

# TOWER®

over 100 YEARS of quality

T16020

## 1.5L Stainless Steel Slow Cooker



**3** | YEAR  
GUARANTEE



**GREAT BRITISH**  
DESIGN SINCE 1912

SAFETY AND INSTRUCTION MANUAL  
PLEASE READ CAREFULLY

\*Subject to registering your Extended Guarantee online at [www.towerhousewares.co.uk](http://www.towerhousewares.co.uk).



## Towerbrand

GREAT BRITISH DESIGN, INNOVATION  
AND EXCELLENCE SINCE 1912

Since the turn of the 20th century, Tower has been designing, developing and manufacturing housewares and small appliances used by millions of households throughout the UK and beyond. During the 1960s, the rise in popularity of pressure cooking saw Tower become the UK's largest producer of pressure cookers, right through into the late 1980s. In recent years the Tower brand has been reborn with an exciting and varied range of housewares and electrical appliances that have quickly reinstated the brand's richly deserved status as a household name.

**TOWER**

Visit

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

for more fantastic products.

Thank you for purchasing this appliance from the Tower range.

Please read this manual carefully **BEFORE** using the appliance for your own safety.

It has been designed to provide many years of trouble-free use.

**There are many benefits to using a Tower Slow Cooker:**

- Warming feature to maintain food temperature.
- Cool touch handles for safe and easy serving.
- Three temperature settings.
- Removable Ceramic pot for easy clean.

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See back page for Customer Service Information.

**Call us first, we can help.**

With advice, spares and returns.

Visit our website: [towerhousewares.co.uk](http://towerhousewares.co.uk) Call: +44 (0)333 220 6066  
(8.30am to 6.00pm Monday-Friday)

# 1 - Specifications:

**This box contains:**  
Instruction Manual  
Slow Cooker  
Glass Lid.



## Structure of your appliance:

- |                       |                        |
|-----------------------|------------------------|
| 1. Glass lid & Handle | 4. Temperature Control |
| 2. Ceramic Pot        |                        |
| 3. Handle             |                        |

## 2 - Technical Data:

Description:	1.5L Stainless Steel Slow Cooker
Model:	T16020
Rated Voltage:	230-240V ~
Frequency:	50Hz
Power Consumption:	100W

### Documentation

We declare that this product conforms to the following product legislation in accordance with the following directive(s):

2014/30/EU	Electromagnetic Compatibility Directive.
2014/35/EU	Low Voltage Directive.
2011/65/EU	Restriction of Hazardous Substances Directive.
1935/2004/EC	Materials & Articles in Contact With Food (LFGB section 30 & 31).

RK Wholesale LTD Quality Assurance, United Kingdom.

Should you encounter problems or require a replacement part, contact the Tower Customer Support Team: **+44 (0) 333 220 6066**.

Some spare parts may be ordered from the Tower website. Your warranty becomes void should you decide to use non Tower spare parts.

Spare parts can be purchased from [www.towerhousewares.co.uk](http://www.towerhousewares.co.uk)

### Guarantee for spare parts:

The spares and accessories are guaranteed for 1 year from date of purchase. The main body and housing are guaranteed for the extended free warranty subject to registration.

If any defect arises due to faulty materials of workmanship, the faulty products must be returned to the place of purchase within 12 months from the date of purchase.

Refund or replacement is at the discretion of the retailer.

### 3 - Important Safety Information:

Please read these notes carefully BEFORE using your Tower appliance

- Check that the voltage of the main circuit corresponds with the rating of the appliance before operating.
- If the supply cord or appliance is damaged, stop using the appliance immediately and seek advice from the manufacturer, its service agent or a similarly qualified person.
- DO NOT let the cord hang over the edge of a table or counter or let it come into contact with any hot surfaces.
- DO NOT carry the appliance by the power cord.
- DO NOT use any extension cord with this appliance.
- DO NOT pull the plug out by the cord as this may damage the plug and/or the cable.
- Switch off at the wall socket then remove the plug from the socket when not in use or before cleaning.
- The use of accessory attachments is not recommended by the appliance manufacturer apart from those supplied with this product. DO NOT use extension cords with the appliance.
- Switch off and unplug before fitting or removing tools/ attachments, after use and before cleaning.
- Close supervision is necessary when any appliance is used by or near children.
- Children should not play with the appliance.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and

knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

- Cleaning and user maintenance should not be undertaken by children without supervision.
- Take care when any appliance is used near pets.
- DO NOT use this product for anything other than its intended use.
- This appliance is for household use only.
- Please ensure that the appliance is used on a stable, level, and heat resistant surface.
- DO NOT immerse cords, plugs or any part of the appliance in water or any other liquid.
- DO NOT use the appliance outdoors.
- DO NOT use the appliance on a gas or electric cooking top or over or near an open flame.
- IMPORTANT! DO NOT use this product in conjunction with automatic timers.
- Never attempt to move or clean this product until it has completely cooled.
- DO NOT touch hot surfaces. Use handles or knobs.
- Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
- Avoid sudden temperature changes, such as adding refrigerated foods into a heated pot.
- To reduce the risk of electric shock, cook only in the removable cooking pot.
- Use extreme caution when removing hot container with food.

- Carefully tilt lid away from you when uncovering to avoid scalding and allow water to drip into pot.
- To disconnect, turn the temperature control to the OFF position, then remove the plug from the wall outlet.
- DO NOT use a cracked container. DO NOT set a hot container on a wet or cold surface.
- Unplug from outlet when not in use and before cleaning. Allow the appliance to cool before putting on or taking off parts and before cleaning the appliance.
- CAUTION! Wear oven mitts when handling the slow cooker as the surface may be extremely hot!
- CAUTION! While in use, hot steam may rise from the cooking pot. Be careful when handling.
- CAUTION! DO NOT use the KEEP WARM setting to cook food. DO NOT keep the slow cooker on this setting for more than 4 hours.
- IMPORTANT! If you forget to switch your slow cooker on or accidentally put uncooked ingredients on the KEEP WARM, you must throw away your ingredients and start again. Any food that sits below 60°C can harbour bacteria.
- This appliance is for household use only and similar applications as: Staff kitchen areas in shops, offices and other working environments. Farm houses. By clients in hotels, motels, and other residential type environments. Bed and breakfast type environments.
- In the unlikely event the appliance develops a fault, stop using it immediately and seek advice from the Customer Support Team:  
**+44 (0) 333 220 6066**



## 4 - Before First Use

Read all instructions and safety information carefully before first use. Please retain this information for future reference.

1. Carefully unpack and remove the parts from the packaging.
2. Place the slow cooker on a flat, dry surface.
3. Remove any promotional labels or stickers.
4. Wash cooking pot and glass lid in hot soapy, water with a mild household detergent.
5. Rinse and dry thoroughly.
6. DO NOT immerse the appliance, its cord or plug in water or any other liquid.
7. Do not use harsh abrasives or chemicals.
8. Dispose of the packaging in a responsible manner.
9. Wipe the exterior of slow cooker heating base with a clean, damp cloth.
10. Your appliance is now ready for normal use.

## 5 - Using Your Appliance

### Preparing Your Appliance:

1. Place the base of the slow cooker on a flat, dry, heat resistant surface.
2. Place your prepared ingredients into the cooking pot and cover with a glass lid. Ensure the lid is centred. Fill the pot between 1/2 and 3/4 capacity to avoid over or under-cooking. Do not overfill the cooking pot.
3. Plug the slow cooker into the mains outlet.

CAUTION! Make sure all of the temperature controls are set to the OFF position before plugging in the appliance.

4. Select the desired temperature setting by turning the temperature control to the required setting: LOW or HIGH.
5. When cooking is complete, turn the temperature control to the KEEP WARM or OFF position. Switch your slow cooker off at the power outlet if turning the appliance off.

CAUTION! DO NOT use the KEEP WARM setting to cook food. DO NOT keep the slow cooker on this setting for more than 4 hours.

6. Carefully remove the cooking pot from the slow cooker base.

CAUTION! ALWAYS wear oven gloves when handling the slow cooker's hot surfaces, including the cooking pot and glass lid.

Note: When removing the Glass Lid, tilt it so that the opening faces away from you to avoid being burnt by steam.

7. Do not place the heated cooking pot on any surfaces affected by heat. Use a hot pad or trivet to protect any surfaces. Take extra care when moving a cooking pot containing hot liquids.
8. Unplug the slow cooker from the mains and allow the appliance enough time to cool completely before cleaning and storing.

Note: Always cook with the Glass Lids on and follow recommended cooking times.

### Temperature Control Settings:

Note: Do not use frozen meat. Thaw meat before slow cooking.

**LOW:** The LOW heat setting gently simmers food for an extended period of time without overcooking or burning. No stirring is required when using this setting. Ideal for vegetable dishes and reheating.

Note: When using the LOW setting to cook meat dishes, the meat should be browned first.

Tip: 1 hour of cooking on HIGH equals 2 to 2 ½ hours on LOW.

**HIGH:** The HIGH heat setting is ideal for use when cooking dried beans and pulses. The HIGH setting cooks food in half the time required for the LOW heat setting. As food will boil when cooked on the HIGH heat setting, it may be necessary to add extra liquid, depending on the recipe and the amount of time in which it is cooked. Occasional stirring of stews and casseroles will improve the flavour distribution.

Monitor food more regularly when cooking on the HIGH setting.

Tips: It's recommended to use the HIGH setting when you need to cook a tender cut of meat quickly. Use the LOW setting for tougher cuts – cooking them for longer gives them more time for the meat to grow tender.

**KEEP WARM:** The KEEP WARM function allows you to keep the food in your slow cooker warm and ready to eat, even after cooking. Turn the dial on the front of your slow cooker to KEEP WARM once cooking has finished.

CAUTION! Never use the KEEP WARM setting for more than 4 hours.

CAUTION! Do not use the KEEP WARM setting to cook food.

### Slow cooking guide:

As most food is cooked over a period of 6-9 hours, it can be prepared in advance the evening before, refrigerated in the removable crock pot, placed in the slow cooker and switched on in the morning and left to cook all day. When you arrive home a delicious, hot meal will await you. The guide below will help simplify the process of slow cooking, allowing you to obtain ultimate satisfaction from your slow cooker.

Traditional Recipe Time	Slow Cooker on LOW	Slow Cooker on HIGH
15 – 30 minutes	4 – 6 hours	1 ½ - 2 hours
35 - 45 minutes	6 – 10 hours	3 – 4 hours
50 minutes – 3 hours	8 – 18 hours	4 – 6 hours

Note: These times are approximate. Times can vary depending on the ingredients and quantities in the recipes.

Note: Most uncooked meat and vegetable combinations will require at least 8 hours on LOW.

### Timing:

Always allow sufficient time for the food to cook.

It is almost impossible to overcook in the slow cooker, particularly when using the LOW or WARM setting. Most recipes can be cooked on any one of the temperature settings; however the cooking times will vary accordingly. Each recipe will give specific instructions, indicating the appropriate temperature setting accompanied by the suggested cooking times to use.

### Adapting cooking times for traditional recipes:

Your favourite traditional recipes can be adapted easily, by halving the amount of the liquid and increasing the cooking time considerably.

### General Tips for Slow Cooking:

- Do not pre-heat the slow cooker before adding ingredients.
- For best results, the Slow Cooker should be filled at least halfway.
- Do not fill the cooking pots to more than three-quarters full. Note: Do not over fill the appliance or it will not cook as well as it should.
- Spray the inside of the cooking pot with non-stick cooking spray for easy clean up.
- The Removable Ceramic Cooking Pot is ovenproof and microwave safe.
- Do not use Removable Ceramic Cooking Pot on gas or electric burners or under broiler.
- Do not use lids in microwave or oven.
- Frozen foods such as vegetables and shrimp may be used as part of a specific recipe.

- If there is a loss of power while slow cooking, the food being cooked may be unsafe to eat. If you are unable to determine how long the power was out, we suggest that the food inside of the slow cooker be discarded.
- Use fresh or dried herbs instead of ground; they keep more of their flavour during long cooking times.
- Cover all food with a liquid, sauce or gravy. Prepare in a separate pan and then add to the slow cooker, completely covering the food in the cooking pot.
- Prepare everything you need for your slow cooked meal the night before if you will not have time in the morning.
- Your ingredients should ideally be added to the slow cooker at room temperature, so take everything out of the fridge 20 minutes before adding to the cooker.
- Add dairy products last, such as milk and cheese, unless your recipe states otherwise. They break down in the slow cooker, so make sure you stir them in during the last 15 minutes of cooking.
- To thicken the flavourful juices produced during slow cooking, remove 1 cup (250mL) juice from the Slow Cooker. Place in a small saucepan. Combine 1 tablespoon (15mL) water and 1 tablespoon (15mL) cornstarch. Stir into saucepan. Cook and stir over medium heat until mixture boils. Boil and stir for 1 - 2 minutes or until slightly thickened.
- When cooking soups or stews, leave a 2-inch (5 cm) space between the top of the removable cooking pot and the food so that the recipe can come to a simmer. If cooking a soup or stew on HIGH, check its progress regularly as some soups will reach a boil on HIGH.
- Pasta and seafood should be added towards the end of cooking time.
- Don't lift the lid of the slow cooker until you need to. Removing the lid affects the end result and will actually increase the necessary cooking time. Only remove it when you need to add an ingredient.
- If you are adapting a recipe for your slow cooker, decrease the amount of liquid you would normally use in the dish by as much as half.
- All food should be cooked with the glass lid in place. Each time the lid is lifted, both the heat and moisture are diminished. Cooking times should be adjusted by to accommodate this factor.

### **Slow cooker recipes:**

You can also adjust slow cooker recipes depending on the amount of time you have. If you wish to decrease the cooking time, cook on HIGH and if you wish to extend the cooking time, cook on LOW. E.g. If the recipe states to cook on low for 6 – 8 hours and you want a shorter cooking time, set your slow cooker to HIGH and cook for 3 – 4 hours.

See the guide that follows for the suggested cooking times when adjusting a slow cooker recipe:

Cook on LOW	Cook on HIGH
6 – 8 hours	3 – 4 hours
8 – 10 hours	5 – 6 hours
10 – 12 hours	7 – 8 hours

Note: These times are approximate. Times can vary depending on the ingredients and quantities in the recipes.

### Liquid amounts

When food is cooking in your slow cooker, very little moisture boils away. To compensate for this, it's advisable to halve the liquid content of traditional recipes.

### Stirring the food

Little or no stirring is required when using the LOW or WARM setting. When using the HIGH heat setting, stir regularly ensure even flavour distribution.

### Suitable foods

#### Vegetables

- Vegetables cook slowly. Keep pieces small to medium in size and place in the bottom of the cooking pot.
- Vegetables can be peeled and cut the night before slow cooking. Cover and refrigerate in a separate container. Do not place in the cooking pot until ready to cook.
- Cut all root vegetables into small, evenly sized pieces to ensure even cooking. Root vegetables take longer to cook than meat.
- Gently sauté root vegetables for 2 - 3 minutes before slow cooking. Place them at the bottom of the pot and make sure all ingredients are fully immersed in the cooking liquid.
- Boil and soak uncooked red beans for at least 10 minutes before adding them to your slow cooker. This helps to remove any toxins.
- Pumpkins and other squash vegetables do not need to be cooked in as much liquid as other slow cooked vegetables.
- Cut green peppers into small pieces and add near the end of the cooking time to avoid them becoming bitter after being cooked for a long period of time.
- Frozen vegetables should always be slightly defrosted before being added to your slow cooker. They will not take as long to cook as fresh vegetables as they are generally pre-cooked to an extent.

- This is the same for canned vegetables. When using canned vegetables be sure to wash them before adding them to your slow cooker, to remove any excess salt and preservatives. Always ensure you drain canned vegetables before use, so you do not add extra liquid to your dish.
- Onions are a very popular ingredient in slow cooker recipes. Slow cooking does decrease the flavour of onions though, so make sure you add a little extra than you usually would, to retain that flavour – especially if you are cooking for more than four hours.

### Meat

- Trim all excess fat and sinew from meat before slow cooking, as the slow cooking method does not allow fat to evaporate.
- Browning your meat before adding it to your slow cooker helps add real flavour to the finished dish. Note: Browning mince meats, such as minced beef and mince turkey, before placing in the appliance removes excess fat and reduces the risk of food-borne illnesses.
- Meats can be browned and/or cut up the night before slow cooking. Cover and refrigerate in a separate container. Do not place in cooking pot until ready to cook.
- While poultry, such as chicken and Cornish hens, should not be cooked in the slow cooker because safe cooking temperatures near the bone CANNOT be reached quickly enough. ALWAYS ENSURE THAT ALL MEAT PRODUCTS ARE COOKED TO APPROPRIATE INTERNAL TEMPERATURES.
- Always insert a meat thermometer into joints of roasts, hams, chicken or other meats to ensure they are cooked to the desired temperature.
- If you want a thicker sauce for your end result, try dredging the meat in flour before browning.
- You can use whatever meat you choose in your slow cooker, but slow cooking is a perfect way to use those cheaper cuts of meat.
- Don't use frozen meat or poultry unless it has been thoroughly thawed out beforehand.

## 6 - Troubleshooting

Questions	Answers
The food in my slow cooker is not cooking evenly.	To ensure even cooking, cut foods such as vegetables into small, evenly shaped pieces. Foods such as root vegetables need to be placed at the bottom of the slow cooker so that they are in direct contact with cooker. Root vegetables take longer to cook, so in order to have everything cooked evenly, this is a must.
My food is too watery.	Too much liquid has been added to the slow cooker. Only small amounts of evaporation occur in slow cookers, so it's important to add up to 50% less cooking liquid to a dish than you would if you were stovetop or oven cooking. If you notice throughout the cooking time that you've added too much liquid, remove the lid approximately an hour before the cooking has finished, and cook the food on the high setting. This allows the liquid to evaporate and thicken.
Can I heat the cooking pot when it is empty?	No. The cooking pot must never be placed on a stovetop, in the oven, or heated in slow cooker when empty.
Slow cooker is smoking when it is first turned on.	There may be manufacturing oil on the heating element or housing. This can cause a slight smoking and/or burning smell during the first few uses of your slow cooker, but will stop after that. Check that there is no spilled food residue on the heating element or housing. Unplug your slow cooker and allow it to cool fully before cleaning it thoroughly and towel drying before your next use.
Food is sticking to the bottom of the cooking pot/burning.	You may need to add more liquid to your slow cooker. If you do not add liquid, food will dry up as it is cooking, causing it to stick and burn. Cooking with the slow cooker uncovered can also cause these problems. You should not cook with the lid of the slow cooker removed unless you are thickening up the liquid towards the end of the cooking process. If you cook with the lid off, the cooking liquid evaporates, causing the food to dry out and burn.
Can I cook a roast in the slow cooker without water?	Yes, if the slow cooker is set to LOW. The liquid is needed to soften and cook the vegetables properly. The more fat the meat has, the less liquid is needed.
How can I remove hard water stains from my slow cooker?	Many things can cause a build-up of calcium deposits and lime scale inside your slow cooker, including hard water or cooking dried beans. To remove stains, empty your slow cooker once you have finished cooking and fill the cooking pot with hot water. Add a small amount of washing up liquid and about 250ml vinegar to the hot water and leave it to soak overnight if possible, or for a couple of hours. Once it has soaked, empty the cooking pot and clean as normal.



## 7 - Recycling

### DISPOSAL OF THE UNIT

Appliances bearing the symbol shown here may not be disposed of in domestic rubbish. You are required to dispose of old electrical and electronic appliances like this separately.

Please visit [www.recycle-more.co.uk](http://www.recycle-more.co.uk) or [www.recyclenow.co.uk](http://www.recyclenow.co.uk) for access to information about the recycling of electrical items.

Please visit [www.weeeireland.ie](http://www.weeeireland.ie) for access to information about the recycling of electrical items purchased in Ireland.

The WEEE directive, introduced in August 2006, states that all electrical items must be recycled, rather than taken to landfill.

Please arrange to take this appliance to your local Civic Amenity site for recycling, once it has reached the end of its life.



## 8 - Cleaning & Care

- Before cleaning your slow cooker, always ensure that the temperature control dial is in the OFF position and the unit is unplugged from the mains outlet.
- Ensure that unit is always unplugged from the power outlet when not in use.
- Always allow the unit to cool before cleaning.
- Remove the cooking pot and glass lid and wash in hot, soapy water, using a mild household detergent. Rinse and dry thoroughly. To soften stubborn, cooked on foods fill the cooking pot with warm, soapy water and allow soaking, remove by lightly scrubbing with a nylon kitchen brush.
- The cooking pot and glass lid can also be washed in the dishwasher; however care should be taken not to chip or crack the cooking pot or lid.
- The glass lids should be washed in the top rack of the dishwasher.

**IMPORTANT:** The removable cooking pots will not withstand the shock of sudden temperature changes. To wash your cooking pots after cooking use hot water. NEVER use cold water if the cooking pots are still hot.

- The Heating Base may be cleaned with a soft cloth and warm soapy water. Wipe dry. Do not use harsh or abrasive cleansers.

**CAUTION:** Never submerge the slow cooker's heating base in water or other liquid.

**IMPORTANT:**

After cleaning, allow the appliance to dry fully before using again.

Do not use the appliance if damp. Ensure the appliance is completely clean and dry before storing.

Part	Dishwasher Safe	Oven Safe	Microwave Safe	Stovetop Safe
Glass Lids	Yes	No	No	No
Ceramic Cooking Pot	Yes	Yes, but not under broiler.	Yes	No

### Maintenance of Ceramic Cooking Pot

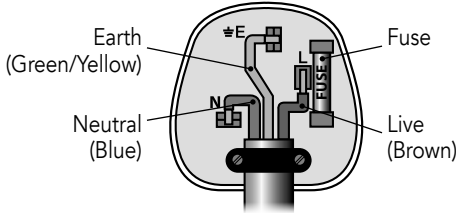
1. The ceramic cooking pots will not withstand the shock of sudden temperature changes.
2. The cooking pot should be at room temperature before adding hot foods.
3. Do not preheat Slow Cooker before using unless specified in the recipe.
4. If the cooking pot has been preheated or is hot to the touch, do not put in cold foods.
5. To wash your cooking pot right after cooking, use hot water.

### Storage

To store your appliance:

1. Unplug power cord from the power outlet and clean as above.
2. Allow the appliance to dry fully.
3. Store on a flat, dry level surface out of reach of children.


## 9 - Wiring Safety for UK Use Only



### IMPORTANT

As the colours in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, please proceed as follows:

The wires in the mains lead are labelled in accordance with the following code:

Blue neutral [N] Brown live [L]  
Green/Yellow [EARTH] 

#### Plug Fitting Details (Where Applicable).

The wire labelled blue is the neutral and must be connected to the terminal marked [N].

The wire labelled brown is the live wire and must be connected to the terminal marked [L].

The wire labelled green/yellow must be connected to the terminal marked with the letter [E].

On no account must either the brown or the blue wire be connected to the [EARTH] terminal.

Always ensure that the cord grip is fastened correctly.

The plug must be fitted with a fuse of the same rating already fitted and conforming to BS 1362 and be ASTA approved.

If in doubt consult a qualified electrician who will be pleased to do this for you.

#### Non-Rewireable Mains Plug

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use an ASTA approved one (conforming to BS 1362 of the same rating).

If in doubt, consult a qualified electrician who will be pleased to do this for you.

If you need to remove the plug - disconnect it from the mains - then cut it off of the mains lead and immediately dispose of it in a safe manner. Never attempt to reuse the plug or insert it into a socket outlet as there is a danger of an electric shock.

**WARNING:**  
This appliance **MUST** be earthed!

## 10 - Warranty

**3\*** | YEAR  
GUARANTEE



**GREAT BRITISH**  
DESIGN SINCE 1912

As a thank you for purchasing one of our fantastic products, we are offering you an extra 2 years peace of mind in addition to your 1 year guarantee.

To receive your extra 2 year guarantee, register your appliance online within 28 days of purchase by visiting [www.towerhousewares.co.uk](http://www.towerhousewares.co.uk)



This product is guaranteed for 12 months from the date of original purchase. If any defect arises due to faulty materials of workmanship, the faulty products must be returned to the place of purchase. Refund or replacement is at the discretion of the retailer.

### The Following Conditions Apply:

- The product must be returned to the retailer with proof of purchase or a receipt.
- The product must be installed and used in accordance with the instructions contained in this instruction guide.
- It must be used only for domestic purposes.
- It does not cover wear and tear, damage, misuse or consumable parts.
- Tower has limited liability for incidental or consequential loss or damage.

This guarantee is valid in the UK and Eire only.

The standard one year guarantee is only extended to the maximum available for each particular product upon registration of the product within 28 days of purchase. If you do not register the product with us within the 28 day period, your product is guaranteed for 1 year only.

To validate your extended warranty, please visit [www.towerhousewares.co.uk](http://www.towerhousewares.co.uk) and register with us online.

Please note that length of extended warranty offered is dependent on product type and that each qualifying product needs to be registered individually in order to extend its warranty past the standard 1 year. Extended warranty is only valid with proof of purchase or receipt.

# 11 - Weights & Measures

Check these charts for basic imperial to metric conversions of weights.

Metric	Imperial	US cups
250ml	8 floz	1 cup
180ml	6 fl oz	3/4 cup
150ml	5 floz	2/3 cup
120ml	4 floz	1/2 cup
75ml	2 1/2 floz	1/3 cup
60ml	2 floz	1/4 cup
30ml	1 floz	1/8 cup
15ml	1/2 floz	1 tablespoon

Imperial	Metric
1/2 oz	15g
1 oz	30g
2 oz	60g
3 oz	90g
4 oz	110g
5 oz	140g
6 oz	170g
7 oz	200g
8 oz	225g
9 oz	255g
10 oz	280g
11 oz	310g
12 oz	340g
13 oz	370g
14 oz	400g
15 oz	425g
1 lb	450g

## Food Allergies

Important Note: Some of the recipes contained in this document may contain nuts and/or other allergens. Please be careful when making any of our sample recipes that you ARE NOT allergic to any of the ingredients. For more information on allergies, please visit the Food Standards Agency's website at: [www.food.gov.uk](http://www.food.gov.uk)



# TOWER<sup>®</sup>

Recipes

Recipes for use with the T16020 Slow Cooker.

For more great recipes and inspiration from the  
Tower Kitchen, visit

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

# Sausage Casserole

## Ingredients

4 Sausages cut into large chunks

1 large onion, peeled and chopped

1 large apple, chopped

Around 300g small potatoes

Salt/Pepper to taste

300 to 500mls of stock beef/chicken or vegetable stock

Add chopped veg as you wish, mind the volume.

## Method

1. Heat some oil in a pan and brown the sausages. Once browned.
2. Add everything to the pot. It's that simple. You can adjust some of the preparation if you want to, lightly frying the onions for example, and the stock could be made up of part red wine or apple juice!
3. The stock quantity determines how thick/thin you prefer the sauce in your casserole and the sausages can be of any type but the thicker the better.
4. Your sausage casserole is now ready to serve.

# Vegetable Paella

## Ingredients

140g frozen chopped spinach

450g long grain rice

115g frozen peas

1 ltr vegetable stock

1 green pepper, chopped and deseeded

1 medium tomato, sliced into wedges

1 medium onion, chopped

1 medium carrot, chopped

½ tsp. saffron threads

½ tsp. salt

½ tsp. pepper

1 – 2 cloves of garlic, peeled and crushed.

1 tbsp. flat leaf parsley, chopped

1 x 390g can artichoke hearts, quartered, rinsed and well drained.

## Method

1. Allow the spinach to part defrost.
2. Add the spinach, green pepper, tomato, onion, carrot, garlic, rice, vegetable stock, parsley, saffron, salt and black pepper to the crock pot. Mix thoroughly.
3. Cook on LOW for 4 hours or HIGH for 2 hours.
4. Add the artichoke hearts and peas to the crock pot 15 minutes before finishing cooking.
5. Stir well and replace the lid.
6. Your vegetable paella is now ready to serve.





Your Own Recipe:

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Your Own Recipe:


# TOWER®

over 100 YEARS of quality

## *thank you!*

We hope you enjoy your appliance for many years. As a thank you for purchasing one of our fantastic products, we are offering you an extra 2 years peace of mind.

\*To receive your extra 2 years guarantee, register your appliance online within 28 days of purchase by visiting:

**[www.towerhousewares.co.uk](http://www.towerhousewares.co.uk)**

Should you have a problem with your appliance, or need any spare parts, please call our Customer Support Team on:

**+44 (0) 333 220 6066**

Your warranty becomes void should you decide to use non Tower spare parts. Spare parts can be purchased from **[www.towerhousewares.co.uk](http://www.towerhousewares.co.uk)**

