



**Quick Pot**

# Recipes

AND  
USER  
GUIDE



**ECOPOT**

AN ECOPOT PUBLICATION

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## GETTING STARTED

Congratulations on your purchase of the fabulous Ecopot Quick Pot. Before using the Ecopot Quick Pot for the first time, wash the Inner Pot (C), the Outer Lid (A) and the Inner Lid (B) with warm soapy water; use a dish cloth or a non-abrasive sponge. To separate the Inner and Outer Lids for cleaning, grip the medium rubber gasket of the Inner Lid and pull out gently.

### LID PLACEMENT

#### (a) Steam Vent Positioning

Ensure the steam vent located on the lid is ALWAYS LOCKED INTO POSITION AT THE REAR of the cooker during use. The steam vent must never be positioned to the front of the cooker. Failure to do so may result in condensation forming on the cooker.

#### (b) Clip Locks

Ensure clip locks “snap” into their security slots located on the lid.

### CAUTION

The Ecopot Quick Pot’s inner pot will be hot after cooking. Always use silicone grips or pot holders when removing it for safety.

### READ INSTRUCTIONS BEFORE USE

## PARTS



# PARTS

- A** OUTER LID   **B** INNER LID   **C** INNER POT   **D** COOKER   **E** AC POWER CORD  
**F** LID LOCKS   **G** STEAM VENT

## OPERATING QUICK GUIDE

Never load the Inner Pot beyond the MAX line (**X**). Rotate the Inner Pot to make certain that it is seated properly on the Heating Plate.

- Always make certain the Steam Vent (**G**) is clear of any obstructions, especially food debris.  
**Note:** The small holes in the Inner Lid (**B**) are for ventilation, and like the Steam Vent (**G**) must also remain clean and free of food debris.
- Attach the AC Power Cord (**E**) to the cooker (**D**) then plug the AC Power Cord into standard 240V power outlet.
- Place ingredients in the Inner Pot (**C**) as per the recipe. Place the Inner Pot into the cooker. Put on the Outer Lid (**A**). When properly placed, the lid will not rotate.
- Secure the Outer Lid (**A**) with the Lid Locks (**F**).

**Note:** The Ecopot Quick Pot remains in Heat Mode until the unit reaches a predetermined internal temperature. Once that temperature is reached, the unit automatically switches to the “Keep Warm” Mode preventing overcooking or burning. Follow the procedures and “Cooking Times” shown in the recipe booklet until you become fully familiar with the unit’s operation.

## SAFETY FIRST

**Always follow the safety precautions when using this appliance.**

- Carefully read and follow all the instructions in this manual.
- Do not use this appliance if you have reduced physical, sensory or mental abilities unless under the direct supervision of a responsible person. Children should not use the Quick Pot.
- Always clear the steam vent of food scraps before use. A clogged vent could cause excessive steam and pressure to build up.
- Always wear protective hand mitts when touching the Quick Pot’s hot surfaces.
- Always keep the appliance away from water. Failure to do so may result in electric shock.
- Always remove the power outlet before cleaning.
- Allow Quick Pot to cool completely before handling it.
- Do not use the appliance if the power cord is damaged in any way. Any repairs must be carried out by a licensed electrician.
- Do not use the Quick Pot outdoors.
- Always keep power cord in a safe place.
- Never place the Quick Pot on any hot surfaces.
- Exercise caution when moving the Quick Pot with hot oil or liquids.
- Always connect the power cord to the Quick Pot prior to plugging it into the wall.
- Switch off at the wall before removing the plug.
- Do not use the appliance for anything other than its intended use.
- Quick Pot reaches high temperatures. Use caution to avoid burn injuries.
- Ensure the lid is closed before cooking.

# THE AMAZING ECOPOT QUICK POT

You are about to discover why so many food lovers are switching to Ecopot Quick Pot.

Easy to clean and versatile; use it anywhere. Just load, cook and go.

For years Ecopot have been developing innovative cooking appliances. Ecopot Quick Pot represents a breakthrough in cooking technology, delivering perfect results every time. The secured cooking chamber seals in flavour and locks in vital nutrients. Cooks faster, tastes better. For safety reasons completely familiarise yourself with this manual.

## INTUITIVE TECHNOLOGY

The Ecopot Quick Pot utilises intuitive technology balancing food temperature and cooking times. It's auto "Keep Warm" mode keeps food safe above 60°C.

## POWER

A short power cord is provided to reduce risk of possible injury. Do not use an extension cord with this product. Never share another appliance on same power point as Quick Pot.

Power cord length is 1 metre.

### IMPORTANT

- When serving food from Quick Pot always remove power cord from wall outlet.
- Using hand mitts unlock the Quick Pot and remove the outer lid.
- When removing the inner pot handle use hand mitts to avoid injury.

### CAUTION: HOT SURFACES

This appliance generates heat and steam during use. Proper precautions must be taken to prevent the risk of personal injury, fires, and damage to property.

## CARE AND CLEANING

- After use, unplug Quick Pot at wall and allow to cool completely before cleaning.
- The Ecopot Quick Pot must be cleaned thoroughly after each use in order to prevent steam vent clogging caused by food residue.
- Caution: Never immerse the cooker in water or any form of liquid.
- Use a soft, damp microfibre cloth or sponge when cleaning. Avoid abrasives.
- To clean the lid, grasp the medium rubber gasket of the inner lid and pull gently but firmly to separate it from the outer lid.
- Always check the Steam Vent (**G**) and the ventilation holes in the Inner Lid (**B**) are kept clear of food debris. See page 2 to identify parts.
- Do not place any Quick Pot parts in a dishwasher.
- Always dry all components thoroughly.

## DO'S AND DON'TS

- Never fill the Quick Pot beyond the MAX LINE in the inner pot. See **X** on page 2.
- When using foods that expand during cooking, e.g. rice or pasta, follow recipe volumes carefully and do not fill beyond the halfway point.
- Overfilling may cause steam vents to clog. This can result in excess pressure which can damage the Quick Pot and or cause injury.
- Ingredients including sauces, berries, pearl barley, cereals, split peas, noodles, macaroni, rhubarb, and spaghetti can foam, froth or sputter. This can cause steam vent to clog.
- Ensure Quick Pot's steam vent is clear of any obstruction before use.
- The Quick Pot is designed for use with 240V electrical outlet only.
- The Ecopot Quick Pot generates extreme heat and steam in its operation.
- Never cover the Ecopot Quick Pot. Always ensure appliance has adequate ventilation.
- Never use Quick Pot near flammable materials, e.g. towels, curtains, etc.
- Do not operate the Quick Pot with an extension cord.
- If the Quick Pot is accidentally immersed in water, switch off at power point and disconnect from wall outlet immediately.
- Never cook on an unstable surface.
- AVOID RISK OF ELECTRIC SHOCK: COOK IN INNER POT ONLY

## MANUFACTURER'S LIMITED WARRANTY

The manufacturer warrants the Ecopot Quick Pot is free of defects in workmanship and materials and will, if necessary, repair or replace a defective Ecopot Quick Pot if returned. All parts and components of the Ecopot Quick Pot are warranted for 12 months from the original date of purchase. This warranty is valid only in accordance with the conditions set forth below:

1. Normal wear and tear are not covered under this warranty. This warranty applies to consumer use only, and is void if the product is used in an outdoor, commercial or institutional setting.
2. The warranty extends only to the original purchaser and is not transferable.
3. Any warranty claim must be accompanied with proof of purchase.
4. Warranty is void if product has been subject to accident, misuse, abuse, improper maintenance or repair, or unauthorized modification.
5. This warranty is the only written or express warranty given by the manufacturer. Any implied warranty of merchantability or fitness for a particular purpose on this product is limited to the duration of this warranty.
6. Repair or replacement of the product is at the sole discretion of the manufacturer.
7. The manufacturer is not liable for any incidental or consequential damages for breach of this warranty or any implied warranty on this product.

## WARRANTY CLAIM PROCEDURE

If warranty service is necessary, the original purchaser must pack the product securely and send it, postage paid, with a description of the defect, proof of purchase, and a cheque or money order for \$20.00 to cover return postage and handling to the following address:

**So Simple Solutions Pty Ltd** PO Box 34 Five Dock, Sydney NSW 2046

# TROUBLE SHOOTING

- Never use the WARM function for longer than 2 hours.
- If Quick Pot switches to WARM mode before food is fully cooked, inadequate liquid content has been added.
- Overly sweet or oily foods can cause Quick Pot to switch to WARM earlier than desired. If this occurs, add more liquid.
- When baking in the Quick Pot, you will need to press COOK more than once. Once Quick Pot has finished cooking and turns to Warm mode, wait 5 minutes and press COOK again.
- The WARM setting keeps food above 60°C, the food safety standard for bacteria.
- Never double recipe quantities. Doing so may force excess hot liquid to spill out of the steam vent. If this occurs, unplug the Quick Pot and allow it to cool thoroughly before removing the lid to avoid possible injury.

## BEFORE YOU CALL US

### Cook Switch

In the event that the cookers mode switches from Cook to Warm and meal is not cooked to your satisfaction (usually puddings, muffins, dense meats and cakes) the cookers auto thermo sensor will require a short return period, ie to return to a thermal cooler temperature. Then the cooker can be switched back to cook mode. This is not a fault with the unit, but a built-in anti overheating precaution.



### Over Filling

**ENSURE COOKER IS NEVER OVER FILLED WITH LIQUID. ALWAYS KEEP STEAM VENT OPEN AND CLEAR OF DEBRIS AT ALL TIMES. FAILURE TO DO SO MAY RESULT IN CONDENSATION FORMING ON THE COOKERS SIDE AND RISK EXPOSURE TO CIRCUIT SHORTENING. WHEN PUTTING THE LID ON, ALWAYS POSITION THE STEAM VENT AT THE BACK OF THE COOKER AND NOT AT THE FRONT. [ X = Steam Vent ]**



### Power Cord

Always ensure the black power cord is fully inserted into the cookers power supply socket. Failure to do so may cause the circuit to shorten and result in power outage. No responsibility can be taken with failure to do so.



## SPECIFICATIONS

Model Number	Power Rating	Functions	Operating Temperature
ECPQP01	240V, 60HZ, 200W	Cook, Warm	Cook 100°-103°C / 212°-217°F
Non stick inner pot			Warm 60°-80°C / 140°-176°F

## SAVE THESE INSTRUCTIONS



# Recipes



## Creamy Fettuccine

2 nests rolled fettuccine noodles

100ml cream

¼ cup liquid stock

⅓ cup Parmesan cheese, grated

Season to taste

- Place all ingredients into Quick Pot, mix well
- Secure lid and cook
- Open lid, stir once and rest in Quick Pot for several minutes and serve

### Serving suggestions

Top with freshly shaved Parmesan

## Glazed Salmon

200g salmon fillets

### Chilli glaze:

100g rice wine vinegar

½ tbsp light soy sauce

1 tbsp palm sugar

1 tsp fish sauce

1 tsp sweet chilli sauce

1 tsp coriander stem, chopped fine

1 tsp ginger, shredded fine

1 tsp chilli flakes

1 tsp garlic, minced

- Place chilli glaze ingredients in pot and bring to boil
- Simmer for 3 minutes
- Place salmon in Quick Pot
- Cover salmon with half chilli glaze
- Secure lid and cook
- Remove and serve
- Cover salmon with remaining glaze

### Serving suggestions

Serve on bed of wild rice

Garnish with freshly torn basil leaf

## Singapore Noodles with Prawns

½ cup prawns, peeled, deveined

¼ carrot, peeled, shredded

1 shallot, chopped fine

½ tsp ginger, chopped fine

1 garlic clove, crushed

6 slivers red capsicum

2 snow peas

2 baby corn

40g Singapore noodles, dry

½ cup chicken stock

1 tsp shrimp paste

- Add all ingredients into Quick Pot
- Stir well
- Secure lid and cook

### Serving suggestions

Add dried chilli flakes and top with freshly torn coriander

## Hearty Breakfast Omelette

2 eggs

1 bacon rasher, chopped

½ cup tomatoes, diced

½ cup onion, diced

2 tbsp shredded cheese

Salt and pepper to taste

- In a bowl whip eggs till smooth
- Add remaining ingredients, mix well
- Pour mix into Quick Pot
- Secure lid and cook

### Serving suggestions

Garnish with fresh parsley









## Meatballs Fillicudi

10 beef meatballs, small  
240ml basil and onion pasta sauce  
Season to taste

- Place meatballs in Quick Pot
- Cover with pasta sauce
- Season with salt and pepper
- Secure lid and cook
- Remove and serve

### Serving suggestions

Place on a bed of papadella  
Garnish with freshly grated  
pecorino cheese

## Agean Garlic Prawns

200g prawns, peeled, deveined  
30g butter, cubed  
½ lemon, juiced  
½ tsp chopped parsley  
3 cloves garlic, chopped fine  
¼ onion, diced  
¼ cup parsley, chopped  
Season to taste

- Heat butter and garlic in Quick Pot  
for few minutes
- Add remaining ingredients
- Secure lid and cook

### Serving suggestions

Place over fresh rocket, avocado,  
red onion and tomato salad  
Garnish with freshly torn basil

## Nonna's Lasagne

2½ no-bake lasagne sheets  
2 meatballs, sliced  
180ml pasta sauce  
1 egg  
½ cup ricotta cheese  
1 tbsp Parmesan cheese  
¼ cup mozzarella, shredded

- Place lasagne sheets in hot water  
and soften
- Combine cheeses and egg
- Mix ¾ cup of sauce and meatballs
- Pour ½ cup sauce into Quick Pot
- Place lasagne sheets over sauce and up  
the sides of Quick Pot
- Place a layer of cheese mix on top  
of lasagne sheet
- Fold another lasagne sheet on top of mix
- Add a layer of meatball mix fold down  
another lasagne sheet
- Add remaining cheese mix
- Fold down another lasagne sheet
- Pour remaining sauce on top
- Sprinkle with mozzarella
- Secure lid and cook

### Serving Suggestion

Serve with fresh garden salad

## Special White Rice

180g long grain rice  
¼ cup dried peas  
½ cup corn kernels, drained  
240ml water

- Pour ingredients into Quick Pot
- Secure lid and cook

### Serving suggestions

Use as a side with curry or stir-fry



## Trendy Pulled Pork

200g pork fillet  
½ cup barbecue sauce  
½ cup water  
½ onion, chopped  
½ tsp garlic powder  
½ tsp olive oil

- Heat olive oil in Quick Pot
- Add meat and brown
- Add remaining ingredients
- Secure lid and cook

### Serving suggestions

Pull the pork into shreds, place on bun, top with coleslaw  
Serve with side of potato salad

## Mexican Chilli Beef

100g lean beef mince  
½ cup tomatoes, crushed  
100g red beans  
¼ yellow and red capsicums, thinly sliced  
½ onion, diced  
½ tbsp chilli powder  
¼ tsp cumin  
½ tsp sugar  
¼ cup corn kernels  
Season to taste

- Combine ingredients in mixing bowl. Pour mix into Quick Pot. Secure lid and cook.

### Serving Suggestions

Serve with tortillas  
Garnish with sour cream and guacamole

## Chicken Pastie

- 1 cup chicken breast, diced
- 200ml cream of celery soup
- ¼ onion, chopped fine
- ½ cup frozen peas and carrots
- ¼ cup corn kernels
- 1 cup cream
- 4 slices bread, buttered both sides
- Place buttered bread in Quick Pot, cover base and sides
- In mixing bowl combine soup, chicken, peas, onion, carrots and corn
- Pour mix into Quick Pot bowl
- Secure lid and cook
- Remove and serve

### Serving Suggestions

Serve with spicy tomato relish and fresh garden salad



## Traditional Beef Stew

- 200g beef, cubed
- 150ml gravy
- ½ tbsp tomato paste
- 1 small carrot, sliced thin
- 2 small red potatoes, diced fine
- ¼ celery stalk, chopped fine
- 1 garlic clove, chopped
- ¼ onion, diced
- ½ tbsp olive oil
- 2 tbsp frozen peas
- Brown meat in Quick Pot
- Drain excess fat
- Add remaining ingredients
- Secure lid and cook

### Serving Suggestions

Serve with side of rice or pasta









## Chicken Mushroom Penne

½ cup chicken, chopped  
3 mushrooms, chopped fine  
1 cup penne pasta, dry  
50ml cream  
50ml chicken stock  
½ garlic clove, minced  
½ tsp olive oil  
20g Parmesan cheese, grated  
Season to taste

- Place pasta in Quick Pot
- Mix cream and stock in with pasta
- Add remaining ingredients and mix
- Secure lid and cook

### Serving Suggestions

Garnish with grated cheese  
Top with freshly torn basil  
Drizzle with extra virgin olive oil

## Jambalaya

½ chicken breast, diced  
½ chorizo, sliced  
100ml chicken stock  
½ red capsicum, diced  
½ celery stalk, diced  
½ onion, diced  
1 tbsp flour  
1 tbsp olive oil  
1 tsp Cajun spice  
Season to taste

- Brown chicken and chorizo in Quick Pot
- Add flour and stir to coat meat
- Add remaining ingredients
- Secure lid and cook

### Serving suggestions

Garnish with fresh lime





## Mini Meatloaf

200g lean minced beef

1 egg

$\frac{1}{3}$  cup breadcrumbs

1 tbsp garlic, chopped fine

2 tbsp tomato puree

$\frac{1}{2}$  tsp Worcestershire sauce

$\frac{1}{2}$  tsp Dijon mustard

1 spring onion, diced

Season to taste

- In mixing bowl combine all ingredients (meat excluded)
- Add meat and make into loaf
- Place loaf in Quick Pot
- Top loaf with  $\frac{1}{4}$  cup tomato relish
- Secure lid and cook
- Remove and serve

### Serving suggestions

Serve on a bed of mashed potato



## Good Shepherd's Pie

$\frac{3}{4}$  cup mashed potatoes, cooked

200g lean mince beef

$\frac{1}{2}$  tbsp Worcestershire sauce

$\frac{1}{2}$  tbsp barbecue sauce

$\frac{1}{2}$  cup frozen peas and carrots

- Place beef, peas, carrots and sauces in Quick Pot
- Top with mashed potatoes
- Secure lid and cook

### Serving Suggestions

Serve with fresh crusty bread

## Choc Caramel Brownie

100g brownie mix

½ tbsp caramel sauce

1 egg

3 tsp butter

2 tbsp milk

- In mixing bowl combine brownie mix, egg, butter and milk

- Pour half the mix into Quick Pot
- Pour caramel over mix
- Pour remaining brownie mix on top
- Secure lid and cook
- Cool for 5 minutes

### Serving suggestions

Dust with icing sugar and serve with ice cream







## Fruity Oatmeal

½ cup water  
¼ cup mixed fruit  
60g steel cut oatmeal  
Pinch of salt

- Pour water in Quick Pot
- Secure lid and cook
- When water is boiling add oatmeal and fruit, stir well
- Let stand for 15 minutes
- Remove and serve

### Serving suggestions

Serve with a drizzle of honey

## Thommo's Bread and Butter Pud

2 cups bread, buttered, cubed  
50g sultanas  
1 egg  
100ml cream  
60g sugar  
¼ tsp vanilla extract

- In mixing bowl, combine vanilla, cream, sugar and egg til smooth
- Soak cubed bread in mix
- Fold in sultanas
- Pour mix in Quick Pot
- Secure lid and cook

### Serving suggestion

Serve with cream  
Drizzle with passion fruit pulp

## Egg Muffin

1 English muffin, halved  
1 egg  
1 tsp butter  
¼ cup shredded cheddar cheese  
2 slices tomato

- Place butter in Quick Pot add half the English muffin
- Crack egg over the English Muffin
- Top with cheese
- Add slices of tomato
- Top with remaining English muffin half
- Secure lid and cook

### Serving Suggestions

Serve with fresh relish and side of pickled cucumber

## So Simple Cheesecake

120g cream cheese  
2 tbsp sugar  
1 egg  
½ tsp vanilla extract  
1 tsp butter

- In mixing bowl, whip egg and sugar until smooth
- Mix in cream cheese and vanilla until smooth
- Spray Quick Pot with olive oil
- Pour in cream cheese mix
- Secure lid and cook
- Remove and refrigerate for 2 hours

### Serving suggestions

Top with strawberries or mixed berries  
Drizzle with maple syrup

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