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Welcome

Dear Customer

Thank you for purchasing this Slow Cooker from my enerGi range of kitchenware. I hope you will enjoy using it and that it will encourage you to prepare delicious food in a very healthy way.

The best way of bringing out the full flavour of meat and to get those juices really flowing is to cook it long and slowly, at a low temperature. My Slow Cooker has many advantages: food tastes better and doesn't burn or boil over; tough meat becomes tender; you can create delicious, healthy soups, stews or casseroles with the minimum of fuss, and adding nutrient-rich, low-Gi beans and pulses to these will also help fill you up, which is good news if you are watching your waistline. And, of course, you save on electricity!



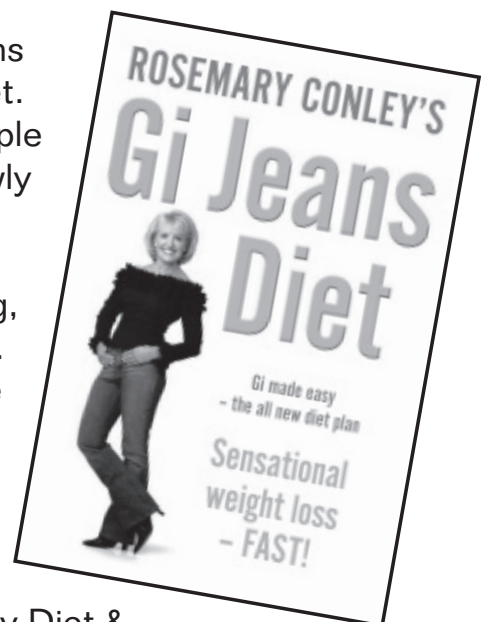
ROSEMARY CONLEY'S
ener **Gi**
healthy eating for all the family ...

How it all started

It was back in 1971 that I started my first diet classes, helping people to lose their unwanted weight and become healthier. In 1986, quite by accident, I learned that eating a low-fat diet made me much leaner. After running trials to test the effectiveness of my diet, I wrote my Hip and Thigh Diet, which went on to sell over 2 million copies and was a No 1 bestseller in five countries.

I then went on to write another 28 books on diet and fitness, present 28 fitness videos/DVDs and, with the help of my husband, launched Rosemary Conley Diet and Fitness Clubs in 1993 and Rosemary Conley Diet & Fitness magazine in 1996.

More recently I have written my bestselling Gi Jeans Diet and the follow-up book, Ultimate Gi Jeans Diet. Gi stands for glycaemic index, and the whole principle of the Gi way of eating is to eat foods that are slowly digested and absorbed, which helps stabilise our blood sugar levels and keeps us feeling fuller for longer. Gi has brought a new perspective to dieting, but the principles of weight loss remain unchanged. My goal was to create an eating plan that would be ultra-healthy and Gi-based, one that would work quickly and effectively in reducing weight and inches. It is the success of this that has led me to launch this enerGi range of electrical equipment.



More recipe ideas can be found in Rosemary Conley Diet & Fitness magazine and in my diet and cookery books. You can find details of these and how to order them by visiting the Rosemary Conley website (www.rosemary-conley.co.uk)

For more information on how to lose weight and eat healthily please read the following pages. Remember, we are what we eat. If we eat good, healthy food, cooked without fat, we will not only become leaner but we will feel so much better with more energy, clearer skin and a much healthier body. Add some moderate but regular exercise and you'll feel like a brand new person. Enjoy it!

With best wishes

Rosemary Conley CBE

How to lose weight healthily

If you want to lose weight fast and healthily, there is no better way than to eat a calorie-controlled, low-fat, low-Gi diet and combine it with increased activity.

The average woman – say someone who weighs 10 and a half stone – uses in an average day around 2000-2200 calories. Of those calories, 1400-1500 will be burned by her body performing its everyday activities – heart pumping, tissue renewing, general maintenance and functions. A further 600-700 calories will be burned by her taking the children to school, going out to work, cooking family meals, doing household chores, and so on.

The number of calories burned by the body just to keep it ticking over is called the basal metabolic rate (BMR). We need to eat sufficient calories each day to meet the needs of our BMR, otherwise the body thinks it's being starved and slows our metabolism right down – the last thing we want when we are trying to lose weight! So if we restrict our daily calories to the level of our BMR, any extra energy spent (looking after the children, going to work, and so on) will be fuelled by the existing fat stores deposited around the body. The more active we are, the more fat and calories we will burn.

It's a simple matter of physics. To lose weight, we have to eat fewer calories each day than our bodies actually burn up. Gram for gram, fat has twice as many calories as carbohydrate or protein. Cutting down on our fat intake, therefore, is an easy way to cut down on calories AND avoid adding to our existing fat stores, with significant benefits to our health. If we combine low-fat eating and eating healthy low-Gi foods, with their slow-releasing energy qualities that stave off hunger pangs, we have the perfect recipe for a weight-loss diet.

A quick guide to low Gi

- Choose whole-oat cereals for breakfast rather than refined corn or rice ones.
- Select wholegrain, multigrain or stoneground bread or loaves containing intact seeds and grains in place of ordinary white or brown bread.
- Pitta bread and tortilla wraps are low Gi and make great sandwich alternatives.
- Sweet potatoes and waxy new potatoes have a lower Gi than old potatoes.
- Pasta has a lower Gi than potatoes or rice.
- Basmati rice has a lower Gi than other varieties of rice.
- Add beans and pulses to stews, casseroles, salads and soups to reduce the overall Gi rating of your meal.
- Use low-calorie, low-Gi fillers such as tomatoes, beansprouts, chopped celery and courgettes to 'bulk up' meals and give you more chewing power.
- Eat fruit in place of cakes and biscuits.
- Avoid over-ripe bananas – they have a higher Gi rating than less ripe ones.

Speed up your weight loss

If you want to lose weight fast, you need to get more active. Regular exercise will turn your body into a more efficient fat-burner, which will speed up your weight loss. Ideally, you should aim to do 30 minutes of aerobic exercise on five days a week. This will not only make you lose weight faster, it will also increase your fitness and improve your health. Aerobic exercise is any activity which makes you breathe more deeply, such as brisk walking, jogging, swimming, or cycling. You could also go to one of our diet and fitness classes, which includes a 45-minute workout, or work out to one of my fitness DVDs. Being more active in your everyday life really helps, too. So use the stairs rather than the lift, walk instead of taking the car, play energetic games with the children, and so on.

Ten tips for successful weight loss

- 1 Eat three main meals a day, and avoid high-sugar, high-fat snacks.
- 2 Eat foods that have 5% or less fat (that's 5 grams or less fat per 100 grams of product), except for oily fish and some brands of wholegrain or multigrain bread, and avoid adding fat (butter, margarine or oil) to your food preparation or during cooking.
- 3 Reduce your intake of highly processed foods and include more high-fibre foods in your meals to give your overall diet a lower Gi rating.
- 4 Eat at least five portions of fruit and/or vegetables each day.
- 5 Drink lots of water and drink alcohol in moderation only.
- 6 Calculate your personal calorie allowance by converting your weight into pounds (1lbs) and adding an '0' to the end. For example, 10 stone = 140lbs + 0 = 1400 calories per day. This figure will be close to your BMR.
- 7 Keep an eye on your portion sizes and avoid second helpings.
- 8 Make regular exercise part of your lifestyle. Aim to do some form of aerobic activity, such as brisk walking, swimming, or cycling, for 30 minutes on five days a week.
- 9 Only weigh yourself once a week, at the same time of day each week, on the same scales and wearing the same clothes. Measure yourself with a tape measure and make a note of your inch loss progress.
- 10 Think about making lifestyle changes rather than dieting and you'll lose your weight and keep it off for good!

Slow cooker instructions

A guide to slow cooking

Slow cooking provides meals that are full of flavour, moist and tender, whilst leaving you time to do other things – perfect for today’s busy lifestyles.

As most food is cooked over a period of 6-10 hours, it can be prepared in advance the evening before and refrigerated in the removable crock pot, to be turned on the next day. There’s nothing better than to return home to find a delicious hot meal awaiting! Slow cooking occurs at a temperature just below boiling point, causing little steam or evaporation. As the temperature is low, almost no sticking occurs and very little stirring is required.

The Slow Cooker can operate on LOW all day or night if required.

To help simplify the process of slow cooking please find some useful hints & tips below.

Using your Rosemary Conley Slow Cooker

For hygiene reasons we recommend that you wash the ceramic crock pot in hot soapy water, then rinse and dry before use.

Ensure that the product is placed on a flat work surface. Plug the power lead into a mains socket and switch on the appliance.

Add the ingredients according to your recipe, using boiling liquid.

Turn the control knob to the chosen setting:

LOW: to gradually cook throughout the day or night.

HIGH: to cook approximately twice the speed of low.

AUTO: the Slow Cooker will cook on HIGH until a sufficiently high temperature is reached, then automatically switch to LOW for the remainder of the cooking time.

TIMING

Always allow sufficient time for the food to cook. Don’t be worried about overcooking as this is almost impossible, particularly when using the Auto setting.

It is easy to adapt your favourite recipes simply by halving the amount of liquid and increasing the cooking time considerably. See the following guide for suggested cooking times and settings when adjusting your favourite recipes:

| Traditional Recipe Time | S L O W C O O K | | |
|-------------------------|-----------------|-----------|------------|
| | Low | High | Auto |
| 30 minutes | 6-8 hours | 3-4 hours | 5-7 hours |
| 35 -60 minutes | 8-10 hours | 5-6 hours | 6-8 hours |
| 1-3 hours | 10-12 hours | 7-8 hours | 8-10 hours |

Slow cooker instructions

DO NOT LEAVE FOR LONGER THAN THE RECOMMENDED TIMES

Please note:

These times are approximate and depend on ingredients and quantities, however when the Slow Cooker is on LOW there is little chance of the dish drying out or being overcooked.

All food should be cooked with the glass lid in place. Each time the lid is lifted, both heat and moisture in the food are lost and the cooking time should be extended by 30 minutes.

Liquid amounts

Very little moisture boils away during the slow cooking process. To compensate for this it is advisable to halve the liquid content of traditional recipes. However if after cooking the liquid content is excessive, remove the lid and operate the Slow Cooker on the High setting for 30-45 minutes or until the liquid reduces by the desired amount.

The resulting sauce may be thinner when using a Slow Cooker, although it can be thickened with cornflour towards the end of the cooking process. Simply blend 1-2 tablespoons of cornflour (or arrowroot) in a little cold water to form a paste, stir into the dish, turn the heat up to HIGH, replace the lid and cook for a further 20-30 minutes.

Preparing meat and poultry

When selecting meat, look for the leanest cuts. Trim the meat or poultry of any visible fat, as the slow cooking process will result in too much liquid. Chicken portions without skin are preferable.

For casserole-style recipes, cut the meat into cubes approximately 3cm in size. Pre-browning meat and poultry, prior to slow cooking, seals in moisture, intensifying the flavour and producing more tender results. Pre-browning may take a little extra time and is not strictly necessary, but the rewards are evident in the end results. It is best to use a non-stick pan, reducing the amount of oil needed.

DO NOT USE THE CROCK POT FOR PRE-BROWNING

This should never be placed on a cooker hob.

Slow cooker instructions

Preparing vegetables

Always chop fibrous vegetables, ie carrots, turnips, swede, potato etc, into small dice or thin slices before cooking. This is because vegetable fibres are actually harder to break down than animal fibres when cooked at low temperatures.

Whole potatoes are best if cooked on the HIGH setting. Frozen vegetables must be thawed before adding to other foods cooking in the Slow Cooker, for example when adding to a casserole.

When cooking vegetables and meat together in the Slow Cooker, the vegetables tend to cook at a slower rate than the meat. To gain the best results, position the vegetables on the base and sides of the Slow Cooker and place the meat on top.

Dried beans and pulses

Overnight soaking of dried beans and pulses is required. After soaking, drain and place in the Slow Cooker and cover with sufficient water to reach double their volume. Cook beans or pulses on the HIGH setting for 2-4 hours or until tender.

Pre-soaked beans and pulses will cook a little faster. If tinned beans are to be used, add these 30-45 minutes before the end of the cooking time.

General guidelines

- Always ensure that boiling liquid is used.
- Always wear oven gloves when handling the Slow Cooker during use.
- Rice, noodles and pasta are not recommended for long cooking times (except pudding rice). Cook them separately and then add during the last 30 minutes.
- The Slow Cooker should be pre-heated for at least 15 minutes before adding the ingredients.
- Use the best quality stocks you can buy. A good stock forms the base of a dish and can transform the flavours from being merely average to excellent.
- Never place frozen meat or poultry in the Slow Cooker. It must always be defrosted before use.
- Do not fill the cooker to the brim with food.
- Always ensure the food is thoroughly cooked before eating. If adding fresh milk or yoghurt, this should be done during the last 2 hours. Evaporated milk may be added at the start of cooking.

Caring for your slow cooker

Always turn the unit to OFF after use and unplug. Allow the Slow Cooker to cool down before cleaning.

Ensure the unit is always unplugged from the power outlet when not in use.

The ceramic crock pot cannot withstand sudden temperature changes. Sudden immersion into cold water could cause the bowl to crack.

Remove the crock pot and glass lid and wash in warm, soapy water using a mild detergent. Rinse and dry thoroughly.

The crock pot and glass lid can be washed in the dishwasher, however care should be taken not to chip or crack these parts.

The outer casing of the Slow Cooker should be wiped over with a damp sponge or cloth, dipped in warm soapy water. **DO NOT IMMERSE IN WATER.**

NEVER IMMERSE THE CASING OF THE UNIT, CORD OR PLUG IN WATER OR ANY OTHER LIQUID AS THIS MAY CAUSE ELECTROCUTION.

Do not use abrasive cleaners, steel wool or scouring pads as these can damage the surface of the Slow Cooker.

When storing the Slow Cooker, loosely coil the cord, don't wrap this tightly around the unit.

Close supervision is necessary when any appliance is used near children. This product should not be used by children.

The surface of the casing becomes hot during use – oven gloves are recommended when opening the lid.

Do not use this appliance outdoors.

Do not operate this appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return the appliance to Catalyst Home Products for examination, repair or adjustment because special tools are required.

Do not let the cord hang over the edge of tables or work surfaces, touch hot surfaces or become knotted.

Check the mains lead regularly for damage.

Do not place the appliance on or near a hot gas or electric burner or where it could be touched by a heated oven or microwave.

Do not use this appliance for other than the intended use.

This product is designed to run on 230-240 volts AC only.

HOUSEHOLD USE ONLY

Service and guarantee

GUARANTEE

Rosemary Conley enerGi Range by Catalyst Home Products Ltd – authorised licensee of the Rosemary Conley trademark. This range is manufactured to the highest standards, for more information please call our Customer Helpline for advice or contact us by email.

CUSTOMER HELPLINE

01925 248 999

E-MAIL

info@Catalyst-Products.co.uk

Should you prefer to contact us by post please write to

**Customer Service
Catalyst Home Products Ltd
Cranage House
730 Mandarin Court
Centre Park
Warrington
WA1 1GG**

This product is guaranteed for a period of one year from the date of purchase, providing that the product has been used solely for domestic purposes in accordance with the instructions provided. Under this guarantee we undertake to repair or replace free of charge any parts found to be defective.

Nothing in this guarantee or instructions relating to the product excludes, restricts or otherwise affects your statutory rights. In line with our policy of continuous development we reserve the right to change the product, packaging and documentation specifications without notice.

Catalyst Home Products Ltd and Rosemary Conley hold no responsibility for accidents caused through misuse. Always read the care and usage instructions carefully before use.

This guarantee is provided solely to the original purchaser of the product, and cannot be assigned to another person through the sale or transfer of ownership of the product. Any correspondence with Catalyst Home Products Ltd must be accompanied by the original purchaser's proof of purchase.

Without this original proof of purchase the guarantee is invalidated.

Please retain these instructions for future reference.

Vegetable sunshine soup

This nourishing soup is absolutely brimming with wonderful colour and flavour. It's also a meal in itself if served with a side salad and wholegrain bread. Try it on a gloomy winter's day and bring some sunshine to your dining table.

Serves 4

Per serving 126 kcal/1.3g fat

- 1 large onion, finely chopped
- 500g (1¼ lb) butternut squash, flesh scooped out and diced
- 2 yellow peppers, seeded and sliced
- 150g (5oz) carrots, chopped into small dice
- 150g (5oz) parsnips, chopped into small dice
- 1.2 litres (2 pints) vegetable or chicken stock
- Salt and freshly ground black pepper
- Chopped fresh herbs to garnish

Lightly cook the vegetables in a saucepan of water until they begin to soften.

Drain the vegetables and place in the Slow Cooker. Pour the stock over the vegetables, cover and cook on LOW for 7-9 hours.

When the soup is ready, transfer to a food processor and blend until smooth or, if you prefer, leave some texture.

Season with salt and freshly ground black pepper to taste, garnish with the chopped fresh herbs and serve hot.



Vegetable korma

This one is easy to prepare and you will love the subtle aromatic flavours. Delicious served with cumin rice: simply dry-fry 1 teaspoon of cumin seeds and stir into 100g (3½oz) of uncooked basmati rice. Boil or steam as usual.

Serves 2

Per serving 114 kcal/1.5g fat

- 1 large courgette, thinly sliced
- 1 red pepper, seeded and cut into dice
- 100g (3½oz) button mushrooms, sliced
- 1 bunch spring onions, finely chopped
- 1 garlic clove, crushed
- 2 teaspoons korma curry powder
- 300ml (½ pint) vegetable stock
- 300ml (½ pint) skimmed milk
- 1 tablespoon cornflour, blended to a paste with a little water
- 2 tablespoons virtually fat free fromage frais
- Salt and freshly ground black pepper
- 1 tablespoon chopped fresh coriander to garnish

Place the vegetables in the Slow Cooker.

Dry-fry the garlic and curry powder in a pre-heated non-stick saucepan. Stir in the stock, milk and cornflour paste and bring to the boil, stirring continuously.

Pour the sauce over the vegetables, cover and cook on LOW for 6-8 hours.

When cooked, season with salt and freshly ground black pepper to taste. Just before serving, stir in the fromage frais and garnish with the chopped coriander.



Sausages braised in cider & grain mustard

This is real comfort food and will quickly become a favourite. Lovely braised sausages in a rich gravy. Mashed potatoes to accompany are a must – try sweet potatoes for a low-Gi option – and a side dish of mushy peas.

Serves 4

Per serving 306 kcal/13g fat

- 450g (1lb) low-fat pork sausages
- 2 onions, finely sliced
- 2 tablespoons grain mustard
- 600ml (1 pint) chicken or vegetable stock
- 300ml (½ pint) dry cider
- 2 tablespoons cornflour, blended to a paste with a little water
- 2 sprigs fresh thyme (or use 1 teaspoon dried)
- Salt and freshly ground black pepper

Brown the sausages lightly under the grill and transfer to the Slow Cooker.

Soften the onions over a low heat in a non-stick pan and stir in the grain mustard. Pour in the stock, cider and cornflour paste and bring to the boil, stirring continuously.

Pour the sauce over the sausages and stir in the thyme. Cover and cook on LOW for 6-8 hours.

Season with salt and freshly ground black pepper to taste and serve.

Chicken and leek casserole

This is a lovely supper to come home to. A dish of autumnal flavours, with chicken nestling in a sauce of meltingly soft leeks and sliced carrots.

Serves 4

Per serving 299 kcal/6.5g fat

- 4 rashers lean rindless back bacon, chopped
- 2 onions, finely sliced
- 1 garlic clove, crushed
- 2 carrots, thinly sliced
- 2 leeks, trimmed and thinly sliced
- 4 skinless chicken quarters (or boned, skinless breasts)
- 400g (14oz) can chopped tomatoes
- 600ml (1 pint) hot chicken stock
- 1 tablespoon cornflour, blended to a paste with a little water
- Large pinch of dried thyme
- Salt and freshly ground black pepper

Dry-fry the bacon in a preheated non-stick frying pan. Add the onions and garlic and cook for a few minutes until the onions begin to soften. Stir in the sliced carrots and leeks, and cook until they begin to brown. Transfer the vegetables to the Slow Cooker.

Brown the chicken breasts in the frying pan and place on top of the vegetables in the Slow Cooker.

Heat the tomatoes in a saucepan, then stir in the hot chicken stock and cornflour paste. Bring to the boil, stirring continuously, and add the thyme.

Pour the sauce over the chicken and vegetables. Cover and cook on LOW for 6-8 hours.

Season with salt and freshly ground black pepper to taste and serve.

Smothered chicken with Madeira

A rich and satisfying dish that also has a certain elegance about it. This would go wonderfully well with baked tomatoes stuffed with basmati rice or just keep it simple with some steamed green vegetables.

Serves 4

Per serving 287 kcal/4g fat

- 4 skinless, boneless chicken breasts
- 1 onion, finely chopped
- 2.5cm (1 inch) piece of ginger, grated
- 225g (8oz) chestnut mushrooms, sliced
- 450ml (¾ pint) chicken stock
- 150ml (¼ pint) Madeira wine
- 1 tablespoon cornflour, blended to a paste with a little water
- Salt and freshly ground black pepper
- 1 tablespoon chopped fresh rosemary

Season the chicken breasts and lightly brown in a non-stick frying pan. Transfer to the Slow Cooker.

Place the onion and ginger in the non-stick pan and cook until the onion has softened. Add the mushrooms, stir in a little of the stock and cook for a further 5 minutes. Spoon the mixture over the chicken.

In a saucepan, combine the rest of the stock with the wine and the cornflour paste and bring to the boil, stirring continuously. Pour over the chicken and vegetables. Cover and cook on LOW for 7-9 hours.

Season with salt and freshly ground black pepper to taste and garnish with the rosemary before serving.

Chicken pepper pot

Lots of lush Mediterranean flavours make up this special casserole. Start your meal with a bowl of crisp mixed salad then serve this up with some fresh wholegrain crusty bread.

Serves 4

Per serving 288 kcal/9g fat

- 4 skinless, boneless chicken breasts, cut into even bite-size pieces
- 1 large onion, cut across into rings and separated
- 1 red pepper, seeded and sliced
- 1 green pepper, seeded and sliced
- 1-2 garlic cloves, crushed
- 2 tablespoons paprika
- 600ml (1 pint) hot chicken stock
- 200ml (7floz) dry white wine
- 2 tablespoons tomato purée
- 50g (2oz) sun-dried tomatoes, chopped
- 1 sachet bouquet garni
- Salt and freshly ground black pepper
- Chopped fresh parsley

Brown the chicken in a non-stick pan and transfer to the Slow Cooker.

Place the onion, peppers and garlic in the non-stick pan and cook until softened. Stir in the paprika. Spoon the vegetables over the chicken.

Heat the stock, wine and tomato purée in the pan and pour over the chicken and vegetables. Stir in the sun-dried tomatoes and bouquet garni. Cover and cook on LOW for 8-10 hours.

Remove the bouquet garni, season with salt and freshly ground black pepper to taste and garnish with the chopped parsley.

Chicken & sweetcorn chowder

Two key ingredients with flavours that complement each other perfectly. Serve with baked sweet potatoes for a substantial family supper.

Serves 4

Per serving 299 kcal/9.6g fat

- 4 rashers lean bacon, chopped
- 4 boneless, skinless chicken breasts, cut into even bite-size pieces
- 1 onion, finely chopped
- 4 sticks celery, thinly sliced
- 2 carrots, thinly sliced
- 175g (6oz) can sweetcorn, drained
- 900ml (1½ pints) chicken stock
- 2 tablespoons cornflour
- 2 tablespoons half-fat crème fraîche
- 1 tablespoon chopped fresh parsley
- Salt and freshly ground black pepper

Heat a large non-stick frying pan and add the bacon. Cook for a few minutes, then add the chicken pieces and cook until browned all over. Add the onion, celery and carrots and cook until they begin to soften,

Transfer the mixture to the Slow Cooker and pour in the stock. Stir in the drained sweetcorn. Cover and cook for 7-8 hours on LOW.

Thirty minutes before the end of cooking, mix the cornflour paste with the crème fraîche and stir into the chowder.

Season with salt and freshly ground black pepper to taste and stir in the chopped parsley.

Peppered lamb hotpot

Lamb steaks become wonderfully tender when cooked in the slow cooker. This dish has warming Greek flavours and is great served with mashed or dry-roasted sweet potatoes to mop up the delicious juices.

Serves 4

Per serving 288 kcal/13g fat

- 4 lean lamb steaks
- 1 onion, thinly sliced
- 1 small aubergine, diced
- 1 green pepper, seeded and sliced
- 1-2 garlic cloves (according to taste), crushed
- 400g (14oz) can chopped tomatoes
- 600ml (1 pint) hot chicken stock
- 1 teaspoon dried majoram
- 1 tablespoon Tabasco sauce (optional)
- Salt and freshly ground black pepper

Heat a non-stick frying pan, add the steaks and brown on both sides. Transfer the steaks to a plate.

Place the onion, aubergine, green pepper and garlic in the pan and cook until they just begin to soften. Transfer to the Slow Cooker. Lay the lamb steaks on top of the vegetables.

Heat the chopped tomatoes in the pan and stir in the stock, marjoram and Tabasco sauce (if using). Pour over the lamb and vegetables. Cover and cook for 6-8 hours on LOW.

Season with salt and freshly ground black pepper to taste and serve.

Lamb & apricot tagine

A tagine is a North African cooking pot used for long, slow cooking. This recipe results in the most tender lamb in a rich and aromatic sauce. Serve with couscous for an exotic feast.

Serves 6

Per serving 439 kcal/22g fat

- 500g (1¼lb) lean stewing lamb, cubed
- 1 onion, sliced
- 1-2 garlic cloves, crushed
- 600ml (1 pint) lamb or beef stock
- 1 teaspoon ground cinnamon
- 2 tablespoons paprika
- 150g (5oz) dried apricots
- 1 small can cannellini beans
- Fresh coriander or flat leaved parsley, chopped
- Salt and freshly ground black pepper

Brown the lamb in a non-stick frying pan and transfer to the Slow Cooker.

2 Place the onions and garlic in the non-stick pan and cook until softened. Add to the lamb.

Heat the stock in the pan and whisk the cinnamon and paprika into the hot stock. Pour over the lamb and vegetables and stir in the apricots. Cover and cook on LOW for 8-10 hours.

Drain and rinse the beans. Thirty minutes before the end of cooking, stir the beans into the tagine.

Season with salt and freshly ground black pepper to taste and stir in the coriander or parsley.

Somerset pork casserole

Your kitchen will be full of wonderful aromas when you lift the lid off this tasty casserole. Try it served with boiled new potatoes cooked in their skins and/or steamed seasonal green vegetables.

Serves 6

343 kcal/9g fat per serving

- 500g (1¼lb) lean pork fillet, cut into bite-size cubes
- 1 onion, finely chopped
- 1 leek, finely sliced
- 2 medium carrots, finely sliced
- 600ml (1 pint) vegetable or chicken stock
- 200g (7oz) can chopped tomatoes
- 300ml (½ pint) dry cider
- 2 tablespoons cornflour, blended to a paste with a little of the cider
- Salt and freshly ground black pepper
- 2 tablespoons chopped fresh parsley

Brown the pork in a large non-stick frying pan (in batches if necessary), then transfer to the Slow Cooker.

Place the onion, leek and carrots in the pan and cook until they just begin to colour. Spoon over the pork.

Combine the stock, cider, tomatoes and cornflour paste in a saucepan and bring to the boil, stirring continuously. Pour over the pork and vegetables and mix well. Cover and cook on LOW for 7-9 hours.

Season with salt and freshly ground black pepper to taste and stir in the chopped parsley.

Beef with shitake mushrooms

Shitake mushrooms have a fantastic flavour which goes particularly well with beef. Complement the rich flavours of this dish by serving with boiled or steamed basmati rice.

Serves 4

Per serving 302 kcal/9.8g fat

- 650g (1lb 7oz) lean stewing or braising steak, cubed
- 2 red onions, finely sliced
- 175g (6oz) shitake mushrooms (or use brown cap mushrooms), thinly sliced
- 1 garlic clove, crushed
- 600ml (1 pint) beef stock
- 2 tablespoons cornflour blended to a paste with a little water
- 3 tablespoons oyster sauce (or use 2 tablespoons soy sauce)
- Salt and freshly ground black pepper
- 1 tablespoon chopped fresh chives to garnish (optional)

Brown the steak in a large non-stick frying pan and transfer to the Slow Cooker.

Place the onions and mushrooms in the frying pan and cook until all the juices from the mushrooms have evaporated (this concentrates their flavour). Stir in the garlic. Spoon the vegetables over the steak.

Pour the beef stock into a saucepan and stir in the cornflour paste. Bring to the boil, stirring continuously. Remove from the heat, stir in the oyster sauce and pour over the beef and vegetables. Stir to combine, then cover and cook on LOW for 8-10 hours

Season with salt and freshly ground black pepper to taste and garnish with the chopped chives (if using).

Marinated lamb

A great dish to use when entertaining, or make it for an extra special Sunday lunch. The marinade will continue to infuse the lamb with flavour during cooking. Serve with dry-roasted sweet potatoes and seasonal vegetables.

Serves 4

Per serving 398 kcal/19.3g fat

- 1.5kg (3lb) knuckle end of lamb
- 3 garlic cloves (cut 2 into slivers and crush the other)
- Handful of fresh rosemary
- 2 teaspoons ground cumin
- 4 tablespoons red wine vinegar
- 175ml (6floz) red wine
- Salt and freshly ground pepper

Lightly season the lamb and, using a small sharp knife, make incisions in the flesh and push the slivers of garlic and a few rosemary leaves into each one. Place the lamb in a shallow dish.

Whisk together the remaining ingredients and pour over the lamb. Cover and place in the refrigerator for at least 8 hours to marinate, basting occasionally with the marinade.

Remove the lamb from the marinade (reserve the marinade) and lightly brown all over in a large non-stick frying pan.

Transfer the lamb to the Slow Cooker. Pour the reserved marinade over the lamb, cover and cook on LOW for 7-10 hours.

Spiced fruit in red wine

This would make a delicious dessert to end the Christmas meal, as it is full of the warm flavours of the festive season. However, you will find that it's far too good to enjoy just once a year. Serve with a dollop of 0% fat Greek yoghurt and you need not feel too guilty about enjoying this treat!

Serves 4

Per serving 359 kcal/0.3g fat

- 250g (9oz) mixed dried fruit, eg prunes, figs, apricots, pears
- 600ml (1 pint) red wine
- 300ml (½ pint) orange juice
- 1 level teaspoon ground allspice
- 2 cinnamon sticks
- 3 tablespoons soft brown sugar
- 1 tablespoon cornflour, blended to a paste with a little water

Place the fruit in the Slow Cooker.

Heat the wine and orange juice in a saucepan. Stir in the allspice, cinnamon and sugar and bring to the boil.

Pour the liquid over the fruit, cover and cook on LOW for 5-7 hours.

At the end of the cooking time, remove the lid, and stir the cornflour paste into the fruit and liquid. Cover and cook on HIGH until the mixture has thickened. (Alternatively, remove the fruit from the Slow Cooker with a slotted spoon, and pour the liquid into a saucepan. Bring to a rapid boil until reduced and syrupy and pour over the fruit.)

Serve hot or cold.