

TAYAMA® Thermal Cooker Instruction Manual



TXM-50CF (5.0 Qt.)

TXM-70CFZ (7.0 Qt.)

On The Road and at Home

Enjoy The Benefits Of Thermal Cooking
Save 80% On Energy Bills

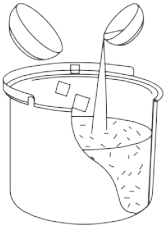
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Introduction

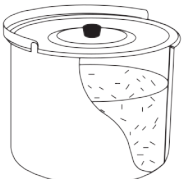
The Energy-Saving Thermal Cooker is designed to provide ease and convenience for taking home-made cooking on the go. Portable, time and energy efficient cooking. Just 20 minutes on the stove, burner or induction cooker is all the energy and time you will use!

Four Easy Steps to Healthier, Convenient Cooking



1. Place ingredients into the inner pot, and place it on the stove.

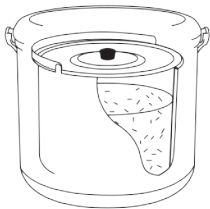
2. Cover, bring to boil and simmer on your stove for approximately 20 minutes. It is essential to heat food to a safe temperature before vacuum cooking (60°C for 10 minutes will kill most temperature-sensitive bacteria). The food is then safe to cook for several hours.



3. Remove from stove, place into your thermal insulated pot, cover and leave. Make sure not to open during cooking as the heat will escape.



The steam creates a convection effect which circulates and continues cooking keeping the food warm for up to 8 hours.



Food is cooked in its own moisture and steam, allowing all the nutrients to be preserved.

4. Once the thermal cooking process has finished, enjoy the delicious warm meal!

Simple Locking System

Simply close to lock the lid and ensure the heat remains trapped inside. To unlock, press button.



What Makes It Work?

Most people find it hard to believe that food can cook so well without fuel and at temperatures below boiling. Thermal cooking has a similar result as stewing or boiling food. The pot and contents are heated to cooking temperature, and then sealed in the insulated thermal pot.

The insulated thermal pot simply reduces heat loss to a minimum, so that the food remains at cooking temperature for a long time, and cooks without continued heating. The insulated wall of the cooker thermally insulates its contents from the environment, the food remains hot for several hours. Insulated cooking appeals to dishes that require prolonged braising or simmering.

Uses For Your Cooking Pot

Camping and Outdoors

- Great in winter – after a long day out and about, come home to a delicious warm casserole.
- Ideal in summer: At times when you are out enjoying the great weather and sites. Keep your chicken salad and fruit salad cold in the perfectly sized thermal pot.

Ideal for the motor home, caravan or boating

- Takes up little space.
- Stores away neatly.
- Use inner pots on their own to cook a meal or to prepare a meal for the end of a hard day.

When you don't want to be spending all your time cooking

- Prepare the meal before you go on the boat or day trip.

Camping, picnics and backyard barbecues

- Forget all those pots and pans.
- Great for also keeping the cooked barbecue meat moist and hot. Place meat in the inner cooking pots, and store in the thermal insulated pot to keep hot while sitting back with friends.
- Store cold drinks and sandwiches while fishing with the kids.

Frequently asked questions?

How do I clean the Portable Thermal Cooker?

The inner pots are made from a high quality stainless steel, and therefore can be washed as you would all your other cooking pots. Even safe in the dishwasher.

DO NOT disperse the outer pot into water or in a dishwasher. Just wipe down with a damp cloth.

Can I fry my food using my inner cooking pot?

The inner pot is made of heavy duty 3-ply stainless steel construction, you may safely sauté your vegetables or brown your meat to further seal and add flavor to your meal.

Is there a safe temperature to use while bringing food to the boil?

The inner pots are capable of handling various heat temperatures.

How long will my food stay hot in the Portable Thermal Cooker?

You lose about 4 degrees per hour, depending on the level of liquid. The more liquid you have in the pot, the longer it will stay hot.

You can expect to find the food hot after six hours.

(NOTE: This is based on heating the inner pot to 100 degrees and filling it with liquid reaching 80% of the inner pot)

If preparing a smaller meal, place boiling water in the 2.5L inner pot and place on top, to help keep the heat a suitable temperature. (Applies to 7L Thermo Pot only)



How do I use it to keep things cold?

You may place your inner pots in the freezer to bring them to a chill, and then place into the outer thermal pot. Using the 2.5L inner pot, fill this with ice cubes to further extend the chill period (applies to 7L Thermo Pot only). Greater care must be taken with foods that are more prone to building bacteria.

Can I use both pots at once?

Yes. Great idea when wanting to cook rice and vegetables separately. Only applies to 7L / 7Qt Thermo Pot.

Can I leave my meal in the Portable Thermal Cooker overnight?

DO NOT leave your meal overnight in the thermal pot. If you want to save some of your dish for later, you need to refrigerate the remaining food. Faster cooling times limit the time the bacteria has to develop.

You must re-heat your food to 60 degrees or hotter to avoid food bacteria. So if you have come home after a very long day, it may mean that you will have to remove the inner pots, and place on a stove and bring back to a boil for a few minutes.

Do I have to make sure the ingredients are all cut to the same size for even cooking?

No. You can cook a 2kg silverside with potatoes and carrots cut in half. After 4 hours, both the meat and vegetables are cooked to perfection. Just place all ingredients in, cover with water, boil, place in thermal pot and walk away.

What is the difference between a slow cooker and the thermal cooking pot?

The slow cooker is used for a similar purpose. Instead of minimizing heat loss, sufficient heat is applied to the non-insulated slow cooker to maintain a steady temperature somewhat below the boiling point of water. Thus requiring constant penetration of a heating appliance gas or electric.

Safety Instructions

The following safety precautions must be followed.

- Ensure the pot is placed on a stable surface, keep away from fire during operation.
- Do not place the outer pot directly on any heat surface or stove as the base is made of plastic and may result in a hazardous fire.
- Wipe clean the outer pot with cloth. Do not immerse the outer pot into water.
- Ensure the amount of food and water is not less than 50% of full capacity. Do not fill the pot above 80% of capacity (to prevent over-flowing).
- Do not place food directly into the outer pot.
- Do not constantly open the lid of the outer container during the thermal cooking time as the temperature will drop and the process will not be satisfactory.
- The handle and lid of the inner pot may be hot during heating process, use cloth to avoid being scalded.
- “Bluish or rainbows” discoloration is common on stainless steel cookware and is caused by minerals or salts in food and water. Clean and dry well after using.
- Do not use corrosive cleaners, metallic brush or finish powder to clean the inner pot.
- Do not leave cooked food in the appliance after it has dropped below 60°C. It must be re-heated to 90°C, or refrigerated.
- The pot also can be used to keep food warm for up to 8 hours, without the use of power.
- Close supervision is necessary when any appliance is used by or near children.

WARNING

DO NOT PLACE THE INSULATED CARRY POT OVER OPEN FLAME OR HEAT SOURCE



Chicken & Vegetable Soup

- 1 fresh whole chicken
- 1 large onion halved
- 2 carrots - roughly chopped
- 2 sticks of celery, finely chopped
- 2 cloves of garlic, chopped or crushed
- 1 tsp of pepper
- 1 tbsp of sea salt
- Herbs - as desired



Place the ingredients into the large cooking pot, and pour over enough water to cover the chicken. Slowly bring this to the boil. Reduce the heat and simmer for 20 minutes.

Transfer the cooking pot to the thermal cooker and lock the lid. Leave for a minimum of 3 hours. Remove the chicken and celery from the cooking pot.

Roughly shred the chicken into bite sized pieces and return to broth. (Broth can be made the day before, and refrigerated.)

Now enjoy a hearty chicken soup. Great for the winter blues!

Pumpkin Soup

- 2 tbsp butter
- 2 tbsp olive oil
- 2 onions, diced
- 3 garlic cloves
- 3 rashers of bacon, trimmed and diced
- 1 stock cube
- 1 kg butter pumpkin, peeled and cut into fairly large chunks
- 6 chive stalks
- ½ cup milk
- Salt and pepper to taste
- Sour cream and chopped chives for garnish when serving

Add one tablespoon of butter and oil then saute the onions and garlic. Add bacon and remaining butter in the pot and cook over medium heat. Turn the heat down and add the pumpkin and enough boiling water to fill the pot to approximately 80% then add the stock cube, parsley, salt and pepper.

Bring to boil, and then simmer for a further 5 minutes with the lid on. Turn off the heat and place cooking pot and lid into your thermal cooker.

Allow at least 2 hours before removing the inner pot and puree the soup and add milk. Serve and garnish with the sour cream and chopped chives and some crusty bread.



Red Wine Lamb Shanks with Herb Mash Potatoes

- 1 cup plain flour
- Sea salt and black pepper
- 4-6 lamb shanks, depending on size
- 4 tablespoons olive oil
- 2 bay leaves
- 1 brown onion, diced
- 4 garlic cloves, finely chopped
- 2 cups full bodied red wine
- 1 cup beef or chicken stock

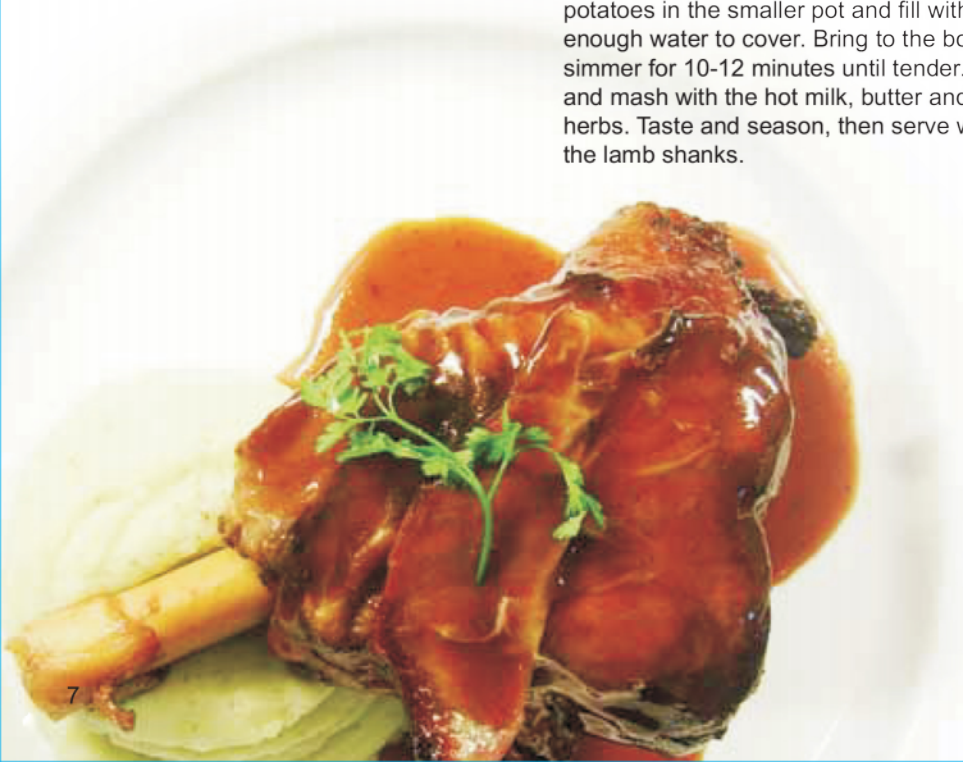
For Mash Potatoes

- 4 large potatoes, diced
- 2 tablespoons butter
- ½ cup hot milk
- 1 tablespoon chives, chopped
- 1 tablespoon chopped parsley
- Sea salt and black pepper

Place the flour, salt and pepper on a plate and stir to combine. Roll each of the lamb shanks in the flour and shake off the excess. Heat one tablespoon of the olive oil in the large pot. Add two of the shanks and brown on all sides. Set aside on a plate, then repeat with another tablespoon of oil and the other two shanks, so on.

In the same pot, heat the remaining olive oil, add the onion and saute for 5 minutes until just starting to brown. Add the garlic and cook for 1 minute further. Add the wine, stock, bay leaves, salt and pepper and bring to the boil. Boil rapidly for 2 minutes then remove from the heat. Place the lamb shanks in with the stock. Ensure the liquid fills about 80% of the pot. Continue to simmer for a further 20 minutes.

Place large pot into the outer pot and let it cook for about 4-5 hours. Just before you are ready to dish out your meal, place the potatoes in the smaller pot and fill with enough water to cover. Bring to the boil and simmer for 10-12 minutes until tender. Drain and mash with the hot milk, butter and herbs. Taste and season, then serve with the lamb shanks.



Hearty Spaghetti Bolognese

- 2 tbs olive oil
- 200g lardon (strips of pork fat)
- 2 carrots, finely chopped, or grated
- ½ onion, finely chopped
- 200g mushrooms, finely chopped
- 1 garlic clove, finely chopped
- 250g minced beef
- 250g minced pork
- 1 tsp paprika
- 1 tsp thyme
- 1 tsp oregano
- 5 tbs tomato purée
- 100ml white or red wine
- 300ml chicken stock
- 400g dried spaghetti
- Salt and freshly ground black pepper
- Handful of grated Parmesan, to serve

Heat the oil in the large inner pot over a low heat. When hot, add the lardon and cook for 4 minutes. Add the vegetables and garlic and cook gently, stirring occasionally to prevent sticking (do not allow to colour). Add the meat and colour slightly for a minute or two. Add the paprika, thyme, oregano and tomato purée.

Cook for 4-5 minutes (this ensures it acts as a thickening agent and does not overpower the meat). Pour in the wine, turn up the heat a little and allow to bubble and reduce. Add the chicken stock. Bring back to the boil. Put on the lid, turn down to a simmer and simmer for 5 minutes to get everything to the same temperature. Turn off the heat and transfer the inner pot to the insulated outer pot.

Shut the lid and leave to cook for approximately 3 hours. 10 minutes before serving put on the spaghetti and cook until it is al dente. Check the seasoning of the sauce and adjust. To serve put the spaghetti onto a warmed plate and spoon the bolognese on top. Finish with some grated parmesan.



Sausages with Potato and Peas

- 1 tbsp olive oil
- 1 garlic clove, crushed
- 1 large onion, sliced
- 1 Carrot, diced
- 454g of sausages of your choice
- 400g tin of chopped tomatoes
- 100ml of water
- 1 chicken stock cube
- 200ml white wine
- 1 tbsp Worcestershire sauce
- 500g baby potatoes, halved
- 250g frozen peas
- Salt
- Freshly ground black pepper

Put the olive oil in to the large inner pot over a medium heat. Add the onions and the garlic. Cook until the onions are soft. Put the sausages in the pot and cook them until they colour slightly. Add the chopped tomatoes, water, chicken stock cube, wine, Worcestershire sauce, potatoes, and frozen peas.

Stir making sure that the stock cube has mixed in, and bring to the boil. Turn down the heat and simmer for 10 minutes with the lid on. Put the inner pot into the insulated outer container and shut the lid. Leave for a minimum of 3 hours. Before serving check the seasoning and adjust. Serve with crusty bread.

