

MC562020 MUK Rev 1

# morphy richards®

smart ideas for your home

## inteli chef™ Multicooker



Please read and keep these instructions for future use



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\* Register online for your 2 year guarantee. See the back of this instruction book for details (UK and Ireland customers only).

## Health And Safety

The use of any electrical appliance requires the following common sense safety rules. Please read these instructions carefully before using the product.

- This appliance shall not be used by children from 0 to 8 years. This appliance can be used by children aged from 8 years and above if they are continuously supervised.
- This appliance can be used by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, if they have been given supervision or instruction concerning the use of the appliance in a safe way and understand the hazards involved.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children unless they are older than 8 and supervised.
- Keep the appliance and its cord out of reach of children less than 8 years of age.
- 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.
- If the supply cable is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- This appliance is not intended to be operated by means of an external timer or a separate remote-control system.

### Location

- Do not use outdoors or near water.
- Do not place directly under kitchen wall cupboards when in use, as it produces large amounts of steam. Avoid reaching over the steamer when in use.
- Cooking appliances should be positioned in a stable situation.

### 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.

### Personal safety

- Do not touch hot surfaces. Use oven gloves or a cloth when removing 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: Misuse of appliance could cause personal injury.
- WARNING: Extreme caution must be used when moving the appliance when containing hot food, water, or other hot liquids.
- Appliance must not be immersed.
- Unplug from the socket when not in use, before putting on or taking off attachments, and before cleaning.



- 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.

- Do not fill above the maximum level. If the appliance is over-filled, boiling water may be ejected which can scald.

### 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, lift the lid off towards yourself but tilted away from you.
- Do not use any of the appliance parts in a microwave or on any cooking/heated surfaces.
- Do not place on or near a hot gas or electric burner, or in a heated oven.
- Always make sure the water does not fall below the minimum level.

### Treating scalds

- Run cold water over the affected area immediately. Do not stop to remove clothing, get medical help quickly.

### 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). Should the fuse in the mains plug require changing, a 13 amp BS1362 fuse must be fitted.

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

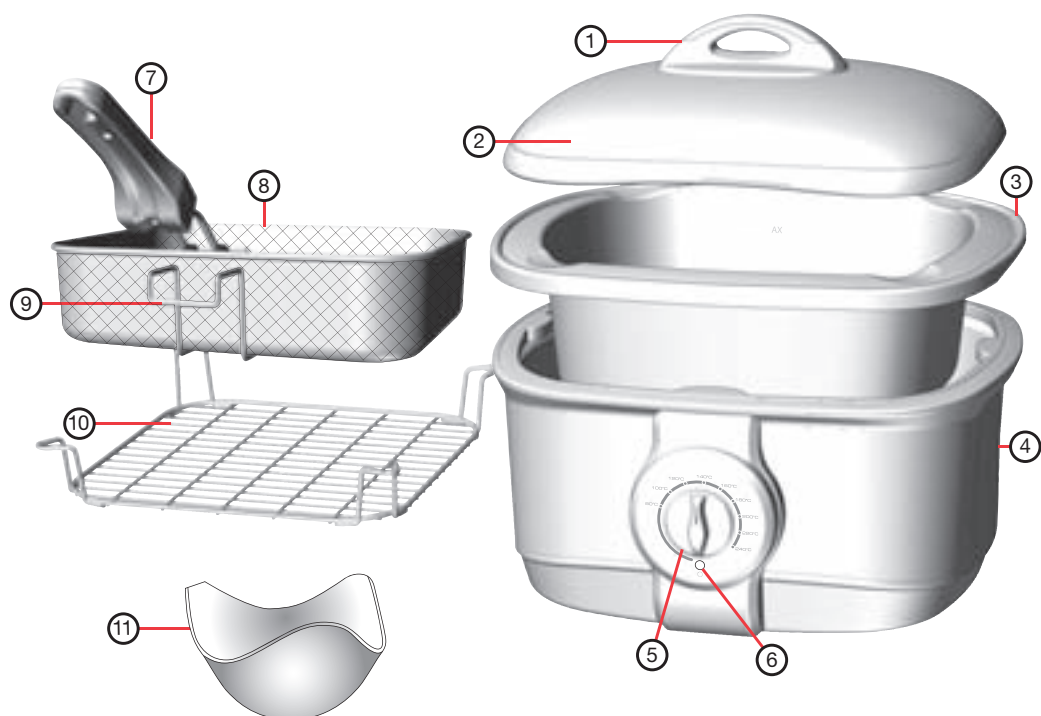
## Introduction

Thank you for your recent purchase of the Intellichef Multicooker. Please read this instruction booklet carefully to ensure you get the best performance from your new product.

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## Product Overview



## Features

- |                     |                                    |
|---------------------|------------------------------------|
| (1) Lid Handle      | (7) Basket Handle                  |
| (2) Lid             | (8) Fryer Basket                   |
| (3) Pan             | (9) Basket Rest                    |
| (4) Main Unit       | (10) Steaming Rack                 |
| (5) Control Knob    | (11) Egg Poaching Silicone Cup x 4 |
| (6) Indicator Light |                                    |

## Before First Use

Remove the white foam packaging moulding from the underside of the Pan (3) before use.

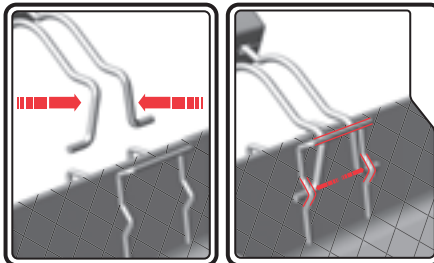
It is important to clean your Intellichef Multicooker before first use or if it has not been used for a long period of time.

Wash of the Pan with hot soapy water. Thoroughly dry the connector pins on the base of the Pan before using.

The Lid (2), Steaming Rack (10) and Fryer Basket (8) should be washed with hot soapy water.

**WARNING:** No parts are dishwasher safe.

## Assembling The Fryer Basket

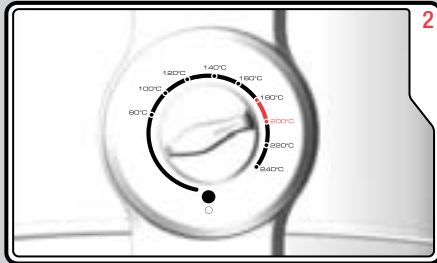


Your Fryer Basket (8) has a removable Basket Handle (7) for ease of cleaning and storage. To assemble the Fryer Basket, squeeze the metal shaft of the handle and place through the slot, into the hooks on the Fryer Basket. Release the handle to lock into place. Ensure the handle is attached correctly and securely before use.

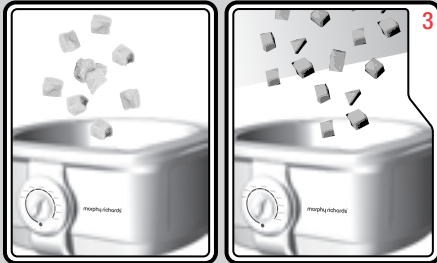
## Cooking - Slow Cooking



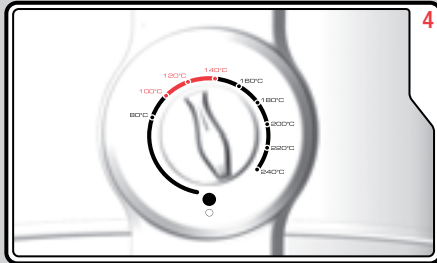
Place the Pan (3) into the Main Unit (4).



Turn the Control Knob (5) to **180-200°C**. The Indicator Light (6) will illuminate. When the Pan reaches cooking temperature the light will switch off.



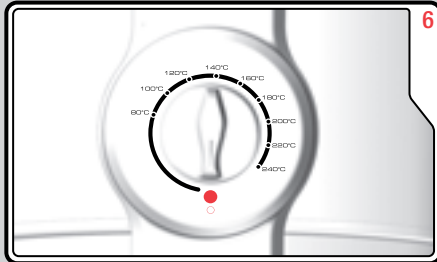
Add a small amount of cooking oil and brown the meat in the Pan. After browning, add the rest of the ingredients.



Place the Lid (2) on the Pan. Reduce the cooking temperature to **100-140°C**



Leave to cook (see recipe for timings). When ready, turn the Control Knob to off and carefully remove and serve the food.



Allow the Intelliflex Multicooker to cool completely before cleaning.

### Note:

- Never cook frozen meat, poultry or seafood direct from freezer. Always thaw thoroughly first.
- Brown meat off before cooking to retain flavour and juices.
- Make sure there is enough liquid in the unit so it won't boil dry.
- Refrain from lifting the lid during cooking as this will add to the cooking time.

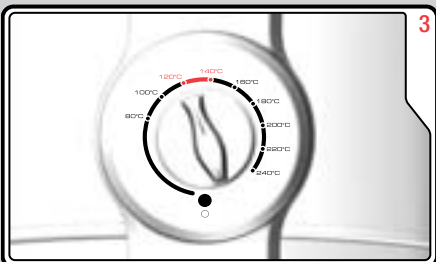
## Cooking - Steaming



Place the Pan (3) into the Main Unit (4). Add 2 cups of boiling water.



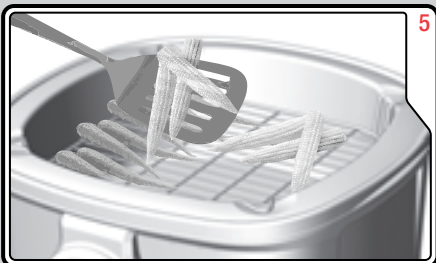
Place the Steaming Rack (10) into the Pan.



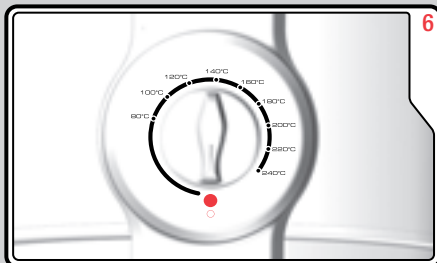
Turn the Control Knob (5) to 120-140°C. The Indicator Light (6) will illuminate. When it reaches cooking temperature the light will switch off.



Carefully place your food onto the Steaming Rack. Lay the food out evenly across the rack. Place the Lid (2) on the Pan.



After cooking, turn the Control Knob to off and carefully remove food and serve.  
**WARNING: HOT STEAM**



Allow the Intellichef Multicooker to cool completely before cleaning.

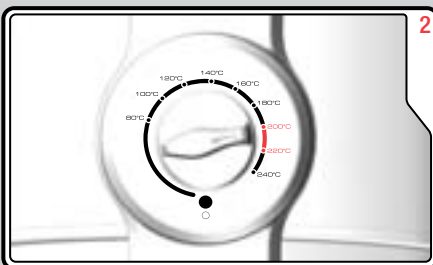
### Note:

- Make sure there is always enough water in the unit so it doesn't boil dry.
- Refrain from lifting the Lid during the cooking as this will add to the cooking time.
- When cooking large quantities of food, remove the Lid about halfway through, stir the food carefully using a long handled utensil to ensure the food is cooked evenly. **Warning: Do not put your hand into the steam.**
- Do not crowd food unnecessarily. Arrange the food with space to help steam flow.
- The water left after cooking is ideal for use in making sauces and gravy.
- Never steam frozen meat, poultry or seafood direct from freezer. Always thaw thoroughly first.

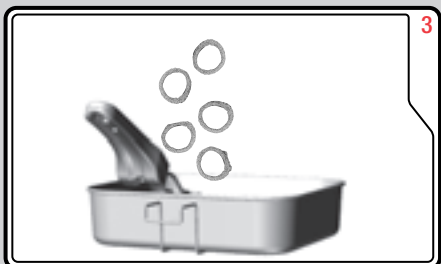
## Cooking - Fry



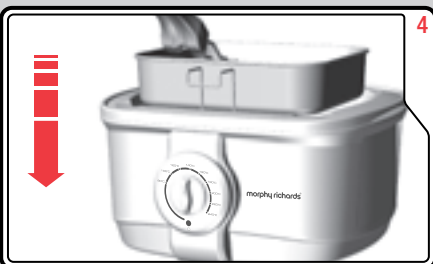
Place the Pan (3) into the Main Unit (4). Fill with oil, to the MAX fill line. Do not exceed the maximum level.



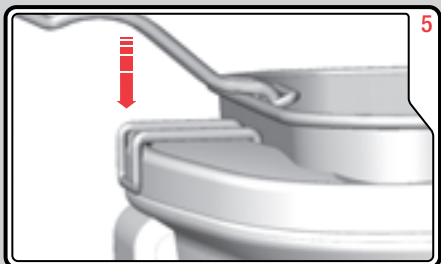
Turn the Control Knob (5) to 200-220°C. The Indicator Light (6) will illuminate. When the oil reaches cooking temperature the light will switch off.



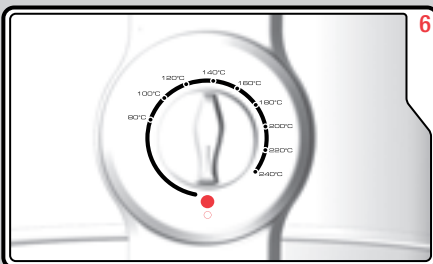
Add your food to the Frying Basket (8), do not fill the basket more than half full. Do not over crowd the basket with large items.



Carefully lower the Frying Basket into the hot oil.



After cooking, turn the Control Knob to off. Carefully lift the basket out of the Intellichef Multicooker, shake and rest on the side of the Pan to allow the oil to drain from the food. Tip on to kitchen paper before serving.



Allow the oil to cool completely before removing the oil and cleaning the Intellichef Multicooker.

### Note:

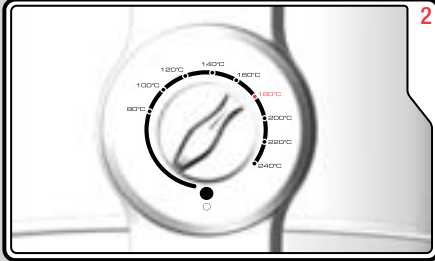
- Shake the basket when the food is added so it doesn't stick to the basket.
- Don't overcrowd the basket when frying.
- If cooking another batch straight after the first, allow the oil to heat up again to the correct temperature.
- **WARNING:** Do not use the lid when frying.



## Cooking - Braise



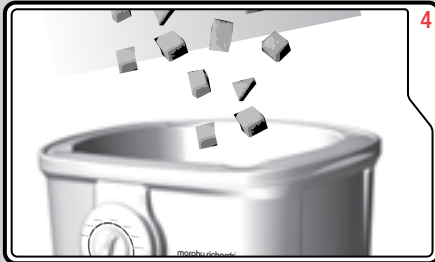
Place the Pan (3) into the Main Unit (4).



Turn the Control Knob (5) to **180°C**. The Indicator Light (6) will illuminate. When the Intellichef Multicooker reaches cooking temperature the light will switch off.



Add oil to the Pan, place the meat in the Pan and sear.



Add the rest of the ingredients and liquid.



Place the Lid (2) on the Intellichef Multicooker. Reduce the temperature to **140°C** and leave to cook. (Refer to the recipe for cooking times).



After cooking, turn the Control Knob off, carefully remove food and serve.

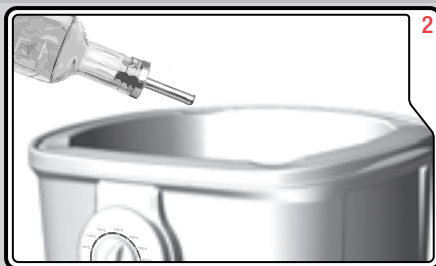
### Note:

- Never cook frozen meat, poultry or seafood direct from freezer. Always thaw thoroughly first.

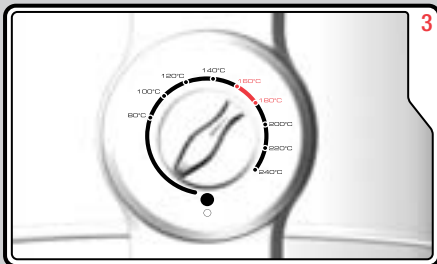
## Cooking - Stir Fry



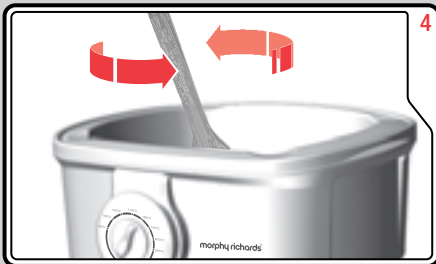
Place the Pan (3) into the Main Unit (4).



Add a small amount of cooking oil.



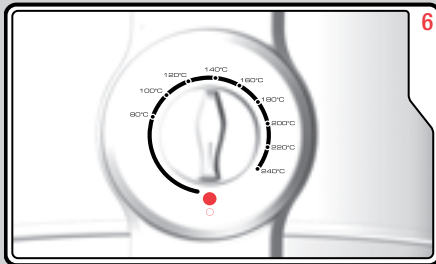
Turn the Control Knob (5) to 160-180°C. The Indicator Light (6) will illuminate. When the oil reaches cooking temperature the light will switch off.



Add your food to the Pan. Stir briskly with a non metal implement while the food cooks.



After cooking, turn the Control Knob off. Carefully remove food and serve.



Allow the Intellichef Multicooker to cool completely before cleaning.

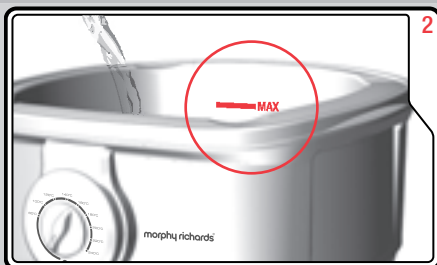
### Note:

- Keep stirring the food during cooking.

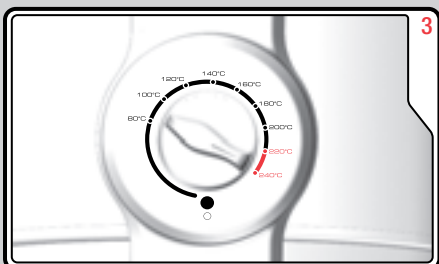
## Cooking - Boil



Place the Pan (3) into the Main Unit (4).



Fill the Pan with water to the MAX line.



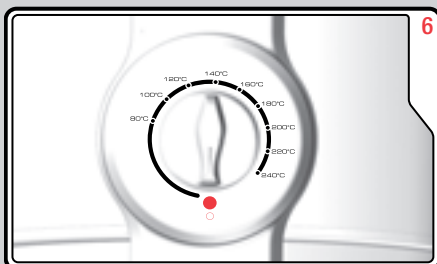
Turn the Control Knob (5) to 220-240°C, or to the required temperature. The Indicator Light (6) will illuminate.



When the water begins to boil, add your food to the pan. If required, reduce the temperature to simmer.



After cooking, turn the control knob to off, carefully remove the food and serve.



Allow the Intellichef Multicooker to cool completely before cleaning.

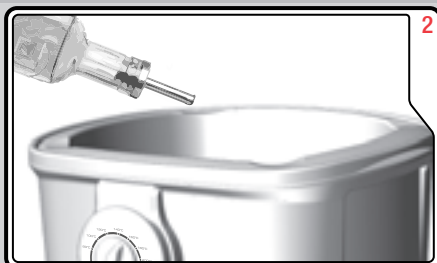
### Note:

- Keep the lid off during boiling.
- Use this setting for cooking pasta or rice.

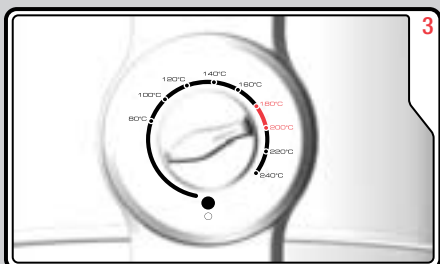
## Cooking - Grill



Place the Pan (3) into the Main Unit (4).



Add a small amount of cooking oil.



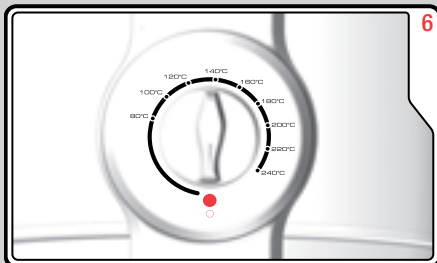
Turn the Control Knob (5) to 180-200°C. The Indicator Light (6) will illuminate. When the Pan reaches cooking temperature the light will switch off.



Add your food to the Pan.



After cooking, turn the Control Knob off, carefully remove food and serve.



Allow the Intellichef Multicooker to cool completely before cleaning.

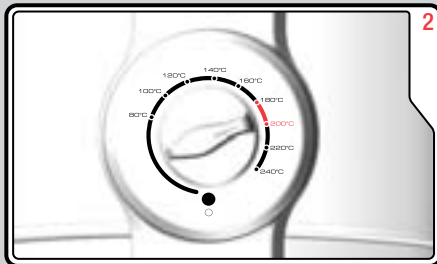
### Note:

- Always allow the Pan to heat up before adding food.
- Never cook frozen meat, poultry or seafood direct from freezer. Always thaw thoroughly first.

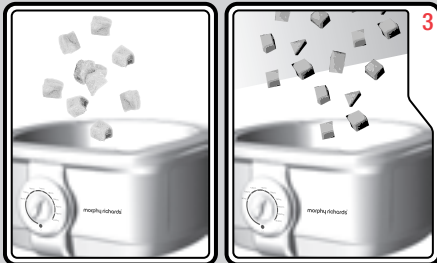
## Cooking - Fast Stew



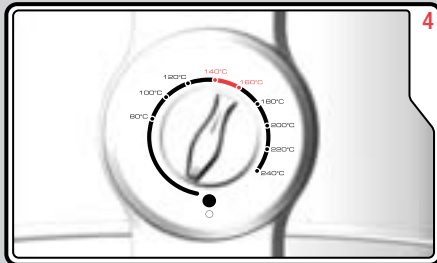
Place the Pan (3) into the Main Unit (4).



Turn the Control Knob (5) to 180-200°C. The Indicator Light (6) will illuminate. When the Pan reaches cooking temperature the light will switch off.



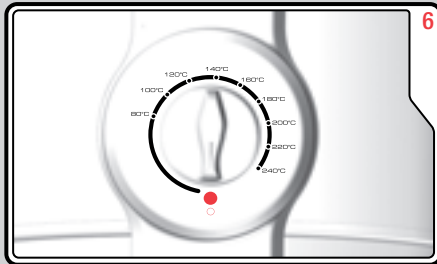
Add a small amount of cooking oil and brown the meat in the Pan. After browning, add the rest of the ingredients.



Place the Lid (2) on the Pan and reduce the cooking temperature to 140-160°C



Leave to cook (see recipe for timings). When ready, Turn the Control Knob to off and carefully remove and serve the food.



Allow the Intelliflex Multicooker to cool completely before cleaning.

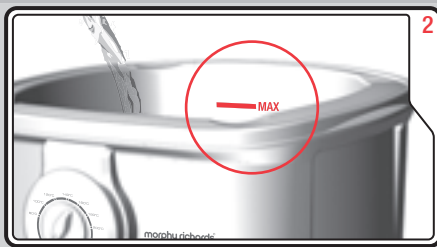
### Note:

- Never cook frozen meat, poultry or seafood direct from freezer. Always thaw thoroughly first.
- Brown meat off before cooking to retain flavour and juices.
- Make sure there is enough liquid in the unit so it won't boil dry.
- Refrain from lifting the lid during the cooking as this will add to the cooking time.

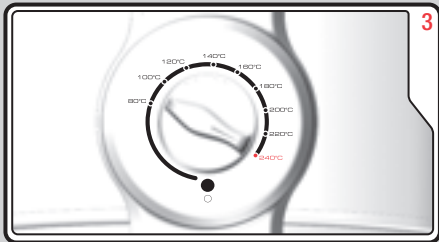
## Cooking - Poaching Eggs



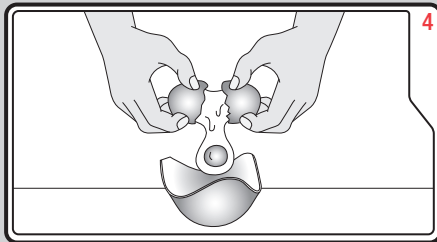
Place the Pan (3) into the Main Unit (4).



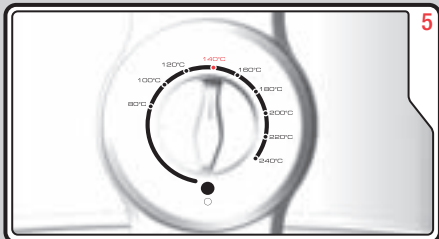
Fill the Pan (3) with water to the MAX line.



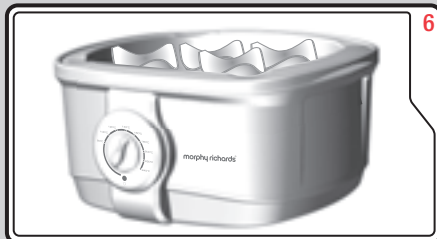
Turn the Control Knob (5) to **240°C**. The Indicator Light (6) will illuminate. Bring to the boil with the Lid (2) on. This takes around 10-11 minutes from cold, around 4 minutes when using boiled water from the kettle.



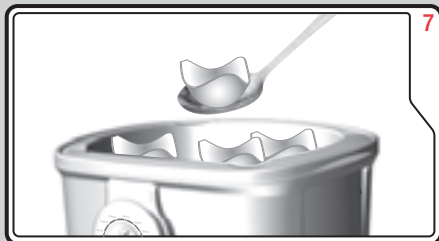
Lightly oil each Silicone Cup (11) with sunflower oil and break an egg into each cup (11).



Turn the Control Knob (5) to **140°C** to reduce the temperature (no need to add any vinegar).



When the rapid boiling dissipates place the Cups (11) carefully into the water. Fit the Lid (2).



Cook for  $5\frac{1}{2}$  - 6 minutes at **140°C** and then carefully remove the Cups (11) with a slotted spoon and turn the eggs out onto a plate.

### Cleaning the silicone cups

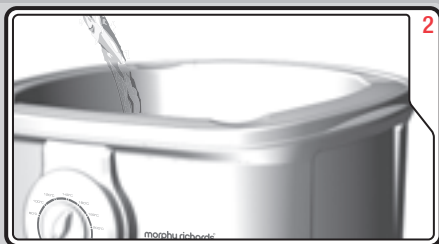
Easy clean Silicone Cups. After use wash in warm soapy warm water and dry carefully.

**SILICONE CUPS ARE NOT DISHWASHER SAFE.**

## Cooking - Poaching Fish



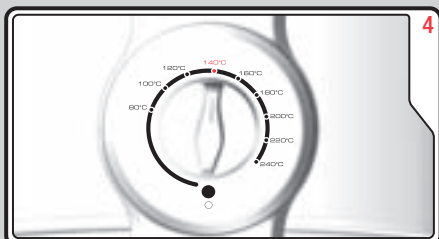
Place the Pan (3) into the Main Unit (4).



Add 500ml of cold water into the Pan (3).



Foil wrap the fish and place into the water and fit the Lid (2).



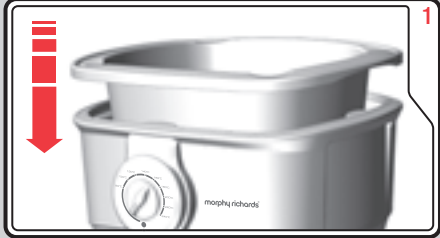
Turn the Control Knob (5) to 140°C. The Indicator Light (6) will illuminate. Bring to the boil with the Lid (2) on.



Cook for 10 minutes at 140°C after the water has come to boil and then carefully remove the parcels with a slotted spoon and serve.

Ensure food is properly cooked before serving. Thick fillets may take slightly longer to cook through.

## Cooking - Poaching Chicken



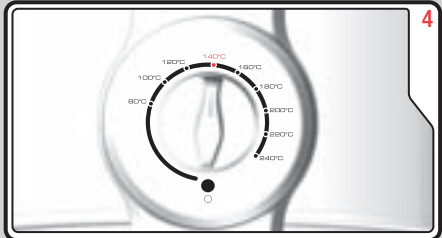
Place the Pan (3) into the Main Unit (4).



Add 500ml of chicken stock or cold water into the Pan (3).



Place the chicken breasts into the pan and fit the Lid (2).



Turn the Control Knob (5) to 140°C. The Indicator Light (6) will illuminate. Bring to the boil with the Lid (2) on.



Once the temperature has been reached, cook for 15 minutes. Then turn off the Multicooker and leave the chicken in the hot liquid for 15-20 minutes. Remove the chicken using a slotted spoon.



## Recipes



The recipes in this book have been designed and tested by Morphy Richards for use specifically in your Intellichef Multicooker.

The cooking times for the following recipes are a guide and will be affected by the size and freshness of the ingredients used.

Always ensure food is thoroughly cooked before serving.

Recipes are designed for the maximum quantity to serve 4 people. If you are reducing the portion sizes, please adjust the cooking times as appropriate.

## Pear and Marrow Soup

### Ingredients:

- 1tbsp (15ml) olive oil
- 1 onion, peeled and chopped
- 4 pears, peeled cored and chopped
- 500g marrow, trimmed and chopped
- 1 bay leaf
- 750ml vegetable stock
- 250ml single cream
- Salt and black pepper

### Method:

- 1 Set the Intellichef to the Grill temperature (180°C) and allow to heat up. The Indicator light will switch off when the Pan is the correct temperature.
- 2 Heat olive oil in the Pan and fry the onions until soft.
- 3 Add the pears, marrow, stock and bay leaf. Season well.
- 4 Place the Lid on and set to the Fast Stew temperature (140°C).
- 5 Cook for 20-30 minutes, or until the vegetables are soft. Remove the bay leaf and stir in the cream.
- 6 Transfer to a heat proof bowl and blend the soup until smooth with a hand blender.

## Thai Seafood Curry

### Ingredients:

- 1tbsp sesame oil
- 1 onion, peeled and chopped
- 2tbsp (30ml) Thai green curry paste
- 1kg fresh mixed seafood; (mussels, scallops, prawns, calamari etc)
- 200ml coconut cream
- 400ml coconut milk
- 2tsp (10ml) fresh chopped ginger
- 2 fresh chopped garlic cloves
- 1tbsp (15ml) fresh chopped coriander
- 1tbsp (15ml) dry sherry

### Method:

- 1 Set the Intellichef to the Stir Fry temperature (180°C) and allow to heat up. The Indicator light will switch off when the Pan is the correct temperature.
- 2 Add the sesame oil and onions, fry until soft.
- 3 Add the curry paste and fry for 1-2 minutes.
- 4 Add the seafood, ginger, garlic, coriander, coconut milk and coconut cream.
- 5 Continue to cook until the seafood is cooked, (approximately 5 minutes).
- 6 Add the sherry before serving.
- 7 If desired, a thicker sauce can be made by mixing 1-2 tbsp of cornflour with a little water to form a paste. Add the paste to the sauce at the end of cooking and stir for 2-3 minutes until thickened.

## Fried Duck Breast set in Lemon Mash with Mango and Cardamom Sauce

### Ingredients:

- 4 duck breasts, trimmed and fat scored
- 1tsp cinnamon
- 250ml hot chicken stock
- 250ml mango pulp
- 6 cardamom pods, crushed
- Salt and pepper

### Mash:

- 8 medium potatoes boiled and mashed with:-
- 50g butter,
- 2tbsp (30ml) milk
- 1tsp (5ml) lemon scented oil

### Method:

- 1 Set the Intellichef to the Grill temperature (180°C) and allow to heat up. The Indicator light will switch off when the Pan is the correct temperature.
- 2 Rub the duck breasts with salt, pepper and cinnamon. Place skin side down and fry for 4 mins.
- 3 Turn the breasts over and fry for another 5 min. Turn again and fry for 1 more minute on the skin side then turn back over.
- 4 Reduce the Intellichef temperature to the Braise temperature (160°C).
- 5 Add the stock, put the Lid on and cook for 5-10 minutes until breasts are slightly pink inside.
- 6 Add the mango pulp and cardamom pods and stir.
- 7 Serve with the lemon mash.

## Lamb Cutlets on Baby Potatoes with Cranberry Sauce:

### Ingredients:

- 8 lamb cutlets -2 per person
- Moroccan spice mix:  
2 tsp (10ml) cumin  
5 tsp (25ml) ground coriander  
1 tsp (5ml) cinnamon  
½ tsp (2ml) ground cloves  
½ tsp (2ml) ground ginger  
½ tsp (2ml) cardamom  
½ tsp (2ml) nutmeg
- 1tbsp (15ml) olive oil
- 500ml red wine
- 500ml hot beef stock
- 2 garlic cloves, crushed
- Sprig of fresh rosemary
- 250g baby potatoes – halved
- 250g carrot batons
- 1 onion, cut into wedges
- 250g whole cranberry sauce
- 1tsp (5ml) olive oil

### Method:

- 1 Rub the lamb cutlets with the Moroccan spice mix and set aside.
- 2 Set the Intellichef to the Grill temperature (180°C) and allow to heat up. The Indicator light will switch off when the Pan is the correct temperature.
- 3 Add 1 tbsp oil to the pan and brown the cutlets on all sides until golden brown.
- 4 Add the garlic, red wine, stock and rosemary.
- 5 Put the Lid on and reduce the temperature to the Braise temperature (150°C). Cook for 30 minutes.
- 6 Add the potatoes, onions and carrots and cook for another 25min, until the potatoes are tender. Remove the cutlets and vegetables and set aside.
- 7 Set the Intellichef to the Grill temperature (180°C) and simmer the sauce for 5 mins. Add the cranberry sauce and simmer until reduced. Add 1tsp of oil.
- 8 If desired, a thicker sauce can be made by mixing 1-2 tbsp of cornflour with a little water to form a paste. Add the paste to the sauce at the end of cooking and stir for 2-3 minutes until thickened.

## Braised Chicken with Lemon and Thyme

### Ingredients:

- 1 medium whole free range chicken (1.4kg)
- Chicken spice:
  - 1tbsp olive oil mixed with
  - 2tsp (10ml) ground cumin
  - 2tsp (10ml) ground coriander
  - 2tsp (10ml) paprika
  - ½tsp (2ml) ground cloves
  - ½tsp (2ml) cayenne pepper
  - Salt and pepper to taste
- 2 onions, peeled and quartered
- 1 lemon, cut into wedges
- Zest of 1 lemon
- 1 bulb of garlic, chopped in half
- 1 small bunch of fresh thyme
- 500ml hot chicken stock
- 12 baby potatoes, peeled and halved (250g)
- Salt and pepper
- Olive oil

### Method:

- 1 Set the Intellichef to the Grill temperature (180°C) and allow to heat up. The Indicator light will switch off when the Pan is the correct temperature.
- 2 Rub the chicken with the spice mix and brown on all sides. Remove from the Pan and set aside.
- 3 Add 1 tbsp of olive oil and sauté the onions until soft.
- 4 Reduce the Intellichef temperature to the Braise temperature (140°C).
- 5 Return the chicken to the pan and add the stock, lemon, garlic and thyme. Place the Lid on and cook for 1 hour.
- 6 Add the baby potatoes, season with salt and pepper and cook for a further 30 minutes or until chicken is cooked and the potatoes are tender.

## Fillet of Beef on Basil Mash with Red Wine Reduction

### Ingredients:

- 4 x 300g beef fillets
- Olive Oil
- 500ml red wine
- 100ml balsamic vinegar
- 200g sugar
- Salt and pepper to taste

### Mash:

- 8 medium potatoes boiled and mashed with:-
- 50g butter,
- 2tbsp milk
- 1tbsp (15ml) pesto

### Method:

- 1 Set the Intellichef to the Grill temperature (180°C) and allow to heat up. The Indicator light will switch off when the Pan is the correct temperature.
- 2 Rub the beef with olive oil and brown for 4 minutes each side.
- 3 Add the wine and balsamic vinegar and cook for another 5 min. Remove the fillets and set aside.
- 4 Add the sugar to the sauce and boil for 5-7 minutes.
- 5 To serve, place mash and steamed vegetables on a plate and place the beef fillet on top. Spoon the sauce over.

## Slow Cooked Beef Joint

### Ingredients:

- 2kg beef joint i.e. brisket, topside
- 8 baby onions
- 250g carrot batons
- 1tbsp (15ml) whole coriander seeds
- 90g harissa paste, optional
- 300g potatoes, cut into quarters.
- 1 bay leaf
- 750ml hot beef stock
- Sprig of rosemary
- Salt and pepper

### Method:

- 1 Liberally season the beef with salt and pepper and rub with coriander seeds and harissa.
- 2 Set the Intellichef to the Grill temperature (180°C) and allow to heat up. The Indicator light will switch off when the Pan is the correct temperature.
- 3 Brown the beef on all sides. Add all the other ingredients.
- 4 Set the Intellichef to the Slow Cook temperature (120°C) and cook for 4 hours or as required.

## Seared Tuna

### Ingredients:

- 4 fresh tuna steaks
- 1tbsp (15ml) sesame oil
- Salt
- 250ml light soy sauce
- 50ml dry sherry
- 2tsp (10ml) fresh ginger, finely chopped
- 2tsp (10ml) coriander
- 1tbsp (15ml) sesame seeds

### Method:

- 1 Set the Intellichef to the Grill temperature (180°C) and allow to heat up. The Indicator light will switch off when the Pan is the correct temperature.
- 2 Coat the tuna steaks in sesame oil and sprinkle with salt.
- 3 Sear the steaks for 1 minute per side until brown but not cooked through.
- 4 Remove the tuna and keep warm. Add soy sauce, sherry, ginger and coriander to the Intellichef and stir for 1-2 minutes to make a light sauce and remove.
- 5 To serve cut the tuna steaks diagonally and plate with a drizzle of the sauce and sprinkle with sesame seeds. Serve with salad or stir fried vegetables.

## Fried Halloumi with Sweet Chilli Sauce

### Ingredients:

- 500g of halloumi cut into 16 sticks
- 2L vegetable oil
- Sweet chilli dipping sauce
- Herb salad

### Method:

- 1 Place the oil into the Pan, do not fill past the MAX line.
- 2 Place the Frying Basket in the pan.
- 3 Set the Intellichef to the Fry temperature (220°C) and allow to heat up. The Indicator light will switch off when the Pan is the correct temperature.
- 4 Carefully lower the halloumi into the hot oil. Fry for about 3 minutes or until golden brown. Don't overfill the Frying Basket.
- 5 Carefully remove from the Intellichef and place on paper towel to drain.
- 6 Serve with sweet chilli sauce and a herb salad.

## Chicken and Mushroom Risotto

### Ingredients:

- 1tbsp (15ml) Olive oil
- 1tbsp (15ml) butter
- 1 onion, chopped
- 2 garlic cloves, crushed
- 500g chicken breasts, cubed
- 1 red pepper, chopped
- 170g mushrooms, sliced
- 230g risotto rice
- 250ml white wine
- 600ml hot chicken stock
- Pinch of saffron
- Salt and pepper
- 50g grated parmesan cheese

### Method:

- 1 Set the Intellichef to the Fast Stew temperature (140°C) and allow to heat up. The Indicator light will switch off when the Pan is the correct temperature.
- 2 Heat the oil and butter in the unit and gently fry the onions, garlic and chicken for 3-4 minutes until the onions are tender and the chicken is golden.
- 3 Stir in the pepper, mushrooms and rice.
- 4 Add the stock, wine and saffron. Season with salt and pepper.
- 5 Fit the Lid and reduce to the Slow Cook temperature (120°C)
- 6 Cook for 20 minutes, stirring occasionally.
- 7 Once cooked, stir in the parmesan and switch off the unit. Allow to stand for 5 minutes with the Lid on before serving.

## Sausage and Bean Casserole

### Ingredients:

- 1tbsp (15ml) olive oil
- 8 good quality pork sausages
- 180g bacon lardons
- 2 onions, chopped
- 2 garlic cloves, crushed
- 1tsp (5ml) chilli flakes
- 1 x 400g tin of chopped tomatoes
- 2tbsp (30ml) tomato puree
- 1tsp (5ml) dried mixed herbs
- 1 x 400g tin of mixed beans, drained and rinsed
- Salt and pepper to taste

### Method:

- 1 Set the Intellichef to the Stir Fry temperature (160°C) and allow to heat up. The Indicator light will switch off when the Pan is the correct temperature.
- 2 Heat the oil in the Pan and brown the sausages on all sides for about 5 minutes. Remove and set aside.
- 3 Add the bacon lardons and fry for about 5 minutes until browned and crispy.
- 4 Add the onions and garlic and fry for a few minutes until the onion has softened.
- 5 Add the sausages and stir in the rest of the ingredients, season well and reduce the temperature to the Fast Stew temperature (140°C)
- 6 Place the lid on and cook for 20 minutes. Add 100ml of water during cooking if required.

## Honey and Mustard Braised Chicken with Parsnips

### Ingredients:

- 1tbsp (15ml) olive oil
- 8 x bone in chicken thighs, skin removed
- 2 onions, chopped
- 350g parsnips, peeled and cut into batons
- 300ml hot chicken stock
- 2tbsp (30ml) wholegrain mustard
- 2tbsp (30ml) clear honey
- Sprigs of thyme
- Salt and pepper to taste
- Green vegetables (to serve)

### Method:

- 1 Set the Intellichef to the Grill temperature (180°C) and allow to heat up. The Indicator light will switch off when the Pan is the correct temperature.
- 2 Heat the oil in the unit and fry the chicken for about 5 minutes until golden. Remove and set aside.
- 3 Reduce the temperature to the Stir Fry temperature (160°C). Add the onion and fry for 2-3 minutes until softened.
- 4 Return the chicken to the Pan and add the parsnips.
- 5 Mix the mustard and honey into the stock and add to the chicken and parsnips.
- 6 Sprinkle with thyme and season; reduce the temperature to the Fast Stew temperature (140°C) and place Lid on.
- 7 Cook for 45 minutes until the chicken is tender and the parsnips are cooked through.
- 8 Remove the meat and vegetables and set aside.
- 9 Increase temperature to the Grill temperature (180°C) and thicken the sauce with 1tbsp cornflour mixed with a little water.

Serve with steamed green vegetables.

## Peanut Pork Stir Fry

### Ingredients:

- 2tbsp (30ml) oil
- 1 red pepper, sliced
- 1 onion, sliced
- 4 pork steaks, fat removed, cut into strips
- 100g green beans, trimmed and halved
- 2tbsp (30ml) soy sauce
- 2 packets of ready to wok noodles

### For the sauce:

- 3tbsp (45ml) peanut butter
- 1 red chilli, seeds removed
- Juice of 1 lime
- Splash of soy sauce
- 1 clove garlic

### Method:

- 1 To make the sauce, place the peanut butter, chilli, lime juice, soy sauce and garlic into a mini chopper and blend until smooth.
- 2 Set the Intellichef to the Stir Fry temperature (160°C) and allow to heat up. The Indicator light will switch off when the Pan is the correct temperature.
- 3 Heat the oil and add the onion and pepper. Stir fry for 3-4 minutes until softened.
- 4 Add the pork and stir fry for 4-5 minutes until cooked through.
- 5 Add the peanut sauce, the green beans and soy sauce and cook through for a couple of minutes.
- 6 Add the noodles and stir to warm through.

## Steamed Salmon on Basmati Rice

### Ingredients:

- 4 salmon fillets
- 400g basmati rice
- 900ml hot chicken stock
- 150ml white wine
- 2 star anise
- Drizzle of soy sauce
- green vegetables (to serve)

### Method:

- 1 Wash the rice well and add to the Pan. Pour in the stock and wine and add the star anise.
- 2 Set the Intellichef to the Boil temperature (240°C,) put the Lid on and allow to come to the boil. (2-3 minutes) The Indicator light will switch off when the Pan is the correct temperature.
- 3 Once boiling, reduce the temperature to the Steam temperature (140°C). Allow to steam for 10 minutes.
- 4 Place the Steaming Rack into the Pan and place the salmon fillets on top.
- 5 Continue to steam for a further 15 minutes.
- 6 Serve with a drizzle of soy sauce and green vegetables.



## Lamb Shanks

### Ingredients:

- 4 lamb shanks
- 150ml red wine
- 400ml beef stock
- 1 onion, sliced
- 2tbsp tomato puree
- 5 garlic cloves, peeled
- 250g carrots, thickly sliced
- Sprigs of fresh rosemary and thyme
- 2tbsp (30ml) olive oil
- Salt and pepper to taste

### Method:

- 1 Set the Intellichef to the Grill temperature (180°C) and allow to heat up. The Indicator light will switch off when the Pan is the correct temperature.
- 2 Add the onion and fry until golden, about 2-3 minutes. Remove and set aside.
- 3 Season the shanks with salt and pepper. Add another 1 tbsp of oil and allow unit to heat up. Brown the lamb shanks on all sides.
- 4 Add the remaining ingredients to the Pan, tucking the herbs underneath the lamb. Place the Lid on.
- 5 Set the unit to the Slow Cook temperature (120°C) and cook for 4 hours until the lamb is tender.

Note: can also be cooked for 6-7 hours if the temperature is reduced to 100°C.

## Syrup Sponge Pudding

### Ingredients:

- 100g butter
- 100g sugar
- 100g self raising flour
- 2 eggs
- 4tbsp (60ml) golden syrup
- Custard (to serve)

### Method:

- 1 Grease 4 x 150ml ramekins.
- 2 Place 1 tbsp of syrup in the bottom of each ramekin.
- 3 Using a wooden spoon or hand mixer, cream the butter and sugar together until smooth and creamy.
- 4 Gradually mix in the eggs and flour and divide the batter between the 4 ramekins.
- 5 Cover tightly with foil and place on the Steaming Rack in the unit.
- 6 Pour 1 litre of boiling water into the Pan and place the Lid on.
- 7 Set the Intellichef to the Steam temperature (140°C) and allow to heat up. The Indicator light will switch off when the Pan is the correct temperature. Steam for 45 minutes or until the sponge springs back when pressed lightly.
- 8 Serve with custard.

## Onion Rings

### Ingredients:

- 2L vegetable oil
- 75g plain flour
- 2tbsp corn flour
- ½tsp baking powder
- Pinch of paprika
- ½tsp sugar
- 1 egg
- 120ml milk
- 1 large onion, peeled
- Salt and pepper to taste

### Method:

- 1 Fill the unit with oil to the MAX mark. Place the Frying Basket in the pan.
- 2 Set the Intellichef to the Fry temperature (220°C) and allow to heat up. The Indicator light will switch off when the Pan is the correct temperature.
- 3 Cut the onion into 1cm circular slices and separate them into rings. Set aside.
- 4 Combine all the dry ingredients in a bowl. Whisk the egg and milk together and add to the dry ingredients. Whisk until smooth.
- 5 Coat the onion rings in the batter and drop into the oil, one at a time. Don't overcrowd the Frying Basket, do not fill more than half full.
- 6 Shake the Frying Basket as soon as the rings are added to avoid sticking to the mesh.
- 7 Once cooked on one side flip over and cook other side until golden, (this takes about 3 minutes).
- 8 Once cooked drain on kitchen paper.
- 9 Allow the unit to heat up again before cooking another batch if required.

## Boiled Potatoes

### Ingredients:

- 750g new potatoes, halved

### Method:

- 1 Place potatoes in unit and pour cold water up to the MAX mark.
- 2 Place on the Lid.
- 3 Set the Intellichef to the Boil temperature (240°C) and bring the water to the boil.
- 4 When water begins to boil, remove the Lid and boil for 30 minutes or until soft.

## Steamed Vegetables

### Ingredients:

- 500g Broccoli / cauliflower  
4 portions = 500g; 15 mins

### Or

- Asparagus  
4 portions = 250g; 5 mins
- Potatoes  
4 portions = 750g; 30 mins

### Method:

- 1 Place the Steaming Rack in the unit and arrange the vegetables in a single layer on the rack.
- 2 Pour in 1litre of boiling water. 1 litre of water is enough to steam for approximately 30 minutes.
- 3 Place on the Lid.
- 4 Set the Intellichef to the Steam temperature (140°C) and allow to heat up. The Indicator light will switch off when the Pan is the correct temperature. Cook the vegetables for the correct amount of time (see left).
- 5 If a selection of vegetables are required adjust the cooking time accordingly.

## Standard Rice

### Ingredients:

- 4 portions of basmati rice (400g)
- 800ml of cold water

### Method:

- 1 Rinse the rice well and place in the pan.
- 2 Add the water and place the lid on.
- 3 Set the Intellichef to the Boil temperature (240°C). Wait until the water comes to a boil. The Indicator light will switch off when the Pan is the correct temperature.
- 4 Stir the rice to prevent sticking and put the lid back on.
- 5 Reduce the temperature to the Slow Cook temperature (120°C) for 15 minutes.
- 6 Fluff rice up with a fork and serve.

## Vegetable Crisps

### Ingredients:

- 2L vegetable oil
- Selection of suitable vegetables:  
e.g. Potatoes, parsnips, carrots,  
beetroot, sweet potatoes

### Method:

- 1 Fill the unit with oil to the MAX mark.
- 2 Set the Intellichef to the Fry temperature (220°C) and allow to heat up. The Indicator light will switch off when the Pan is the correct temperature.
- 3 Wash the vegetables, cut the vegetables into slices as thin as possible (between 1-2mm), and pat dry.
- 4 Place the vegetable slices into the hot oil and fry until golden brown (1-2 minutes), flip if necessary. Don't overcrowd the basket.
- 5 Once cooked drain on kitchen paper and sprinkle with salt.
- 6 Allow the unit to heat up again before cooking another batch.

## Fusilli Pasta

### Ingredients:

- 4 portions of fusilli pasta (480g)
- 3L boiling water

### Method:

- 1 Fill the Pan with boiling water to the MAX line.
- 2 Set the Intellichef to the Boil temperature (240°C) place on the lid and bring to the boil. The Indicator light will switch off when the Pan is the correct temperature.
- 3 Add the pasta and stir.
- 3 Leaving the Lid off, boil for 12 minutes (or as per packet instructions).
- 4 Drain and serve.

## Poached Salmon Fillet

### Ingredients:

- 2 x 135g salmon fillet (tail end)
- 15g fresh flat leaf parsley, washed
- Salt and pepper
- Lemon juice
- A little butter

### Method:

- 1 Cut two pieces of foil large enough to enclose the fillets tightly in a parcel.
- 2 Lightly grease the inside of the foil with butter.
- 3 Place half the parsley on one piece of foil, then the salmon on top. Sprinkle with salt and pepper and a dash of lemon juice. Repeat for the other fillet then fold the foil into a parcel, folding over the open ends as securely as possible.
- 4 Place 500ml cold water in the pan, place the parcels into the water and fit the lid. Turn the temperature control to 140°C.
- 5 Cook the parcels for around 10 minutes then carefully remove each from the pan using a slotted spoon.

## Cod loin fillets poached in milk

### Ingredients:

- 2 x 120g cod loin fillets, skinned and boned
- 500ml semi skimmed milk

### Method:

- 1 Place the milk into the pan and place the fish in the milk. Fit the lid.
- 2 Select temperature setting 140°C and cook until the fish is opaque.
- 3 Carefully remove using a fish slice.

## Poached Whole Sea Bass

### Ingredients:

- 1 x 235g whole sea bass, cleaned
- 2.5 litres water
- 1 tbsp cider vinegar
- 3 sprigs fresh thyme
- 2 bay leaves
- 6 peppercorns
- 1 tsp salt

### Method:

- 1 Place the water into the pan with the vinegar, herbs and seasoning, fit the lid, select temperature setting 240°C and bring to the boil.
- 2 Reduce the temperature setting to 140°C then place the fish (which should be submerged) in the pan and fit the lid.
- 3 Cook for 3-5 minutes then turn off the Multicooker. Leave the fish to poach in the hot stock for around 15-20 minutes until it feels firm when pushed with a finger.
- 4 Carefully remove the fish from the pan using a fish slice. Serve with fresh lemon, green vegetable and new or sauté potatoes.

## Poached Mackerel Fillets

### Ingredients:

- 1 x 250g Mackerel, cleaned, de-boned and cut into two fillets
- 500ml water
- 125ml dry white wine
- Thick slice lemon
- Good pinch salt

### Method:

- 1 Place fish in the pan, skin side down add the remaining ingredients and fit the lid.
- 2 Select temperature setting 140°C.
- 3 Once the temperature has been reached cook the fillets for 5-8 minutes.
- 4 Carefully remove the fish from the pan using a fish slice. Serve with horseradish.

## Poached Chicken

### Ingredients:

- 6 boneless, skinless chicken breasts (approx. 650g)
- 2 litres chicken stock
- 1 bouquet garni
- 2 bay leaves
- A little salt

### Method:

- 1 Place the chicken breasts in the pan, add the remaining ingredients and fit the lid.
- 2 Select temperature setting 140°C.
- 3 Once the temperature has been reached cook for 15 minutes. Then turn off the Multicooker and leave the chicken in the hot liquid for 15 – 20 minutes.
- 4 Remove from the liquid using a slotted spoon.
- 5 The chicken may be served with a creamy pesto sauce or shredded for salads, or as a basis for a quick curry.

## Poached Cinnamon Pears

### Ingredients:

- 4 pears, such as Rocha or Comice
- 600ml water
- Juice of 1 lemon
- 200g caster sugar
- ½ tsp ground cinnamon

### Method:

- 1 Place the water and sugar in the pan and set the temperature on the dial at 140°C. Stir with a wooden spoon occasionally until dissolved. The lid is not needed at this stage.
- 2 Increase the temperature to 240°C and boil with the lid off for 5 minutes.
- 3 Meanwhile peel the pears, cut in half lengthways and remove the cores. As each is prepared, coat with lemon juice to prevent browning.
- 4 Place the cut side up in a dish and place a little cinnamon in the hollow of each pear half.
- 5 Reduce the temperature setting to 140°C and carefully place each pear cut side up into the pan.
- 6 Cover the pan with the lid, and cook for 20 minutes or until soft when pierced with a metal skewer.
- 7 The pears may be served warm or cold with fresh pouring cream or crème fraiche.

## Care and Cleaning

### WARNING: Not Dishwasher safe

Wash the Pan (3) with hot soapy water. The Pan can be immersed in water, but ensure the elements and pins on the underside of the Pan are completely dry before reassembling your Intellechef Multicooker.



The Thermostat Pad (shown above) is located on the side of the Pan. Greasy deposits in this area cause the Intellechef Multicooker to misread the temperature of the Pan and overheat. When cleaning the Pan ensure the pad is cleaned thoroughly and free of any grease or food deposits.

Wash the Lid (2), Steaming Rack (10) and Fryer Basket (8) with hot soapy water.

**No parts are dishwasher safe.**

## Contact Us

### Helpline

If you are having a problem with your appliance, please call our Helpline, as we are more likely to be able to help than the retailer you purchased the item from.

Please have the product name, model number and serial number to hand when you call to help us deal with your enquiry quicker.

UK Helpline: 0344 871 0944

IRE Helpline: 1800 409 119

Spares: 0344 873 0710

### Talk To Us

If you have any questions or comments, or want some great tips or recipe ideas to help you get the most out of your products, join us online:

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

Facebook: [www.facebook.com/morphyrichardsuk](https://www.facebook.com/morphyrichardsuk)

Twitter: @loveyourmorphy

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

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## Registering Your 2 Year Guarantee

Your standard one year product 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)

Or call our customer registration line quoting model and serial number, these numbers can be found on the base of the product,

**UK** 0344 871 0242  
**IRE** 1800 409 119

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.

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.

## Your 1 Year Guarantee

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.

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 as appropriate and dispatched usually within 7 working days of receipt.

If, for any reason, this item is replaced or repaired 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.

Morphy Richards shall not be liable to replace or repair the goods under the terms of either the Lifetime Blade Guarantee or the 1 or 2 Year Guarantee where:

## Exclusions

- 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 reserves the right not to carry out any type of servicing under the guarantee at its discretion
  - 7 Batteries and damage from leakage are not covered by the guarantee.
- These guarantees do not confer any rights other than those expressly set out above and do not cover any claims for consequential loss or damage. These guarantees are offered as an additional benefit and do not affect your statutory rights as a consumer. Morphy Richards products are intended for household use only. See usage limitations within the location safety instructions.

## Disclaimer

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



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

**IF YOU ARE HAVING A PROBLEM  
WITH ONE OF OUR PRODUCTS, CALL  
OUR HELPLINE:**

**UK:** 0344 871 0944  
**EIRE:** 1800 409 119  
**SPARES:** 0344 873 0710

**morphy richards**

The After Sales Division  
Morphy Richards Ltd  
Mexborough, South Yorkshire,  
England, S64 8AJ

Helplines (office hours)  
UK 0344 871 0944  
Spare Parts 0344 873 0710  
Republic of Ireland 1800 409 119  
[www.morphyrichards.com](http://www.morphyrichards.com)

