

# Tefal®



## Cook 4me

Step by step  
pre-programmed  
recipes cooked  
in minutes



*Intelligent multicooker*  
*That cooks for you*

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## 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



Silent pressure valve



Open/close marker



Return button



Control panel



Cooking bowl



Warning indicator for pressure and locking



## INGREDIENTS



### MEAT

Beef  
Lamb  
Pork  
Poultry  
Rabbit  
Veal



### FISH & SHELLFISH

Fish  
Mussels  
Scallops  
Shrimps/prawns



### RICE & CEREALS

Barley  
Brown rice  
Buckwheat  
Bulgur  
Quinoa  
Wheat  
White rice



### VEGETABLES FRUITS

Apples  
Asparagus  
Beetroot  
Broccoli  
Brussel sprouts  
Cabbage  
Capsicum / pepper  
Carrots  
Cauliflower  
Celery  
Eggplants  
Fennel  
Green cabbage  
Green beans  
Green peas  
Leeks  
Lentils  
Mushrooms  
Pears  
Potatoes  
Pumpkin  
Spinach  
Squash  
Sweet potato  
Turnip  
Zucchini

## RECIPE LIST

[www.tefal.com.au](http://www.tefal.com.au)



### STARTER

Asian pork meatballs  
Beef and stuffed peppers  
Beetroot dip  
Broccoli with almonds  
Coriander prawns  
Chilli jam  
Crab and corn soup  
Creamy mashed potato  
Creamy polenta  
Cumin ratatouille  
Dahl  
Fish and cauliflower soup  
Fish cakes  
Greek style mushrooms  
Hot spicy Tom Yum soup  
Hummus  
Lentil and smoked bacon soup  
Minestrone  
Miso soup  
Mushroom soup  
Porridge  
Potato and leek soup  
Pumpkin dip  
Pumpkin soup  
Sweet potatoes and chickpea  
Vegetarian pumpkin  
White sauce



### MAIN

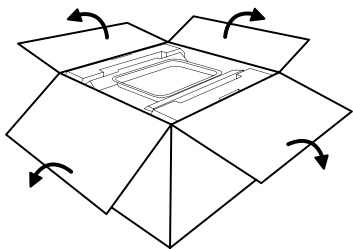
Balsamic chicken wings	Fish with lemon and herbs	Pumpkin risotto
Beef bolognaise sauce	Gnocchi with pancetta	Quinoa salad with cucumber
Beef casserole	Greek lamb	Saffron salmon
Beef massaman curry	Green chicken curry	San Choy Bow
Beef savory mince	Ham and parmesan tortellini	Sausage and bean stew
Beef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



### 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

## 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.



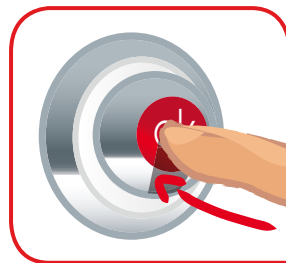


USE

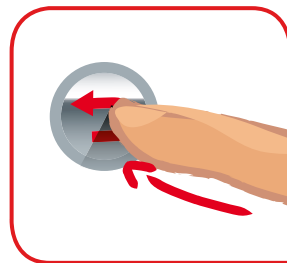
## INTERFACE CONTROLS



**SELECT**



**CONFIRM**



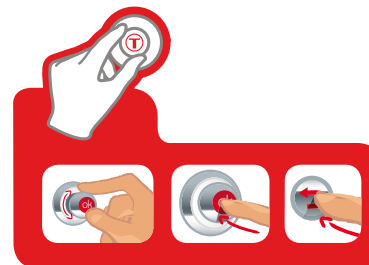
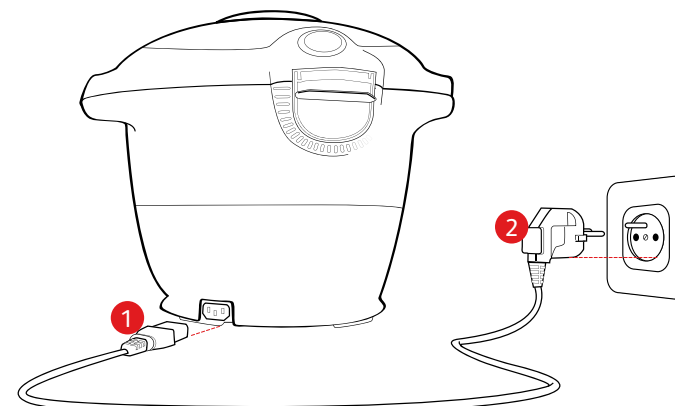
**BACK**



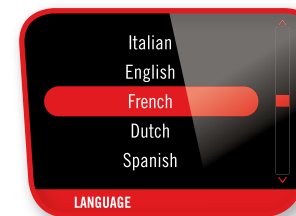
**RESTART**



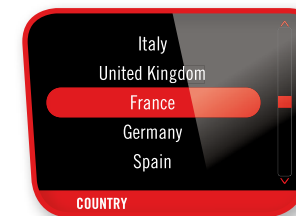
OPERATION



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



LANGUAGE



COUNTRY



Select your language



Select your country



UNIT



UNIT



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.



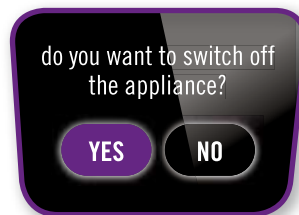
Then install the bowl in the appliance by positioning the bowl handles into the slots.



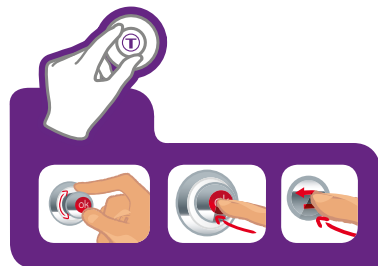
## ON/OFF MENU



Select and confirm



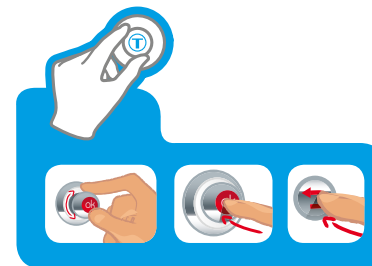
Pressing ON/OFF will allow you to switch off the appliance.



## SETTINGS MENU



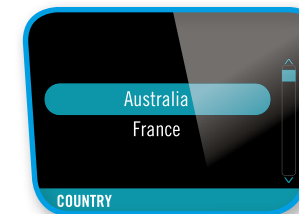
N.B.: each confirmation takes you back to the main menu.  
N.B.: even if the sound is deactivated, the alert sounds remain active.



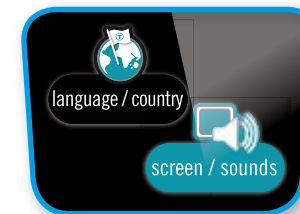
Select  
«language / country»



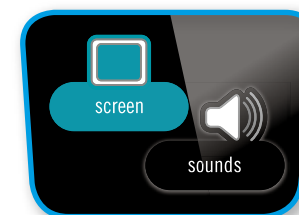
Select  
your language



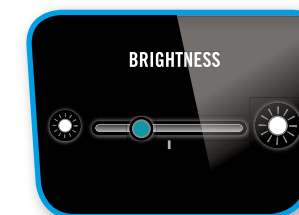
Select  
your country



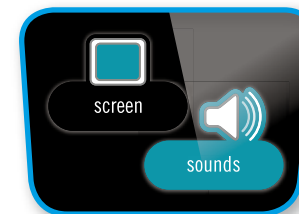
Select the «screen  
/ sounds» setting



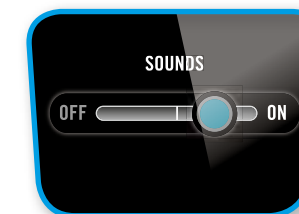
Select «screen»



Adjust the light



Select «sounds»



Adjust the volume



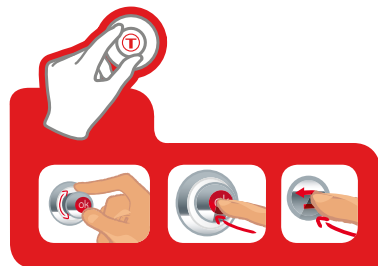
## MANUAL MENU

### COOKING MODE

### QUICK COOKING

#### MANUAL MENU:

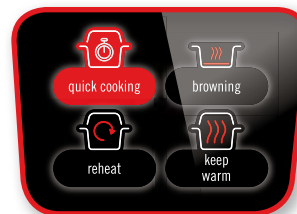
With the manual menu, you guide the cooking yourself. Select the cooking mode: **browning**, **quick cooking**, **reheat** or **keep warm**, as well as the cooking time.



Select the «manual» menu



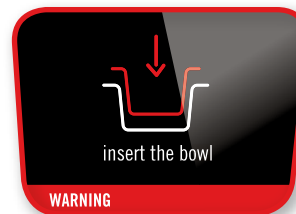
Set the cooking time



Select the «quick cooking» mode



Select immediate or delayed start (p.17)



Insert the bowl then add the ingredients



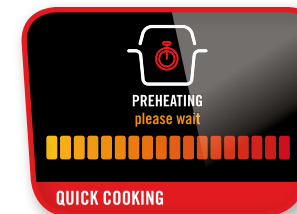
Close and bolt the lid



## MANUAL MENU

### COOKING MODE

### QUICK COOKING



The appliance is preheating



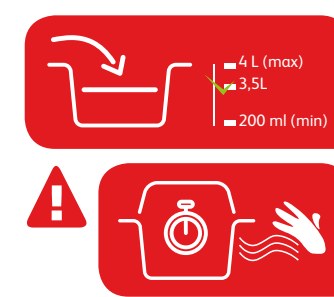
Cooking has started



Cooking has finished



Its ready to eat!





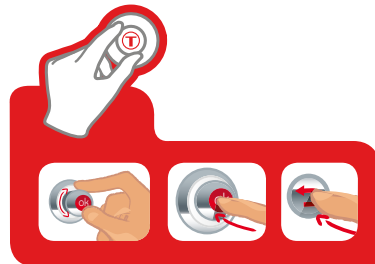


## COOKING MODE

### BROWNING



NB: 4L max and 200mL min



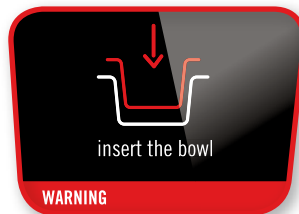
Select the «manual» menu



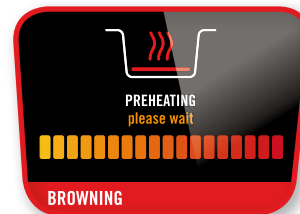
Select the «browning» function



Open the lid



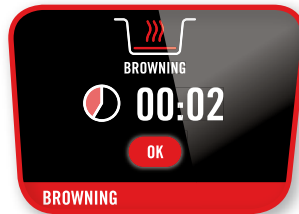
Insert the bowl



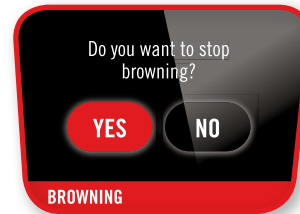
The appliance is preheating



Add the ingredients



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



## COOKING MODE

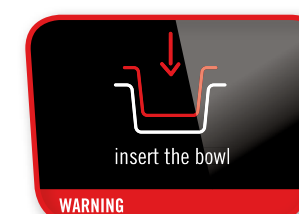
### REHEAT



Select the «manual» menu



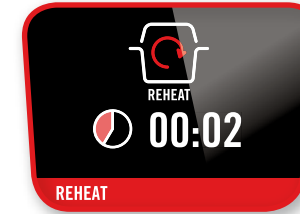
Select the «reheat» mode



Insert the bowl



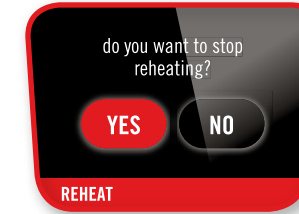
Close and bolt the lid



Reheat has started

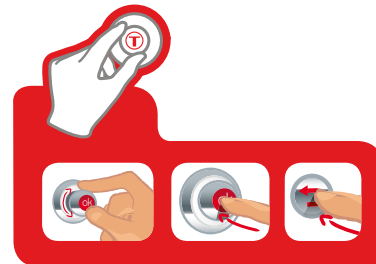


Press OK to interrupt



Do you want to stop reheat?

N.B.: Reheating starts and the time increases





## MANUAL MENU

### COOKING MODE

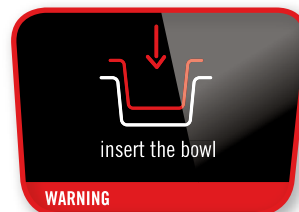
### KEEP WARM



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)



The end of cooking time may  
vary depending on the amount  
of food in the product



Select  
«delayed start»



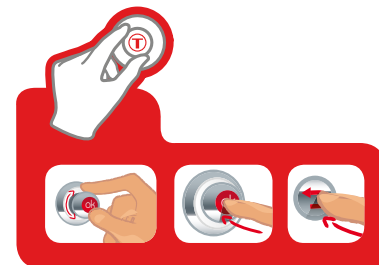
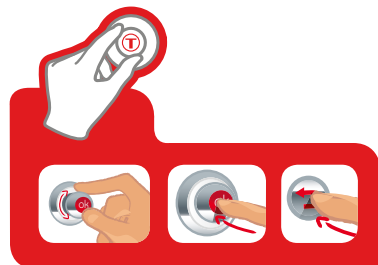
Select the  
current time



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



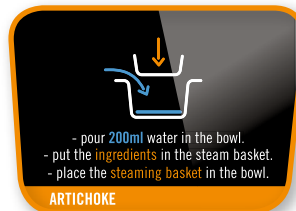
Select  
fruits & vegetables



Start the recipe



Select the  
required ingredient

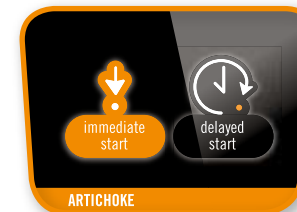


Follow the instructions  
on screen

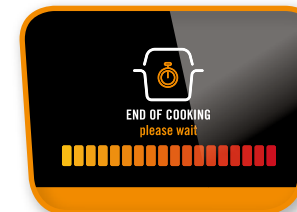


## INGREDIENTS MENU

### INGREDIENTS MENU: (continuation)



Start the recipe



Cooking has finished



The appliance  
is preheating



Cooking has started



Its ready to eat!

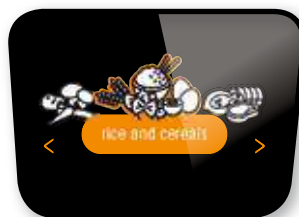


## INGREDIENTS RECIPE

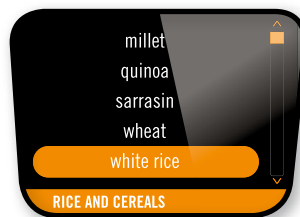
### WHITE RICE



Select the  
«ingredients» menu



Select  
«rice and cereals»



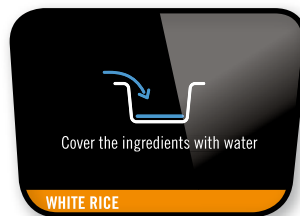
Select  
«white rice»



Select the desired rice  
quantity (min. 200g)



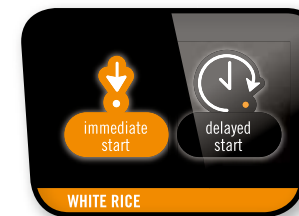
Start the recipe



Follow the instructions



The recommended  
cooking time appears



Select  
«immediate start»



The appliance  
is preheating



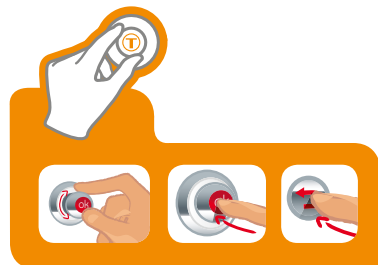
Cooking has started



Cooking has finished



It's ready to eat!







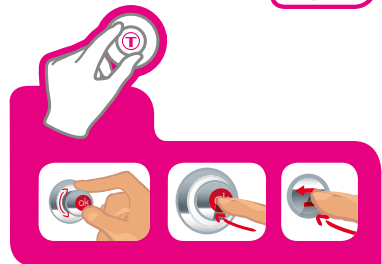
## RECIPES MENU

### 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



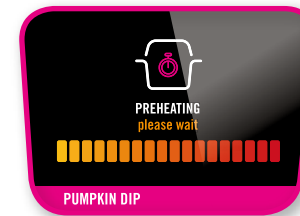
Select a recipe



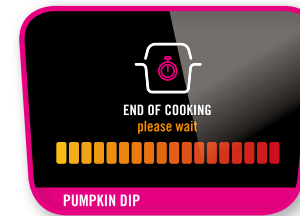
Prepare the ingredients



Start the recipe



Preheating



Cooking has finished



Follow the instructions



Start the cooking



Cooking time



Its ready to eat!





## RECIPES MENU

### GREEN CHICKEN CURRY



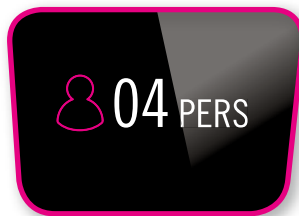
Select the recipes menu



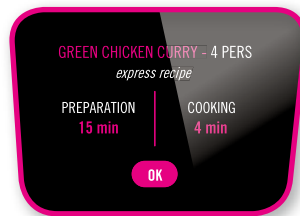
Select the type of recipe



Select the recipe



Select the number of people



Show recipe



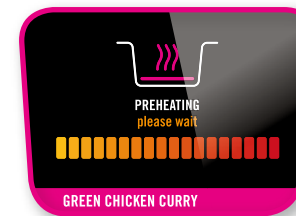
Prepare the ingredients



Start the recipe



Follow the instructions



Preheating



Follow the instructions



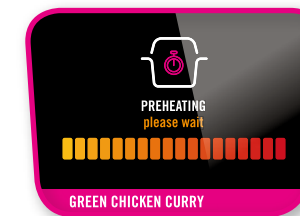
Stop browning



Follow the instructions



Start cooking



Preheating



Cooking time



Cooking has finished



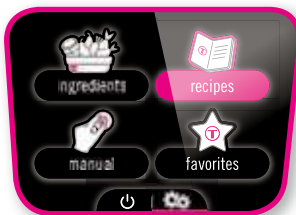
Its ready to eat!



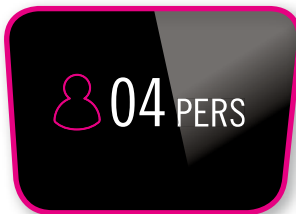


## RECIPES MENU

### STEAMED SWEET CHILLI SALMON



Select the  
recipes menu



Select the  
number of people



Select the  
type of recipe



Show recipe



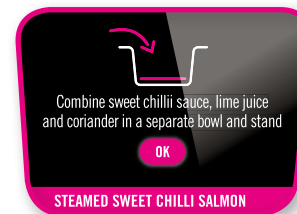
Select  
a recipe



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



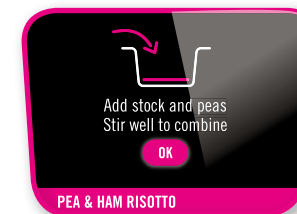
Stop browning



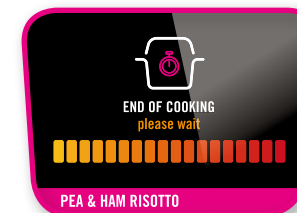
Cooking time



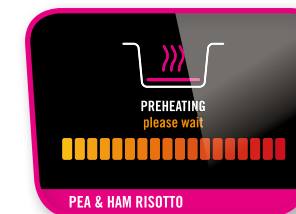
Follow the instructions



Follow the instructions



Preheating



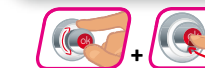
Preheating



Start cooking



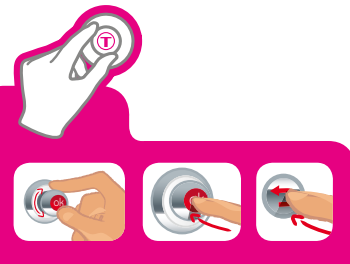
Its ready to eat!



Follow the instructions



Preheating





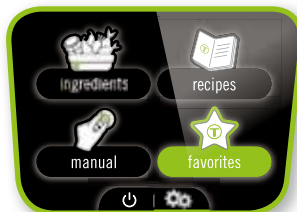


## FAVORITES MENU

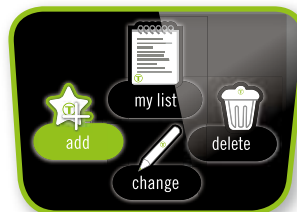
### SAVE A RECIPE AS A FAVORITE

#### 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



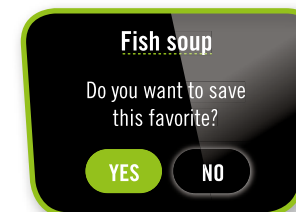
You can change the name of the recipe



Use < to delete



Select OK to confirm



Save the favorite

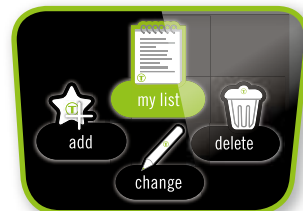


## FAVORITES MENU

**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

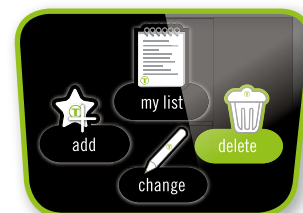


## FAVORITES

**DELETE**  
A RECIPE FROM  
THE FAVORITES  
MENU



Select the «favorites» menu



Select delete

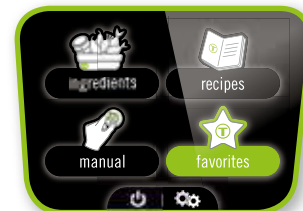


Select the recipe  
you want to delete

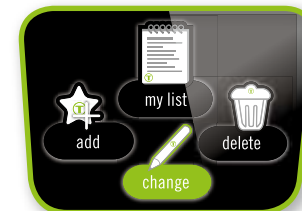


Follow the instructions

**CHANGING**  
THE NAME OF  
THE RECIPE



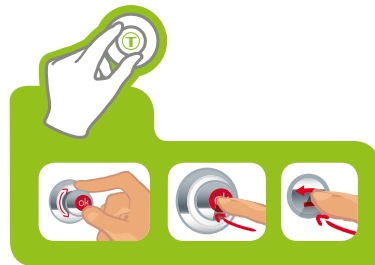
Select the  
«favorites» menu



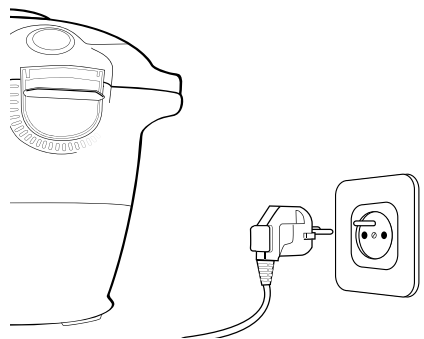
Select the  
«change» menu



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

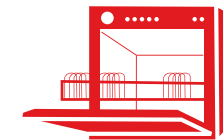


After each use, remove the condensation trap and wash carefully in clear water or in the dishwasher. Take care to dry well. Return to its original position.



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.

## CLEANING MAINTENANCE



Clean the outside of the appliance's lid using a damp sponge. Clean the silencing valve at the back of the lid.



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®**