



blue
jean
CHEF

IMPORTANT NOTICE

Please read operating instructions before using this product. Please keep original box and packing materials in the event that service is required.

For questions or concerns please contact customer service at:

Synergy Housewares, LLC.

Toll-free: 866-444-4033

Hours: M-F 9:00am-5:00pm EST

Website: bjcwarranty.synergyhousewares.com

Email: bjcwarranty@synergyhousewares.com

Printed in China

Model SBJCMSC65

Automatic Slow Cooker

Use & Care

IMPORTANT SAFEGUARDS

When using electrical appliances, 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 before using this appliance.
- 2 This appliance gets hot during use. Do not touch hot surfaces. Use handles or knobs.
- 3 To protect against electric shock, do not place or immerse cord, plugs, or appliance in water or other liquid.
- 4 This appliance is not to be used by children or by persons with reduced physical, sensory or mental capabilities.
- 5 Close supervision is necessary when any appliance is used near children
- 6 Unplug from outlet when not in use, before putting on or taking off parts and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning. To disconnect, turn any control to OFF, then unplug power cord from outlet by grasping the plug, not the cord.
- 7 Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return the appliance to the nearest authorized service facility for examination, repair, or adjustment.
- 8 The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
- 9 Do not use outdoors or for commercial use.
- 10 Do not let cord hang over edge of table or counter, or touch hot surfaces.
- 11 Do not use an extension cord with this appliance. An extension cord or the appliance cord can be tripped over or pulled on by children and could cause serious burns from hot contents.
- 12 Do not place on or near a hot gas or electric burner, or in a heated oven.
- 13 Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
- 14 Use caution when opening the lid during or after a cooking cycle. Escaping steam can cause burns.
- 15 To avoid injury or damage to the appliance do not use this appliance for other than intended use.
- 16 Intended for household countertop use only. Keep 6 inches away from the wall and on all sides. Always use appliance on a dry, stable, level surface. Never use this appliance inside a cabinet
- 17 Thermal shock could cause your ceramic pot to crack. To avoid this, never add cold food or liquids into a heated pot.
- 18 Your Slow Cooker lid is made of tempered glass, otherwise known as safety glass. Before each use check your lid for chips, cracks, or any other damage. Never use a damaged lid as it can shatter during use.

19 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.

20 To prevent spillover of hot liquids during cooking never fill your slow cooker pot more than $\frac{3}{4}$ full.

SAVE THESE INSTRUCTIONS HOUSEHOLD USE ONLY

Additional Safety Information

GROUNDING INSTRUCTIONS: This appliance must be grounded. It is equipped with a 3-prong cord having a grounded plug. The plug must be plugged into an outlet which is properly installed and grounded.

WARNING: Improper use of the grounded cord can result in the risk of electric shock. Consult a qualified electrician if necessary. Do not attempt to defeat this safety feature by modifying plug.

A short power-supply cord is provided to reduce the hazards resulting from entanglement or tripping over a long cord. Do not use an extension cord with this appliance.



Meet Meredith

Welcome and thank you for purchasing from my Blue Jean Chef Housewares and Kitchen Collection!

I have always loved food! Luckily for me, I've been able to turn this love of food into a career in cooking and have spent the last twenty-five years sharing this passion with family, friends, students, co-workers and anyone around me. I began working in the culinary world as baker in a small independent bistro in Canada. Then after culinary school, I became a line cook in Michelin-starred restaurants in France and California. I've worked as an instructor at a culinary school, as a test kitchen manager and recipe developer, as a home cooking teacher, as a live television cooking personality and I've authored 8 cookbooks.

My passion for teaching led me to create Blue Jean Chef® as a vehicle to reach more people not only through my website, but through cooking school videos, cookbooks, social media and now kitchen equipment and housewares. My promise to you is that every product that bears the Blue Jean Chef® name has been carefully considered, touched and tested by me. I believe good kitchen equipment is a key ingredient to success and your success is what matters most.

"I created Blue Jean Chef®, hoping to help you become as comfortable and confident in your kitchen as you are in blue jeans."

Meredith Laurence

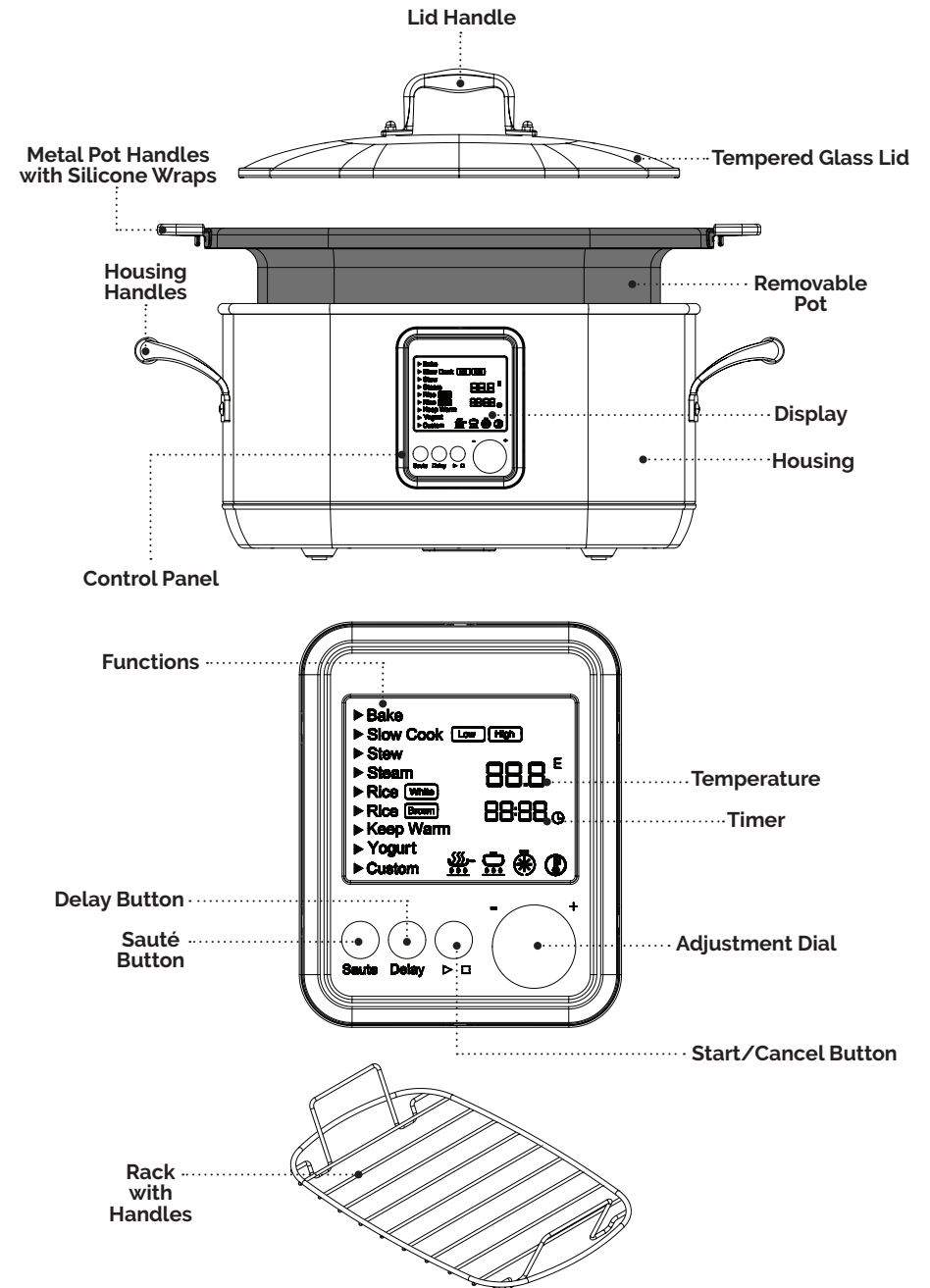
Please visit me at bluejeanchef.com, or follow me as bluejeanchef on:



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Get to Know Your Slow Cooker



Actual product may differ slightly from illustrations in this manual

Using Your Slow Cooker

- 1 Place your Slow Cooker on a stable, dry, level countertop.
- 2 Plug in the appliance. A beep will sound and the Display will illuminate showing all functions. The appliance is in standby mode whenever all functions are visible.
- 3 The Adjustment Dial is used to select the cooking function and adjust the time and temperature if applicable to the desired function.
- 4 The Rack with Handles can be used to elevate the food or cooking vessels above liquid contents such as when steaming, baking or when your recipe calls for it.

Bake

DEFAULT TEMP	DEFAULT TIMER HH:MM	TEMPERATURE RANGE	TIMER RANGE HH:MM
350°F	01:00	250-425°F	00:10-04:00

- 1 While in standby mode, turn the Adjustment Dial to select the "Bake" function. The Display will show the default temperature and time.
- 2 To change the Temperature, press the Adjustment Dial in and release until the Temperature begins to blink. Turn the Adjustment Dial left or right to turn the Temperature up or down.
- 3 To change the Timer, press the Adjustment Dial in and release until the Timer begins to blink. Turn the Adjustment Dial left or right to adjust the Timer up or down.
- 4 To begin the cooking process, press the Start/Cancel Button one time. The display will change to just show the selected function along with the Temperature. Countdown timer will start after selected temperature has been reached.
- 5 To cancel the cooking process at any time, press the Start/Cancel Button one time and the Display will change back to standby mode.

Slow Cook

DEFAULT TEMP	DEFAULT TIMER HH:MM	TEMPERATURE RANGE	TIMER RANGE HH:MM
N/A	LOW: 06:00 HIGH: 04:00	LOW or HIGH	00:30-24:00

- 1 While in standby mode, turn the Adjustment Dial to select the "Slow Cook" function. The Display will show the default temperature and time.
- 2 To change the Temperature, turn the Adjustment Dial left or right to select between Low or High.
- 3 To change the Timer, press the Adjustment Dial in and release until the Timer begins to blink. Turn the Adjustment Dial left or right to adjust the Timer up or down.
- 4 To begin the cooking process, press the Start/Cancel Button one time. The display will change to just show the selected function along with the Temperature and Timer setting in countdown mode
- 5 To cancel the cooking process at any time, press the Start/Cancel Button one time and the Display will change back to standby mode.

Stew

DEFAULT TEMP	DEFAULT TIMER HH:MM	TEMPERATURE RANGE	TIMER RANGE HH:MM
N/A	02:00	N/A	00:15-04:00

- 1 While in standby mode, turn the Adjustment Dial to select the "Stew" function. The Display will show the default time only, the temperature will be maintained at 195°F.
- 2 To change the Timer, press the Adjustment Dial in and release until the Timer begins to blink. Turn the Adjustment Dial left or right to adjust the Timer up or down.
- 3 To begin the cooking process, press the Start/Cancel Button one time. The display will change to just show the selected function along with the Temperature. Countdown timer will start after selected temperature has been reached.
- 4 To cancel the cooking process at any time, press the Start/Cancel Button one time and the Display will change back to standby mode.

Steam

DEFAULT TEMP	DEFAULT TIMER HH:MM	TEMPERATURE RANGE	TIMER RANGE HH:MM
N/A	00:15	N/A	00:01-02:00

- 1 While in Standby mode, turn the Adjustment Dial to select the "Steam" function. The display will show the default time only, the temperature will be maintained at 212°F.
- 2 To change the Timer, press the Adjustment Dial in and release until the Timer begins to blink. Turn the Adjustment Dial left or right to adjust the Timer up or down.
- 3 To begin the cooking process, press the Start/Cancel Button one time. The display will change to just show the selected function. Countdown timer will start after selected temperature has been reached.
- 4 To cancel the cooking process at any time, press the Start/Cancel Button one time and the Display will change back to standby mode.

Rice - White

DEFAULT TEMP	DEFAULT TIMER HH:MM	TEMPERATURE RANGE	TIMER RANGE HH:MM
N/A	N/A	N/A	N/A

- 1 While in standby mode, turn the Adjustment Dial to select the "Rice - White" function. The Display will not show Temperature or Time in this mode. Rice cooking time varies by amount of water to rice based on your personal preference. As a general rule use equal portions of rice to water. The Rice Cooker mode will automatically switch to Keep Warm mode after it senses that all the water all been absorbed by the rice.
- 2 To begin the cooking process, press the Start/Cancel Button one time. The Display will change to just show the selected function.
- 3 To cancel the cooking process at any time, press the Start/Cancel Button one time and the Display will change back to standby mode.

Rice - Brown

DEFAULT TEMP	DEFAULT TIMER HH:MM	TEMPERATURE RANGE	TIMER RANGE HH:MM
N/A	N/A	N/A	N/A

- 1 While in standby mode, turn the Adjustment Dial to select the "Rice - Brown" function. The Display will not show Temperature or Time in this mode. Rice cooking time varies by amount of water to rice based on your personal preference. As a general rule when cooking brown rice use 1-1/4 cups of water for every 1 cup of rice. The Rice Cooker mode will automatically switch to Keep Warm mode after it senses that all the water all been absorbed by the rice.
- 2 To begin the cooking process, press the Start/Cancel Button one time. The Display will change to just show the selected function.
- 3 To cancel the cooking process at any time, press the Start/Cancel Button one time and the Display will change back to standby mode.

Keep Warm

DEFAULT TEMP	DEFAULT TIMER HH:MM	TEMPERATURE RANGE	TIMER RANGE HH:MM
N/A	10:00	N/A	01:00-10:00

- 1 While in standby mode, turn the Adjustment Dial to select the "Keep Warm" function. The Display will show the default time only, the temperature will be maintained at 160°F.
- 2 To change the Timer, press the Adjustment Dial in and release until the Timer begins to blink. Turn the Adjustment Dial left or right to adjust the Timer up or down.
- 3 Press the Start/Cancel Button one time. The Display will change to just show the selected function along with the Timer in countdown mode.
- 4 To cancel the Keep Warm process at any time, press the Start/Cancel Button one time and the Display will change back to standby mode.

Yogurt

DEFAULT TEMP	DEFAULT TIMER HH:MM	TEMPERATURE RANGE	TIMER RANGE HH:MM
N/A	08:00	N/A	04:00-24:00

- 1 Bring desired amount of milk to 180°F on a stovetop. We recommend a minimum of 1 quart and maximum of 1 gallon of milk when making yogurt in your Slow Cooker.
- 2 Remove the milk from the heat then place your pot on a cooking rack or trivet. You can speed up the cooling process by transferring the milk to a cool saucepan then placing it in cool water or an ice bath. When the milk temperature reached 110°F, pour it into the Removable Pot.
- 3 Add your yogurt starter and whisk until the yogurt has dissolved. A starter can be any plain yogurt with live and active cultures. We recommend letting the plain yogurt starter reach room temperature prior to adding to the milk. For 1 quart of milk, 1 generous teaspoon of a healthy starter is plenty. Use 1 tablespoon for a half gallon. Adjust up or down based on the amount of milk used.
- 4 While in standby mode, turn the Adjustment Dial to select the "Yogurt" function. The Display will show the default time (the temperature is not adjustable as the yogurt needs to incubate at 110°F).
- 5 To change the Timer, press the Adjustment Dial in and release until the Timer begins to blink. Turn the Adjustment Dial left or right to adjust the Timer up or down. The longer your yogurt incubates, the tarter the Yogurt will become. Experiment to find the ideal incubation time for your desired taste.
- 6 To begin the incubation process, press the Start/Cancel Button one time. The Display will change to just show the selected function along with the Timer setting in countdown mode.
- 7 To cancel the cooking process at any time, press the Start/Cancel Button one time and the Display will change back to standby mode.
- 8 When the Timer has elapsed, transfer to bowls, cover, and refrigerate. You can add some sweetener or vanilla extract to the yogurt if desired.
- 9 If you would like Greek Yogurt, simply strain the yogurt using a cheese cloth. Place a double layer of cheese cloth inside a colander or strainer and place in your refrigerator for a minimum of 4 hours.
- 10 Do not consume yogurt that has been stored in the refrigerator beyond 10 days.

Custom

DEFAULT TEMP	DEFAULT TIMER HH:MM	TEMPERATURE RANGE	TIMER RANGE HH:MM
350°F	01:00	250-450°F	00:10-04:00

- 1 While in standby mode, turn the Adjustment Dial to select the "Custom" function. The Display will show the default temperature and time.
- 2 To change the Temperature, press the Adjustment Dial in and release until the Temperature begins to blink. Turn the Adjustment Dial left or right to turn the temperature up or down.
- 3 To change the Timer, press the Adjustment Dial in and release until the Timer begins to blink. Turn the Adjustment Dial left or right to adjust the Timer up or down.
- 4 To begin the cooking process, press the Start/Cancel Button one time. The Display will change to just show the selected function along with the Temperature and Timer setting in countdown mode.
- 5 To cancel the cooking process at any time, press the Start/Cancel Button one time and the Display will change back to standby mode.

Sauté

DEFAULT TEMP	DEFAULT TIMER HH:MM	TEMPERATURE RANGE	TIMER RANGE HH:MM
400°F	00:30	300-450°F	00:05-01:00

- 1 While in standby mode, press the Sauté Button. The Display will show the default temperature and time. The Sauté Temperature and Time cannot be adjusted. This mode is to allow you to brown meats and vegetables before cooking in other functions. Allow the Slow Cooker to preheat 5 minutes before adding food.
- 2 To begin the cooking process, press the Start/Cancel Button one time. The Display will change to just show the selected function along with the Temperature and Timer setting in countdown mode.
- 3 To cancel the cooking process at any time, press the Start/Cancel Button one time and the Display will change back to standby mode.

Delay

DEFAULT TEMP	DEFAULT TIMER HH:MM	TEMPERATURE RANGE	TIMER RANGE HH:MM
N/A	06:00	N/A	00:30-24:00

- 1 To delay the start of the cooking process, first make your function, time and temperature settings. Press the "Delay" Button then select the amount of time to delay the start of the cooking process.
- 2 Press the Start/Cancel Button one time. The Display will change to show the selected function and the Delay Start countdown timer. When the Delay timer expires the appliance will begin the preselected cooking function.
- 3 To cancel the cooking process at any time, press the Start/Cancel Button one time and the display will change back to standby mode.

Care and Cleaning

- DO NOT immerse the Slow Cooker Housing in water or any other liquid.
- Turn the Slow Cooker off and unplug from the wall outlet. Allow the Slow Cooker to completely cool before cleaning.
- Wash the Tempered Glass Lid, Removable Pot, and Rack in warm soapy water using a sponge or dishcloth. Rinse and towel dry thoroughly. These items can also be washed in the dishwasher.
- Wipe the housing with a damp cloth; do not use abrasive cleaners as this would scratch the surface of the Housing.
- Do not use caustic liquid or metal pads to clean the cooking pot, lid, rack, or housing.
- Always ensure that the Removable Pot exterior is completely dry before placing in the Housing.

Limited Warranty

This warranty covers all defects in workmanship or materials in the mechanical and electrical parts, arising under normal usage and care, in this product for a period of 12 months from the date of purchase provided you are able to present a valid proof-of-purchase. A valid proof-of-purchase is a receipt specifying item, date purchased, and cost of item. A gift receipt with date of purchase and item is also an acceptable proof-of-purchase. Product is intended for household use only. Any commercial use voids the warranty.

This warranty covers the original retail purchaser or gift recipient. During the applicable warranty period within normal household use, we will repair or replace, at our discretion, any mechanical or electrical part which proves defective, or replace unit with a comparable model.

To obtain service under the terms of this warranty, call Toll Free (866) 444-4033.

THIS LIMITED WARRANTY COVERS UNITS PURCHASED AND USED WITHIN THE UNITED STATES AND CANADA AND DOES NOT COVER:

- Damages from improper installation.
- Defects other than manufacturing defects.
- Damages from misuse, abuse, accident, alteration, lack of proper care and maintenance, or incorrect current or voltage.
- Damage from service by other than an authorized dealer or service center.

This warranty gives you special legal rights and you may also have other rights to which you are entitled which may vary from state (province) to state (province).

Proof of purchase required to validate the warranty.

Shipping and handling charges may apply.



Recipes

Italian Stuffed Peppers

SERVES: 6 to 8

INGREDIENTS

- 6 TO 8** large bell peppers (red, green, yellow or orange)
- 1½ POUNDS** ground beef
- ½** onion, small dice
- 1 (14-OUNCE)** can diced tomatoes, drained
- 4½ CUPS** tomato sauce, divided
- 2 TABLESPOONS** Italian seasoning
- ½ TEASPOON** garlic powder
- 1 TEASPOON** salt
- Freshly ground black pepper
- 2 CUPS** cooked rice
- ¾ CUP** grated Parmesan cheese, divided
- 2 TABLESPOONS** chopped fresh parsley

DIRECTIONS

- 1** Arrange peppers in the cooker to make sure they all fit. Prepare the peppers by cutting off the top of the peppers. Remove the stems and dice the pepper tops. If the peppers are not completely flat on the bottom, carefully cut a thin slice off the bottom so that they can sit up on their own.
- 2** Pre-heat the cooker using the Sauté function. Add ground beef and onions and brown together in the cooker. Drain away the grease and return the beef and onions to cooker.
- 3** Add diced peppers and sauté for a minute or two. Add diced tomatoes, 3 cups of the tomato sauce, Italian seasoning, garlic powder, salt and pepper. Stir and simmer for 2 minutes. Stir in the rice, ½ cup of the grated Parmesan cheese and fresh parsley. Mix well.
- 4** Fill each pepper with the beef and rice mixture. Push the stuffing down with the back of a spoon to get as much stuffing as possible into each pepper. Heap the meat mixture on top of the peppers if necessary to use up all the stuffing.
- 5** Top each pepper with a spoonful of the reserved tomato sauce. Pour the rest of the tomato sauce into the cooker and add ½ cup of water. Stand the peppers up in the sauce and top each one with the remaining Parmesan cheese.
- 6** Set the cooker to the Slow Cook function on Low for 8 hours or High for 4 hours. Serve peppers with the sauce and some additional Parmesan cheese to sprinkle on top.

Mango Jalapeño BBQ Pulled Pork

SERVES: 10

INGREDIENTS

- 2 TEASPOONS** salt
- 1 TEASPOON** black pepper
- 1 TEASPOON** chili powder
- 2 TEASPOONS** smoked paprika
- 1 TEASPOON** dry mustard
- 1 TEASPOON** ground cumin
- 5 TO 7 POUNDS** pork butt or shoulder
- 1** onion, large dice
- 12-OUNCES** beer
- 1 CUP** beef stock
- ¼ CUP** dark brown sugar
- ¼ CUP** apple cider vinegar

MANGO JALAPEÑO BBQ SAUCE

- 1 TEASPOON** olive oil
- 1** shallot, minced
- 1 CLOVE** garlic, minced
- 2** Jalapeño peppers, seeds removed, minced
- 2** mangoes, diced
- 2 TABLESPOONS** dark brown sugar
- ½ CUP** ketchup
- ¼ CUP** honey
- ¼ CUP** white balsamic vinegar
- 1** teaspoon salt
- ½ TEASPOON** freshly ground black pepper

DIRECTIONS

- 1** Combine salt, black pepper, chili powder, smoked paprika, dry mustard and cumin in a small bowl. Cut pork roast into 2 or 3 large pieces. Rub spice mix over all the pork and let it rest for 1 hour at room temperature.
- 2** Pre-heat the slow cooker using the Sauté function. Add the olive oil and sear the pork until browned all over. Remove pork and set aside. Add onion and sauté for a few minutes, until browned. Deglaze cooker by pouring in the beer and scraping any bits on the bottom of the cooker. Simmer beer for 1 minute, then add beef stock, brown sugar and apple cider vinegar. Simmer for a few more minutes.
- 3** Return browned pork to cooker along with any juices. Set cooker to the Slow Cook function on Low for 7 hours or High for 3½ hours or until pork is tender enough to shred.
- 4** While the pork is cooking, make the BBQ sauce. Heat oil in a medium saucepan and sauté the shallots until translucent. Add garlic and Jalapeño peppers. Sauté another 2 minutes and then add mangoes, brown sugar, ketchup, honey, white balsamic vinegar, salt and black pepper. Bring to a boil, lower heat and simmer for 30 minutes, stirring occasionally.
- 5** Once the pork is tender enough to easily shred, remove it from the cooker and shred using two forks. Set it aside. Pour the braising liquid from the slow cooker into a fat separator and let the fat rise to the surface. Add 1 cup of the braising juices to the mango BBQ sauce and reserve the rest.
- 6** Return the shredded pork to the cooker and add the mango BBQ sauce, stirring to combine well and Slow Cook on High for another 30 to 60 minutes, or until you are ready to serve. If necessary, adjust to your desired consistency by adding more of the reserved braising liquid to the pork.

Roasted Turkey Breast with Pan Gravy

SERVES: 6

INGREDIENTS

1 onion sliced
3 **CLOVES** garlic smashed
1 lemon sliced
1 **BUNCH** fresh sage
1 **TEASPOON** kosher salt
1 **TEASPOON** dried thyme
½ **TEASPOON** ground sage
½ **TEASPOON** paprika
1 **TEASPOON** freshly ground black pepper
2 **TABLESPOONS** butter room temperature
1 **(5- TO 7-POUND)** turkey breast bone in, skin on
Olive oil
1½ **CUPS** chicken stock
1 **TEASPOON** dried thyme
1½ **TABLESPOONS** unsalted butter, softened
1½ **TABLESPOONS** flour
Salt and pepper

DIRECTIONS

- 1 Pre-heat the cooker on the Slow Cook function for at least 20 minutes while you prepare the ingredients.
- 2 Place sliced onions on the bottom of the slow cooker and toss the smashed garlic cloves, lemon slices and fresh sage leaves on top.
- 3 Combine salt, thyme, rubbed sage, paprika and black pepper in a small bowl. Rub the room temperature butter all over the turkey breast, on top of as well as under the skin. Sprinkle and pat spice mixture evenly onto buttered turkey and transfer turkey breast to the slow cooker on top of the onions and lemons. Drizzle a little olive oil on top and cover the cooker with the lid.
- 4 Slow Cook on High for 3 to 4 hours or Low for 5 to 6 hours.
- 5 Check the internal temperature of the turkey breast with an instant read thermometer inserted into the center of the meat. The temperature should register 165°F. Remove the turkey breast from the slow cooker, tent it with foil and let it rest for at least 20 minutes before slicing.
- 6 Remove the vegetables from the cooker with a slotted spoon. Return the cooker to the Sauté function and add the chicken stock and dried thyme. Combine the softened butter and flour in a small bowl and stir it into a paste. Add the paste to the stock and whisk until smooth. Simmer until thickened - about 2 minutes. Season with salt and pepper.
- 7 Carve the turkey breast and serve with gravy on the side or return turkey breast to the cooker with gravy and set to the warm function until ready to serve.

Hungarian Beef Goulash

SERVES: 6

INGREDIENTS

1 **TABLESPOON** vegetable oil
2 **POUNDS** boneless beef chuck, cut into ½-inch pieces
1 onion, finely chopped
2 cloves garlic, minced
1 **TEASPOON** caraway seeds
2 **TABLESPOONS** tomato paste
3 **TABLESPOONS** Hungarian sweet paprika
½ **CUP** white wine
1 **(14-OUNCE)** can diced fire-roasted tomatoes
½ **CUP** roasted red peppers, diced
1 russet potato, peeled and cut into chunks
2 **CUPS** beef stock
1½ **TEASPOONS** salt
Freshly ground black pepper
½ **CUP** chopped fresh parsley

DIRECTIONS

- 1 Pre-heat the cooker using the Sauté function.
- 2 Add oil and working in batches, add the beef cubes and brown on all sides. Remove browned beef from the cooker and set aside.
- 3 Add onion, garlic and caraway seeds to the cooker and sauté for a few minutes. Add tomato paste and continue to cook for a few more minutes. Add paprika and cook for another minute.
- 4 Add white wine to the cooker and using a wooden spoon, scrape up any brown bits that have formed on the bottom. Add tomatoes, roasted peppers, potato, beef stock and salt and bring to a simmer. Season with freshly ground black pepper. Add the browned beef to the slow cooker and stir everything together. Cover.
- 5 Set the cooker to the Slow Cook function on High for 4 to 5 hours or on Low for 8 to 10 hours.
- 6 Add the parsley and stir the goulash well. This will break the potato down a little and thicken the stew. Season to taste with salt and freshly ground black pepper. Serve over mashed potatoes or egg noodles.

Corned Beef with Cabbage, Potatoes and Carrots

SERVES: 8

INGREDIENTS

- 1 (3- to 3½-pounds) corned beef brisket
- 4 CUPS beef stock
- 1 onion, quartered
- 3 cloves garlic, smashed
- 6 large carrots, cut into large pieces
- 6 medium white potatoes, halved
- 2 bay leaves
- 10 peppercorns
- 1 cinnamon stick
- 10 coriander seeds
- 2 TEASPOONS brown or yellow mustard seeds
- 8 allspice berries
- 6 cloves
- 1 small to medium head cabbage, cut into 6 wedges
- Freshly ground black pepper

DIRECTIONS

- 1 Pre-heat the cooker using the Slow Cook function for 20 minutes.
- 2 Place onion, garlic, carrots, potatoes and spices in the cooker. Rinse the corned beef brisket and add it to the cooker along with the beef stock. Add enough water to cover the beef.
- 3 Cover and Slow Cook on Low for 8 hours or on High for 4 hours.
- 4 After the cooking time, add cabbage wedges and continue to Slow Cook on Low for 2 hours, or 1 hour on High.
- 5 Transfer the beef to a cutting board and slice it across the grain. Arrange on a platter with the vegetables and spoon some of the cooking liquid over top. Season with freshly ground black pepper

Salsa Chicken Thighs with Rice

SERVES: 4

INGREDIENTS

- 2 POUNDS bone-in chicken thighs
- 1 TEASPOON salt
- ½ TEASPOON chili powder
- 1 TABLESPOON olive oil
- ½ red onion, finely chopped (about ½ cup)
- 1 red bell pepper, finely diced
- 1 green bell pepper, finely diced
- 1½ CUPS basmati rice (or any long-grain rice)
- 2½ CUPS chicken stock
- 1½ CUPS jarred salsa
- ½ CUP grated Monterey Jack cheese (about 3 ounces)
- ¼ CUP chopped fresh cilantro

DIRECTIONS

- 1 Pre-heat the cooker using the Sauté function.
- 2 Season chicken thighs with salt and chili powder. Add oil to the cooker and sear chicken on both sides until well browned. Remove chicken from the cooker and set aside.
- 3 Add onion and peppers and sauté until the onion starts to become tender – about 5 minutes. Add rice and stir well to coat everything with the oil. Season with salt and pour in the chicken stock. Return chicken thighs to the cooker, resting them on top of the rice. Top each chicken thigh with the salsa and cover with the lid.
- 4 Set the cooker to Slow Cook on High for 1½ hours or Low for 3½ hours.
- 5 Sprinkle the cheese on top of the thighs and return the lid to the cooker for another 30 minutes while the cheese melts. Transfer the chicken thighs to a serving platter. Fluff the rice and serve the chicken and rice together, sprinkling the cilantro on top before serving.

Chicken Pot Pie Soup

SERVES: 8

INGREDIENTS

3½ POUNDS skinless chicken (2 boneless chicken breasts and 4 bone-in chicken thighs)
Salt and freshly ground black pepper
1 onion, diced
3 ribs celery, diced
4 carrots, sliced
1 large russet potato, peeled and diced
4 CUPS chicken stock
1 TEASPOON dried thyme
1 bay leaf
1½ CUPS frozen corn and peas
½ CUP heavy cream
1 TABLESPOON chopped fresh parsley

BISCUIT CROUTONS

1 CUP self-rising flour
1 TABLESPOON sugar
¼ CUP unsalted butter cold (or partially frozen)
¾ CUP buttermilk
2 TABLESPOONS butter melted

DIRECTIONS

- 1 Pre-heat the cooker using the Slow Cook function for 20 minutes.
- 2 Cut chicken breasts in half crosswise. Season chicken pieces on all sides with salt and freshly ground black pepper. Place onion, celery, carrots and potato in the slow cooker and toss together. Add the chicken stock, dried thyme and bay leaf. Nestle the seasoned chicken into the stock and cover the cooker with the lid.
- 3 Slow Cook on Low for 6 hours or High for 3 hours
- 4 While the soup is cooking, make the biscuit croutons. Combine the self-rising flour and sugar in a large bowl. Grate the cold butter into the flour and stir to coat all the butter chunks with flour. Add the buttermilk and stir until combined. Drop rounded teaspoons of dough onto a baking sheet, making sure they are at least one inch apart. (The biscuit dough can be held at room temperature at this point should you want to bake the croutons closer to the time the soup is ready.)
- 5 Pre-heat oven to 350°F. Bake the biscuit croutons at 350°F for 15 minutes. Brush the biscuit croutons with the melted butter and bake for an additional 2 to 5 minutes, until golden brown.
- 6 Remove the lid from the slow cooker and skim any fat that has risen to the surface with a ladle. Remove the chicken from the cooker and transfer to a cutting board. Shred the chicken into bite-sized pieces and discard the bones. Return the shredded chicken to the slow cooker. Rinse the frozen peas and corn with warm water and add them to the slow cooker, along with the heavy cream.
- 7 Slow Cook for an additional 30 to 60 minutes on High until the vegetables are soft.
- 8 Season to taste with salt and freshly ground black pepper. Stir in the chopped fresh parsley and serve in bowls with some warm biscuit croutons on top.

Black and White Cake with White Chocolate Glaze

SERVES: 12

INGREDIENTS

- 1 BOX** white cake mix
- 1** (3.3-ounce) box white chocolate pudding mix
- 3** egg whites
- ¼ CUP** vegetable oil
- 1 CUP** water
- 1 BOX** dark chocolate cake mix
- 3** eggs
- ⅓ CUP** vegetable oil
- 1 CUP** warm water

WHITE CHOCOLATE GLAZE AND TOPPING:

- 11 OUNCES** white chocolate chips
- 1¼ CUPS** powdered sugar, sifted
- ½ CUP** milk
- ½ CUP** dark chocolate fudge ice cream topping
- Mini chocolate kisses or dark chocolate chips

DIRECTIONS

- 1** Combine white cake mix, white chocolate pudding mix, egg whites, oil and water in a bowl. Beat for 2 minutes with an electric mixer.
- 2** In a separate bowl, combine the dark chocolate cake mix, eggs, vegetable oil and warm water and beat for 2 minutes.
- 3** Grease the inside of the cooker insert with butter. Pour half of the dark chocolate cake batter in the bottom of the cooker and spread it out evenly. Slowly pour half of the white cake mix over the dark chocolate cake mix. Use the back of a spoon to gently spread the white cake mix to evenly cover the dark chocolate mix. Repeat with the remaining dark chocolate batter, followed by the remaining white cake batter. Try to layer the cake batters on top of each other without mixing them together.
- 4** Set the cooker on the Bake function at 285°F for 1 hour and 20 minutes.
- 5** When the cook time is finished, remove the insert and place it on cooling rack on the counter. Let the cake cool in the insert for 30 minutes. When cake is cool to the touch, invert the cake on a cutting board and then invert it on a large rectangle or oval serving platter. Cool completely.
- 6** To make the white chocolate glaze, place the white chocolate chips in a microwave safe bowl. Microwave for 1 minute and stir until all the chips are melted. If more time is needed, heat in 30 second intervals. Sift the powdered sugar into melted chocolate, add the milk and stir until smooth. Let the glaze sit for at least 10 minutes to cool. It should thicken slightly, but still be pourable. Place the dark chocolate fudge sauce in a microwave safe bowl and set aside.
- 7** Slowly pour some of the white chocolate glaze over the cake. Use the back of a spoon and spread the glaze in a circular motion to cover the cake. Keeping pouring the glaze in the middle of the cake and use the spoon to evenly cover the cake, letting it drip down the sides of cake. The sides do not need to be covered entirely. Immediately microwave the dark chocolate fudge sauce for 10 seconds. Stir the sauce until it is pourable. If still too thick, heat for an additional 5 seconds.
- 8** Starting at one corner, drizzle the warmed fudge in diagonal strips across the top of the cake about ½-inch apart, over the white chocolate glaze. Immediately take a wooden skewer and drag it through the dark chocolate strips in the opposite direction, going back and forth about ½-inch apart to make a zig zag pattern on top of the cake.
- 9** To serve, cut the cake into squares or rectangles. The white and black cake will be swirled inside!

Short Rib Ragu

SERVES: 6

INGREDIENTS

- 3 POUNDS** boneless beef short ribs
- Salt and freshly ground black pepper
- 1 TABLESPOON** olive oil
- $\frac{1}{2}$ small onion, diced
- 1** clove garlic, minced
- 1** carrot, diced
- 1** (28-ounce) can crushed tomatoes
- 1** (14-ounce) can petite diced tomatoes
- $\frac{1}{2}$ **CUP** red wine
- 1 CUP** beef stock
- 1 TABLESPOON** balsamic vinegar
- 1 TEASPOON** dried basil
- 1 TEASPOON** dried oregano
- 1 TEASPOON** sugar
- 1** bay leaf
- 2 TABLESPOONS** chopped fresh parsley

DIRECTIONS

- 1 Pre-heat the cooker using the Sauté function.
- 2 Season short ribs with salt and freshly ground black pepper. Add oil to the cooker and brown the short ribs on all sides. Transfer browned meat to a plate and set aside.
- 3 Pour off all but 1 tablespoon of the grease. Add onion and carrot to the cooker and sauté for a few minutes. Add garlic, basil, oregano and tomato paste and continue to sauté for a couple of minutes. Deglaze the cooker with red wine, bringing the liquid to a boil and scraping any brown bits on the bottom of the cooker. Pour in crushed tomatoes, diced tomatoes, beef stock, balsamic vinegar and bay leaf. Season with salt and freshly ground black pepper and return the browned short ribs to the cooker, submerging them in the liquid.
- 4 Cover and Slow Cook on High for 5 to 6 hours or Low for 10 hours.
- 5 When the time is up, remove the grease from the top of the sauce with a ladle or shallow spoon and discard. Transfer the short ribs to a cutting board. Shred the short ribs with two forks and return the meat to the cooker. Season with salt and pepper to taste and stir in the chopped fresh parsley.
- 6 Serve over pasta with grated Parmesan cheese.

Citrus Tea Cake

SERVES: 8

INGREDIENTS

- Butter, softened (for greasing the pan)
- 3** eggs, separated into whites and yolks
- $\frac{1}{2}$ **CUP** sugar
- $\frac{1}{2}$ **CUP** whole milk
- $\frac{1}{4}$ **CUP** fresh orange juice
- ZEST** of 1 lemon
- ZEST** of 1 orange
- ZEST** of 1 lime
- 1 TEASPOON** vanilla extract
- $\frac{1}{3}$ **CUP** all-purpose flour
- $\frac{1}{8}$ **TEASPOON** salt
- Orange segments, to garnish

DIRECTIONS

- 1 Pre-heat the cooker on Slow Cook for 20 minutes. Line the bottom of a 7-inch cake pan with aluminum foil and grease the pan and the foil with butter.
- 2 Whisk egg yolks and sugar together until they are light in color and fall from the whisk in thick continuous ribbons. Add milk, orange juice, orange zest, lemon zest, lime zest and vanilla extract and whisk until smooth. Stir in flour and salt.
- 3 Whip egg whites into stiff peaks. Gently fold egg whites into the yolk mixture and pour the batter into the prepared cake pan.
- 4 Fill the bottom of the cooker with 1 inch of water. Place the Rack into the cooker and place the cake pan on the rack. Place a clean kitchen towel over the cooker and cover with the lid – the towel will absorb the condensation and prevent it from falling on the cake. Slow Cook on High for 3 hours or on Low for 6 hours.
- 5 Remove the pan from the cooker and let the cake cool for 10 minutes. Run a knife around the edges of the pan before inverting it onto a serving dish. Peel the aluminum foil off the top of the cake. If any of the custard sticks to the foil, simply spread it back onto the cake with a knife. Cool completely to room temperature.
- 6 Top the cake with orange segments just before serving and then cut into wedges and enjoy with a cup of tea.

Notes

A series of horizontal dotted lines for taking notes.

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