



# morphy richards®



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[www.morphyrichards.co.uk](http://www.morphyrichards.co.uk)



## Rapid Cook

Please read and keep these instructions

### Getting the best from your new appliance...

#### Safety

*Always keep hands and face away from Pressure Release Valve, when venting pressure.*

*Use extreme caution when removing lid after cooking. Always tilt the lid away from you, so any remaining steam is blocked from your face.*

*Never attempt to open lid while cooking, or before pressure has dropped. Do not attempt to defeat this safety feature by forcing it.*

*Do not cover or block the valves.*

*Do not touch the pot or lid except for the handle immediately after using.*

*To avoid burns, allow food to cool before tasting. The temperature of the food gets considerably hotter than with conventional cooking.*



MC48815 MUK Rev 3



**If you have a problem or complaint, please call our dedicated UK based helpline before returning your product to the retailer from where it was purchased.**



UK Helpline: 0844 871 0956  
Replacement Parts: 0844 873 0722  
Ireland Helpline: 1800 409 119



For details of other Morphy Richards products, plus replacement parts and accessories, please see our website:

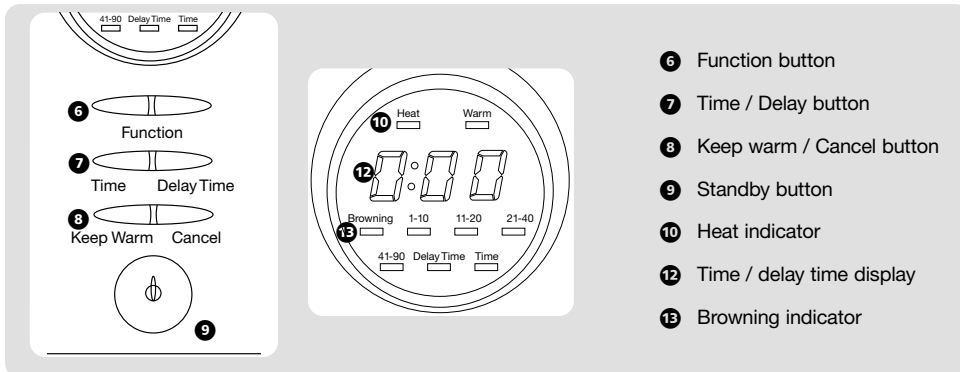
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## Easy set-up guide

Please also refer to the main instruction booklet, which contains important safety information and more detail on how to use the Rapid Cook.

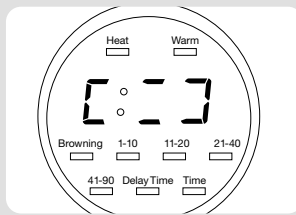


Only the relevant controls are shown here. For complete list of features see page 5

## To use the seal / brown function



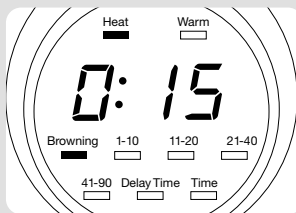
# 1



Place the Rapid Cook **4** on to the kitchen work surface and plug in. Add the appropriate amount of oil to the pan **2** for the quantity of meat you wish to seal. Press the Standby button **9**, the display will show the default screen. Then press the Function button **6** once.

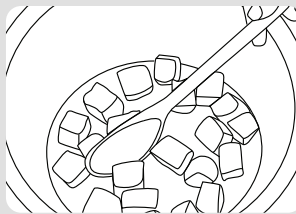


# 2



The Rapid Cook will beep and the browning indicator will illuminate **13**. The pan will then start to heat up and the timer **12** will begin to count down from 15 minutes. The oil will take approximately 5 minutes to reach the correct temperature for sealing / browning meat (i.e. when the timer reads 0:10)

# 3

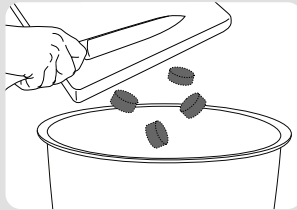


Add the meat to the pan and stir regularly until the outside of the meat is sealed / browned. Stir the meat in the pan moving the spoon forward and back to prevent the bowl from rotating in the Rapid Cook. When the timer reaches zero, the Rapid Cook will beep and the cooking process will stop. If your meat is sealed before the 15 minutes is up, hold down the Keep Warm / Cancel button **8**. The Rapid Cook will beep and the cooking process will stop.



## To use the Normal Cooking function

4



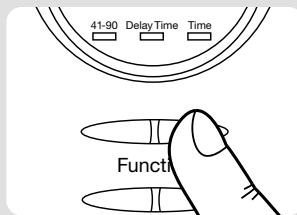
When the sealing / browning process is complete, add your remaining ingredients, ensuring you keep to the min quantity (defined by the 1/5 point on the scale marked inside the pan) and the max quantity (defined by the 3/5 – point, also marked on the scale inside the pan.)

5



Then place the lid on as directed, and turn clockwise to lock in place. Ensure the valve is in the 'SEAL' position

6



Press the Function button **6** the appropriate number of times to select the desired cooking time.

Press 2 times: 1-10 mins

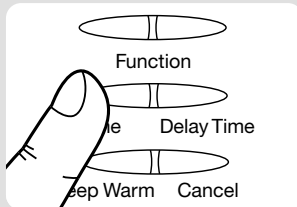
Press 3 times: 11-20 mins

Press 4 times: 21-40 mins

Press 5 times: 41-90 mins

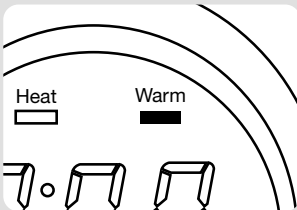
For each range, the Rapid Cook will select the lowest value (e.g. 11 minutes in the 11-20 mins range)

7



To select a longer value within the selected range, press the Time button **7** to increase the cooking time within the selected range. For example, to select a 27 minute cooking time after selecting the 21-40 mins range (as instructed above), press the Time button **7** six times, until 0:27 displays on the timer. The Rapid Cook will then start to heat up and the cooking process will begin.

8



At the end of the cooking process the product will beep and automatically switch to keep warm. Keep warm will last for up to two hours, but you cancel this at any time by pressing the Standby button **9**. Then release any excess pressure still contained within the cooker, by putting on oven gloves and moving the release valve to the 'VENT' position. This will allow steam to escape under pressure from the vent **WARNING: you must keep your face well away from the valve when releasing excess pressure, and only do this when you are wearing protective oven gloves.**



## IMPORTANT SAFETY INSTRUCTIONS

### Personal safety

- Do not touch hot surfaces. Use oven gloves or a cloth when opening the lid or handling hot containers as hot steam will escape.
- WARNING: To protect against fire, electric shock and personal injury, do not immerse cord, plugs, or appliance in water or other liquid.**
- WARNING: Extreme caution must be used when moving the appliance when containing hot food, water, or other hot liquids.**
- Unplug from the socket when not in use, before putting on or taking off attachments, before cleaning, and allowing to cool.
- Do not operate any appliance with a damaged lead or plug, or after an appliance has malfunctioned, or has been dropped or damaged in any way. Contact Morphy Richards for advice on examination, repair or electrical or mechanical adjustment.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning the use of the appliance by a person responsible for their safety.

### Location

- This appliance is intended to be used in household and similar applications such as:
    - farm houses;
    - by clients in hotels, motels and other residential type environments;
    - bed and breakfast type environments.
- It is not suitable for use in staff kitchen areas in shops, offices and other working environments.

- Do not use outdoors or near water.
- Ensure that this appliance is situated out of reach of children.
- Do not place the appliance directly under kitchen wall cupboards when in use, as it produces steam. Avoid reaching over the appliance when in use.
- Do not use the appliance near or below combustible materials, such as curtains.

### Mains cable

- The mains cable should reach from the socket to the base unit without straining the connections.
- Do not let the cable hang over the edge of the table or counter and keep it away from any hot surfaces.
- Do not let the cable run across an open space e.g. between a low socket and table.
- If the supply cable is damaged, it must be replaced with a special cable assembly available from the manufacturer or it's service agent.

### Children

- Never allow a child to operate this appliance. Teach children to be aware of dangers in the kitchen, warn them of the dangers of reaching up to areas where they cannot see properly or should not be reaching.
- Children should be supervised to ensure that they do not play with the appliance.

### Other safety considerations

- Do not use attachments or tools not recommended by Morphy Richards as this may cause fire, electric shock or injury.
- To open, hold and rotate the lid anticlockwise but do not lean over the appliance.
- Do not place on or near a hot gas or electric burner, or in a heated oven.

- Do not leave it in a damp and corrosive environment.
- To prevent over-heating, always ensure there is food or water in the bowl.
- This appliance is not intended to be operated by means of an external timer or separate remote-control system.
- Extreme caution must be used when moving the appliance when it contains hot food, water or other hot liquids.
- Do not use any parts of this appliance in a microwave or any cooking / heated surfaces.
- Never use the appliance to boil acid or other alkaline foodstuffs.
- The use of sharp implements inside the bowl may damage the non-stick coating.
- The ducts in the pressure release valve should be checked regularly to ensure that they are not blocked.

### Electrical requirements

Check that the voltage on the rating plate of your appliance corresponds with your house electricity supply which must be A.C. (Alternating Current).

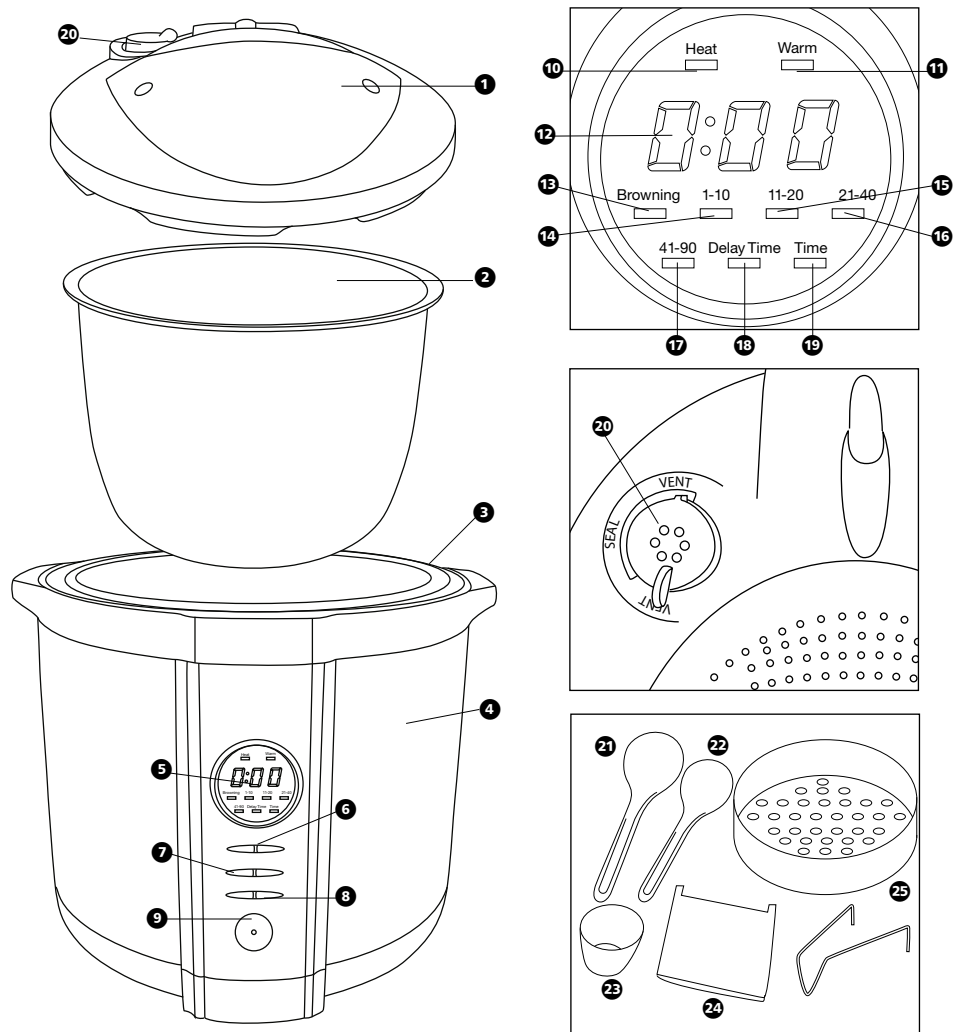
If the socket outlets in your home are not suitable for the plug supplied with this appliance, the plug should be removed and the appropriate one fitted.

**WARNING: The plug removed from the mains cable, if severed, must be destroyed, as a plug with bared flexible cord is hazardous if engaged into a live socket outlet.**

Should the fuse in the 13 amp plug require replacement, a 13 amp BS1362 fuse must be fitted.

**WARNING: This appliance must be earthed.**





**Product Features**

- |   |  |   |
|---|--|---|
| <ul style="list-style-type: none"> <li>1 Cooker lid</li> <li>2 Stainless steel cooking pan</li> <li>3 Drainage channel</li> <li>4 Base unit</li> <li>5 Display panel (see enlarged diagram)</li> <li>6 Function button</li> <li>7 Time / delay button</li> <li>8 Keep warm / cancel button</li> </ul> | <ul style="list-style-type: none"> <li>9 Standby button</li> <li>10 Heat indicator</li> <li>11 Warm indicator</li> <li>12 Time / delay time display</li> <li>13 Browning indicator</li> <li>14 1-10 mins timer indicator</li> <li>15 11-20 mins timer indicator</li> <li>16 21-40 mins timer indicator</li> <li>17 41-90 mins timer indicator</li> </ul> | <ul style="list-style-type: none"> <li>18 Delay timer indicator</li> <li>19 Time indicator</li> <li>20 Pressure release valve</li> <li>21 Spatula</li> <li>22 Spoon</li> <li>23 Measuring cup</li> <li>24 Drip tray</li> <li>25 Steaming tray &amp; trivet</li> </ul> |
|---|--|---|

For details of other Morphy Richards products, please see our website: [www.morphyrichards.com](http://www.morphyrichards.com)

## Enjoy the benefits

Pressure cooking is an ideal way to make fast, tasty meals for your family! This method of cooking makes it easy for even the busiest cooks to prepare meals from scratch. Use your Rapid Cook for fish, chicken, fresh vegetables, rice, legumes, and even dessert – and everything can be cooked to perfection in minutes. The Rapid Cook will save you time, energy and money, as well as valuable nutrients. Boiling liquid inside the tightly sealed pot produces steam, which is trapped inside to create pressure. The very hot temperature produced reduces cooking times. The steam helps break down fibres of whatever you are cooking and infuse the food with flavours. This also captures all of the water-soluble nutrients, making the food higher in flavour and more nutritious than with conventional cooking methods.

## Before using the Rapid Cook for the first time

Remove all labels and tags from the product.

Wash the internal cooking pan and accessories and lid in hot soapy water with a sponge or dishcloth. **DO NOT** use a scouring pad or other abrasive material as this will mark the stainless steel. Rinse the pan and lid thoroughly and dry.

Avoid leaving the lid fully immersed in water, as it will take a long time to drain.

Attach the drip tray (24) to the space provided at the rear, simply clip into place. Any overflow into the drainage channel (3) at the top of the cooking pot will collect into this tray.

After use fully clean this area by wiping away any spilled food and clean the drip tray.

## IMPORTANT DO NOT IMMERSE THE MAIN COOKING UNIT IN WATER

Please note:  
During initial use, you may notice a slight odour due to the burning off of manufacturing residue. This is completely normal, does not effect the food being cooked and will disappear after a few uses.

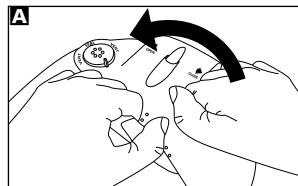
## Instructions for Use

Place the base (4) on to a dry, level, heat resistant surface, away from the edge of the work surface. Do not use on the floor.

Steam will escape from the vent while heating, and sometimes during the cooking cycle. This is perfectly normal. Therefore, do not use the Rapid Cook under overhanging wall cupboards.

## Unlocking the lid

Remove the lid (after releasing the pressure) by turning the lid anti clockwise, grip the handle as shown (A). If the lid is tight use two hands.



## Explanation of terms

### Browning / Sealing:

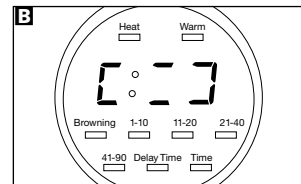
Before cooking the meat in the Rapid Cook, it is important that the meat is sealed / browned first. This means to cook the meat lightly on the outside in hot oil before starting the cooking process (the meat

should still be raw in the middle). Sealing / browning your meat in this way helps it to retain flavour as well as moisture.

## Sealing / Browning Function

Place the Rapid Cook onto the kitchen work surface, plug it in and press the Standby button (9).

The display (5) will show the default screen (B).



Add the appropriate amount of oil to the pan for the quantity of meat you wish to seal.

We recommend that approximately two tablespoons of vegetable oil is suitable to seal between 800g-1200g of meat. This can however be varied depending on personal taste and the amount of fat in the meat being sealed.

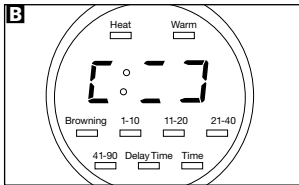
To select the Sealing function, press the Function button (6) once. The Rapid Cook will beep once, and the display will show 0:15 minutes on the timer, and the Browning indicator (13) will be illuminated.

The Rapid Cook will then start to heat up and the timer (12) will begin to countdown. The oil will take approximately 5 minutes to reach the correct temperature for sealing / browning meat (i.e. when the timer reads 0:10.)

A good way to test if the oil is hot enough is to add a small piece of meat or onion to the pan. If it sizzles when it

hits the oil, the temperature is sufficient to seal / brown. If it does not sizzle, let the pan heat up for another minute or so and then test it again.

Add the meat to pan and stir regularly until the outside of the meat is sealed / browned. When the timer reaches zero, the Rapid Cook will beep five times and the cooking process will stop. If your meat is sealed before the timer reaches zero, press the Keep Warm / Cancel button once. The Rapid Cook will beep once, and the cooking process will stop. The screen will return to the default display **B**.



If your meat needs a few extra minutes sealing after the timer has reached zero, simply press the Function button **6** once to start the Sealing / Browning function again. As explained above, to cancel the sealing function before the timer reaches zero, press the Keep Warm / Cancel button **8** once.

**Please note:**  
Do not start the 'Sealing / Browning' function without the pan **2** in the Base unit **4** as this will make the product overheat. You should not start the 'Sealing / Browning' function without adding your oil to the pan.

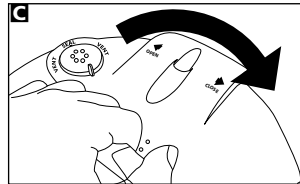
### Normal Cooking Function

- Add the ingredients into the cooking pot when it is in place in the base unit. Be careful not to spill any liquid into the base unit. If it happens switch off, remove plug from the mains and clean fully.

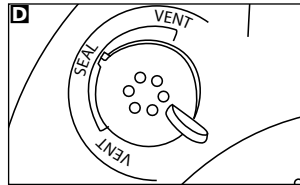
Except when cooking rice, never load the Rapid Cook above maximum ingredient level line marked "2/3 MAX PC" on cooking pot. Foods that expand while cooking (i.e. legumes, peas etc) should never go above the 3/5 mark.

Then place the lid onto the top of the Rapid Cook, so the Morphy Richards logo is pointing to the left of the display panel on the front of the cooker.

Then turn the lid using the handle, gently clockwise **C**, so the logo is aligned with the front control panel.



Ensure that the pressure release valve **20** on top of the lid **1** is positioned to 'SEAL' **D**.



Whether you have used the 'Seal / Brown' function or just turned the Rapid Cook on, the display screen should show the default setting **B**.

Press the Function button **6** the appropriate number of times to select the desired cooking time.

Press twice: 1-10 mins

Press 3 times: 11-20 mins

Press 4 times: 21-40 mins

Press 5 times: 41-90 mins

For each range, the Rapid Cook will select the lowest

value (e.g. 11 minutes in the 11-20 mins range)

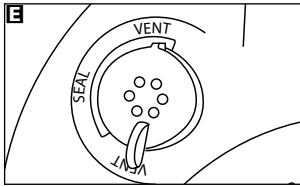
To select a longer value within the selected range, press the Time / Delay button **7** to increase the cooking time within the selected range. For example, to select a 27 minute cooking time after selecting the 21-40 mins range (as instructed above), press the Time button **7** six times, until 0:27 displays on the timer. The Rapid Cook will then start to heat up and the cooking process will begin. Once pressure has been achieved, pressure will automatically be maintained. Cooking time begins at this point, and the time will begin counting down in the display.

After selecting the desired cooking function, you can add cooking time by pressing the Time button until total cooking time is displayed. You can set total cooking time from 5 minutes up to 120 minutes for Rice, Meat, Vegetables, Soup and Stew.

After selecting the desired cooking function, you can delay the start time for up to 2 hours by pressing the Time / Delay button **7** until total delay time is displayed. Countdown will begin once the colon (:) starts flashing.

When pressure cooking is complete, the Rapid Cook will automatically switch to Keep Warm. The Warm indicator light **11** will illuminate. To manually switch to Keep Warm and / or cancel any cooking process, press the Keep Warm / Cancel Button **8**. After pressure cooking is complete, pressure can be released manually or on its own. If a recipe states "let pressure drop on its own", press the Standby button **9** and unplug the cooker. When recipe states "reduce pressure at once" or "reduce pressure manually" put on oven gloves and move the Pressure Release Device **20** to the 'VENT' position to

release steam and reduce pressure **E**.



During the heat cycle, steam will escape from the vent. This is normal, and self controlling.

**WARNING: you must keep your face well away from the valve when releasing excess pressure, and only do this when you are wearing protective oven gloves. It is not recommended to release steam manually with recipes containing lots of liquid, such as soups and stews.**

Pressure is completely reduced when the Steam Release Dial is in the 'VENT' position **E**,

and you no longer hear steam escaping from the valve, and the lid opens freely with no force. Only then is it safe to remove the Rapid Cook lid and serve the food. Remove lid by grasping the handle and twisting the lid anti-clockwise. As a safety feature, the lid will not open unless all pressure is reduced. DO NOT force the lid open if it does not open freely, this means the unit is still under pressure.

### Using the steaming tray

- If using the trivet and tray **25** to steam vegetables, use the appropriate amount of water. The tray needs to stand on the trivet to keep the vegetables above the base and out of the boiling water.

Note: When using the tray, the amount of vegetables that can be cooked is limited to the trays capacity. See the amounts in the recipes for quantities.

### HELPFUL HINTS

- Read this manual thoroughly and follow all recommendations.
- Be familiar with the recipe and have all ingredients ready before you begin.
- Be sure the lid is secured properly before beginning.
- You may wish to brown some meats before cooking with other ingredients. To do so, select browning function and preheat for 5 minutes without lid. Add oil to brown meat. Do not cover when browning.
- Cut foods into uniform-size pieces to promote even cooking. In recipes that call for various ingredients, cut those that cook more quickly into larger pieces and those that cook more slowly into smaller pieces.
- Many different cooking liquids can be used in a pressure cooker: wine, beer, bouillon, fruit juices, water and more.
- After becoming familiar with your Rapid Cook, you can convert conventional recipes for pressure cooking. In general, reduce cooking times by two-thirds. The amount of liquid used may also have to be adjusted because there is very little evaporation from the pressure cooker. Reduce the amount of liquid so there is only about ½ cup more than desired in the finished product. Remember, however, there must always be some liquid in the pressure cooker to form the necessary steam. Try this formula: 1 cup of liquid for the first 15 minutes of pressure cooking then 1/3 cup of liquid for each subsequent 15 minutes.
- Since flavours are more concentrated, reduce amounts of herbs and seasonings when converting conventional recipes. Fresh herbs are better for pressure cooking than dried herbs.
- Generally speaking, pressure cookers cook foods in about 1/3 the time of conventional cooking methods.
- Increase cooking times by about ten percent when cooking in high altitudes over 3,500 feet.
- If you wish to cook food for less time than the pre-programmed amount, watch the timer and press Cancel when desired cooking time has elapsed.
- Pressure will not be achieved until the internal temperature in the pot is 40 degrees higher than the boiling point of water. The cooking time will not begin until pressure is achieved.
- Always check to make sure your gasket and float valve are clean and in good working order.
- We have included recipes using the maximum level. Use this as a guide when creating or adapting your own recipes. Do not fill above the 3/5 max level.
- If food needs more cooking select the 10 minutes cooking cycle and press start.
- Do not cook on the browning function if using the steaming tray and trivet.

**Note: Raw meat is perishable food, which should not be left at room temperature for more than 2 hours. We advise to not use the delay timer when cooking recipes that include meat products.**





## Recipes

### Chicken Soup serves 4

Chicken portions, bone in, skinned	4
Chicken stock	4 cups
Carrot, chopped	1
Small onion, chopped	1
Celery stick, chopped	1
Salt and freshly ground black pepper	

- Place all ingredients in the Rapid Cook and secure lid
- Cook for 50 mins.
- Release pressure when cooked and strip chicken to serve. Discard bones or use to make stock.

### Spicy Lentil Soup serves 4

Oil	1 tbsp
Onion, chopped	2
Garlic cloves, crushed	2
Celery sticks, chopped	2
Carrots, chopped	2
Whole lentils	300g
Water	1L
Chorizo sausage, diced	200g
Cumin	1 tsp
Bay Leaf	
Salt and freshly ground black pepper	

- Use browning setting to fry onions and garlic until translucent
- Add rest of ingredients.
- Secure lid and cook for 45 minutes once pressure is reached.

### Lemon and Dill Cod serves 4

Cod fillets	4
Water	1 cup
Lemon juice	dash
Fresh dill	
Salt and freshly ground black pepper	

- Sprinkle fish with dill and arrange on steaming tray.
- Season with salt and pepper and lemon juice and place water in bottom of pan.
- Secure lid and cook for 4 minutes once pressure is reached.

### Salmon Steaks serves 4

Salmon steak	4
Water	1 cup
Lemon juice	dash

- Put salmon on steamer tray and place in pan.
- Add water to pan.
- Cover and cook for 7 minutes once reached pressure

### Prawns with Garlic serves 4

Raw prawns, peeled and de-veined	450g
Butter	2 tbsp
Spring onion, chopped	1 bunch
Garlic, crushed	2 tsp
Lemon juice	2 tsp
Pinch of salt	

- Use the Rapid Cook on the browning setting
- Heat butter in the pan, sauté onion and garlic.
- Stir in lemon juice, salt and prawns.
- Stir fry prawns for 5 minutes with the lid off until cooked.

### Prawn Jambalaya serves 4

Long grain rice	300g
Water	500ml
Tomatoes, tinned	1 can (400g)
Chicken stock	200ml
Cooked ham, chopped	300g
Onion, chopped	100g
Celery stick, chopped	1
Red pepper, chopped	1
Garlic cloves, crushed	2
Bay leaf	1
Tomato purée	2 tbsp
Basil	1 tsp
Chilli powder	1 tsp
Prawns, cooked	400g

- Use the Rapid Cook on the browning setting
- Sautee onions and celery in the Rapid Cook with the lid off until soft.
- Add the rice and water and cook for 6 minutes
- Once cooked stir in the other ingredients except the prawns. Replace lid and cook under pressure for 5 minutes.



- Stir in prawns and heat up using the browning setting with the lid off for a few minutes until warmed through.

#### Sweet and Sour Chicken serves 4

Chicken portions, bone in, skinless	6
Oil	1 tbsp
Pineapple chunks with juice	225g
Celery stick, chopped	1
Red pepper, chopped	1
Brown sugar	4 tbsp
Vinegar	100ml
Soy sauce	2 tbsp
Ketchup	1 tbsp
Worcestershire sauce	1/2 tsp
Ground ginger	1/2 tsp
Water	2 tbsp
Corn flour	2 tbsp

- Use browning function to brown chicken pieces in the oil.
- Add rest of ingredients except water and corn flour. Close lid and cook for 20 mins
- Remove meat and vegetables and set aside.
- Mix water and flour and add to sauce stir until thickened.
- If needed, use the browning setting to heat the sauce to aid the thickening.

#### Herby Chicken serves 4

Oil	2 tbsp
Chicken legs and thighs	1kg
Onion, chopped	1
Tomatoes, medium, sliced	3
Chicken stock	300ml
Parsley, chopped	handful
Rosemary	sprig
Sage leaves, chopped	2
Salt and freshly ground black pepper	

- Heat oil on the browning function and brown the chicken pieces on all sides.
- Remove the chicken and sauté onion until brown.
- Stir in the tomatoes, stock, parsley, and season well. Add the chicken and herbs.
- Lock lid in place and cook for 20 minutes once pressure is reached.

#### Whole Chicken serves 4

Whole chicken	1 small
Oil	1 tbsp
Water	1 cup

- Heat oil on browning setting and brown chicken in pan.
- Place water in bottom of the Rapid Cook and place chicken on steaming tray.
- Cook for 45mins

#### Coq au vin serves 4

Chicken portions, bone in, skin on	4
Flour	for dusting
Oil	2 tbsp
Bacon rashers, chopped	3
Onion, chopped	1
Garlic cloves, crushed	2
Carrot, chopped	1
Flour	1 tbsp
Red wine	250ml
Bay leaf	1
Thyme	1/2 tsp
Mushrooms, sliced	100g
Salt and freshly ground black pepper	

- Dust chicken in flour and brown in the Rapid Cook, then set aside
- Use the browning setting to fry bacon, garlic and onion and add the chicken to Rapid Cook with rest of ingredients apart from the mushrooms.
- Cook for 15 minutes once pressure is reached.
- Once cooked add mushrooms and add flour to thicken sauce if necessary.
- Replace lid and bring to pressure, once reached end cooking and serve.

#### Beef stew serves 4

Lean beef, cubed	500g
Onion, chopped	1
Potatoes, quartered	400g
Leeks, sliced	2
Carrots, chopped	200g
Beef stock	700ml
Mixed herbs	2 tsp
Cornflour	2 tbsp
Salt and freshly ground black pepper	

- Brown beef and onion in Rapid Cook on browning setting.

- Add other ingredients except corn flour. Secure lid and cook on stew setting for 20 minutes.
- At the end of cooking, mix corn flour with a little water and stir into stew until thickened.

**Beef Brisket serves 4**

Beef brisket joint	1kg
Oil	1 tbsp
Water	2 cups
Onion	1
Bay leaf	1
Salt and freshly black pepper.	

- Add oil to the pan and use the browning setting to brown all sides of the joint.
- Place on steamer tray with rest of ingredients.
- Put water in bottom of pan, secure lid and cook for 1 hour.
- Thicken juice with corn flour to make gravy.

**Lamb Madras serves 4**

Coriander seeds	2 tbsp
Fenugreek seeds	2 tsp
Cumin seeds	1 tsp
Black Peppercorns	1 tsp
Fennel seeds	1/2 tsp
Cinnamon stick	1
Cloves	3
Tumeric	1 tbsp
Chilli Powder	1 tsp
Salt	1 tsp
Stewing lamb, diced	1 kg
Sunflower oil	1 tbsp
Mustard seeds	1 tsp
Curry leaves	10
Onion, chopped	1
Green Chilli, finely chopped	1
Ginger, finely chopped	1.5 cm
Garlic cloves, crushed	2
Tinned tomatoes, chopped	200g
Tamarind concentrate in 50ml of water	2 tsp
Chilli powder	1 tsp

- Grind first 7 ingredients in pestle and mortar to a powder. Stir in turmeric, chilli powder and salt to create a rub.
- Place in a large bowl and rub onto the lamb.

- Heat oil in Rapid Cook using browning function. Add mustard seeds and allow to 'pop' for a few seconds to release their flavour.
- Add the curry leaves and onions and fry for a minute or so to soften.
- Stir in the chilli, ginger and garlic and fry for a few minutes until the aroma develops.
- Stir in the tomatoes, tamarind, chilli, and then the lamb.
- Secure the lid and cook under pressure for 30 minutes.

**Lamb shanks serves 4**

Lamb shanks	4
Onion, chopped	1
Celery Sticks, diced	2
Carrot, diced	1
Beef stock	150ml
Red stock	100ml
Brown sugar	1 tbsp
Tomato puree	2 tbsp
Bay leaf	1
Olive oil	2 tbsp
Salt and freshly ground black pepper	
Corn flower (to thicken)	1-2 tbsp

- Heat oil on browning function and brown lamb shanks. Add onion to soften.
- Add rest of ingredients, stir well and secure lid. Cook for 1hr.
- Once cooked thicken with corn flour mixed with a little cooking liquid.

**Pork loin serves 4**

Pork loin	700g
Oil	1 tbsp
Medium potatoes, cubed	3
Garlic clove, crushed	1
Rosemary	1 tsp
Thyme	1 tsp
Basil	1/2 tsp
Marjoram	1/2 tsp
Water	125ml
Salt and freshly ground black pepper.	

- Heat oil in pan on browning setting, and fry potatoes until golden, remove and reserve.
- Add pork and brown all sides.

- Add garlic, herbs and water, secure lid and cook for 1 hour.
- Once completed add potatoes, secure lid and cook for a further 5 minutes once reached pressure.

#### **New Potatoes serves 4**

New potatoes, halved	450g
Water	1 cup

- Place potatoes on steamer tray and put 1 cup (225ml) water in pan.
- Cook for 20 minutes once pressure is reached.

#### **Corn on the cob serves 4**

Corn cob	2
Water	1 cup

- Place cobs on steamer tray with water in bottom of pan
- Cook for 5 mins

#### **Ratatouille serves 4**

Oilve oil	2 tbsp
Onion, large, chopped	1
Garlic cloves, crushed	2
Aubergine, cubes	1
Courgette, sliced	3
Red peppers, sliced	2
Beef tomatoes, chopped	2
Vegetable stock	1
Salt and pepper to taste	

- Heat oil on browning function
- Add garlic and onion and fry until softened.
- Add rest of vegetables and fry for 2 minutes, sprinkle stock cube over the vegetables and season, stir well.
- Secure lid and cook for 5 minutes once pressure is reached.

#### **Risotto with Peas serves 4**

Oil	2 tbsp
Onion, finley chopped	1
Arborio rice	200g
Frozen peas	140g
Vegetable stock	400ml
White wine	100ml
Parmesan cheese	25g
Freshly ground black pepper	

- Sautee onion in pan without lid until soft, add arborio rice and sauté until light brown.
- Stir in peas, stock, wine and pepper.
- Secure lid and cook for 15 minutes once pressure is reached.
- Stir in cheese and let melt

#### **Creme brulee serves 4**

Double cream	500ml
Vanilla pod	1
Caster sugar	100g
Egg yolks	6

- Heat cream using the browning function.
- Split the vanilla pod, scrape out the seeds and add seeds and pod into the cream.
- Once brought to a boil, switch off the power and stir for a few minutes.
- Beat the sugar and egg yolks together in a bowl until pale and creamy.
- Switch the unit back onto the browning function, re heat the cream and add to the egg mixture a little at a time, whisking all the time until thickened slightly.
- Remove vanilla pod and fill 4 ramekin dishes with mixture.
- Rinse the bowl and fill with 1 cup of water.
- Cover tightly with foil and stack on the trivet.
- Cook for 30 minutes.
- Once cooked, cool to room temperature, sprinkle with sugar and caramelize with a blow torch. Allow to set then serve.



### Rice Pudding serves 4

Butter	1 tbsp
Long grain rice	135g
Whole milk	500ml
Water	250ml
Sugar	100g
Salt	Pinch
Egg	1
Evaporated milk	60ml
Vanilla essence	1/2 tsp
Nutmeg	pinch

- Use the browning function to melt the butter and stir in the rice.
- Add milk, water, sugar and salt, stir and place on lid.
- Cook for 15 minutes. Remove lid and keep on keep warm.
- Mix together egg, evaporated milk, nutmeg and vanilla and add some of the rice mixture.
- Stir into rest of rice mixture and continue stirring until thickened.

- Note; when maximum capacity is used steam pressure internally can force hot water to spit out of the steam vent when released, take care when releasing pressure through the pressure release vent.
- If required adjust the other recipes within this recipe guide to take advantage of the larger capacity, but do not fill more than 3/5 full.

### Pressure steamed vegetables

All Pressure cooked vegetables are cooked on the steaming tray and trivet using 1 cup of water. All quantities are for the steaming tray provided, if another tray with a larger quantity is used, cooking times will need to be adjusted.

Broccoli, florets,	300g	7 min
Cauliflower, florets	300g	7 min
New potatoes, halved	450g	20 min
Carrots, baby	350g	7 min
Butternut squash, cubed	200g	8 min
Frozen mixed vegetables	300g	3 min
Brussel sprouts	300g	10 min

### Beef Stew serves 6

Oil	2 tbsp
Beef, cubed	700g
Carrots sliced	500g
Potatoes, quarterd	500g
Leeks, sliced	3
Onion, chopped	1
Beef stock	1 litre
Mixed herbs	to taste
Salt and freshly ground black pepper	

- Heat oil on browning function
- Brown meat on all sides
- Add onion and soften
- Add rest of ingredients and lock lid
- Cook for 20 minutes once pressure is reached.
- Thicken with corn flour after cooking if required.
- Most recipes included in this guide are based on 4 portions for a complete meal. The Rapid Cook is capable of increasing this capacity up to 6 portions depending on your personal preference. Do not fill the cooking pot more than the 3/5 mark.





### **Cleaning**

See 'before using the Rapid Cook for the first time' section for information on cleaning your Rapid Cook. No parts are suitable for the dishwasher.

### **Helpline**

If you have any difficulty with your appliance, do not hesitate to call us.

We are more likely to be able to help than the store from where you bought it. Please have the following information ready to enable our staff to deal with your query quickly.

- Name of the product.
- Model number as shown on the underside of the appliance.
- Serial number as shown on underside of the appliance.

**UK Helpline 0844 871 0956**

**Replacement Parts 0844 873 0722**

**Ireland Helpline 1800 409 119**

### **Website**

You may also contact us through our website, or visit the site to browse and purchase appliances, spare parts and accessories from the extensive Morphy Richards range.

**[www.morphyrichards.com](http://www.morphyrichards.com)**





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## REGISTERING YOUR TWO YEAR GUARANTEE

Your standard one year guarantee is extended for an additional 12 months when you register the product within 28 days of purchase with Morphy Richards. If you do not register the product with Morphy Richards within 28 days, your product is guaranteed for 1 year. To validate your 2 year guarantee register with us online at [www.morphyrichards.co.uk](http://www.morphyrichards.co.uk)

N.B. Each qualifying product needs to be registered with Morphy Richards individually.

**Please note that the 2 year guarantee is only available in the UK and Ireland.** Please refer to the one year guarantee for more information.

## YOUR ONE YEAR GUARANTEE

It is important to retain the retailer's receipt as proof of purchase. Staple your receipt to this back cover for future reference.

Please quote the following information if the product develops a fault. These numbers can be found on the base of the product.

**Model no.**

**Serial no.**

All Morphy Richards products are individually tested before leaving the factory. In the unlikely event of any appliance proving to be faulty within 28 days of purchase, it should be returned to the place of purchase for it to be replaced.

Morphy Richards products are intended for household use only. See usage limitations within the location safety instructions.

Morphy Richards has a policy of continuous improvement in product quality and design. The company, therefore reserves the right to change the specification of its models at any time

If the fault develops after 28 days and within 12 months of original purchase, you should contact the Helpline number quoting Model number and Serial number on the product, or write to Morphy Richards at the address shown.

You may be asked to return a copy of proof of purchase.

Subject to the exclusions set out below (see Exclusions), the faulty appliance will then be repaired or replaced and dispatched usually within 7 working days of receipt.

If, for any reason, this item is replaced during the 1 year guarantee period, the guarantee on the new item will be calculated from original purchase date. Therefore it is vital to retain your original till receipt or invoice to indicate the date of initial purchase.

To qualify for the 1 year guarantee, the appliance must have been used according to the instructions supplied. For example, crumb trays should have been emptied regularly.

## EXCLUSIONS

Morphy Richards shall not be liable to replace or repair the goods under the terms of the guarantee where:

- 1 The fault has been caused or is attributable to accidental use, misuse, negligent use or used contrary to the manufacturer's recommendations or where the fault has been caused by power surges or damage caused in transit.
- 2 The appliance has been used on a voltage supply other than that stamped on the products.

- 3 Repairs have been attempted by persons other than our service staff (or authorised dealer).
  - 4 The appliance has been used for hire purposes or non domestic use.
  - 5 The appliance is second hand.
  - 6 Morphy Richards are not liable to carry out any type of servicing work, under the guarantee.
  - 7 Plastic filters for all Morphy Richards kettles and coffee makers are not covered by the guarantee.
  - 8 Batteries and damage from leakage are not covered by the guarantee.
- This guarantee does not confer any rights other than those expressly set out above and does not cover any claims for consequential loss or damage. This guarantee is offered as an additional benefit and does not affect your statutory rights as a consumer.



For electrical products sold within the European Community. At the end of the electrical products useful life, it should not be disposed of with household waste. Please recycle where facilities exist. Check with your Local Authority or retailer for recycling advice in your country.

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