

Tefal®



Cook 4me

Cook fast and well
with instructions
to guide you



Intelligent multicooker
That cooks for you



CONTENTS

P. 02-03	INGREDIENTS-RECIPES LIST
P. 04-05	BEFORE USE
P. 06-09	USE AND OPERATION
P. 10	ON/OFF MENU
P. 11	SETTINGS MENU
P. 12-17	MANUAL MENU
P. 18-19	INGREDIENTS MENU
P. 20-21	INGREDIENTS RECIPE
P. 22-29	RECIPES MENU
P. 30-33	FAVORITES MENU
P. 34-39	CLEANING MAINTENANCE
P. 40	TROUBLESHOOTING

EPC03 Series

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



Lid open/close handle



Main operation button



Silencing valve



Open/close marker



Return button



Control panel



Cooking bowl



Warning indicator for pressure and locking



INGREDIENTS



MEAT

Poultry
Lamb
Beef
Rabbit
Pork
Veal



FISH & SHELLFISH

Mussels
Scallops
Shrimps/prawns
Fish



RICE & CEREALS

Wheat
Bulgur
Quinoa
Barley
Brown rice
White rice
Buckwheat



VEGETABLES FRUITS

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

RECIPE LIST

www.tefal.au



STARTER

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



MAIN

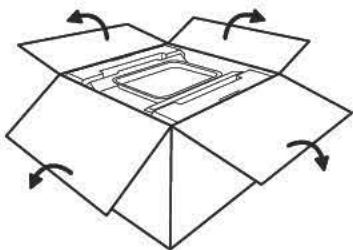
Asian pork meatballs	Fish curry	Pork spare ribs
Balsamic chicken wings	Fish with lemon and herbs	Pumpkin risotto
Beef and stuffed peppers	Fried rice	Quinoa salad with cucumber
Beef bolognese sauce	Gnocchi with pancetta	Saffron salmon
Beef casserole	Greek lamb	San Choy Bow
Beef massaman curry	Green chicken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



DESSERT

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

BEFORE USE



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



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

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



CLEAN THE DIFFERENT COMPONENTS

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

BEFORE USE

HOW TO DISASSEMBLE AND REASSEMBLE THE LID



ACCESSING THE DECOMPRESSION BALL:

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



HOW TO DISASSEMBLE THE METAL LID:

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



HOW TO TAKE THE VALVE COVER OFF:

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



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

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



PUTTING THE VALVE COVER BACK:

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



USE

INTERFACE CONTROLS



SELECT



CONFIRM



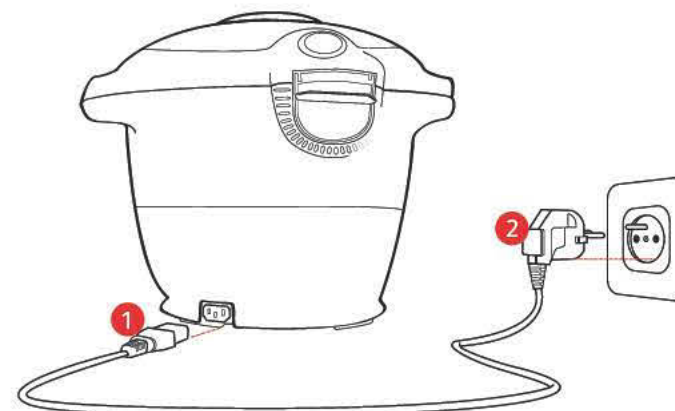
BACK



RESTART



OPERATION



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



Select your language



Select your country



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



USE



Never use the appliance without the cooking bowl



OPEN THE LID:

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



OPEN/CLOSE INDICATOR:

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



INSTALLING THE CONDENSATION TRAP:

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



USE

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



INSTALLING THE STAND UNDER THE STEAM BASKET:

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



POSITIONING THE BOWL IN THE APPLIANCE:

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



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



ON/OFF MENU



Select and confirm



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



SETTINGS MENU



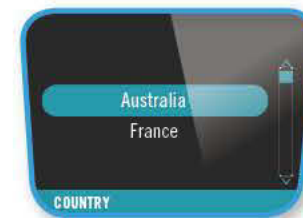
N.B.: each confirmation takes you back to the main menu.
N.B.: even if the sound is deactivated, the alert sounds remain active.



Select «language / country»



Select your language



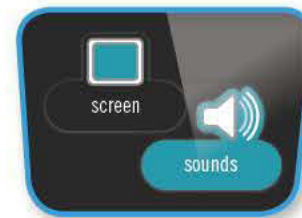
Select your country



Select the «screen / sounds» setting



Select «screen»



Select «sounds»



Adjust the volume



MANUAL MENU

COOKING MODE

QUICK COOKING

MANUAL MENU:

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



Select the «manual» menu



Set the cooking time



Select the «quick cooking» mode



Select immediate or delayed start (p.17)



WARNING

Insert the bowl then add the ingredients



WARNING

Close and bolt the lid



MANUAL MENU

COOKING MODE

QUICK COOKING



QUICK COOKING

The appliance is preheating



QUICK COOKING

Cooking has started



QUICK COOKING

Cooking has finished



QUICK COOKING

Its ready to eat!





COOKING MODE

BROWNING



Select the
«manual» menu



Select the
«browning» function



WARNING

Open the lid



COOKING MODE

REHEAT



Select the
«manual» menu



Select the
«reheat» mode



WARNING

Insert the bowl



WARNING

Insert the bowl



BROWNING

The appliance
is preheating



BROWNING



Add the ingredients



WARNING

Close and bolt the lid



REHEAT

Reheat has started



Press OK to interrupt



REHEAT



Do you want
to stop reheat?



BROWNING



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



BROWNING



stop

quick cooking



ENJOY !

KEEP WARM

00:02

It's ready to eat!

**N.B.: Reheating
starts and the
time increases**



MANUAL MENU

COOKING MODE

KEEP WARM



Select the
«manual» menu



Select the
«keep warm» function



Insert the bowl



The appliance
is preheating



The keeping warm
function has started



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



MANUAL MENU

COOKING MODE

DELAYED START (quick cooking mode)



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



Select
«delayed start»



Select the
current time



Select the end
of cooking



Delayed start
is programmed





INGREDIENTS MENU

INGREDIENTS MENU:

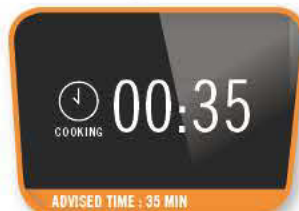
With the ingredients menu, cook single ingredients without having to program the cooking mode or time: Cook4Me provides you with instructions for all weights and types of ingredients: meat, fish, vegetables, fruit and cereals.



Select the
«ingredients» menu



Select the quantity
of ingredients



The recommended
cooking time is displayed



Select
fruits & vegetables



Start the recipe



Select the
required ingredient



Follow the instructions
on screen



INGREDIENTS MENU

INGREDIENTS MENU: (continuation)



Start the recipe



Cooking has finished



The appliance
is preheating



Cooking has started



Its ready to eat!



INGREDIENTS RECIPE

WHITE RICE



Select the
«ingredients» menu



Select
«rice and cereals»



Select
«white rice»



Select the desired rice
quantity (min. 200g)



Start the recipe



Follow the instructions



The recommended
cooking time appears



The appliance
is preheating



Cooking has finished



Select
«immediate start»



Cooking has started



It's ready to eat!





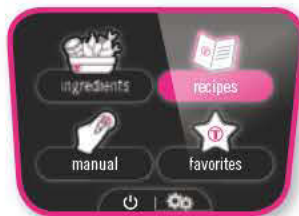
RECIPES MENU

PUMPKIN DIP

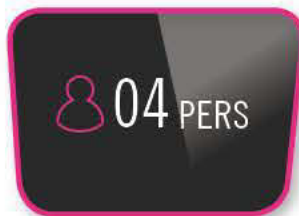
RECIPES MENU:

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

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



Select the recipe menu



Select the number of people



Select the type of recipe



Show recipe



Select a recipe



Prepare the ingredients



Start the recipe



Preheating



Cooking has finished



Follow the instructions



Cooking time



Its ready to eat!



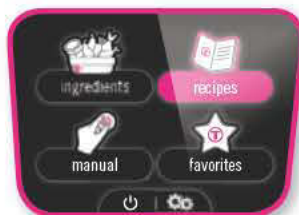
Start the cooking



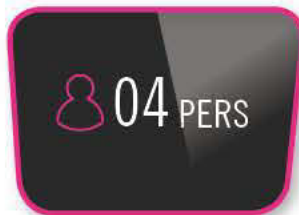


RECIPES MENU

GREEN CHICKEN CURRY



Select the
recipes menu



Select the
number of people



Select the
type of recipe



Show recipe



Select
the recipe



Prepare the ingredients



Start the recipe



Stop browning



Cooking time



Follow the instructions



Follow the instructions



Cooking has finished



Preheating



Start cooking



Its ready to eat!



Follow the instructions

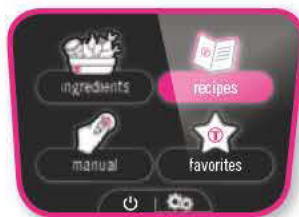


Preheating

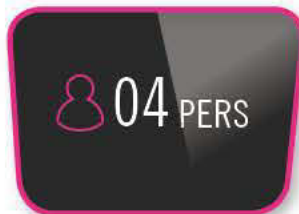


RECIPES MENU

STEAMED SWEET CHILLI SALMON



Select the
recipes menu



Select the
number of people



Select the
type of recipe



Show recipe



Select
a recipe



Prepare the ingredients



Start the recipe



Follow the instructions



Start the cooking



Preheating



Cooking time



Cooking has finished



Its ready to eat!





RECIPES MENU

PEA & HAM RISOTTO



Select the
recipes menu



Select the
number of people



Select the
type of recipe



Show recipe



Select
the recipe



Prepare the ingredients



Start the recipe



Stop browning



Cooking time



Follow the instructions



Follow the instructions



Preheating



Preheating



Start cooking



Its ready to eat!



Follow the instructions



Preheating





FAVORITES MENU

SAVE A RECIPE AS A FAVORITE

FAVORITES MENU:

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



Select the «favorites» menu



Select «add»



Select the type of recipe



Select the recipe you want to appear as a favorite



Select the number of people



Select the required cooking time



FAVORITES MENU



You can change the name of the recipe



Use < to delete



Select OK to confirm



Save the favorite





FAVORITES MENU

PREPARE
A RECIPE
ALREADY
SAVED AS
A FAVORITE



Select the
«favorites» menu



Select «my list»



Select the recipe that
you want to prepare



Follow the instructions
as for a normal recipe



FAVORITES

DELETE
A RECIPE FROM
THE FAVORITES
MENU



Select the «favorites» menu



Select delete



Select the recipe
you want to delete



Follow the instructions

CHANGING
THE NAME OF
THE RECIPE



Select the
«favorites» menu

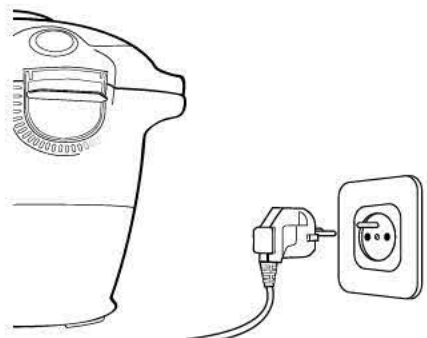


Select the
«change» menu



Select the recipe whose name
you want to change

CLEANING MAINTENANCE



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



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

CLEANING MAINTENANCE



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



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

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



CLEANING IN THE DISHWASHER:

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



CLEANING BY HAND:

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

CLEANING MAINTENANCE



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



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



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



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



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

CLEANING MAINTENANCE



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



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

CLEANING MAINTENANCE



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



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



Tefal®