



# Programmable Digital Slow Cooker

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## USER MANUAL & RECIPES

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Thank you for choosing the **RICARDO** digital slow cooker. Read the user manual carefully before using this product.

## IMPORTANT SAFEGUARDS

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When using electrical appliances—especially when children are present—basic safety precautions should always be followed to prevent fire, electric shock, and/or injury to persons, including the following:

∴ **READ ALL INSTRUCTIONS CAREFULLY.**

- ∴ Do not touch hot surfaces, as it will result in burns to hands or limbs. Use handles or knobs. Use oven mitts when removing the cover or handling hot containers.
- ∴ To protect against electrical shock, do not place cord, plug or appliance in water or other liquids.
- ∴ Close supervision is necessary when any appliance is used by or near children, as it is an electrical appliance that may cause electric shock when not used properly.
- ∴ Unplug from outlet when not in use and before cleaning. Allow to cool before cleaning.
- ∴ Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner. If there is a problem, please contact a qualified electrician or call 1-866-226-9222.
- ∴ The use of accessory attachments not recommended by the manufacturer may cause injuries.
- ∴ Do not use outdoors, as it is not intended for such use and can cause electric shock.
- ∴ Do not let the cord hang over edge of a table or counter, as you may trip and fall or cause the hot contents of the slow cooker to spill and possibly cause burns or injuries.
- ∴ Do not place the appliance near or on a hot gas or electrical burner or in a heated oven as these actions could cause this appliance to melt.
- ∴ Extreme caution must be used when moving an appliance containing hot food, water or other hot liquids to reduce the risk of burns or injury to hands or limbs.
- ∴ Lift and open the cover carefully to avoid scalding and to allow hot condensation to drip back into the stoneware pot.
- ∴ To disconnect, press the CANCEL button, then remove the plug from wall outlet.
- ∴ The stoneware pot is designed for use with this slow cooker only. It must never be used on a stovetop, range top, hot gas or electric burner or in a heated oven as it will crack and can cause burns if there are hot liquids or food inside. Do not place a hot ceramic pot on a cold or wet surface, as it will crack. Do not use a cracked stoneware pot.
- ∴ This slow cooker is designed for HOUSEHOLD USE ONLY. It may be plugged into an AC electrical outlet (ordinary household current). Do not use any other electrical outlet, as it may cause an electric shock.
- ∴ Do not use appliance for anything other than its intended use.
- ∴ Avoid sudden temperature changes, such as adding refrigerated foods into a heated pot, as the stoneware pot may crack.
- ∴ To reduce the risk of electrical shock, cook food only in the removable stoneware pot provided.

**CAUTION:** To protect against damage or electric shock, do not cook in the base unit. Cook only in the stoneware pot provided.

**SAVE THESE INSTRUCTIONS—FOR HOUSEHOLD USE ONLY.**

## **ADDITIONAL IMPORTANT SAFEGUARDS**

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**CAUTION, HOT SURFACES:** This appliance generates heat and escaping steam during use. Please ensure that proper precautions are taken to prevent the risk of burns, fires or other injury to persons or damage to property.

- ::: All users of this appliance must read and understand this instruction manual before initial use.
- ::: While in use, provide adequate space above and around the appliance for air circulation. Do not operate this appliance while it is near or touching curtains, wall coverings, dishtowels, clothing or other flammable materials.
- ::: If this appliance begins to malfunction during operation, immediately unplug the cord from the outlet. Do not attempt to repair or use a malfunctioning appliance.
- ::: If this appliance falls or accidentally becomes immersed in water, unplug it from the wall outlet immediately. Do not touch the water! It will cause an electric shock.
- ::: The cord for this appliance should be plugged into a 120V AC electrical wall outlet.
- ::: Do not use this appliance in an unstable position. The unit may tilt and cause the food to fall or spill and potentially burn the hands or limbs of the user.
- ::: Never use the stoneware pot on a gas or electric cooktop or on an open flame, as the stoneware pot will crack.
- ::: Lift off lid carefully to avoid scalding, allowing water to drip into the stoneware pot.

## **NOTES ON THE PLUG**

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For safety reasons, this appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug can only be inserted one way into the electrical outlet. If the plug does not fit correctly into the outlet, reverse the plug and insert into the outlet. If it still does not fit, contact a qualified electrician for further assistance. Do not attempt to modify the plug in any way.

## **NOTES ON THE CORD**

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The short power-supply cord provided should be used to reduce the risk resulting from becoming entangled in or tripping over a longer cord. Do not use an extension cord with this appliance.

## **PLASTICIZER WARNING**

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**CAUTION:** To prevent Plasticizers from migrating from the finish of the countertop or tabletop or other furniture, place NON-PLASTIC coasters or placemats between the appliance and the finish of the countertop or tabletop. Failure to do so may cause the finish to darken; permanent blemishes may occur or stains can appear.

## **ELECTRIC POWER**

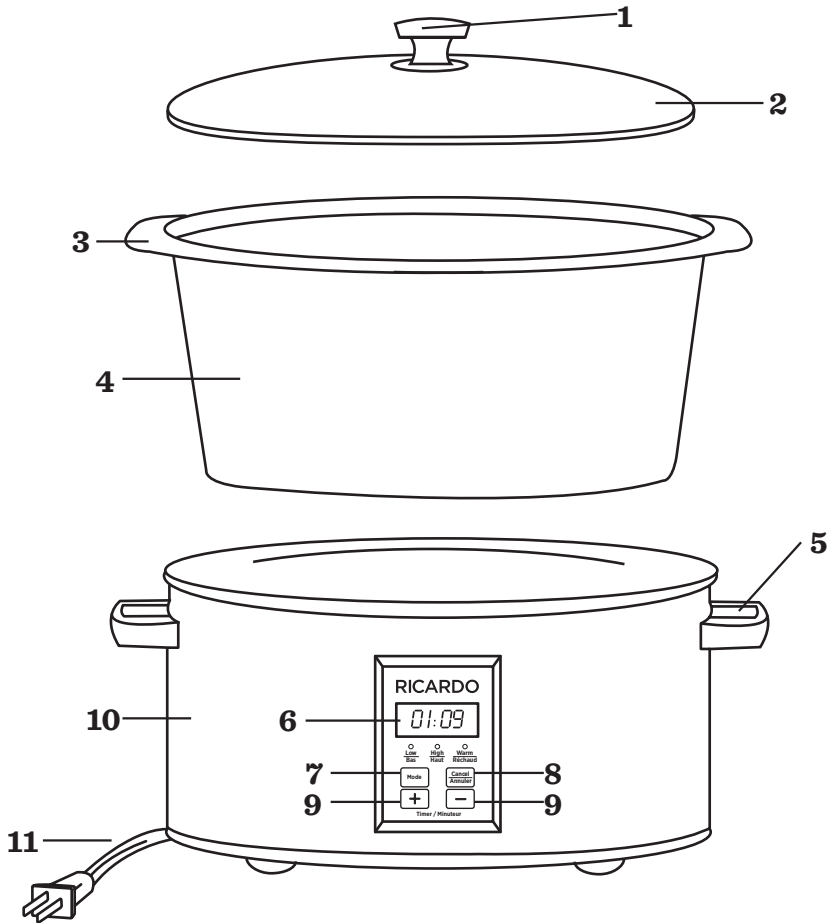
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If the electrical circuit is overloaded with other appliances, your appliance may not operate properly. It should be plugged into a separate electrical circuit.

## SLOW COOKER PARTS

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For reference only-actual product may vary slightly from illustration.



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|---------------------------------|--------------------------------------|
| <b>1.</b> Lid Knob              | <b>7.</b> Mode Button                |
| <b>2.</b> Tempered-Glass Lid    | <b>8.</b> Cancel Button              |
| <b>3.</b> Stoneware-Pot Handles | <b>9.</b> +/- Time Buttons           |
| <b>4.</b> Stoneware Pot         | <b>10.</b> Slow-Cooker Electric Base |
| <b>5.</b> Slow-Cooker Handles   | <b>11.</b> Polarized Plug            |
| <b>6.</b> Time Display Screen   |                                      |

## **BEFORE USING FOR THE FIRST TIME**

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Carefully unpack the appliance. Wash the stoneware pot and glass lid in warm, soapy water and ensure that they are rinsed well and dried thoroughly. Wipe interior and exterior surfaces of the slow cooker with a soft, moist cloth to remove dust particles collected during packing and handling. Do not use scouring pads, abrasive cleaners, or any object that will scratch the cookware or accessories.

**NEVER IMMERSE THE BASE, ITS CORD OR PLUG IN WATER OR ANY OTHER LIQUID; IT WILL CAUSE BURNS TO HANDS OR LIMBS.**

The appliance should be operated before initial use. After cleaning unit, place the cooking pot inside the base. Pour 4 cups of water into the ceramic pot and cover with lid. Plug the appliance into electrical wall. Press the MODE button until the HIGH setting is selected. Press +/- buttons until "0:30" appears on the time display. The slow cooker will begin heating in 5 seconds.

**NOTE:** You will notice a slight odour; this is normal and should disappear quickly. After 30 minutes, the WARM setting will be activated automatically and the KEEP WARM mode will begin for up to 12 hours.

**NOTE:** Press the CANCEL button at any time to power off the slow cooker. Allow the slow cooker to cool. Wearing oven mitts, carefully remove the stoneware pot, and discard the water. Rinse the ceramic pot and dry thoroughly. Place the cooking pot back into the slow cooker base.

## **STONEWARE POT CARE**

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Like any ceramic, the stoneware pot may crack, chip or break if not properly handled.

To prevent damage, always handle with proper care!

**WARNING:** Failure to follow the instructions below can cause breakage resulting in injury or property damage.

**::: ALWAYS USE TRIVETS OR OVEN MITTS WHEN HANDLING HOT STONEWARE, AS IT MAY CAUSE BURNS TO HANDS OR LIMBS.**

::: DO NOT place the hot stoneware pot on countertop, as it will stain or burn the countertop. Use a protective trivet.

::: DO NOT place the stoneware pot on any range top burner, under a broiler, microwave browning element, or in a toaster oven or in a heated oven; as it will crack the stoneware pot.

::: DO NOT strike utensils against rim of stoneware pot to dislodge food, as it will scratch the stoneware.

- ::: DO NOT use the stoneware pot to make popcorn, caramelize sugar, or make candy.
- ::: DO NOT use scouring pads, abrasive cleaners, or any object that will scratch the cookware or accessories.
- ::: DO NOT use or repair any pot or lid that is cracked, chipped or broken.
- ::: DO NOT use the stoneware pot to reheat food or for general food storage.
- ::: Always place foods into the stoneware pot at room temperature; then place the pot into the base before turning unit ON. NEVER heat the stoneware pot when it is empty, as it will crack the pot.

## GLASSWARE CARE

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**WARNING:** To prevent cracking or breaking of the glass lid, which may cause personal injury, the glass lid should be treated with special care.

**CAUTION:** Glass lid may shatter if it is exposed to direct heat or subjected to extreme temperature changes. Cracks, chips or deep scratches may also weaken the glass lid.

- ::: KEEP LID AWAY FROM broiler, hot stovetop burners, microwave oven, heated oven and oven heat vents. If the glass lid has been utilized in any of these locations, do not use it again, even if there are no clear signs of cracks or other damage.
- ::: IF EVER THE LID BECOMES CHIPPED, CRACKED OR SCRATCHED, DO NOT USE IT. Discard it.
- ::: ALWAYS LET LID COOL OFF on a dry, heat-resistant surface before handling. Do not place it on cold or wet surfaces, as this may cause it to crack or shatter.
- ::: ALWAYS USE OVEN MITTS OR TRIVETS when removing the hot lid. To avoid burns from escaping steam, always tilt cover away from hands and face and allow hot condensation to drip back into the pot.

## OPERATING INSTRUCTIONS

Using a slow cooker is easy but different from conventional cooking. To assist, this manual contains many useful hints for successful slow cooking. Included are free slow-cooker recipes however, many more recipes are available online, in libraries and book stores. Keep this manual handy whether preparing your favourite recipes or trying new ones. This programmable slow cooker can operate on LOW/HIGH/WARM settings for up to 12 hours. With the convenient digital count-down timer, the slow cooker will automatically go to WARM. No more overcooked meals in your slow cooker!

**NOTE:** When slow cooking on HIGH setting, it is similar to cooking with a covered pot on the stovetop. Foods will cook on HIGH in approximately half the time required for LOW cooking. Additional liquid may be required as foods do boil on HIGH. Follow the recommended guidelines provided in the recipe being used to determine cooking time and heating position. Dishes can be prepared well in advance of mealtime and cooking time regulated so that food is ready to serve at a convenient hour. Below are general guidelines for slow cooking a meat and vegetable combination:

COOKING TIME	RECOMMENDED TEMPERATURE SETTING
8 - 10 hours	Low

## SLOW-COOKER COOKING CHART

FOOD	WEIGHT	LOW/TIMER	HIGH/TIMER
Beef Roast	3 lb (1.4 kg)	3 to 4 hours	1½ hours
Beef Brisket	4-5 lb (1.8-2.3 kg)	10 hours	6 hours
Turkey Breast	6-7 lb (2.7-3.2 kg)	6 hours	3 to 4 hours
Whole Chicken	4-6 lb (1.8-2.7 kg)	6 hours	4 hours
Chicken Pieces, bone-in	3-4 lb (1.4-1.8 kg)	4 hours	1½ hours
Fully Cooked Ham	7.5 lb (3.4 kg)	8 to 10 hours	4 hours
Pork Tenderloin	2-3 lb (900 g-1.4 kg)	2 to 3 hours	1½ to 2 hours
Pork Roast	4-5 lb (1.8-2.3 kg)	4 to 8 hours	2 to 3 hours
Pork Chops	2-3 lb (900 g-1.4 kg)	5 hours	2 to 3 hours

**NOTE:** When serving from the slow cooker, always place a trivet or protective padding under the liner before placing it on a table or countertop.



1. Prepare recipe ingredients according to instructions provided.
2. Place food into the stoneware pot. For the best results, the slow cooker should be at least half-filled. When cooking soups or stews, allow a 2-inch (5 cm) space between the food and the top of the cooking pot, so ingredients can come to a simmer.  
**NOTE:** When cooking a vegetable and meat combination, place the vegetables at the bottom of the stoneware pot first then add the meat and other ingredients.  
**NOTE:** When cooking on HIGH, check cooking progress, as some soups may come to boil. Please be reminded that frequent lifting of the lid during cooking will delay the cook time.  
**WARNING:** The stoneware pot CANNOT withstand the shock of sudden temperature changes. If the pot is hot, DO NOT add cold food. Before cooking frozen food, add some warm liquid in the pot first.
3. Cover the stoneware pot with the tempered glass lid.
4. Plug the appliance into a 120V AC outlet. Press the MODE button to turn on the slow cooker.
5. Following recipe instructions, press the MODE button until the desired HIGH or LOW setting is selected.  
**NOTE:** Use the WARM function to reheat or keep cooked food warm.
6. Press the TIMER "+" or "-" buttons to adjust cook time in increments of 30 minutes. Continue to press the "+" or "-" button until the target cook TIME is displayed. The programmable slow cooker can be programmed in half-hour (30 minutes) increments from "0:30" (30 minutes) to "12:00" (12 hours). After 5 seconds, the slow cooker will begin to heat.  
**NOTE:** Press the "+" or "-" button to adjust target cook TIME at any time while the slow cooker is cooking.  
**NOTE:** If the LOW or HIGH MODE is selected without entering a cook time the programmable slow cooker will heat by default for a time "08:00" (8 hours) in LOW setting and "04:00" (4 hours) in HIGH.  
**NOTE:** Press the CANCEL button at any time to power OFF the programmable slow cooker.
7. Once in operation, the TIME on the timer display will begin to count down in minutes until "0:00" is displayed (cooking time completed). When the cooking time expires (00:00), the WARM setting will be automatically activated for up to 12 hours.  
**NOTE:** When the WARM setting is activated, the timer counts upwards from "00:00" to "12:00". When the slow cooker is in cook mode, it counts backward from "08:00" to "00:00".
8. To manually select the WARM setting, press the MODE button until the WARM lamp is on. The slow cooker will WARM by default for "12:00" (12 hours) but may be reduced to the desired time.  
**NOTE:** When the WARM setting is activated, the timer counts upwards from "00:00" to "12:00".
9. Using oven mitts, carefully remove the glass lid by grasping the lid knob and lifting away from you.
10. Allow a few seconds for all steam to escape. Inspect and test food for doneness and adjust seasonings if needed.  
**CAUTION:** The slow cooker base will get very hot during cooking. This is where the heating elements is located. When moving the slow cooker, grasp the unit by the slow cooker handles using trivets or oven mitts. Even when turned OFF and unplugged, the slow cooker base remains hot for some time after using; set aside and allow appliance to cool before cleaning or storing.
11. Unplug the appliance from the electrical outlet. Allow to cool down completely before cleaning (see Cleaning Instructions).

## **HINTS FOR SLOW COOKING**

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- ::: Less tender, cheaper cuts of meat are better candidates for slow cooking than more expensive, leaner varieties.
- ::: Meats will not brown during the slow cooking process. Browning fatty meats will reduce the amount of fat and help to preserve colour while adding richer flavour. Heat a small amount of oil in a skillet or pan and brown meats prior to placing into the cooking pot.
- ::: When using a slow cooker, remember that liquids do not boil away as they do in conventional cooking. Reduce the amount of liquid in any recipe that is not designed for a slow cooker. The exceptions to this rule would be soups and rice. Please remember that liquids can always be added at a later time if required. If a recipe results in too much liquid at the end of the cooking time, remove the lid and continue cooking on HIGH for 1 hour (1:00). Check every 15 minutes until the liquid has been reduced. Power OFF the slow cooker when the desired consistency has been achieved.
- ::: Most recipes that include uncooked meat and vegetables require about 6 to 8 hours on LOW temperature.
- ::: Foods cut into smaller, uniform pieces will cook faster and more evenly than foods left whole such as roast or poultry.
- ::: Root vegetables such as potatoes, carrots, beets and turnips require longer cooking time than many meats. As such, place these vegetables at the bottom of the slow cooker and cover with liquid to ensure that they are cooked properly. Check to see they are properly cooked when meat temperature is reached. If necessary, remove meat and continue cooking vegetables until ready.
- ::: Add fresh dairy products such as milk, sour cream or yogurt just prior to serving. Only processed cheese or evaporated milk may be added at the start of cooking.
- ::: It is not recommended to cook rice, noodles and pasta for long cooking periods. They should be cooked separately and then added to the slow cooker during the last 30 minutes.

## **USER MAINTENANCE INSTRUCTIONS**

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This appliance contains no user serviceable parts. Do not try to repair it yourself. Refer it to qualified service personnel if servicing is needed.

- 1.** Always unplug the slow cooker and allow it to cool down before cleaning
- 2.** Always handle the cooking pot carefully. Avoid hitting the pot against a faucet or other hard surface
- 3.** Do not touch sides of the slow cooker base while food is cooking. Always use handles on the base. Use trivets or oven mitts to lift the cooking pot

## **TO CLEAN**

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This appliance should be cleaned following every use. After the unit has been allowed to cool, wash the stoneware pot and cover in warm, soapy water. Rinse well and dry thoroughly. If food sticks to the surface of the cooking pot, fill the pot with warm, soapy water and allow it to sit for several hours before cleaning. Wipe interior and exterior surfaces of the slow cooker with a soft, slightly damp cloth or sponge—avoid scratching the surface. Never immerse the base in water. Never use abrasive cleansers or scouring pads to clean the stoneware pot or slow cooker body, as these can damage the surfaces.

## **DISHWASHER CLEANING**

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The stoneware cooking pot and lid may be cleaned in a dishwasher. To prevent damage, position it in rack so that it will not come in contact with other items during cleaning.

## **SPECIAL CLEANING**

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If the cooking pot becomes stained, clean it with a non-abrasive cleanser or apply a paste of baking soda and water with a soft cloth. To remove water spots or mineral deposits, wipe with distilled white vinegar, or pour a small amount into the cooking pot and let it soak for a while. After cleaning, wash the pot in warm, soapy water. Rinse and dry thoroughly.

## **STORAGE**

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Ensure that all parts are clean and dry before storing. Store the appliance in its original box or in a clean, dry place. Never store it while it is hot or wet. To store, place the covered cooking pot inside the slow cooker and place the glass lid over the pot. Never wrap cord tightly around the slow cooker; keep it loosely coiled.

## **2-YEAR LIMITED WARRANTY (applies only in Canada)**

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This warranty covers any defects in materials and workmanship for a period of two (2) years from the date of the original purchase. Please retain your original receipt as a proof of the purchase date. Any complaints must be registered within the warranty period. The product will be repaired, replaced (parts or entire appliance) or refunded at our sole discretion. Shipping charges may apply.

This warranty does not cover normal wear of parts or damage resulting from any of the following: negligent use or misuse of the product including failure to clean the product regularly, use for commercial purposes, accident, use on improper voltage or current, use contrary to the operating instructions, disassembly, repair or alteration by anyone other than a RICARDO authorized service agent.

PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE. FOR ASSISTANCE, PLEASE CONTACT 1-866-226-9222.

**If you have any questions regarding this product, please contact our customer service:**

::: by e-mail: [boutique@ricardocuisine.com](mailto:boutique@ricardocuisine.com)

::: by phone: 1-866-226-9222

**→ NOTE**

Because there is no evaporation in the slow cooker, coffee adds depth to the chili's flavour.



## Three-Bean and Pork Chili

**PREPARATION** 10 minutes

**COOKING** 8 hours

**SERVINGS** 6 to 8 servings

**FREEZES**

- 2 lb (1 kg) lean ground pork
- 30 ml (2 tbsp) olive oil
- 1 large onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 jalapeño pepper, seeded and finely chopped
- 30 ml (2 tbsp) chili powder
- 15 ml (1 tbsp) paprika (mild or hot, to taste)
- 15 ml (1 tbsp) ground cumin
- 250 ml (1 cup) coffee, warm
- 1 can (540 ml/19 oz) red kidney beans, rinsed and drained
- 1 can (540 ml/19 oz) white beans, rinsed and drained
- 1 can (540 ml/19 oz) black beans, rinsed and drained
- 1 can (540 ml/19 oz) diced tomatoes
- Salt and pepper

**1** In a large skillet, brown the meat in the oil while crumbling with a wooden spoon. Season with salt and pepper. Add the onion, garlic, pepper and spices and cook for 2 minutes. Deglaze with coffee. Bring to a boil and transfer to the slow cooker. Add the beans and tomatoes and mix thoroughly.

**2** Cover and cook on high for 4 hours or low for 8 hours. Adjust the seasoning. Serve with sour cream, rice or pasta.

**→ NOTE**

Both the tajine and the slow cooker operate on the same basic principle: simmer slowly, with very little fat, and let the steam rise and trickle back down to produce a flavourful sauce.



## Date and lemon chicken tajine

**PREPARATION** 30 minutes

**COOKING** 4 hours

**SERVING** 6

**FREEZES**

- 1 chicken (1.4 kg/3 lb), cut into 8 pieces (or 4 thighs and 4 drumsticks, bone-in)
- 60 ml (1/4 cup) olive oil
- 1 onion, thinly sliced
- 2 cloves garlic, chopped
- 5 ml (1 tsp) ground coriander
- 2,5 ml (1/2 tsp) ground cumin
- 2,5 ml (1/2 tsp) ground ginger
- 2,5 ml (1/2 tsp) ground turmeric
- 250 ml (1 cup) chicken broth
- 1 sweet potato, peeled and cut into large cubes
- 2 stalks celery, sliced diagonally
- 2 tomatoes, quartered
- 6 Medjool dates, pitted and quartered
- 1 Peel of 1 preserved lemon (or of 1/4 well-washed fresh lemon), finely diced
- 30 ml (2 tbsp) finely chopped flat-leaf parsley
- 30 ml (2 tbsp) finely chopped cilantro
- Salt and pepper

**1** In a large skillet, brown the chicken in half the oil. Season with salt and pepper. Transfer to the slow cooker.

**2** In the same skillet, brown the onion in the remaining oil. Season with salt and pepper.

Add the garlic and spices and cook for 1 minute. Add the broth and bring to a boil. Transfer to the slow cooker. Add the remaining ingredients, except for the fresh herbs.

**3** Cover and cook on low for 4 hours. Add the fresh herbs and adjust the seasoning.

**4** Serve with couscous.

**→ NOTE**

The slow cooker guarantees a perfect texture to the cake because the process is very much like a double boiler. When ready to serve, add a graham cracker crumble and diced strawberries to make it taste like traditional cheesecake. Enjoy small cheesecake portions!



## Cheesecake

**PREPARATION** 30 min

**COOKING** 1 h30

**COOLING** 4 hours

**SERVINGS** 4

**FREEZES**

### *Cheesecake*

1 package (250 g / 8 oz) cream cheese, softened

75 ml (1/3 cup) sugar

1 egg

60 ml (1/4 cup) 35% heavy cream

5 ml (1 tsp) vanilla extract

### *Crumble*

125 ml (1/2 cup) graham cracker crumbs

60 ml (1/4 cup) all-purpose flour

30 ml (2 tbsp) brown sugar

60 ml (1/4 cup) unsalted butter, softened

### *Strawberries*

250 ml (1 cup) diced strawberries

15 ml (1 tbsp) sugar

### *Cheesecake*

- 1** Line the bottom of the slow cooker with a clean cloth to prevent the ramekins from vibrating.
- 2** In a blender, purée all the ingredients until smooth. Divide among four 125 ml (1/2 cup) ramekins. Place the ramekins in the slow cooker and pour hot water into the container halfway up the ramekins.
- 3** Cover and cook on low temperature for 1 hour and 15 minutes to 1 hour and 30 minutes or until they are firm and slightly puffy. Remove the ramekins from the slow cooker and let cool. Cover with plastic wrap. Refrigerate for at least 4 hours or until completely chilled.

### *Crumble*

- 4** With the rack in the middle position, preheat the oven to 180 °C (350 °F). Line a baking sheet with parchment paper.
- 5** In a bowl, combine all the dry ingredients and add the butter. Combine until the mixture is crumbly. With your fingers, drop the dough into small pieces on the baking sheet. Bake for about 15 minutes or until golden brown, stirring twice during baking. Let cool.

### *Strawberries*

- 6** Combine the strawberries and sugar. Let rest for 5 minutes.
- 7** When ready to serve, top each ramekin with crumble and strawberries.

## → NOTE

A dessert to die for. We place a cloth under the lid to absorb the extra steam. This way, the top of the cake will not get wet.



## Sticky toffee pudding

**PREPARATION** 30 min

**COOKING** 3 h15

**SERVINGS** 8

### *Caramel sauce*

500 ml (2 cups) 35% cream

500 ml (2 cups) brown sugar

30 ml (2 tbsp) unsalted or semi-salted butter

### *Cake*

180 ml (3/4 cup) water

250 ml (1 cup) pitted dates, finely chopped

5 ml (1 tsp) baking soda

500 ml (2 cups) all-purpose flour

125 ml (1/2 cup) unsalted or semi-salted butter, softened

125 ml (1/2 cup) sugar

5 ml (1 tsp) vanilla extract

2 eggs

180 ml (3/4 cup) milk

### *Caramel Sauce*

**1** In a saucepan, bring all the ingredients to a boil, stirring constantly. Reduce for about 5 minutes. Set aside.

### *Cake*

**2** In a saucepan, bring the water and dates to a boil. Add 1 ml (1/4 tsp) of the baking soda and mix thoroughly. Remove from the heat and let cool.

**3** In a bowl, combine the flour and the remaining 4 ml (3/4 tsp) of baking soda.

**4** In another bowl, cream the butter, sugar, and vanilla with an electric mixer. Add the eggs, one at a time, and beat until smooth. At low speed, add the dry ingredients, alternating with the milk. Stir in the date mixture.

**5** Spread the batter in the slow cooker. Pour half the caramel sauce over the batter. Place a clean cloth over the slow cooker, making sure it does not touch the batter, and cover with the lid. Cook on low for 3 hours. With a skewer, pierce holes all over the surface of the cake and drizzle with the remaining caramel sauce. Continue cooking for 15 minutes, uncovered. Serve hot or warm.

*For other recipe ideas, check out the books “Ricardo slow cooker favourites from lasagna to crème brûlée”, “The slow cooker volume 2” and [ricardocuisine.com](http://ricardocuisine.com)*