

EZ COOK SPECIFICATION

SIZE

230mm(width) x 420mm(depth) x 345mm(height)

weigh

4.8kg

Appearance material

heat resistant plastics/ heat resistant tempered glasses

Main Parts

- Induction range: power PCBA, Coil, temperature sensor, cooling fan
- Electric water heater: in-built electric heater,
- storage capacity: 1 liter, temperature and water level sensor
- Control PCBA: power and control PCBA
- Solenoid valve: 1 each for high voltage and low voltage
- External connector part : Direct water supply: foreign substance filter, hose and connection valve, water supply valve (separate purchase)
Motor type: hose (1.2m)

Safety device

- overheating prevention: electric water heater: 2 temperature sensors
induction range: temperature fuse, temperature sensor

Working voltage

220V 60Hz

Power consumption

1700w

Manual Easy Cook

Sampson Low



Manual Easy Cook:

Seeking the Historical Cook Kay K. Moss, 2021-03-29 A primer on applying historical and culinary practices to modern day cooking Seeking the Historical Cook is a guide to historical cooking methods from eighteenth and nineteenth century receipt recipe books and an examination of how those methods can be used in kitchens today Designed for adventurous cooks and foodies this volume is rich with photographs period images and line art depicting kitchen tools and cooking methods Kay K Moss invites readers to discover traditional receipts and to experiment with ancestral dishes to brighten today s meals From campfires to modern kitchens Seeking the Historical Cook is a primer on interpreting the language of early receipts a practical guide to historical techniques and a memoir of experiences at historic hearths Scores of sources including more than a dozen unpublished personal cookery books are compared and contrasted with a new look at southern foodways eating habits and culinary practices A rather strict interpretive and experiential approach is combined with a friendly and open invitation to the reader to join the ranks of curious cooks Taken together these receipts facts and lore illustrate the evolution of selected foods through the eighteenth century and beyond After decades of research experimentation and teaching in a variety of settings Moss provides a hands on approach to rediscovering re creating and enjoying foods from the early South The book begins by steeping the reader in history culinary tools and the common cooking techniques of the time Then Moss presents a collection of tasteful and appealing southern ancestral receipts that can be fashioned into brilliant heirloom dishes for our twenty first century tables There are dishes fit for a simple backwoods celebration or an elegant plantation feast intriguing new possibilities for a modern Thanksgiving dinner and even simple experiments for a school project or for sharing with a favorite child This book is for the cook who wants to try something old that is new again [The Complete Household Handbook](#) ,2005 The best ways to clean maintain and organize your home Includes laundry and clothes care food and the kitchen storage and home office solutions and safety **The Simple Fool's Handbook to Cooking** Cliff MacGillivray, 1981-09 **Catalog of Copyright Entries. Third Series** Library of Congress. Copyright Office, 1961 Includes Part 1 Number 1 2 Books and Pamphlets Including Serials and Contributions to Periodicals January December **The Reference Catalogue of Current Literature** ,1913 **Easy Cook Health Oven Cookbook and Instruction Manual** ,2011 **Food Study Manual** Helen Charley, 1961 **Bi-ennial Report of the Board of Education, Reading, Pa** Reading (Pa.). Board of Education, 1909 *Cooking With Your Instant Pot* Catherine Atkinson, 2018-09-27 Your new Instant Pot multi cooker could be the most useful kitchen appliance you will ever own This book will tell you everything you need to know about the Instant Pot so that you can get the best out of its seven functions and cook quick easy and delicious food for your family *Cooking With Your Instant Pot* provides lots of healthy fully tested recipes that make the most of all the functions in order to save you time and effort There s a mix of classic and contemporary dishes all of them tasty and nutritious for both everyday cooking and special occasions Recipes include Breakfast recipes such as Crispy Bacon and Red Onion Omelette

Smoked Salmon and Avocado Kedgeree and Dried Apricot and Almond Jam Soups stocks and broths including Chorizo and Chick pea Soup and Goulash Soup with Mini Bread Dumplings Meat Stews such as Braised Lamb Shanks with Borlotti Beans Mongolian Braised Beef and Pork Steaks in Sweet and Sour Barbecue Sauce Curries such as Chicken Tikka Masala Chicken Jalfrezi and Fragrant Chicken Curry Vegetable dishes such as Easy Jacket Potatoes Steamed Broccoli and Cauliflower with Crispy Crumbs and Creamed Sweet Potatoes Desserts and Cakes like Blushing Poached Pears Apple and Honey Creme Caramel and Sticky Ginger cake Fast nutritious and flavourful fabulous food from your Instant Pot Manual Training Magazine Charles Alpheus Bennett, William Thomas Bawden, 1926 **American Cookery**, 1925 **Boston**

Cooking-school Magazine of Culinary Science and Domestic Economics, 1927 **List of Books Added from January 1st, 1900 to January 1st, 1908** Free Public Library (New Bedford, Mass.), 1908 **Vegetarian Times**, 2002-05

To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that is exclusively vegetarian but wrapped in a fresh stylish mainstream package that is inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both *Reference Catalogue of Current Literature*, 1913 The Soldier's

First Aid .. R. C. Wood, 1917 **Willing's Press Guide and Advertisers' Directory and Handbook**, 1912 *Keto Cooking with Your Instant Pot* Dr. Karen S. Lee, 2019-01-01 Fast Satisfying Keto Meals to Keep You on Track This versatile collection of recipes from Dr Karen S Lee author of Paleo Cooking with Your Air Fryer helps you enjoy all the benefits of the Keto diet without time consuming meal prep and planning Whether your goal is to lose weight boost your energy or adopt an allaround healthier lifestyle make your life easier with low carb high fat sugar free dishes that the whole family will love Plus all of the recipes are made with common affordable ingredients found in any well stocked pantry Use your Instant Pot to throw together nourishing Keto dishes any night of the week Serve up Perfect Pot Roast or Korean Style Braised Short Ribs in under an hour Simmer an amazing variety of soups from Vietnamese Beef Noodle Soup to Low Carb New England Clam Chowder without even watching the pot With comforting dishes like Grain Free Lobster Mac and Cheese and incredible desserts like Chocolate Lava Cake it is easy to indulge in the foods you love without breaking the diet that makes you feel your best **The English Catalogue of Books** Sampson Low, 1911 Volumes for 1898 1968 include a directory of publishers **Bulletin**, 1920

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