

# Tefal®



## Cook 4me

Cook fast and well  
with instructions  
to guide you



*Intelligent multicooker*  
*That cooks for you*



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## EPC03 Series

Low pressure 40kPa (109°C) / High pressure: 70kPa (115°C)

PRODUCT CAPACITY: 6L / USEFUL CAPACITY: 4L

Built-in heating



Lid open/close handle



Main operation button



Silencing valve



Open/close marker



Return button



Control panel



Cooking bowl



Warning indicator for pressure and locking



## INGREDIENTS



### MEAT

Poultry  
Lamb  
Beef  
Rabbit  
Pork  
Veal



### FISH & SHELLFISH

Mussels  
Scallops  
Shrimps/prawns  
Fish



### RICE & CEREALS

Wheat  
Bulgur  
Quinoa  
Barley  
Brown rice  
White rice  
Buckwheat



### VEGETABLES FRUITS

Asparagus  
Eggplants  
Beetroot  
Brocoli  
Carrots  
Celeriac  
Cabbage  
Cauliflower / romanesco broccoli  
Brussel sprouts  
Green cabbage  
Spinach  
Fennel  
Green beans  
Lentils  
Turnip  
Sweet potato  
Peas  
Pears  
Leeks  
Apples  
Potatoes  
Pumpkin  
Mushrooms  
Pepper / capsicum  
Squash

## RECIPE LIST

[www.tefal.au](http://www.tefal.au)



### STARTER

Beetroot dip  
Broccoli with almonds  
Chilli jam  
Crab and corn soup  
Creamy mashed potato  
Creamy polenta  
Cumin ratatouille  
Dahl  
Fish and cauliflower soup  
Fish Cakes  
Greek style mushrooms  
Hummus  
Lentil and smoked bacon soup  
Minestrone  
Miso soup  
Mushroom soup  
Potato and leek soup  
Pumpkin soup  
Sweet potatoes and chickpea  
Vegetarian pumpkin  
White sauce  
Porridge  
Pumpkin dip



### MAIN

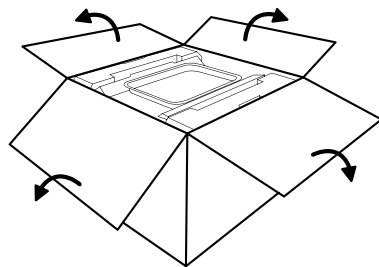
Asian pork meatballs	Fish curry	Pork spare ribs
Balsamic chicken wings	Fish with lemon and herbs	Pumpkin risotto
Beef and stuffed peppers	Fried rice	Quinoa salad with cucumber
Beef bolognese sauce	Gnocchi with pancetta	Saffron salmon
Beef casserole	Greek lamb	San Choy Bow
Beef massaman curry	Green chicken curry	Sausage and bean stew
Beef savory mince	Ham and parmesan tortellini	Spicy mince pork with beans
Beef stroganoff	Hot spicy Tom Yum soup	Spicy stir-fried chicken
Beef tacos	Lamb koftas	Spring lamb stew
Beef teriyaki stir-fr	Lamb rogan josh curry	Steamed sweet chilli salmon
Bourguignon beef	Lamb shanks	Tomato calamari
Chicken cacciatore	Lamb with tomatoes	Tuna mornay
Chicken tikka curry	Ling fillet with prawns	Veal goulash
Chicken with rice	Macaroni cheese	Veal osso bucco
Chicken wings with curry	Meatballs with tomato sauce	Veal rolls with tomato sauce
Chilli con carne	Mushroom and spinach risotto	Veal with lemon and oregano
Coriander prawns	Mustard roast beef	Whole chicken with potatoes
Corned beef	Pea and ham risotto	
Fettuccine carbonara	Pesto chicken risotto	



### DESSERT

Bread and butter pudding  
Chocolate sponge pudding  
Golden syrup steamed puddings  
Lemon Delicious  
Light Chocolate Cream  
Peach puddings  
Spiced Pears  
Steamed fruit pudding  
Steamed golden cake  
Stewed Fruits

BEFORE USE



To open the product, turn the open/close handle on top of the lid, until the marking is in line with the open padlock.



Install the appliance on a flat dry surface that is not hot. Remove all the packaging, stickers or different accessories inside and outside the appliance.

Remove the appliance from its packaging and read the instructions carefully before using the product for the first time.



#### CLEAN THE DIFFERENT COMPONENTS

- 1 Cooking bowl
- 2 Metal lid
- 3 Valve cover
- 4 Condensation trap
- 5 Steam basket
- 6 Decompression ball

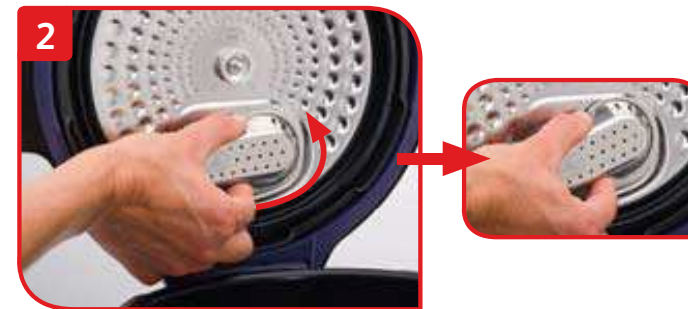
BEFORE USE

#### HOW TO DISASSEMBLE AND REASSEMBLE THE LID



##### HOW TO DISASSEMBLE THE METAL LID:

Grip the lid sub-assembly holding it by the seal, and unscrew the central nut in an anti-clockwise direction. Remove the nut then the lid.






##### HOW TO TAKE THE VALVE COVER OFF:

Clasp the valve cover by its middle part (as shown) ; Then turn it slightly to unclip it. Clean the valve cover, paying special attention to the inside (check that there is no left over food).



##### ACCESSING THE DECOMPRESSION BALL:

Turn the ball cover, anti-clockwise, so as to bring the **I** marker into position . Lift the cover up. Remove the ball, and gently clean it, along with its seat, with water and some washing-up liquid. Dry the ball using a soft cloth, then put it back in position. Put the ball cover back in place, and the marker **I** in position . Lock it by turning the ball cover so that the marker is opposite the pictogram "closed" .



##### PUTTING THE METAL LID SUB-ASSEMBLY BACK IN TO PLACE:

Grip the lid sub-assembly by the seal as shown in the picture. Line up the lid with the central axis and press it flat against the sub-assembly. Put the nut back on and turn it clockwise, tightening it as far as it will go.



##### PUTTING THE VALVE COVER BACK:

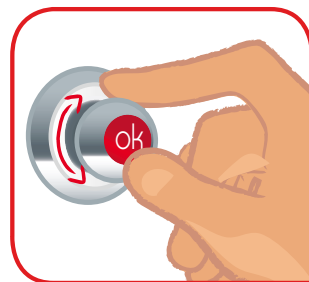
Take the valve cover as shown in the picture (gripping the middle). Line up the interior circular shape with the three hooks and then push so that the valve cover clips on (you should hear a "clip" sound). The valve cover must be right up against the inside of the lid.



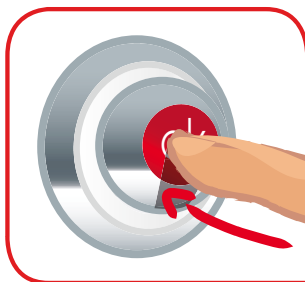


USE

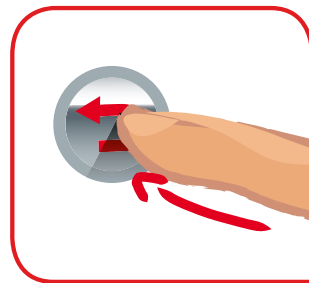
## INTERFACE CONTROLS



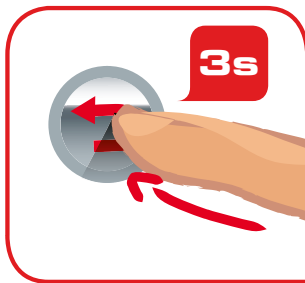
**SELECT**



**CONFIRM**



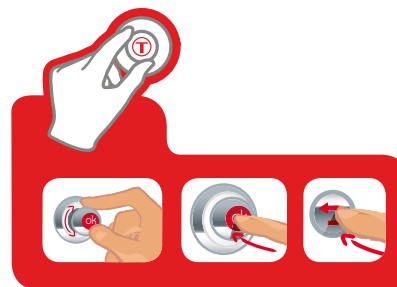
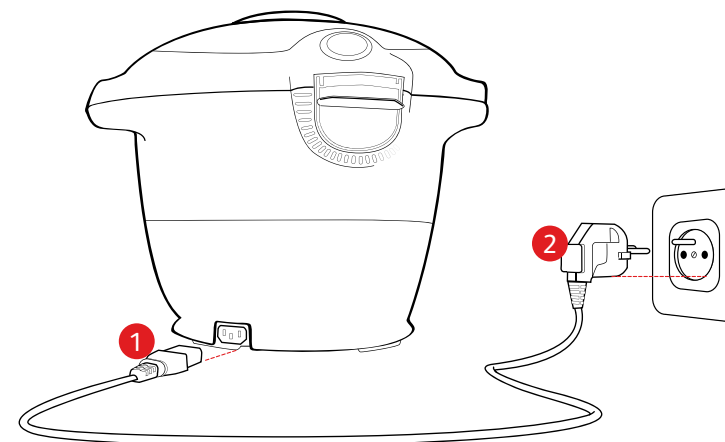
**BACK**



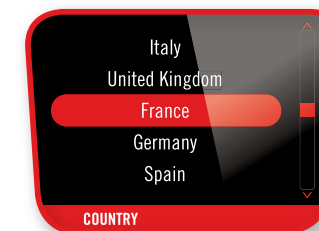
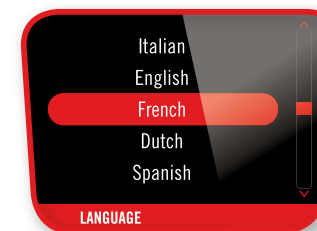
**RESTART**



OPERATION



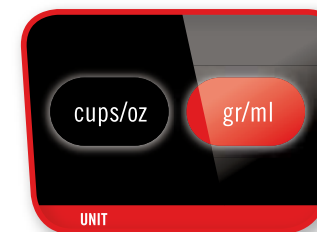
When turning on for the first time, you will first see the settings menu:



Select your language



Select your country



The third screen is only displayed if, for your country, you have the option of choosing between different units of measurement (depending on the product version)



USE



Never use the appliance without the cooking bowl



#### OPEN THE LID:

To open the product, turn the open/close handle so that the marking is in line with the open padlock. Never try to force the lid to open if it is stuck.



#### OPEN/CLOSE INDICATOR:

When the indicator flashes, the lid is locked. When the indicator remains on, the appliance is pressurised; you can no longer open it.



#### INSTALLING THE CONDENSATION TRAP:

Check that the condensation tank is empty then install it behind the appliance.



USE

When using your appliance for the first time, the bowl may release a slight odour. This is normal.



#### INSTALLING THE STAND UNDER THE STEAM BASKET:

Pinch the stand between your thumb and index finger to install under the steam basket as shown.



#### POSITIONING THE BOWL IN THE APPLIANCE:

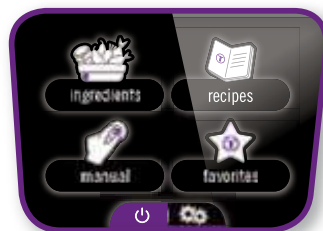
Wipe the bottom of the cooking bowl. Make sure there are no food remains or liquid under the bowl or on the heating plate.



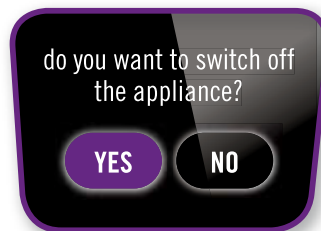
Then install the bowl in the appliance by positioning the bowl handles into the slots.



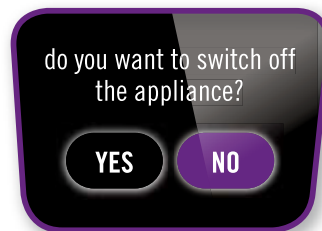
## ON/OFF MENU



Select and confirm



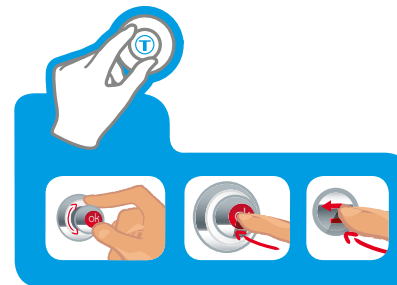
Pressing ON/OFF will allow you to switch off the appliance.



## SETTINGS MENU



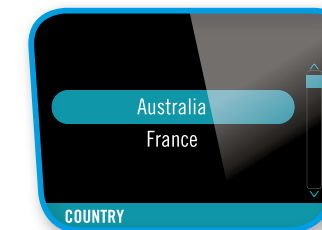
N.B.: each confirmation takes you back to the main menu.  
N.B.: even if the sound is deactivated, the alert sounds remain active.



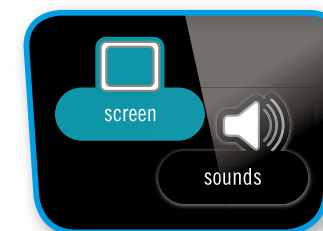
Select  
«language / country»



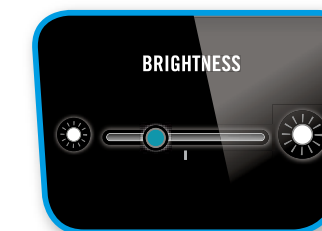
Select  
your language



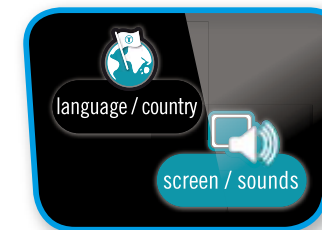
Select  
your country



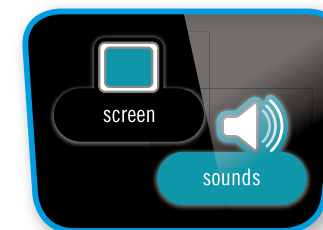
Select «screen»



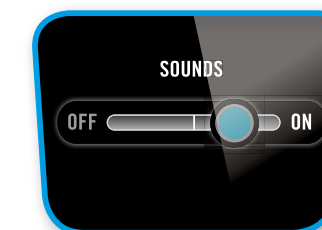
Adjust the light



Select the «screen / sounds» setting



Select «sounds»



Adjust the volume



## MANUAL MENU

### COOKING MODE

### QUICK COOKING

#### MANUAL MENU:

With the manual menu, you guide the cooking yourself. Select the cooking mode: **browning**, **quick cooking**, **reheat** or **keep warm**, as well as the **cooking time**.



Select the  
«manual» menu



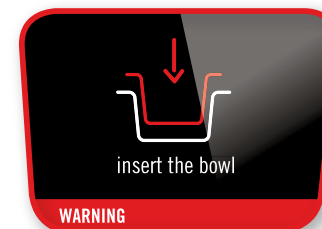
Set the cooking time



Select the  
«quick cooking» mode



Select immediate or  
delayed start (p.17)



Insert the bowl then  
add the ingredients



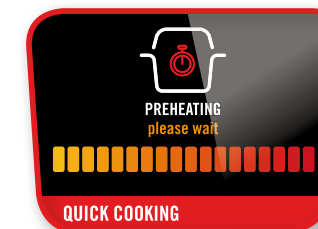
Close and bolt the lid



## MANUAL MENU

### COOKING MODE

### QUICK COOKING



The appliance  
is preheating



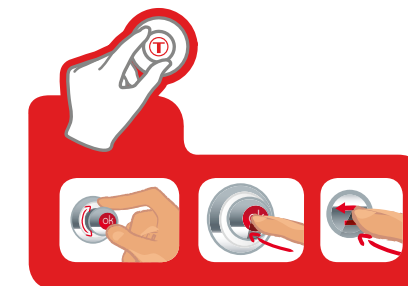
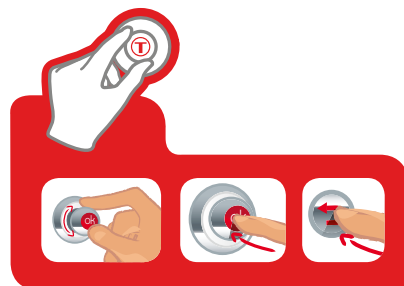
Cooking has started



Cooking has finished



Its ready to eat!







## COOKING MODE

### BROWNING



Select the «manual» menu



Select the «browning» function



Open the lid



## COOKING MODE

### REHEAT



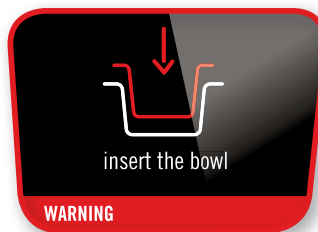
Select the «manual» menu



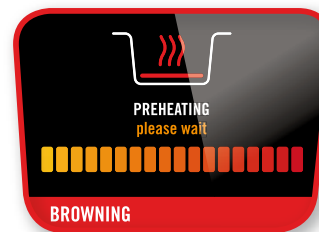
Select the «reheat» mode



Insert the bowl



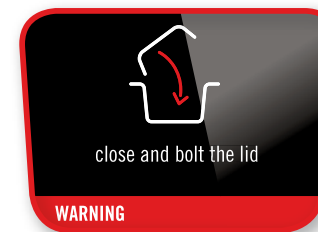
Insert the bowl



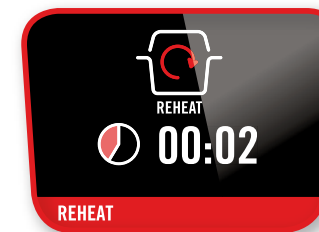
The appliance is preheating



Add the ingredients



Close and bolt the lid



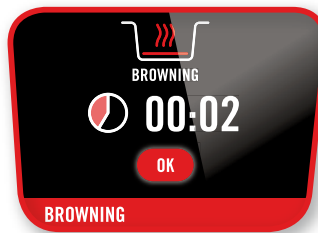
Reheat has started



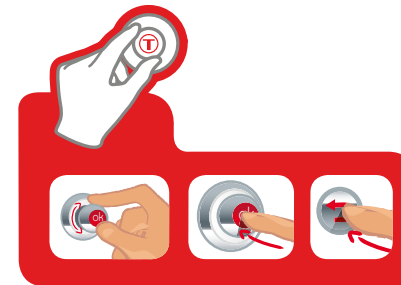
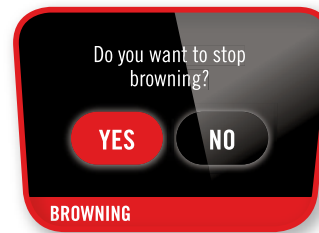
Press OK to interrupt



Do you want to stop reheat?



To stop browning press the back button and select either stop or «quick cooking».



It's ready to eat!

N.B.: Reheating starts and the time increases



## MANUAL MENU

### COOKING MODE

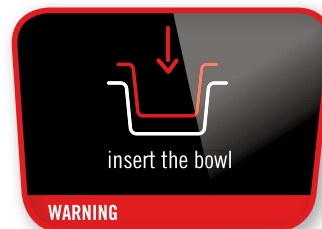
### KEEP WARM



Select the  
«manual» menu



Select the  
«keep warm» function



Insert the bowl



The appliance  
is preheating



The keeping warm  
function has started



To stop the keep warm  
function, press the «back»  
button and select «yes»



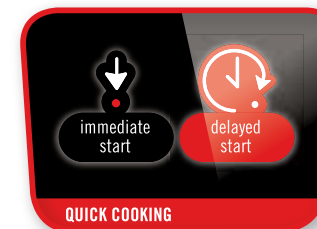
## MANUAL MENU

### COOKING MODE

### DELAYED START (quick cooking mode)



L'heure de fin de cuisson peut  
varier suivant le volume contenu  
dans le produit



Select  
«delayed start»



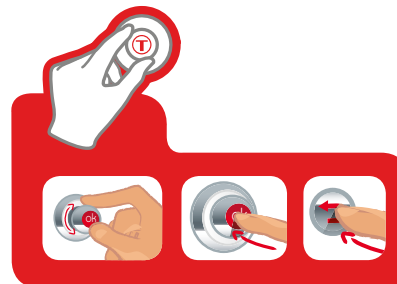
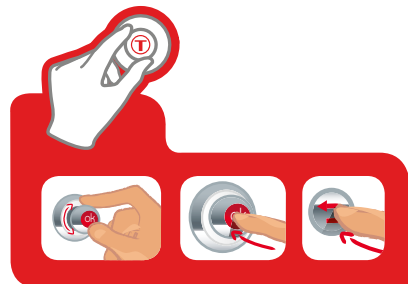
Select the  
current time



Select the end  
of cooking



Delayed start  
is programmed





## INGREDIENTS MENU

### INGREDIENTS MENU:

With the ingredients menu, cook single ingredients without having to program the cooking mode or time: Cook4Me provides you with instructions for all weights and types of ingredients: meat, fish, vegetables, fruit and cereals.



Select the «ingredients» menu



Select the quantity of ingredients



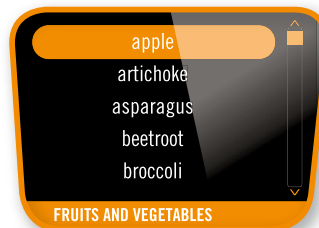
The recommended cooking time is displayed



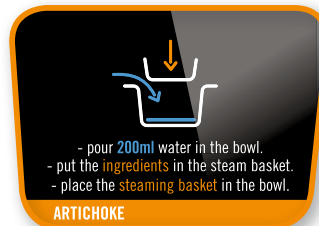
Select fruits & vegetables



Start the recipe



Select the required ingredient

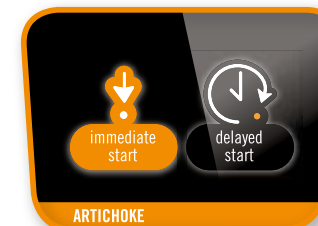


Follow the instructions on screen

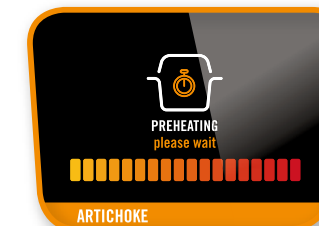


## INGREDIENTS MENU

### INGREDIENTS MENU: (continuation)



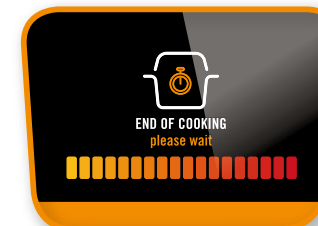
Start the recipe



The appliance is preheating



Cooking has started



Cooking has finished



Its ready to eat!

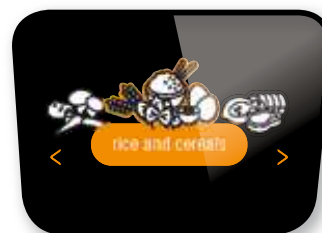


## INGREDIENTS RECIPE

### WHITE RICE



Select the  
«ingredients» menu



Select  
«rice and cereals»



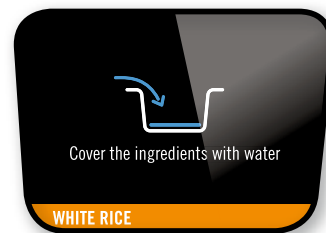
Select  
«white rice»



Select the desired rice  
quantity (min. 200g)



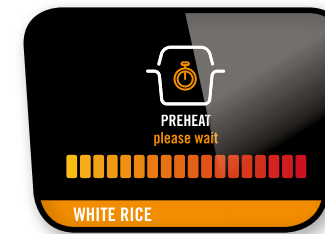
Start the recipe



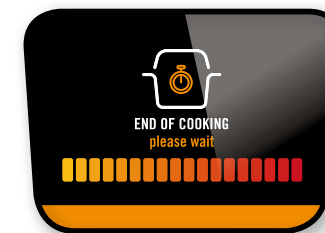
Follow the instructions



The recommended  
cooking time appears



The appliance  
is preheating



Cooking has finished



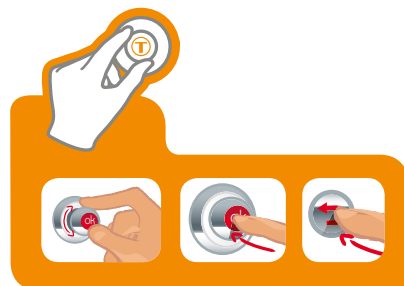
Select  
«immediate start»



Cooking has started



It's ready to eat!







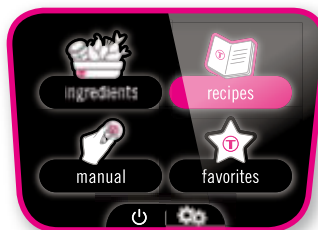
## RECIPES MENU

### PUMPKIN DIP

#### RECIPES MENU:

With the recipes menu, choose from over 85 savory or sweet recipes divided into **four** categories: **starters / dishes / desserts / express recipes**.

You can go back to the initial menu by pressing the return button for 30 seconds, or back one step by pressing the return button once.



Select the recipe menu



Select the number of people



Select the type of recipe



Show recipe



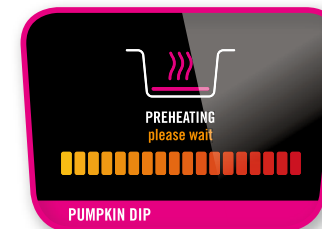
Select a recipe



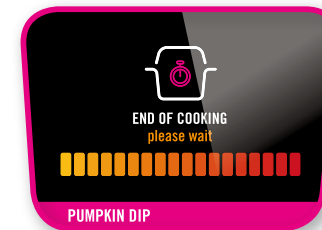
Prepare the ingredients



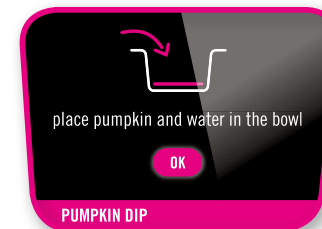
Start the recipe



Preheating



Cooking has finished



Follow the instructions



Cooking time



Its ready to eat!



Start the cooking





## RECIPES MENU

### GREEN CHICKEN CURRY



Select the recipes menu



Select the type of recipe



Select the recipe



Select the number of people



Show recipe



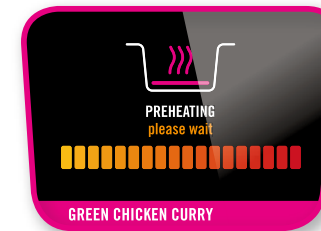
Prepare the ingredients



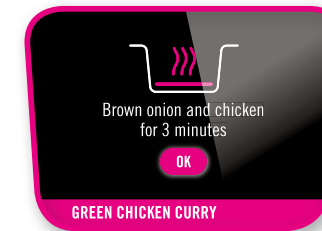
Start the recipe



Follow the instructions



Preheating



Follow the instructions



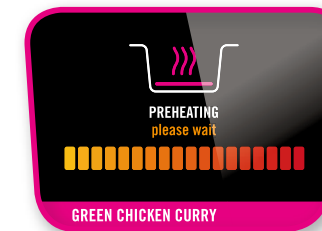
Stop browning



Follow the instructions



Start cooking



Preheating



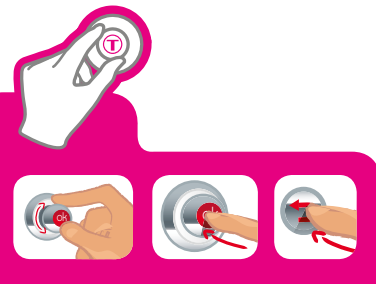
Cooking time



Cooking has finished



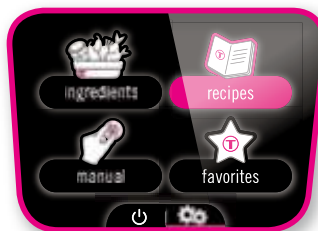
Its ready to eat!





## RECIPES MENU

### STEAMED SWEET CHILLI SALMON



Select the recipes menu



Select the type of recipe



Select a recipe



Select the number of people



Show recipe



Prepare the ingredients



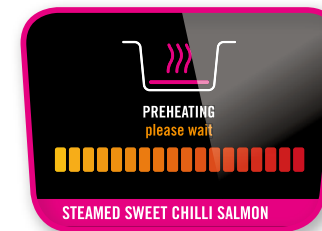
Start the recipe



Follow the instructions



Start the cooking



Preheating



Cooking time



Cooking has finished



Its ready to eat!

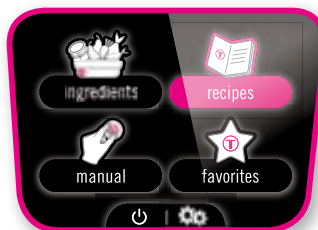






## RECIPES MENU

### PEA & HAM RISOTTO



Select the recipes menu



Select the type of recipe



Select the recipe



Select the number of people



Show recipe



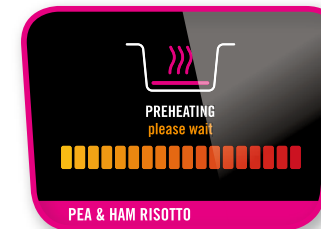
Prepare the ingredients



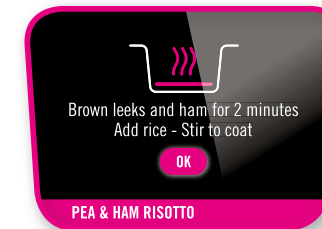
Start the recipe



Follow the instructions



Preheating



Follow the instructions



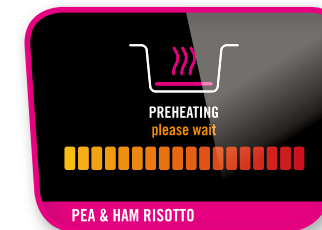
Stop browning



Follow the instructions



Start cooking



Preheating



Cooking time



Preheating



Its ready to eat!





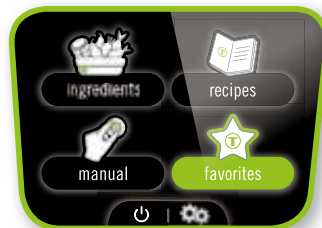


## FAVORITES MENU

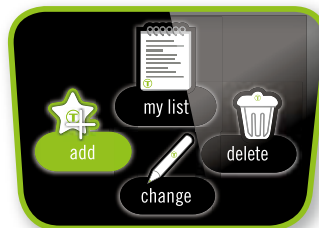
### SAVE A RECIPE AS A FAVORITE

#### FAVORITES MENU:

With the favorites menu, create a link to your favorite recipes in the recipes menu.



Select the  
«favorites» menu



Select «add»



Select the  
type of recipe



Select the recipe you want  
to appear as a favorite



Select the number  
of people



Select the required  
cooking time



## FAVORITES MENU



You can change the  
name of the recipe



Use < to delete



Select OK to confirm



Save the favorite



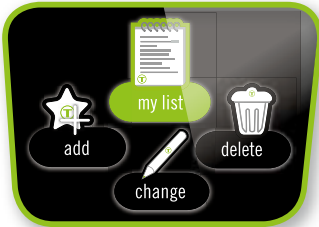


FAVORITES  
MENU

**PREPARE**  
A RECIPE  
ALREADY  
SAVED AS  
A FAVORITE



Select the  
«favorites» menu



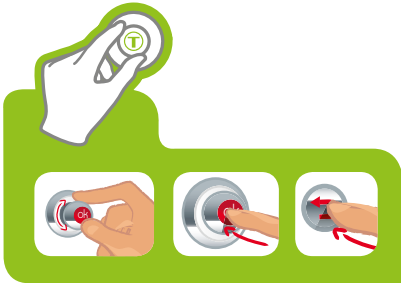
Select «my list»



Select the recipe that  
you want to prepare



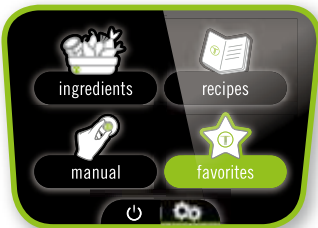
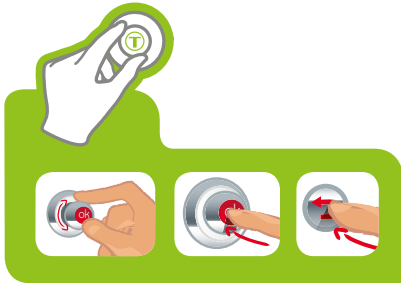
Follow the instructions  
as for a normal recipe



FAVORITES

**DELETE**  
A RECIPE FROM  
THE FAVORITES  
MENU

**CHANGING**  
THE NAME OF  
THE RECIPE



Select the «favorites» menu



Select delete



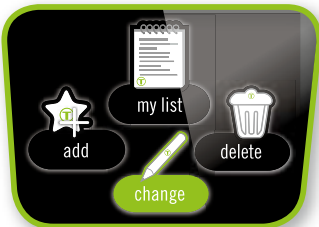
Select the recipe  
you want to delete



Follow the instructions



Select the  
«favorites» menu

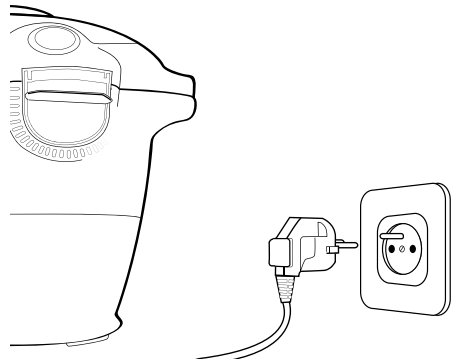


Select the  
«change» menu



Select the recipe whose name  
you want to change

## CLEANING MAINTENANCE



Once you have finished cooking your dish, disconnect the appliance to clean. Clean the appliance after each use.



You can wash the cooking bowl and steam basket in soapy hot water or in the dishwasher. Clean the body of the appliance using a damp cloth. After several times in the dishwasher, the exterior of the tank may become discoloured. You may clean it using a scraper sponge.



## CLEANING MAINTENANCE

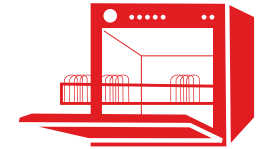


After each use, remove the condensation trap and wash carefully in clear water or in the dishwasher. Take care to dry well. Return to its original position.



To clean the metal lid, by hand or in the dishwasher, you need to remove the valve cover.

- 1 Unscrew the screw at the centre of the metal lid
- 2 Take off the metal lid
- 3 Remove the valve cover



### CLEANING IN THE DISHWASHER:

You can place the metal lid in the dishwasher, without removing the valves. After placing in the dishwasher, remove the ball and blow in the pipe to check that it is not blocked. Dry the ball and its support carefully using a soft cloth.



### CLEANING BY HAND:

You can clean the metal lid using soapy hot water. Firstly, remove the ball then clean completely. Dry the ball and its support using a soft cloth.

## CLEANING MAINTENANCE



Before reinstalling the ball, check that the pipe is not blocked by blowing into it.



Press on the internal part of the safety valve spring to check that it is not clogged.



Before removing the internal lid, clean the upper part of the cooking bowl. Clean the inside of the appliance's metal lid using a damp sponge and check that the manometric rod (above) is properly positioned to ensure that it is not blocked.



## CLEANING MAINTENANCE



Clean the upper part of the cooking bowl using a damp cloth. Clean the condensation trap using a damp cloth. Rinse under water and check that the manometric rod can move around.



Clean the seal on the metal lid using a damp cloth then rinse thoroughly. Do not use sharp objects.



## CLEANING MAINTENANCE



Replace the watertight seal at least every three years. This operation will be performed in an Approved Service Centre.



- In the event of accidental immersion of the appliance or if water is spilt directly on the heating element when the bowl is not in position, take the appliance to an Approved Service Centre.

## CLEANING MAINTENANCE



Do not store the appliance with the lid closed. Leave open or half open; this will prevent unpleasant odours.



For greater safety, check that the handle is in the closed position and the lid is locked.





**Tefal®**