

Slow Cooking

SLOW COOK MODE

DO NOT USE RACK NOR WATER TRAY

Best for:

Traditional slow cooking

Black garlic

Sous vide

- Place containers **DIRECTLY ON** the heating plate.
- For best results, use a heavy-bottom Dutch oven or stock pot with a tight-fitting lid.



Temperature Range: 85-195 °F / 30-90 °C.

Use covered containers. Set point temperature is for contents of the Proofer, not the air inside.

Food Safety

When slow cooking, food should reach 140 °F / 60 °C in less than 2 hours. For this reason, frozen meat should never be placed directly in a pot for slow cooking. For best results and increased food safety, we recommend preheating the pot and searing thawed meat.

Preheating

*Many recipes call for sautéed onions, garlic, or other items and searing meat before slow cooking for optimum flavor. Using the Proofer, all this can be done in a single pot. After searing, put the hot pan in the preheated Proofer **DIRECTLY** on the heating plate (no rack). Always put a lid on the pot and also close the lid of the Proofer. Do not remove lid or pot top for the first 2 hours. Meat should not touch the top of the pot.*

General Guidelines and Tips

Slow Cook Mode. In Slow Cook Mode, temperatures may be set from 85-195 °F / 30-90 °C in 5-degree increments. For slow cooking recipes that recommend a setting of “Low” on a traditional slow cooker, set the temperature to the maximum setting of 195 °F / 90 °C. Always use a lid on the pot when slow cooking.

This appliance is calibrated to keep the contents of a container near the temperature set point. Actual temperatures may vary 5 degrees from set point depending on the type of container and lid used (cast iron, stainless, metal, or glass). Results for any specific pot will be repeatable.

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Other Applications. Other slow cooking processes, such as slow roasting black garlic or sous vide cooking may be done at lower temperatures. We recommend checking the internal pot or water bath temperature at regular intervals to ensure it is appropriate. When slow cooking, always put a lid on the pot.