

# **INSTRUCTION MANUAL**

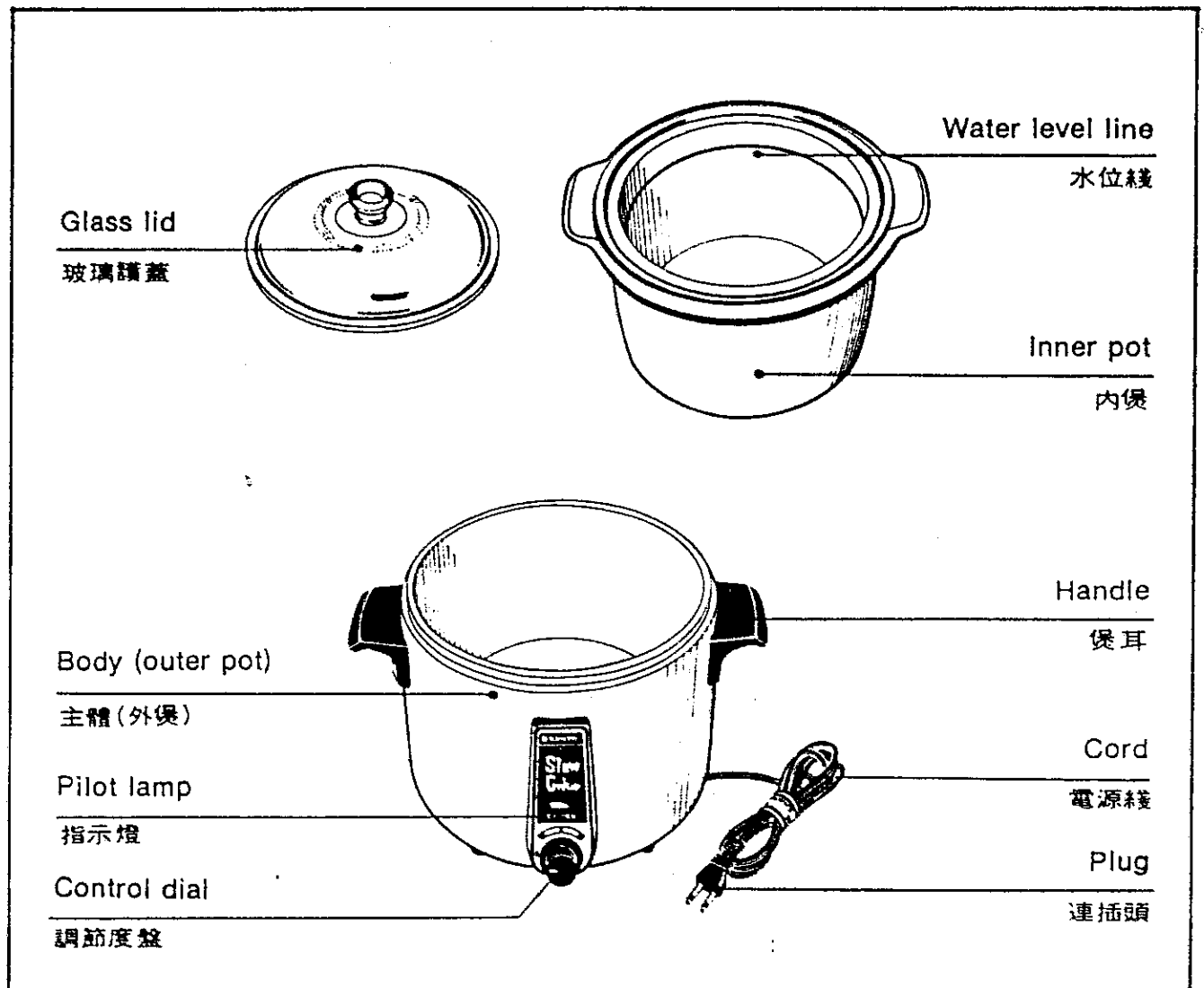
**ESC270**

**ESC271**

**ESC450**

**ESC451**

# NAME OF PARTS 結構部位名稱



## SPECIFICATIONS 規格

Model No.	ESC 450
Rated power	230W
Capacity	4.5 liters
Switch	OFF-LOW-MED-HIGH
Dimensions	10-1/8"(H) x 13-13/32"(W) x 10-11/16"(D) (275 x 350 x 272mm)
Weight	12 lbs. 4 ozs. (5.6 kg)
型號	ESC 450
額定功率	230 瓦特
容量	4.5 升
熱度之轉換	斷開·低·中·高 (OFF-LOW-MED-HIGH)
尺寸大小	10 1/8 (高) × 13 13/32 (寬) × 10 11/16 (深) 吋 (275 × 350 × 272 毫米)
重量	12 磅 4 盎司 (5.6 公斤)

Thank you for your purchase of the Sanyo Slow Cooker.  
Please read these instructions carefully before using.

深謝選購三洋電子瓦罉。當要使用以前，務請先細讀此本小冊子為荷。

## FEATURES

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### **Cooks all day while the cook's away**

Low-temp cooking all day without any supervision. Food can be placed inside in the morning and cooked to peak flavor by evening. Perfect for working women, shoppers, people on the move.

### **Added flavor to favorite foods**

Slow, penetrating cooking that makes roasts and stews so much tastier. Even the tougher grades of meat become, tender, succulent. Ideal for casseroles, curries,

cakes, vegetables and an endless variety of gourmet favorites.

### **Inner pot, glass lid included**

Easy to care for, easy to wash. The inner pot quickly removes for thorough cleaning, and the glass lid allows instant checking of the contents during cooking.

### **One-dial control, complete safety**

A single dial is provided for heat regulation(OFF, LOW, MED, HIGH). The unit has been fully checked and tested to provide accident-free cooking year after year.

## 特點

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### **烹調整天，自理得宜**

憑其低溫烹調一整天，無需特別的監視管理。早晨下班出門，夜晚回家時已成為美味可口的菜肴。不管是就業婦女，或者是上班買東西的人或在外活動的人，備之一罉，無不咸宜。

### **美味可口，美上加味**

文火慢燉燻肉，軟嫩可口，津津有味。適合用來燻肉、燻魚、燻雞、燻鴨、燻菜、燻豆腐、燻麵、燻麵、燻麵、燻麵。

### **備有內煲及玻璃護蓋**

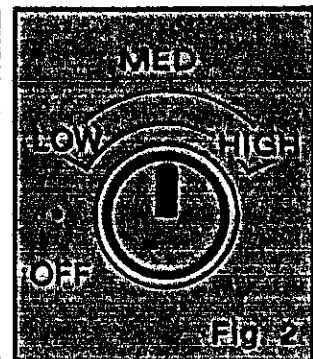
放心使用，保養簡單，清潔容易。內煲可以隨便取出來洗淨徹底，玻璃護蓋更便於供人透視菜肴之煮燻情形，無需打開蓋子觀察，一目了然。

### **單度盤操作式，保險可靠，順捷實用**

熱度之調節為單度盤操作式。調節位置有OFF、LOW、MED、HIGH（關閉、低、中、高），簡捷簡單，理想實用。凡是三洋的榮譽出品，均經過嚴密的檢驗之後才應市。經久耐用，決無故障。

## HOW TO USE 使用要領

1. Place the food to be cooked into the inner pot and secure the lid (Fig. 1).
  - To prevent overflowing, do not fill the inner pot above the water level line.
2. Plug into an ordinary AC outlet.
3. Turn the control dial (Fig. 2).
  - a) The control dial should be adjusted in accordance with the type of food being cooked. When the Slow Cooker is operating, the pilot lamp is lit.
  - b) Choose the proper position of the control dial (LOW-MED-HIGH) in accordance with the type of food, time and individual cooking preferences.
  - c) Since the cooker becomes very hot and moisture evaporation is fast when the switch is set at HIGH, be careful not to burn the food. LOW should only be used to keep food warm. Do not attempt to cook food in the LOW position.
  - d) Determine the proper amount of water to prevent boiling over or burning during cooking. To clean off food baked onto the surface of the inner pot, fill it with hot water and let it soak before cleaning. Do not use cold water while the inner pot is still hot. This cools it off too quickly and could damage it.
  - e) The inner pot with prepared food can be placed directly on the table, but be sure to put a coaster under the pot.



1. 放入所要烹調的材料於內煲之中，然後蓋好護蓋。(請參照第1圖)
  - ※放入於內煲中的材料不宜超出水位綫，以免在煮開時噴出煲外。
2. 將電源綫之插頭插入於一般家庭的電燈綫電源(交流電)輸出口。
3. 擰轉熱度轉換旋鈕，以便調準所要的熱度。(請參照第2圖)
  - a). 所要的熱度位置，請看要做甚麼菜而加以適當的調準。一旦接通了電源，指示燈就照亮告示。
  - b). 所要的熱度調節位置，請看菜色之種類、分量、煮燻時間以及個人的嗜好而加以適當的選定(低:LOW、中:MED、高:HIGH)。
  - c). 使用在熱度轉換旋鈕調準於HIGH位置時，請加以十分的注意才是，因為此時之熱量甚多，水分之蒸發迅速，容易煮糊內食物。至於LOW位置，請限制使用在保持食物之溫暖狀態時，絕對不要使用在烹調菜肴時。
  - d). 水之分量要決定得宜，以免發生焦糊或煮乾。
  - e). 第一焦糊時，請將熱水於內煲，並使之浸漬一段時間之後才洗淨之。此時，切忌用太熱或急劇的洗滌，以免損壞內煲。
  - f). 煮菜告完了時，當然可以取出內煲來擺在桌巾等上面，但一定要鋪一層墊子在煲底，以便保護桌巾免受熱度影響。

## A FEW THINGS TO AVOID

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1. Do not over-crowd electrical outlets with more than one appliance.  
Be sure to use the proper outlet for the Sanyo Slow Cooker (local voltage).
2. Be careful not to drop the glass lid or inner pot. Handle them with care to prevent breakage.
3. The glass lid and inner pot cannot withstand sudden heating nor cooling. Rapid contraction or expansion can damage them.  
When they are heated, do not put them in cold water. Do not put them directly over a heat source.
4. Never wash the body (outer pot) in water. This will destroy insulation, wiring, etc.
5. Never put food directly into the body (outer pot). Always use the inner pot.
6. Do not allow water to get in between the inner and outer pots during cooking.
7. Be careful not to drop the body or allow it to be banged. Make sure that cooking takes place on a stable, level surface.
8. Do not cook close to a faucet, gas range, heater or open window. Take care to eliminate splashing water, wind, direct heat and direct sunlight.
9. Do not touch the body of the unit when it is operating; it becomes quite hot. Take extra precautions to keep the unit out of the reach of children.
10. Do not operate the unit on vinyl and other inflammable table cloths. Also, keep it at least 10cm away from the nearest wall.
11. Do not attempt to put the glass lid into the outer pot.
12. Keep inflammables away from the electrical outlet.
13. Don't yank the cord to disconnect the plug. Always grasp the plug and pull gently.
14. Avoid using a loosely connected outlet. It can easily overheat. Also avoid connecting two or more cords together. Cords that are improperly connected are dangerous.
15. Do not allow the cord to come in contact with the heated body or lid of the Slow Cooker.
16. Do not leave the unit plugged in when cooking is completed. When the food is ready, turn the control dial to OFF and disconnect the plug from the outlet. Do not turn on the unit when it is empty. This could damage it. Also, make sure that the pilot lamp turns off when the control dial is turned to OFF.
17. Do not attempt to take apart or repair the unit. It requires an expert. If troubles occur, consult the store where the Slow Cooker was purchased or your nearest Sanyo Service Center.

## CARE AND MAINTENANCE 保養上須知

1. Clean the body (outer pot) by wiping it with a soft cloth moistened in water. Make sure that the unit is disconnected from the electrical outlet and completely cool before cleaning. If it is heavily soiled, use a cloth moistened with a neutral detergent.
    - Do not use thinner, benzine, polishing powder or scrubbing brushes. Do not immerse the body (outer pot) in water.
  2. Use a sponge or cloth to wash the glass lid and inner pot. Clean only after disconnecting the plug from the electrical outlet and allowing the unit to completely cool. A neutral detergent can be used for cleaning. Make sure the lid and inner pot are wiped dry before replacing them.
  3. Store in a clean, well ventilated place.
1. 主體(外煲)之表面若有污跡, 請用柔軟的布條浸一點水拭擦之。如果沾污狀態嚴重, 不妨浸一點中性洗劑加以拭擦。但應該留意, 首先要從交流電輸出口插座拔出插頭來, 並等它身上的熱度消失了, 然後才行之。  
※切忌使用稀料、揮發油、磨以及刷子等。  
至於浸在水中洗之, 當然亦絕對不行。
  2. 內煲及玻璃護蓋上之污跡, 請等其身上的熱度消失了之後才用布條或海綿狀擦子加以洗淨便可。沾污狀態嚴重時, 當然尚不妨使用中洗劑。洗淨完了之後, 一定要拭擦乾淨其上面的水分。
  3. 不使用時, 請把它存放在清潔衛生的通風處。

# SANYO SLOW COOKER SPECIALS

## Beef Stew

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Beef .....	650 g	Pepper .....	Sprinkling
Potatos .....	4 (400 g)	Consomme cubes...	3
Carrots .....	3 (300 g)	Water .....	5-1/2 cups
Onions .....	3 (400 g)	Salad oil .....	Small amount (for frying)
Celery .....	1 stalk	Bay leaves .....	3
Parsley .....	Sprinkling		
Butter .....	4 tablespoons		
Flour .....	6 tablespoons		
White wine .....	1/2-cup		
Pureed tomato .....	2/3-cup		
Salt .....	2~3 teaspoons		

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### Preparation

- a) Cut the beef into 2cm cubes. Sprinkle them with salt and pepper and fry them over a strong fire, adding white wine.
- b) Cut the vegetables into appropriate sizes.
- c) Cut the parsley very finely.
- d) Fry the flour with butter for a short time and dilute with one cup of water.

### Cooking

1. Mix a) and b) with pureed tomatoes, consomme (crushed), and salt. Add 4-1/2 cups of water and cook at MED for 5 hours.
2. Add d) and cook at MED for 2 more hours.
3. Serve after garnishing with c).

## Vegetable Soup

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**Onions** .....3 (400 g)  
**Carrots**.....3 (300 g)  
**Potatoes** ..... 3 (300 g)  
**Celery** .....2 stalks  
**French beans**....7  
**Butter** .....Small amount  
**Parsley**.....Small amount  
**Sugar** .....Small amount

**Salt** .....Sprinkling  
**Pepper** .....Sprinkling  
**Soup** .....8 cups

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### Preparation

- a) Cuts onions, carrots, potatoes and celery into appropriate sizes.
- b) Boil French beans in salt water and cut into thin pieces.
- c) Cut parsley into small pieces.
- d) Soup varieties are possible, i.e., be mixing 6 soup cubes with 8 cups of water.

### Cooking

1. Put all of the food except the parsley and French beans in the inner pot of the Slow Cooker. Add condiments. Set to MED and cook for 4 to 6 hours.
2. Add salt if necessary.
3. Garnish with French beans and parsley and serve.



## Beef Curry

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Beef (cut into cubes for curry) ...	400 g	Raisins .....	70 g
Potatoes .....	4 (400 g)	Consomme cubes ...	3
Carrots.....	2 (200 g)	Worcestershire sause.....	
Onion .....	5 (700 g)	.....	2~3 tablespoons
Garlic .....	1	Salt .....	Sprinkling
Ginger .....	15 g	Pepper.....	Sprinkling
Flour .....	11 tablespoons	Water .....	6 cups
Curry powder .....	3~4 tablespoons	Salad oil .....	Small amount (for frying)
Butter .....	3 tablespoons		

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### Preparation

- Cut beef into 2cm cubes and sprinkle with salt and pepper.
  - Cut potatoes and carrot according to preferences.
  - Cut onion into small pieces.
  - Cut garlic and ginger into small pieces.
  - Cut raisins into small pieces.
  - Prepare the curry base in the following manner:
    - Fry d) in butter, add flour (a small amount at a time) and curry powder. Mix thoroughly while frying.
    - Dilute d) by adding a cup of water (a small amount at a time). Dilute further with 2 (Cooking).
- The base may be substituted with an instant curry mix for 6 or 8 persons. Add an appropriate amount of flour to suit individual tastes.

### Cooking

- Fry c) with salad oil until it turns brown. Then add a) while frying.
- Add 1), b), e). Put in Worcestershire sauce, salt, consomme cubes (crushed) and 5 cups of water. Cook at MED for 4 hours.
- Add curry base and cook at MED for 2 to 3 hours.

### Note

- Increase the amount of curry powder and flour to suit individual tastes.
- To improve the flavor, add grated apples, cinnamon, nutmeg and other flavorings.



**SANYO**

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