# Tefal

## Cook 4me

Step by step pre-programmed recipes cooked in minutes









## Intelligent multicooker That cooks for you



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Main operation button





EPC03 Series

> Low pressure 40kPa (109°C) / High pressure: 70kPa (115°C) PRODUCT CAPACITY: 6L / USEFUL CAPACITY: 4L Built-in heating

Return button

Control panel



Cooking bowl



Warning indicator for pressure and locking



#### INGREDIENTS







Beef

Lamb

Pork

Poultry

Rabbit

Veal



Barley Brown rice Buckwheat Bulgur Quinoa Wheat White rice



Apples Asparagus Beetroot Broccoli Brussel sprouts Cabbage Capsicum / pepper Carrots Cauliflower Celerv Eggplants Fennel Green cabbaae Green beans Green peas Leeks l entils Mushrooms Pears Potatoes Pumpkin Spinach Squash Sweet potato Turnip Zucchini

#### RECIPE LIST

#### www.tefal.com.au



Asian pork meatballs Beef and stuffed peppers Beetroot dip Broccoli with almonds Coriander prawns Chilli iam Crab and corn soup Creamy mashed potato Creamy polenta Cumin ratatouille Dahl Fish and cauliflower soup Fish cakes Greek style mushrooms Hot spicy Tom Yum soup Hummus Lentil and smoked bacon soup Minestrone Miso soup Mushroom soup Porridge Potato and leek soup Pumpkin dip Pumpkin soup Sweet potatoes and chickpea Vegetarian pumpkin White sauce



Balsamic chicken winas Beef bolognaise sauce Beef casserole Beef massaman curry Beef savory mince Beef stroaanoff Beef tacos Beef teriyaki stir-fry Bourguignon beef Chicken cacciatore Chicken tikka curry Chicken with rice Chicken wings with curry Chilli con carne Corned beef Fettucine carbonara Fish curry

Fish with lemon and herbs Pumpkin risotto Gnocchi with pancetta Ouinoa salad with cucumber Greek lamb Saffron salmon Green chicken curry San Choy Bow Ham and parmesan tortellini Sausage and bean stew Lamb koftas Spicy mince pork with beans Lamb rogan josh curry Spicy stir-fried chicken Lamb shanks Spring lamb stew Lamb with tomatoes Steamed sweet chilli salmon Ling fillet with prawns Tomato calamari Macaroni cheese Tuna mornay Meatballs with tomato sauce Veal goulash Mushroom and spinach risotto Veal osso bucco Mustard roast beef Veal rolls with tomato sauce Pea and ham risotto Veal with lemon and oregano Pesto chicken risotto Whole chicken with potatoes Pork spare ribs



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







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





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



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.



#### ACCESSING THE DECOMPRESSION BALL:

Turntheballcover,anti-clockwise,soastobringthe Imarkerintoposition 🛍 .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"



in the picture.



#### 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).



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

Grip the lid sub-assembly by the seal as shown

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.



#### INTERFACE CONTROLS



SELECT



CONFIRM





RESTART









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



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)



Never use the appliance without the cooking bowl



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



#### **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 fl ashes, 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.









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

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





Select and confirm



do you want to switch off

the appliance?





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.





«language / country»





Select the «screen / sounds» setting







MANUAL MENU

#### COOKING MODE

#### QUICK COOKING

#### MANUAL MENU:

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





+

Select the «manual» menu



QUICK COOKING



Set the cooking time





Select the «quick cooking» mode



QUICK COOKING



Select immediate or delayed start (p.17)



Insert the bowl then add the ingredients



Close and bolt the lid



MANUAL MENU

Ō

#### QUICK COOKING





The appliance is preheating









COOKING MODE

MANUAL

MENU

## BROWNING









Select the «manual» menu



Insert the bowl

BROWNIN

**00:02** 

OK

BROWNING



Select the «browning» function



The appliance is preheating



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



add the ingredients OK BROWNING S







favorites

<u>S</u>











Press OK to interrupt



Do you want to stop reheat?

N.B.: Reheating starts and the time increases



#### COOKING MODE

### **KEEP WARM**



Select the «manual» menu





Select the «keep warm» function



Insert the bowl



**}**}}

**DELAYED START** (quick cooking mode)

MANUAL

MENU







The appliance is preheating



The keeping warm function has started



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

The end of cooking time may vary depending on the amount of food in the product











#### 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



ADVISED TIME : 35 MIN

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)



END OF COOKING please wait 

Cooking has finished



The appliance is preheating



#### Cooking has started





#### INGREDIENTS RECIPE

### WHITE RICE



Select the «ingredients» menu





Select «rice and cereals»



Select «white rice»



cooking time appears

PREHEATING please wat

The appliance

is preheating

END OF COOKING please wait

Cooking has finished

WHITE RICE

immediate start WHITE RICE

> Select «immediate start»



Cooking has started







Select the desired rice quantity (min. 200g)



Start the recipe







#### **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

Peeled, diced butternut pum	pkin 500g	
Water	100 ml	
Morroccan seasoning	2 tsp	
Chopped parsley	2 tbsp	
Sour cream	1/3 cup	
Lemon juice	2 tsp	



Prepare the ingredients



PREHEATING please wait

Preheating

PUMPKIN DIP



Follow the instructions







Cooking has finished





#### GREEN CHICKEN CURRY







Select the recipes menu





Select the number of people





Select the type of recipe





Show recipe

Gnocchi With Pancetta Greek Lamb Green Chicken Curry ① Ham And Parmesan Tortellini Hot Spicy Tom Yum Soup



Select the recipe





Prepare the ingredients



do you want to stop

S

Stop browning

COOKING

00:04

**GREEN CHICKEN CURRY** 

NO

browni

YES

**GREEN CHICKEN CURRY** 



Follow the instructions





Cooking has finished

Cooking time





Brown onion and chicken for 3 minutes ok GREEN CHICKEN CURRY

Follow the instructions

do you want to start the cooking? YES NO GREEN CHICKEN CURRY Kicking Start cooking







#### **STEAMED** SWEET CHILLI SALMON







Select the recipes menu





Select the number of people





Select the type of recipe



Show recipe

Spicy Stir-fried Chicken Spicy Mince Pork With Beans Spring Lamb Stew Steamed Sweet Chilli Salmon 🕤 Tomato Calamari



Select a recipe





Prepare the ingredients





Start the recipe



(<mark>Ó</mark>) STEAMED SWEET CHILLI SALMON Cooking time

Follow the instructions

Preheating





Cooking has finished

Its ready to eat!



#### STEAMED SWEET CHILLI SALMON





#### Start the cooking



#### PEA & HAM RISOTTO







Select the recipes menu





Select the number of people





Select the type of recipe





Show recipe

Macaroni Cheese Meatballs With Tomato Sauce Mushroom <u>& Spinach Risotto</u> Mustard Roast Beef Pea And Ham Risotto 🕥



Select the recipe





Prepare the ingredients



do you want to stop

S

Stop browning

COOKING

00:06

PEA & HAM RISOTTO

NO

browni

YES

PEA & HAM RISOTTO



Follow the instructions







Cooking time

S.





Brown leeks and ham for 2 minutes Add rice - Stir to coat OK



PEA & HAM RISOTTO





Preheating

PEA & HAM RISOTTO

KEEP WARM

**10:10** 



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

Cod Fillet And Broccoli

Rabbit With Olives And Vegetables

Moroccan Vegetables

Moules Marinières

Select the recipe you want

to appear as a favorite





Select «add»

802 pers

**((())**+

Select the number

of people





Select the type of recipe





Select the required cooking time



FAVORITES MENU





You can change the name of the recipe













soup a b c d e

i j k l m n o

+

pqrstuvw

x y z < ok

Use < to delete

fg



FAVORITES MENU

### PREPARE

A RECIPE ALREADY SAVED AS A FAVORITE





Select the «favorites» menu





Select the recipe that you want to prepare





Select «my list»





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 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.



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

#### CLEANING MAINTENANCE



#### 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



#### 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.



Clean the outside of the appliance's lid using a damp sponge. Clean the silencing valve at the back of the lid.





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

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.



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.

PROBLEMS	POSSIBLES CAUSES	SOLUTION
The lid does not close	There are foreign bodies between the bowl and the heating plate	Remove the bowl, check that the heating plate, central element and under the bowl are clean. Also check that the central element can move around
	The lid open handle is not correctly positioned	Check that the open handle is completely open
	The metal lid and/or the tightening screw are not properly installed or fully screwed	Check that you have positioned all of the elements of the metal lid and that the screw is tight
The product does not decompress	The ball cover is not in place	Let the product cool completely and then remove the metal lid and position correctly the ball cover (fixed in the lock position)
The lid does not open once the steam is released	The manometric rod is still in the high position	After ensuring that no more steam is released and that the product is completely cold, insert a pick into the hole located between the open handle and the silencing valve. Be careful of steam being released once the stick is pushed in. When no more steam is released, try to open the appliance
The appliance does not become pressurised	Check that the seal, purple safety valve and manometric rod are clean	Clean your appliance by following the instructions provided in the instructions
	Check that the lid is locked and the marking is properly aligned with the closed padlock. Check that the manometric rod can move around and if it needs cleaning	Check that the manometric rod can move around and if it needs cleaning
	The decompression ball is not positioned correctly or dirty	Check that the ball is correctly positioned and that the cover is in the locked position. Clean and dry the ball and its support
ERROR CODES	Code 24: the pressure decreases while pressure cooking Code 21 and 26: pressure fails to raise	Add liquid to your recipe (water, stock or a liquid sauce) 50-100ml at a time and re-start the recipe
Steam is released from the sides of the lid during cooking (leaks)	The seal of the metal lid and/or the edges of the bowl are dirty	Clean the sides of the bowl and seal using a damp cloth. Do not use any sharp instrument
	Wear, cuts and deformation of the seal	The seal must be changed every three years at most. Take your appliance to an Approved Service Centre
	Bowl edges damaged	Take your appliance to an approved service centre
	The metal lid nut was not screwed enough	Tighten the nut to the matal lid center correctly
Water flows behind the appliance	The condensation trap is not in position or is overfl owing	Make sure that the condensation tank is properly positioned behind the appliance and that the flow pipe is not blocked
The indicator is not flashing or does not come on	The safety valves and/or openings are obstructed	Verify that the tank is not too full and that there are no food that expand (see Safety Instructions booklet)
	The LED is no longer working or the lid is not completely locked	Check that the product is completely locked. Take your appliance to an Approved Service Centre if the problem continues
The control panel does not light up	The appliance is not connected or is on standby	Check that the power lead is connected both to the appliance and the mains. Check that the appliance is not on standby by pressing the «OK» button
	The appliance is damaged	Take your appliance to an Approved Service Centre
Condensation appears on the indicator	There is condensation on the lid	Let the appliance dry in fresh air for a few hours
The metal lid can not be removed, it is blocked	The metal lid ball cover was not well positioned	Unscrew the nut in the metal lid center, and then press the prob into the center of the nut This releases the lid and you c&an access the ball cover. Make sure it is well put back as the ba

## NOTE





Tefal