cooker until it is turned on.
6. If using the timer, place the timer control on desired cooking time of 2, 4, 6, 8, 10, or 12 hours.
7. To turn unit on, switch the power selector from off to low or high.
8. When the high or low setting is selected the red cook indicator will illuminate. When the warm setting is activated the blue warm power indicator will illuminate.
9. Once cooking time has expired, the unit will automatically switch to the warm setting. The blue indicator light will light and the slow cooker will remain on warm until it is manually turned off. **FOR YOUR CONVENIENCE PLEASE MAKE**

NOTE OF THE START TIME OF YOUR COOKING PROCESS AS THE TIMER KNOB WILL NOT COUNT DOWN.

10. To turn the unit off manually, turn the power selector to off.
11. Lift ceramic pot carefully, using potholders.

CLEANING AND MAINTENANCE

Unplug your Waring Slow Cooker and allow it to cool before cleaning. Wash ceramic pot and lid in the dishwasher or wash with warm, soapy water. If food sticks to the surface, fill ceramic pot with warm, soapy water and allow to soak before cleaning. If scouring is necessary, use nonabrasive cleanser or liquid detergent with a nylon pad or brush. Any other services should be performed by an authorized service representative.

TIPS & HINTS

- Before food is added, the ceramic pot may be lightly coated with cooking spray to prevent cooked foods from sticking.
- Root vegetables such as carrots and potatoes will take longer to cook. Either cut the pieces smaller or place on bottom of slow cooker. Baby carrots, for example, may take longer than other vegetables.
- Ground meats and uncooked sausages should always be browned and drained before adding to slow cooker. Smoked sausage such as kielbasa does not need to be browned (though it may add flavor and visual appeal). If browning the night before, make certain the meat is cooked completely through and properly refrigerated. Combine with other ingredients just before slow cooking.
- Browning meats (roasts, chops, cubes for stews) and poultry adds flavor and color to the finished dishes. It also helps cook out some of the fat.
- In general, cooking for 1 hour on high is the equivalent of cooking for 2 hours on low.
- If you are not ready to serve food immediately after cooking time is up, the slow cooker will automatically switch to warm to hold foods until ready to serve.
- Tender vegetables, or those that you wish to be crisp-tender,

should be added during the last 30 minutes of cooking time to prevent overcooking.

- Each time you remove the lid, you will lose heat and will need to add 15 to 20 minutes to your cooking time. If you do need to stir (or peek), lift the lid just slightly so that you can get the spoon or spatula in.
- If using frozen foods, thaw them completely before adding to slow cooker.
- Dried beans should be soaked overnight, then rinsed, drained and rinsed again before cooking. Do not add salt or any acid to beans when cooking, as it will prevent them from softening completely. Dried beans can be cooked ahead, drained and frozen. Thaw before adding to your favorite recipes.
- Cooking ground meats in the slow cooker without browning them first is not recommended, as ground meat has a high incidence of bacterial contamination. Ground meats used in the slow cooker should be browned first. We strongly advise against cooking meatloaf in the slow cooker.
- Most of the recipes in this book are cooked on low using the timer function, to allow you maximum freedom to go on to do other tasks. Most meats are better when cooked on low (slower) than on high, and the recipes are written with this in mind. If you prefer to slow cook on high, cut the cooking time in half.

To adapt your own recipes to the Slow Cooker:

- For most recipes, reduce the cooking liquid by at least 50% (soups are the exception). Liquids do not evaporate as they do in traditional cooking, and you often will end up with more liquid than when you began.
- In most cases, all ingredients can go in the slow cooker at once and can cook all day on low setting. While it is not necessary to brown or sauté vegetables (onions, carrots, celery, peppers, etc.), it may add to the flavor. Browning meats adds to their taste and visual appeal, and helps to remove fat.
- Certain cuts of meat are more appropriate for slow cooker cooking: brisket, tip roast, chuck or rump roast, beef bottom round, pork shoulder or Boston butt, lamb shoulder, venison, chicken legs and thighs. Particularly lean cuts such as boneless, skinless chicken breast or “new generation” pork loin or tenderloin may seem dry when prepared in a slow

cooker. See list of meats that are best in slow cooker (page 12).

- Dairy products (milk, sour cream, some cheeses) will break down and curdle during slow cooking. Substitute canned evaporated milk or nonfat dry milk, or add dairy products during the last 30 minutes of cooking.
- When making soups, add solid ingredients to Slow Cooker and then liquid to cover. If a thinner soup is desired, add more liquid to taste.
- If your recipe calls for precooked pasta – UNDERCOOK it.
- Add cooked rice to recipes during last hour of cooking.

IMPORTANT GUIDELINES

- The slow cooker should always be at least half-full for best cooking results; however, the slow cooker should never be more than three-quarters full (about 1½ inches from the top rim).
- Because the slow cooker heats and cooks at low temperatures, food should be at room temperature before it goes into the cooker. If the food is refrigerator temperature, add 30 minutes to your projected cooking time.
- Any leftover food should be removed from the ceramic pot and stored in plastic containers for up to 2 days, or frozen for future use.
- NEVER use the slow cooker to reheat food, as potentially harmful bacteria could develop during the slow cooking process. Remove food from the ceramic pot and reheat in a heat-safe container on a stovetop, or in an oven or microwave.
- Do not put the hot ceramic pot directly on a table or countertop.
- Do not add frozen food such as meat or vegetables to slow cooker dishes. Heat to room temperature before adding.
- For food safety reasons, whole chickens should not be cooked in a slow cooker. They may not reach safe temperature in the proper amount of time.
- Do not touch sides of slow cooker ceramic pot or slow cooker base while food is cooking.
- Always use potholders or oven mitts when removing the lid or ceramic pot from the base after cooking.

SUGGESTED FOODS

Meats

Beef/Veal: Choose cuts that are full of flavor and benefit from braising.

- Pot roast
- Beef brisket or corned beef brisket
- Beef short ribs
- Bottom round roast
- Chuck or rump roast
- Chuck shoulder steak
- Veal shanks

Pork: Less tender cuts work best – the lean “new generation pork” may become dry when cooked in slow cooker.

- Boston butt roast
- Pork shoulder pieces
- Sausages
- Country-style pork ribs (bone-in)
- Pork shoulder or blade roast

Lamb: Choose flavorful cuts that benefit from braising to tenderize.

- Lamb shoulder
- Lamb stew meat
- Lamb shanks

Poultry: Best choice: dark meat – bone-in and skinless. Breast meat can become dry in texture if cooked too long.

- Chicken or turkey legs and thighs (remove skin to reduce fat)

Game: Game generally tends to be less tender so it is perfect for the Slow Cooker.

- Venison roasts or stew meat
- Pheasant, duck thighs and legs

Chicken Stock

Makes 6 servings

- 3 pounds chicken wings and/or backs**
- 1 medium onion, peeled and quartered**
- 1 celery rib, cut into 2-inch lengths**
- 1 carrot, peeled, cut into 2-inch lengths**
- 1 leek, trimmed, halved lengthwise, cleaned**
- 1 parsnip, peeled, cut into 2-inch lengths**
- 1 bay leaf**
- 6 black peppercorns**
- 3 parsley sprigs**
- 3 thyme sprigs**
- 6 cups water**

Rinse chicken and drain. Place in ceramic pot of Waring™ Slow Cooker along with the onion, celery, carrot, leek, parsnip, bay leaf, peppercorns, parsley, and thyme. Add water. Turn power selector to high. Set timer to 3 hours; once slow cooker switches to warm set time for 4 hours on low. Slow cooker will automatically switch to warm when cooking time has elapsed. Strain, discarding the chicken bones, meat, skin, vegetables, and herbs. Pass stock through a fine mesh strainer to remove small bits. Cover and refrigerate. When chilled and congealed, remove chicken fat and discard or reserve for another use.

Chicken stock will keep for 3 days in the refrigerator, or can be frozen for up to 6 months.

Hint: Freeze chicken stock in 1-cup containers to use as needed.

For Brown Chicken Stock: Brown stock requires the additional step of roasting, which adds depth of flavor to the stock. Use the following method (using turkey wings) to make Brown Turkey Stock ahead for holiday meals.

Preheat oven to 400°F. Place wings in a roasting pan. Roast in preheated oven for about 30 minutes, until nicely browned. Add vegetables, stir and roast for an additional 10 to 15 minutes, until vegetables are browned.

Nutritional information per serving (1 cup):

*Calories 15 (0% from fat) • carb. 1g • pro. 1g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 80mg • calc. 0mg • fiber 0g*

Cuban Black Bean Soup

Makes 8 servings

- 1 pound dried black beans**
- 1 ham hock**
- 5 cups chicken stock**
- 1½ cups chopped onion**
- ¾ cup chopped red pepper**
- 3 garlic cloves, peeled and chopped**
- 1½ tablespoons oregano**
- ¼ teaspoon cayenne pepper**
- 1 bay leaf**
- ½ teaspoon kosher salt**
- ½ tablespoon red wine vinegar**
- 3 tablespoons dry sherry**

Sort beans and pick out any stones or bits of dirt. Soak beans overnight (8 hours or more) in water to cover by 3 inches. Drain and rinse. Place beans in ceramic pot of the Waring™ Slow Cooker with ham hock, chicken stock, chopped onion, red pepper, garlic, oregano, cayenne and bay leaf. Cover and turn power selector to high. Set time to 3 hours; once slow cooker switches to warm, set timer for 6 hours on low. Slow cooker will automatically switch to warm when cooking time has elapsed. Remove and discard bay leaf. Remove ham hock; let cool. When cool enough to handle, remove meat, chop and reserve. Stir in salt. Use a potato masher or hand blender on low speed with a gentle up-and-down motion to mash/purée beans.* Stir in reserved ham, vinegar and sherry.

* You may partially or totally purée the soup. (You may also transfer the beans to a blender to purée.)

Nutritional information per serving (1 cup):

*Calories 243 (5% from fat) • carb. 38g • pro. 17g • fat 1g • sat. fat 0g
• chol. 5mg • sod. 685mg • calc. 56mg • fiber 13g*

Classic Split Pea Soup

Makes 8 servings

- 2 garlic cloves, peeled
- 6 ounces onion, peeled and cut into 1-inch pieces
- 1 celery rib, top off, cut into 1-inch pieces
- 8 ounces all-purpose potatoes, peeled and cut into 3-inch lengths
- 8 ounces carrots, peeled and cut into 3-inch pieces
- 1 pound green split peas, rinsed
- 6 cups Chicken Stock (page 13)
- 1 12-ounce ham hock (or roasted turkey leg)
- 1 teaspoon freshly ground pepper
- 1 tablespoon thyme
- ¼ cup dry sherry

Fit the metal chopping blade into a Waring™ Food Processor. With motor running, drop garlic through feed tube and finely chop. Add onion and celery; pulse 7 to 8 times to chop. Transfer to ceramic pot of the Waring™ Slow Cooker.

Fit food processor with 4-mm slicing disc. Insert potatoes into large feed tube and slice. Repeat with carrots. Add to slow cooker. Add peas, stock, ham hock, pepper and thyme. Cover and turn Power Selector to high. Set time for 2 hours; when slow cooker switches to warm, set time for 6 to 7 hours and turn to low; slow cooker will automatically switch to Warm when cooking time has elapsed.

To serve, remove ham hock and discard bone; chop meat, and return it to soup.

Stir in sherry.

Note: If you do not have a food processor, you may chop and slice the vegetables by hand.

Nutritional information per serving (1 cup):

*Calories 135 (4% from fat) • carb. 23g • pro. 8g • fat 1g • sat. fat 0g
• chol. 3mg • sod. 378mg • calc. 34mg • fiber 6g*

Beef Chili for a Crowd

Makes 8 servings

- cooking spray**
- 1½ teaspoons good quality olive oil divided**
- ¾ pound onions, peeled and finely chopped**
- 3 garlic cloves, peeled and minced**
- 1 teaspoon kosher salt divided**
- ½ teaspoon freshly ground pepper divided**
- 1½ pounds lean ground beef**
- ¼ cup chili powder**
- 2 teaspoons oregano**
- 2 teaspoons cumin**
- ½ tablespoon paprika**
- ½ red pepper, cored, seeded, chopped**
- ½ green pepper, cored, seeded, chopped**
- ½ yellow pepper, cored, seeded, chopped**
- 1 can (14 ounces) diced tomatoes, juices drained, separated**
- 1 can (3 ounces) tomato paste, salt-free**
- 1½ tablespoons red wine vinegar**
- 2 cans (15–16 ounces each) beans, drained, rinsed and drained again (i.e., black beans, pinto beans and/or red kidney beans)**

Lightly coat the interior of the ceramic pot of the Waring™ Slow Cooker with cooking spray. Heat a nonstick skillet over medium-high heat and add ½ teaspoon olive oil; sauté onions and garlic until soft. Season with ¼ teaspoon salt and ¼ teaspoon pepper. Place in ceramic pot.

In the same skillet, heat another teaspoon of oil; cook ground beef until brown, breaking up clumps with the back of a spoon. Stir in remaining salt and pepper, and the chili powder, oregano, cumin and paprika; cook over low heat until spices are fragrant. Transfer meat mixture to slow cooker. Add sliced red, green, and yellow peppers. Stir in diced tomatoes, tomato paste and red wine vinegar. Cover and turn power selector to high. Set time to 8 to 10 hours and turn to low; slow cooker will automatically switch to warm when cooking time has elapsed. One hour before serving, turn heat to high. Stir in beans and slow cook until heated through.

Nutritional information per serving (1 cup):
Calories 267 (20% from fat) • carb. 28g • pro. 26g • fat 6g • sat. fat 2g
• chol. 49mg • sod. 330mg • calc. 90mg • fiber 7g

Veal Stew with Mushrooms & Artichokes

Makes about 8 servings

- ½ cup unbleached all-purpose flour**
- ¾ teaspoon kosher salt**
- ¾ teaspoon freshly ground pepper**
- 2 pounds veal stew meat, cut into 1-inch cubes**
- 6 teaspoons good quality olive oil, divided**
- ½ cup dry sherry**
- ¾ pound button mushrooms, sliced**
- 1 cup onion, peeled and chopped (about 1 large)**
- ¾ cup sliced celery**
- ½ can (14-ounce) diced tomatoes, drained**
- ½ cup chicken stock**
- 1 shallot, peeled and minced**
- 1 garlic clove, peeled and minced**
- ¾ teaspoon ground coriander**
- 5 whole sprigs of parsley with stems**
- 1 bay leaf**
- 1 package frozen artichokes, thawed**
- ¼ cup chopped fresh parsley**

Mix the flour, salt and pepper in a pie plate or other flat bowl. Lightly dust veal cubes with seasoned flour, shaking off excess. Heat 2 teaspoons of oil in a 12-inch skillet over medium-high heat. In 2 batches, brown veal on all sides. Transfer browned veal to the ceramic pot of the Waring™ Slow Cooker. After each batch, deglaze pan by adding ¼ cup sherry to the hot skillet, scraping up any brown bits; add to the ceramic pot.

When all meat is browned, add 1 teaspoon oil; brown mushrooms in 2 batches and add to pot. Place onion, celery, tomatoes, chicken stock, shallot, garlic, and coriander in the slow cooker with veal and mushrooms; stir. Place the parsley sprigs on top of the veal mixture.

Tuck the bay leaf into the center. Cover and turn power selector to high. Set time to 8 hours and press low; the slow cooker will automatically switch to warm when cooking time has elapsed. At this point, the stew can wait on warm until you are ready to finish cooking.

One hour before serving, remove parsley sprigs and bay leaf; discard. Stir in artichokes, cover and slow cook on low for 1 hour. Garnish with chopped fresh parsley to serve.

Nutritional information per serving (1 cup):

*Calories 285 (31% from fat) • carb. 18g • pro. 28g • fat 10g • sat. fat 2g
• chol. 85mg • sod. 421mg • calc. 71mg • fiber 6g*

Chicken Cacciatore

Makes 4 to 6 servings

- 6 ounces yellow onion, peeled and cut vertically into ½-inch thick slices**
- ½ red bell pepper, cored, seeded, cut lengthwise into ½-inch thick slices**
- ½ yellow bell pepper, cored, seeded, cut lengthwise into ½-inch-thick slices**
- 2 garlic cloves, peeled**
- 1 can (15 ounces) diced tomatoes, drained, juices discarded**
- 2 tablespoons tomato paste**
- 2 tablespoons white vermouth or other dry white wine**
- 1½ teaspoons oregano**
- ¾ teaspoon basil**
- ½ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**
- 2 pounds bone-in, skinless chicken thighs**
- ½ cup unbleached all-purpose flour**
- 2 tablespoons extra virgin olive oil**
- 4 ounces portobello mushrooms, cut into ½-inch-thick slices**
- 1 bay leaf**

Place the onions, peppers, garlic, drained tomatoes, tomato paste, vermouth, oregano, basil, salt, and pepper in a large bowl. Toss gently to combine. Trim chicken thighs of visible fat. Toss in flour to coat

lightly – discard excess flour. Heat one tablespoon olive oil in a 12-inch nonstick skillet over medium-high heat. Add half the chicken and cook over medium-high heat for 3 minutes on each side until brown. Transfer to a plate and repeat with the remaining chicken. Add the remaining tablespoon olive oil and cook the portobello mushrooms in a single layer until golden brown on each side, about 3 minutes per side. Add the browned portobello mushrooms to the vegetable mixture.

Arrange half the chicken thighs in the ceramic pot of the Waring™ Slow Cooker. Top with half the vegetable mixture. Repeat layers. Tuck bay leaf into the center of the mixture. Cover and turn power selector to high. Set time to 8 hours and turn to low; slow cooker will automatically switch to warm when cooking time has elapsed. Remove and discard bay leaf before serving.

Nutritional information per serving (based on 6 servings):

*Calories 599 • (37% from fat) • carb. 25g • pro. 61g • fat 23g • sat. fat 6g
• chol. 204mg • sod. 571mg • calc. 93mg • fiber 5g*

Barbecue Beef Brisket

This is a multi-step process, but well worth the effort. Because brisket is chilled after cooking, it allows you to remove excess fat, and makes slicing easier.

Makes 6 to 8 servings

- 1 beef brisket, approximately 2½ pounds**
- 2 tablespoons light or dark brown sugar, packed**
- 2 teaspoons Worcestershire sauce**
- 2 teaspoons freshly ground black pepper**
- 1 teaspoon garlic powder**
- 1 teaspoon kosher salt**
- 1 teaspoon dry mustard**
- 1 teaspoon liquid smoke**
- 1 medium onion, peeled, cut into ½-inch slices**
- ½ cup lager or ale**
- 2 cups (more to taste) purchased barbecue sauce**

Trim fat cap on top of brisket to ⅛-inch thickness. Do not remove it all – it helps to keep the brisket tender and moist. Combine the brown sugar, Worcestershire, pepper, garlic powder, salt, dry mustard, and liquid smoke. Rub all over the brisket. If time allows, cover and refrigerate overnight to marinate. Make a single layer of the sliced onions in the bottom of the ceramic pot of the Waring™ Slow Cooker. Add the lager.

Place the coated brisket on top. Cover and turn power selector to high. Set time to 10 to 12 hours and turn to low; slow cooker will automatically switch to warm setting. Remove the brisket, onions and cooking juices from the slow cooker and place in a shallow pan. Cover and refrigerate. One hour before serving, remove brisket from refrigerator. Preheat oven to 375°F. Remove hardened fat and discard. Remove brisket from cooking liquid. Strain liquid from onions and reserve for another use (you will have about 2 cups. This may be frozen – it is very good to use in soups); discard onions. Slice meat thin (1/8-inch thick slices) while cold.* Reassemble and place in roasting pan/baking dish. Spread 2 cups barbecue sauce evenly over the reassembled roast. Cover pan with lid or foil and place in preheated oven for 30 to 40 minutes, until heated through. Serve hot.

Alternatively, the meat can be sliced thick, then shredded using two forks or fingers. Stir in sauce and reheat until it just bubbles. After reheating, the Beef Barbecue may be placed in the slow cooker on low for 1 hour, then turned to warm when cooking time has elapsed.

*Thin slices will be easy to achieve using an electric knife.

Nutritional information per serving (based on 8 servings):
Calories 229 (31% from fat) • carb. 14g • pro. 25g • fat 8g • sat. fat 2g
• chol. 72mg • sod. 496mg • calc. 38mg • fiber 1g

Dilled Pot Roast

Makes 4 to 6 servings

- 1/3 cup unbleached all-purpose flour
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper
- 2 1/2 pounds beef roast, rump, chuck or arm cut
- 2 teaspoons vegetable oil
- 2 tablespoons Dijon-style mustard
- 2 onions, peeled and cut into eighths
- 2 carrots, peeled and sliced into 1-inch pieces
- 1 celery rib, with top, cut into 1-inch pieces
- 2 garlic cloves, peeled
- 1 teaspoon dill seed
- 1/2 teaspoon peppercorns
- 1/4 cup nonfat, low-sodium beef stock
- 1 tablespoon red wine vinegar

Sauce

cooking juices from beef

3 tablespoons instant flour

1 teaspoon Dijon-style mustard

1 teaspoon dill weed

½ cup lowfat sour cream

Combine flour with salt and pepper. Coat beef with flour mixture, shaking off excess. Heat oil in a 12-inch skillet over medium-high heat; brown beef on all sides. Transfer to platter or cutting board; cool for a few moments. Rub mustard evenly over all sides of the beef.

Place onions, carrots, celery, garlic, dill seed and peppercorns in the ceramic pot of the Waring™ Slow Cooker. Top with the mustard-coated beef. Pour in stock and vinegar. Cover and turn power selector to high. Set time to 10 to 12 hours and turn to low; slow cooker will automatically switch to warm when cooking time has elapsed.

Remove beef, transfer to storage container, strain and discard vegetables. Pour cooking juices over beef; cover and refrigerate overnight. One hour before serving, remove beef (reserve juices), and cut off visible fat. Place beef in a small roasting pan and reheat at 325°F for 30 to 45 minutes. Strain cooking juices into a 2¾-quart saucepan; discard fat. Add flour, mustard and dill weed; stir over medium heat until sauce comes to a boil and thickens. Remove from heat, cool briefly and stir in sour cream. Taste for seasoning and add ¼ teaspoon salt if desired. Cut meat into thin slices; pour some sauce over the top and pass the rest in a sauceboat.

Nutritional information per serving (based on 6 servings):

*Calories 226 (23% from fat) • carb. 16g • pro. 9g • fat 3g • sat. fat 1g
• chol. 6mg • sod. 420mg • calc. 53mg • fiber 2g*

New England Short Ribs

Makes 4 servings

½ cup unbleached all-purpose flour

½ teaspoon kosher salt

¼ teaspoon freshly ground pepper

2–2½ pounds short ribs

1 tablespoon vegetable oil

½ pound onions, peeled and cut into ½-inch dice

- ½ pound carrots, peeled and halved lengthwise**
- ½ pound new red potatoes, skin on, cut into 1 to 1½-inch cubes**
- ¼ pound turnips, peeled and cut into ½-inch dice**
- ¼ cup prepared horseradish**
- ½ cup beef stock**

Combine flour, salt and pepper. Coat short ribs with this mixture. Heat oil in a 12-inch skillet over medium high heat. Brown ribs and transfer them to a plate to cool a bit. Pour off fat, add onions and cook 1 minute; stir and scrape up all brown bits. Combine with carrots, potatoes and turnips. Coat short ribs with horseradish. Place in the ceramic pot of the Waring™ Slow Cooker. Cover with onions, carrots, potatoes and turnips. Pour in stock. Cover and turn power selector to high. Set time to 10 hours and turn to low; slow cooker will automatically switch to warm when cooking time has elapsed. Strain pan juices or use a fat mop to remove fat.

Nutritional information per serving:

*Calories 771 (58% from fat) • carb. 26g • pro. 56g • fat 50g • sat. fat 20g
• chol. 106mg • sod. 588mg • calc. 87mg • fiber 6g*

Pulled Pork Barbecue

Makes 10 servings

- 2½ pounds bone-in country-style spare ribs**
- ¾ teaspoon kosher salt**
- ½ teaspoon freshly ground black pepper**
- ½ teaspoon paprika**
- ½ pound onions, peeled and thickly sliced**
- 1–1½ cups barbecue sauce**

Trim ribs of excess fat. Season with salt, pepper and paprika. Layer seasoned pork and onions in ceramic pot of Waring™ Slow Cooker, ending with a layer of onions. Add water. Cover and turn power selector to high. Set time to 10 to 12 hours and turn to low; slow cooker will automatically switch to warm when cooking time has elapsed.

Transfer pork to a shallow food storage container. Strain liquid and discard onions. Pour liquid over pork. Cover and refrigerate. As it chills, the fat will solidify and rise to the top. Lift it off and discard. Remove pork from liquid (which will have gelled); reserve liquid for another use

(it is particularly good to use in the Cuban Black Bean (page 14) and Classic Split Pea (page 15) Soups – it may be strained and frozen, or discarded. Pull pork from bones; discard bones. Trim off and discard fat. Shred pork and place in ceramic pot of Waring™ Slow Cooker. Add 2 to 3 cups barbecue sauce; stir. Cook on low for 3 hours or on high for 2 hours. Set on warm to serve.

Nutritional information per serving (½ cup):

*Calories 326 (49% from fat) • carb. 11g • pro. 31g • fat 18g • sat. fat 7g
• chol. 107mg • sod. 411mg • calc. 28mg • fiber 1g*

Penne Lasagna

Makes 12 servings

- ½ cup freshly grated Parmesan**
- 8 ounces part-skim ricotta**
- ½ pound part-skim mozzarella, shredded, ½ cup reserved for topping**
- 3 teaspoons extra virgin olive oil, divided**
- 4 ounces white mushrooms, sliced**
- 1 teaspoon kosher salt, divided**
- ½ teaspoon freshly ground pepper, divided**
- ½ pound frozen chopped spinach, thawed and drained until very dry***
- ½ large onion, peeled and finely chopped**
- 2 garlic cloves, peeled and minced**
- ¼ pound ground turkey**
- 2 cans (8 ounces each) diced tomatoes, juices drained, divided**
- 8 ounces tomato sauce**
- 1 teaspoon dried basil**
- ½ teaspoon oregano**
- 6 ounces mini penne (or other small tubular pasta) cooked 5 minutes (until barely cooked), drained and cooled**
- cooking spray**

Combine Parmesan, ricotta and all but ½ cup of the mozzarella. Reserve. Heat a 12-inch nonstick skillet over medium high-heat; add

1 teaspoon oil and sauté mushrooms until golden brown. Season with ½ teaspoon salt and ¼ teaspoon pepper. Mix with drained spinach. Reserve.

Heat 1 teaspoon oil; sauté onions and garlic until soft, about five minutes. Set aside. In the same skillet, heat 1 teaspoon oil and brown the ground turkey; transfer to bowl with onions. Stir in 1 cup of the diced tomatoes and the remaining salt and pepper. Reserve. Combine tomato sauce, remaining diced tomatoes, basil and oregano; stir into pasta.

Lightly coat the interior of the ceramic pot of the Waring™ Slow Cooker with cooking spray. Using ⅓ of the pasta mixture, make a layer on the bottom of the ceramic pot. Spread meat mixture evenly over pasta. Cover with ½ the cheese mixture.

Make a second layer of pasta; top with spinach and mushroom mixture. Cover with remaining ricotta cheese mixture. Make a final layer of pasta and top with reserved mozzarella. Cover and turn power selector to high. Set time to 6 hours and turn to low; slow cooker will automatically switch to warm when cooking time has elapsed.

*To drain spinach thoroughly, first squeeze out as much water as possible with your hands. Lay the spinach on a clean towel, roll up, and wring out the rest. You will end up with about ½ cup dry spinach that can then be mixed with the mushrooms.

Nutritional information per serving (½ cup):

*Calories 394 (35% from fat) • carb. 39g • pro. 24g • fat 15g • sat. fat 8g
• chol. 45mg • sod. 930mg • calc. 574mg • fiber 6g*

Butternut Squash & Mushroom Scallop

Makes 8 servings

- 1 ounce Parmesan, cut in half**
- 2½ ounces bread, about 3 slices, crusts on, torn into quarters**
- 1 teaspoon thyme**
- 2 tablespoons butter, divided**
- 1 garlic clove, peeled and cut in half**
- 1 shallot, peeled and cut in half**
- 1 tablespoon olive oil**

- 8 ounces white mushrooms, sliced**
- ½ teaspoon kosher salt**
- ¼ teaspoon freshly ground pepper cooking spray**
- 3 pounds butternut squash, trimmed, cut into ⅛-inch slices**

To grate the cheese, drop pieces through the small feed tube of a food processor while the machine is running. Process until almost grated and drop the bread pieces through the tube; pulse until they become fine crumbs. Add the thyme and 1 tablespoon butter. Pulse until combined. Reserved seasoned crumbs.

In the same work bowl, with the motor running, drop garlic and shallot through the small feed tube and process until they are finely chopped. In a 13-inch skillet, warm olive oil over medium-high heat. Sauté the garlic, shallot and mushrooms together until they are lightly browned (if mushrooms crowd the pan, brown in two batches). Season with salt and pepper. Lightly coat the interior of the ceramic pot of the Waring™ Slow Cooker with cooking spray. Using ½ of the squash, make a layer on the bottom. Continue layering with ½ the mushroom mixture and then ½ the crumbs. Repeat. Cut remaining tablespoon of butter into small pieces and dot the top. Cover and turn power selector to high. Set time to 5 hours and turn to low. Slow cooker will automatically switch to warm until ready to serve.

Nutritional information per serving (1 cup):

*Calories 196 (27% from fat) • carb. 33g • pro. 6g • fat 7g • sat. fat 3g
• chol. 11mg • sod. 831mg • calc. 156mg • fiber 8g*

New Potatoes with Rosemary

Makes 6 servings

- 2 pounds new potatoes, washed but left whole**
- 1 tablespoon extra virgin olive oil**
- 1½ tablespoons finely chopped fresh rosemary**
- 2 garlic cloves, peeled and minced**
- ½–¾ teaspoon kosher salt**
- ¼ teaspoon freshly ground pepper**

Combine all ingredients in ceramic pot of Waring™ Slow Cooker. Cover and turn power selector to high. Set time to 4 hours and turn to low; slow cooker will automatically switch to warm when cooking time has elapsed.

Nutritional information per serving:
Calories 154 (14% from fat) • carb. 31g • pro. 3g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 118mg • calc. 15mg • fiber 3g

Vegetable Tian

Makes 8 servings

- 8 ounces fresh breadcrumbs**
- ½ cup parsley leaves, chopped**
- 2 garlic cloves, peeled and chopped**
- ½ ounce Parmesan cheese, grated**
- 2 tablespoons extra virgin olive oil**
- 1 tablespoon unsalted butter, melted**
- 1 teaspoon dried thyme**
- 1 teaspoon dried oregano**
- 1 teaspoon kosher salt**
- ½ teaspoon freshly ground pepper**
- ¾ pound all-purpose potatoes in their skins, washed, cut into ⅛-inch slices**
- 1 large zucchini (1 pound total), cut into ⅛-inch slices**
- ¾ pound Italian plum tomatoes, cut into ⅛-inch slices**
- cooking spray**

To make seasoned breadcrumbs, combine crumbs, parsley, garlic, Parmesan, olive oil and butter in a medium bowl. Stir to coat crumbs with oil and butter; reserve. Combine thyme, oregano, salt and pepper in a small bowl; reserve. Pat dry excess liquid from tomatoes with paper towel.

Lightly coat the interior of ceramic pot of the Waring™ Slow Cooker with cooking spray. Distribute half the crumb mixture on bottom. Arrange potatoes in a circular layer. Season with half the herb mixture. Repeat layering with zucchini, herbs, tomatoes and top with remaining breadcrumb mixture.

Cover and turn power selector to high. Set time to 6 hours and turn to low. Slow cooker will automatically switch to warm until ready to serve.

Nutritional information per serving:
Calories 200 (29% from fat) • carb. 31g • pro. 6g • fat 7g • sat. fat 2g
• chol. 6mg • sod. 347mg • calc. 76mg • fiber 3g

Wild Mushroom Ragout

Makes 8 servings

- cooking spray**
- 2 ounces dried mushrooms (shiitake, porcini)**
- 8 ounces mixed wild mushrooms (shiitake, cremini, oyster, chanterelle)**
- 3 tablespoons unsalted butter, divided**
- 3 tablespoons extra virgin olive oil, divided**
- 1½ cups minced shallots**
- ½ cup dry sherry**
- ¾ pound white button mushrooms, quartered**
- ¾ pound (approximately) portobello mushrooms, cut into ½-inch slices**
- 1 red bell pepper, cored, seeded, thinly sliced**
- 3 green onions, cut into ⅛-inches slices**
- ½ cup lightly packed chopped parsley, divided**
- 1 teaspoon thyme**
- 1 teaspoon kosher salt**
- ½ teaspoon freshly ground pepper**
- 3 tablespoons salt-free tomato paste**
- 1 cup chicken or vegetable stock**

Lightly coat interior of ceramic pot of the Waring™ Slow Cooker with cooking spray.

Place dried mushrooms in small bowl; cover with 2 cups boiling water. Let stand for 10 minutes; drain, reserving soaking liquid. Remove and discard tough stems; chop. Place in ceramic pot of Waring™ Slow Cooker with mixed wild mushrooms.

Heat 1 tablespoon each butter and olive oil in a 13-inch nonstick skillet over medium heat. Add shallots; cook until soft, about 5 minutes. Add sherry; bring to boil. Cook until reduced by half. Add to dried and wild mushrooms in slow cooker.

Heat ½ tablespoon each butter and oil in same skillet; cook white mushrooms in two batches until golden. Transfer to slow cooker. Brown portobellos in remaining butter/oil in 2 batches. Transfer to slow cooker. Add red pepper, green onions, parsley, thyme, salt and pepper to slow cooker. Combine tomato paste, reserved mushroom liquid and chicken stock; stir in. Cover and turn power selector to high. Set time to 4 hours

and turn to low. Slow cooker will automatically switch to warm until ready to serve.

Serve as a side dish or as a topping for bruschetta.

Nutritional information per serving (1 cup):

*Calories 204 (42% from fat) • carb. 24g • pro. 5g • fat 10g • sat. fat 3g
• chol. 12mg • sod. 246mg • calc. 31mg • fiber 4g*

Ginger Poached Pears

No time to fuss with dessert – here is one to fix and forget.

Served chilled it is an easy, do-ahead dessert that is healthy too.

Makes 4 servings

juice of 1 lemon

1 can ginger ale

2 strips lemon peel, 2 x ½-inch, bitter white pith removed

6 slices (size of a quarter) fresh ginger

4 medium pears (Bartlett, Anjou, or Bosc), slightly underripe, but fragrant – with stems

2 tablespoons chopped crystallized ginger

Combine lemon juice and 4 cups water in a medium bowl. Place the ginger ale, lemon peel, and fresh ginger in the ceramic pot of the Waring™ Slow Cooker; stir. Peel the pears, leaving the stem intact; cut a thin slice from the bottom of each pear so that it stands upright. As each pear is peeled, dip into the lemon water to prevent darkening and stand it in the ginger liquid in the Slow Cooker.

Cover and turn power selector to high. Set time to 4 hours and turn to simmer. When pears are tender, turn slow cooker off. Allow pears to cool in poaching liquid. Chill in liquid. (If desired, before serving, liquid may be thickened to a syrup-like consistency by simmering until it is reduced by half.)

To serve, arrange each pear on a deep plate (rimmed soup bowl works well). Spoon poaching liquid over pears. Sprinkle with chopped crystallized ginger.

Nutritional information per serving:

*Calories 174 (5% from fat) • carb. 44g • pro. 1g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 14mg • calc. 43mg • fiber 5g*

Baked Apples

Makes 4 servings

- ¾ cup brown sugar packed**
- ¾ teaspoon cinnamon**
- ¼ teaspoon freshly grated nutmeg**
- ¼ cup dried cherries or cranberries**
- ¼ cup raisins**
- ¼ cup slivered almonds, lightly toasted**
- 4 medium-large baking apples
(Rome, Granny Smith, Braeburn, or Gala)**
- 1 tablespoon unsalted butter, cut into ¼-inch pieces**
- ⅓ cup apple juice or cider**

Mix brown sugar with cinnamon and nutmeg in a medium bowl. Set aside ¼ cup sugar mix for topping. Add cherries, raisins and almonds and combine to make filling.

Core apples ¾ of the way down. With a melon baller, scrape out a small cavity (about ¼ cup). Peel top ⅓ of the apples. Stuff some filling in each cavity. Reserve any excess filling.

Place prepared apples in ceramic pot of the Waring™ Slow Cooker. Sprinkle remaining sugar and spice mix over tops. Dot each with ½ teaspoon butter. Pour apple juice around edges. Cover and turn power selector to high. Set time to 4 hours and turn to low. Slow cooker will automatically switch to warm until ready to serve.

To serve, place apples on dessert plates. Top with any loose nuts and fruit. Drizzle with pan juices.*

***Note:** You can thicken the cooking juices to make a sauce. Carefully strain liquid into a 1¾-quart saucepan; set over medium high heat and boil until reduced and thickened. Pour over apples or serve on the side.

Nutritional information per serving:

*Calories 351 (17% from fat) • carb. 75g • pro. 2g • fat 7g • sat. fat 2g
• chol. 7mg • sod. 16mg • calc. 71mg • fiber 6g*

Winter Fruit Crisp

Makes 8 to 12 servings (6 cups)

Fruit

- cooking spray**
- 6 ounces mixed dried fruits (apples, pears, apricots, dried plums)**
- 2 large Golden Delicious apples, peeled, cored and cut into 1/8-inch dice**
- 2 Bosc pears, peeled, cored and cut into 1/8-inch dice**
- 3/4 cup dried cranberries**
- 1 whole cinnamon stick**
- grated zest of one orange**
- 1/2 cup sugar**
- 1 tablespoon chopped crystallized ginger or 1 teaspoon ground ginger**
- 1/2 teaspoon freshly grated nutmeg**
- 3/4 tablespoon dark rum or brandy**
- 1 teaspoon pure vanilla extract**

Crumb Topping

- 1 cup unbleached, all-purpose flour**
- 1 cup uncooked oats, quick or regular**
- 3/4 cup packed brown sugar**
- 1/2 teaspoon freshly grated nutmeg**
- 12 tablespoons unsalted butter, softened (1 1/2 sticks)**

Lightly coat the interior of the ceramic pot of the Waring™ Slow Cooker with cooking spray. Cut any large pieces of dried fruit into 1- to 2-inch pieces; place in prepared slow cooker. Add dried fruits, apples, pears and cranberries; stir gently. Add cinnamon, orange zest, sugar, ginger, nutmeg, rum and vanilla; stir gently to combine.

Put the flour, oats, brown sugar and nutmeg in a medium bowl; stir. Add the butter and knead, using fingers, until the mixture resembles large crumbs. Sprinkle this crumb topping over fruit, patting it down lightly. Cover and turn power selector to high. Set time to 4 hours and turn to low. Slow cooker will automatically switch to warm until ready to serve. When done, fruits will be tender and bubbling and topping will be lightly browned.

Serve warm with ice cream or frozen yogurt.

Nutritional information per serving (based on 12 servings):
Calories 371 (29% from fat) • carb. 64g • pro. 3g • fat 13g • sat. fat 7g
• chol. 31mg • sod. 14mg • calc. 38mg • fiber 5g

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