

Sunbeam

Ellise Stainless Electric Cookware

Instruction/Recipe Booklet

FP8610 Ellise Stainless Square 30.5cm (12") square frypan

FP8910 Ellise Stainless Banquet 38cm (15") rectangular frypan

Please read these instructions carefully
and retain for future reference.



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Important instructions – retain for future use.

تأكد من تفهم احتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich, dass die obenstehenden Sicherheitsmaßnahmen verstanden werden

Βεβαιώνετε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری بکنید کہ احتیاط‌های بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşılığundan emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

Sunbeam's Safety Precautions

SAFETY PRECAUTIONS FOR YOUR SUNBEAM FRYPAN.

- Use your frypan at least 200mm away from walls and curtains.
- Do not immerse the control probe in water.
- If using a plastic spatula do not leave in cooking vessel when hot.
- The frypan must only be used with the control probe provided.

- Avoid using on metal surfaces e.g. sink, hotplate.
- Remove the control probe before cleaning the frypan.
- After cleaning the frypan ensure that the control probe inlet area is completely dry before using again.

Sunbeam is very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- The temperature of accessible surfaces may be high when the appliance is operating.
- Never leave an appliance unattended while in use.

- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven.
- Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.
- Appliances are not intended to be operated by means of an external timer or separate remote control system.
- This appliance is intended to be used in household and similar applications such 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.

If you have any concerns regarding the performance and use of your appliance, please visit www.sunbeam.com.au or contact the Sunbeam Consumer Service Line. Ensure the above safety precautions are understood.

Features of your Sunbeam Ellise Stainless Square Frypan - FP8610

Glass Lid

Stylish glass lid with stainless steel rim enables you to watch your food while it cooks.

Stainless Steel Cooking Vessel

Long lasting 25 year guaranteed
18/10 Stainless Steel cooking surface
– essential for the gourmet cook.

Dishwasher Safe

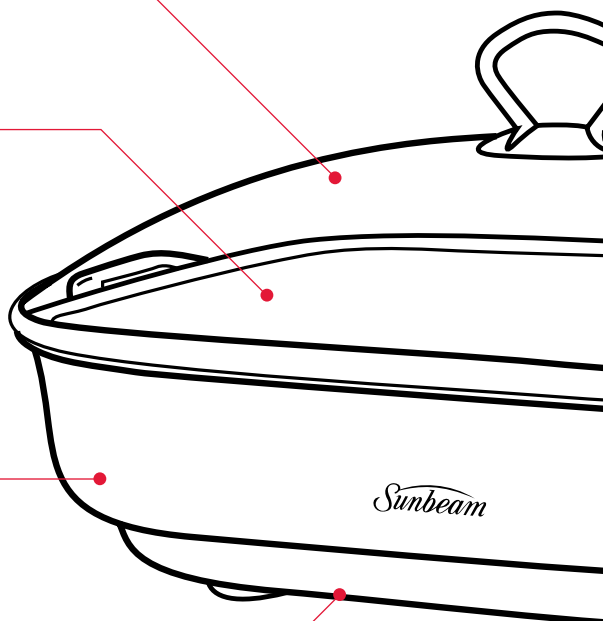
The pan and lid are dishwasher safe and fully immersible making cleaning a breeze.

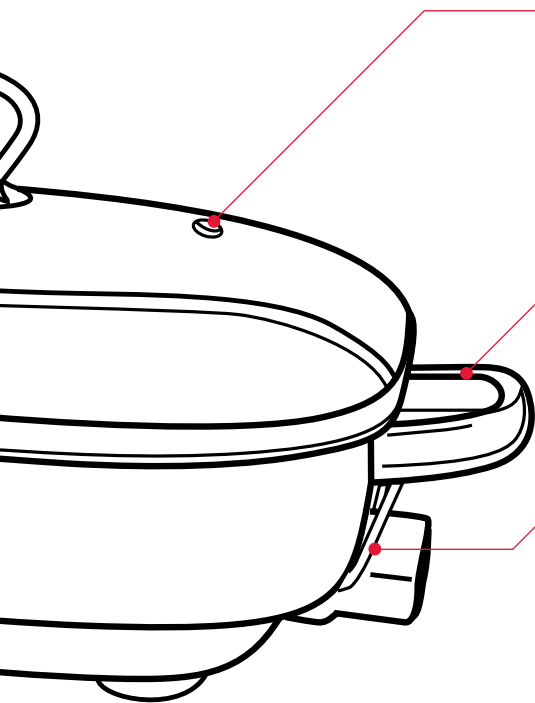
Extra Deep Cooking Vessel

Ideal for cooking foods with a liquid base such as casseroles, pasta, sauces, soups, custards etc.

Unique 1800 Watt Square Die-Cast Element

The element is completely cast into an aluminium base which is adhered onto the stainless frypan providing even heat distribution.





Steam Vent

Fixed steam vent controls the moisture level during cooking.

Cool Touch Handles

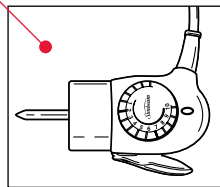
Cool touch handles make it safer when shifting your frypan from the kitchen to the table.

Pan tilt lever

When the lever is in the lowered position the cooking pan is tilted forcing juices to collect at one end of the pan. Both hands are then free for basting.

Trigger Release Control Probe

The probe is thermostatically controlled and incorporates an indicator light which switches off automatically when the temperature selected has been reached, and then cycles on and off to indicate that the selected temperature is being maintained.



FP8610 – 30.5cm (12") Square Stainless

Features of your Sunbeam Ellise Stainless Banquet Frypan - FP8910

Glass lid

Stylish glass lid with stainless steel rim enables you to watch your food while it cooks.

Stainless Steel Cooking Vessel

Long lasting 25 year guaranteed
18/10 Stainless Steel cooking surface
– essential for the gourmet cook.

Dishwasher Safe

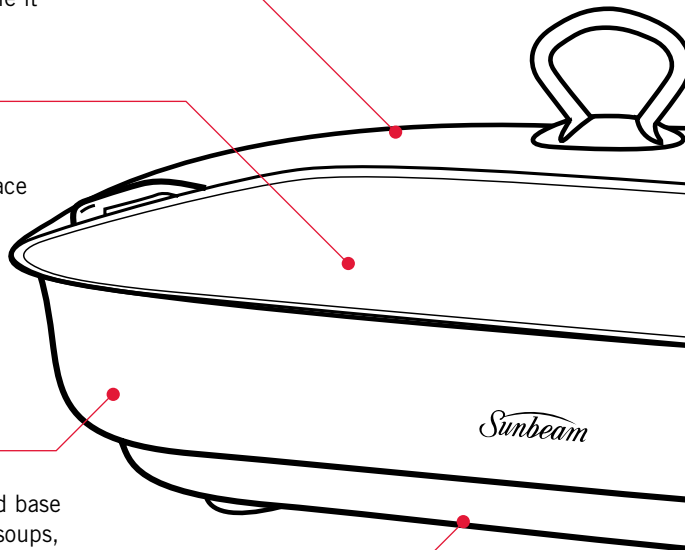
The pan and lid are dishwasher
safe and fully immersible making
cleaning a breeze.

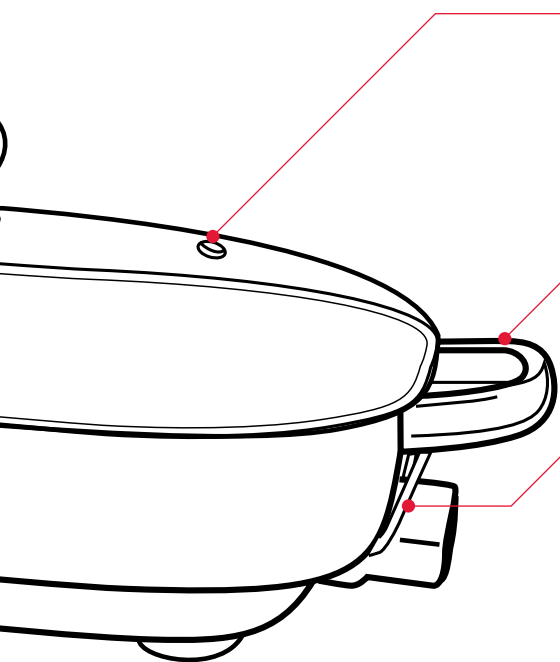
Extra Deep Cooking Vessel

Ideal for cooking foods with a liquid base
such as casseroles, pasta, sauces, soups,
custards etc.

Unique 2400 Watt Rectangular Die-Cast Element

The element is completely cast into an
aluminium base which is adhered onto
the stainless frypan providing even heat
distribution.





Steam Vent

Fixed steam vent controls the moisture level during cooking.

Cool Touch Handles

Cool touch handles make it safer when shifting your frypan from the kitchen to the table.

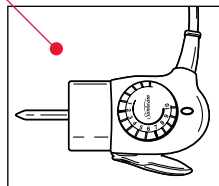
Pan tilt lever

When the lever is in the lowered position the cooking pan is tilted forcing juices to collect at one end of the pan. Both hands are then free for basting.

Trigger Release Control Probe

The probe is thermostatically controlled and incorporates an indicator light which switches off automatically when the temperature selected has been reached and then cycles on and off to indicate that the selected temperature is being maintained.

FP8910 – 38cm (15") Rectangular Stainless



An Introduction to Electric Frypan Cooking

Congratulations on the purchase of your new Sunbeam frypan.

Over the years we have introduced many innovations in electric cookware and we hope you continue to enjoy cooking meals with our Ellise Stainless Steel range of electric cookware.

After reading through this book you will soon learn how to get the most from your frypan and how to enjoy the benefits of frypan cooking.

Versatile

Roast the family dinner, grill steaks, simmer casseroles and stir fry vegetables etc. All with minimal mess or fuss.

Economical

Cooks food quickly and uses less power than an ordinary oven or grill.

Total control

The removable control probe has 10 heat settings to give you total heat control, whether cooking delicate pikelets or the family roast.

Easy to clean

Features a fully sealed element, so that the frypan is dishwasher-safe and can be fully immersed in water.

Guaranteed reliability

Your new Sunbeam frypan will give you years of reliable service. It is backed by Sunbeam's 12 month Replacement Guarantee.

If you have any questions about your Sunbeam frypan or any other Sunbeam appliance, please phone the Sunbeam Consumer Service Line on 1300 881 861 (AUS) or 0800 786 232 (NZ).

Temperature Settings of your Sunbeam Cookware

Trigger Release Control Probe

The probe is thermostatically controlled and incorporates an indicator light which switches off automatically when the temperature selected has been reached and then cycles on and off to indicate that the selected temperature is being maintained. The trigger release makes removal of the probe easy. See figure 1.

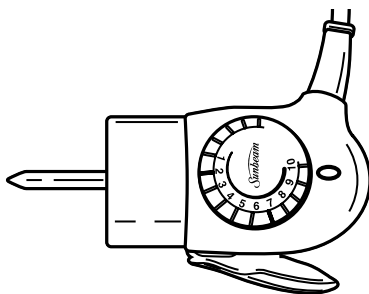


Figure 1

The numbers on the dial represent the following temperatures approximately. Preheat your frypan on setting 7-8, then change to your desired setting.

DIAL SETTING	CELSIUS (approx)	FAHRENHEIT (approx)	USES	TEMPERATURE
1	100°C	210°F	Keeping food warm	LOW
2	110°C	230°F		
3	125°C	260°F	Simmering, slow cooking	
4	140°C	285°F		
5	150°C	300°F	Pan frying	MEDIUM
6	160°C	320°F		
7	175°C	350°F	Shallow frying, baking	
8	185°C	365°F		
9	200°C	390°F	Searing and sealing, roasting	HIGH
10	210°C	410°F		

Note: The temperature uses are a guide only and may require adjustment to suit various foods and individual tastes. When the dial is set to a low setting, it is quite normal for food to stop and start bubbling, as the thermostat maintains the selected temperature.

Glass Lid

With the lid in place, the frypan can be used as an oven, giving you the versatility to bake cakes, roast larger pieces of beef, lamb and chicken.

The lid also retains heat and moisture when simmering food such as casseroles.

Temperature settings of your Sunbeam Cookware continued

Pan tilt lever

The pan tilt lever is positioned under the inlet where the control probe is inserted. To tilt the frypan, push the lever down. This allows the fat and juices to drain from the food for crisp, low fat cooking. It also makes it easier to baste food and serve sauces or gravy. See figure 2.

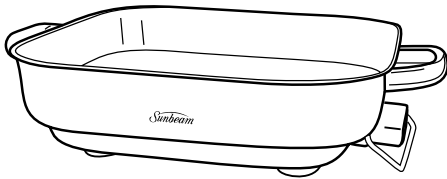


Figure 2

Cast-in element

The element is completely cast into the aluminium base for faster superior heating and a longer element life. See figure 3.

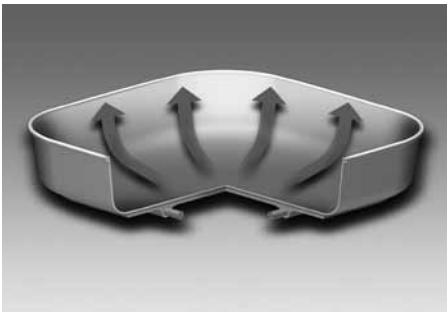


Figure 3

The heating element is completely cast into an aluminium base, which is adhered onto the stainless frypan providing superior heat distribution. See figure 4.

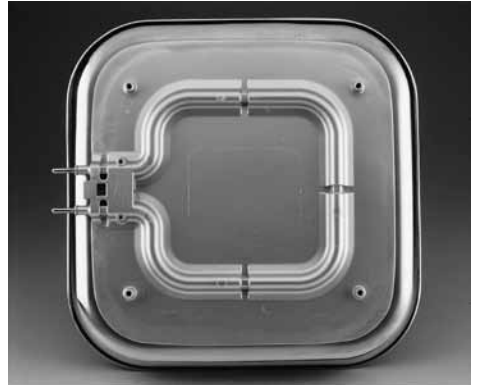


Figure 4

Using your Cookware

Before the first use: Wash, rinse and dry your frypan and lid. 'Season' the cooking surface by applying a thin coat of cooking oil and rub in with paper towelling.

Note: When using your Ellise Stainless Cookware for the first time you may notice a fine smoke haze being emitted from the unit. This is normal. It is due to the initial heating of internal components.

1. Insert the control probe into the inlet on the frypan.
2. Plug the cord into a 230-240V power outlet and turn the power on.
3. Preheat the frypan on setting 7-8, then set the control probe dial to the desired temperature setting. Refer to page 7 for the temperature guide.

The light on the control probe will illuminate. This light will remain on until the set temperature has been reached and then will cycle on and off throughout cooking, as the cooking temperature is maintained by the thermostat.

Hint: On initial heating of the frypan, it is recommended that the temperature be allowed to cycle (the light glowing on and off) several times. This will help the cooking surface to adjust to a more accurate cooking temperature.

Note: The frypan must only be used with the control probe provided.

Care and Cleaning

Always turn the power off and remove the plug from the power outlet after use and before cleaning. Allow appliance to cool before cleaning.

Control Probe

If cleaning is necessary, wipe over with a damp cloth.

Note: The control probe must be removed before the frypan is cleaned and the control probe inlet must be dried before the frypan is used again.

IMPORTANT: DO NOT IMMERSE THE CONTROL PROBE IN WATER OR OTHER LIQUID.

Store the control probe carefully. Do not knock or drop it as this can damage the probe. If damage is suspected, return the control probe to your nearest Sunbeam Appointed Service Centre for inspection. Refer to the separate warranty and service centre booklet.

Glass lid

Wash the lid in warm soapy water using a soft sponge, rinse and dry thoroughly. The glass lid is dishwasher safe.

Note: Take care when glass lid is hot. Do not place hot lid under water or on cold surfaces. This may cause lid to crack.

Stainless Steel Cooking Surface

The Sunbeam stainless steel cooking surface is manufactured from high quality stainless steel. Stainless steel is hygienic, easy to care for and extremely durable. To keep your stainless steel cooking surface looking good and to achieve the best results, follow these simple instructions:

Before the first use: 'Season' the cooking surface by applying a thin coat of cooking oil and rub in with paper towelling. This will also be necessary after cleaning in a dishwasher. Use sufficient oil when sautéing, pan frying and roasting to prevent food sticking. Two to three tablespoons is generally sufficient.

Do not use high temperatures to brown and seal meat as this will cause it to stick. Use settings 7-8. Food such as steaks, rissoles and roasts will also stick if turned before completely browned and sealed.

Note: To prevent food from sticking, maintain low temperatures, ensure sufficient juices are in the frypan and season the frypan before and after each use. This will decrease as the frypan receives continual use.

Do not use metal utensils: Continued use of knives, forks or spoons will eventually start to mark the stainless steel cooking surface. Use plastic or wooden utensils.

To clean after each use: Wash in hot soapy water. Rinse and dry thoroughly. To remove cooked-on food, fill the pan with hot water and allow to stand for a few minutes. This will soften the food, making cleaning easier.

Note: Never fill a hot frypan with cold water.

Do not use abrasives or scourers: Avoid using harsh abrasive cleaners or scouring pads as continued use will scratch the highly polished surface and make subsequent cleaning more difficult.

Removing burnt-on food: Fill the pan with 20mm (1") water, cover and simmer for five minutes or until the burnt-on food softens and lifts. For stubborn burnt-on food, leave the frypan to soak overnight, after first simmering as described. Then wash and dry thoroughly.

Removing stubborn stains: These can be removed by using any brand of stainless steel powder cleaner. Rubbing a paste of bicarbonate of soda and water into the stained area is also helpful in removing stains. Wash thoroughly.

Note: Re-season the cooking surface after using any of the above methods to remove stains.

Dishwasher-safe: Your stainless steel frypan is completely dishwasher-safe. The heating element is totally sealed so it is safe to fully immerse in water.

Cooking with your Sunbeam Cookware

Baking

Your frypan can be used for baking cakes, with deliciously moist results.

1. Preheat the frypan to setting 10, with the lid on.
2. Elevate the cake pan or tray from the base of the frypan using a small wire rack.

Cooking times will be longer than those of a conventional oven. Use the recipes in this book as a guide to the cooking times for your own recipes.

Basting

The pan tilt lever makes basting easy as it allows the juices to drain to one side of the pan. Reduce the temperature to prevent any fat and juices spattering. Position the pan tilt lever and spoon the juices over the food as desired.

Boiling

Pasta

1. Bring 6 cups of water to the boil on setting 5. Add 1-2 tablespoons of oil to stop the pasta from sticking together.
2. Add 250g (1½ cups) of pasta and cook until tender, for approximately 8-12 minutes.
3. Reduce to a lower setting if the water boils too rapidly.

Note: Cooking times will vary with different types of pasta.

Rice

1. Bring 6 cups of water to the boil on setting 5. Add 200g (1 cup) of rice and position the lid.
2. Cook until tender, approximately 10-12 minutes and then drain.
3. Reduce to a lower setting if the water boils too rapidly. Stir occasionally so that the rice does not stick.

Browning and Sealing Meat

It is necessary to brown and seal meat in many recipes. Meat retains its juices and the flavours develop after browning and sealing. This also prevents it from sticking when baking or roasting. Preferably use meat that is at room temperature, as this reduces the cooking time.

1. Preheat the frypan to settings 7-8. Add approximately 1-2 tablespoons of oil.
2. Brown meat on all sides, with the lid off.
3. After sealing, reduce the temperature to settings 4-5 and replace the lid until the meat is cooked as desired. Steaks should only require turning once or twice.

Cooking with your Sunbeam cookware continued

Frying

The frypan is ideal for shallow or dry frying. Deep frying is not particularly suitable as the frypan has shallow sides and a greater surface area, which results in heat loss and the possible overflow of oil.

Pan Frying: Suitable for eggs, omelettes, bacon, sausages, steaks and chicken pieces. Preheat to settings 5-6 with a little oil to add flavour.

Shallow Frying: Suitable for vegetable pieces e.g roast pumpkin and potato, and crumbed food. Preheat on settings 6-8 with sufficient oil so that the food is half immersed. Cook food with the lid off.

Sautéing: Preheat on settings 5-6 with a little oil to add flavour.

Stir Frying: Food is cooked quickly, over a high heat and vegetables retain their flavour and crispness. For best results and even cooking, cut food into even sized, smaller pieces.

1. Preheat the frypan on settings 7-8 with a little oil.
2. Slice meat into strips. Coat meat in a little oil and stir-fry in batches until browned. This prevents meat from stewing.
3. Add vegetables and seasoning, stirring continuously. Vegetables which take longer to cook, such as carrots, should be cooked first, adding the other ingredients later. Cook until the vegetables are still slightly crisp. Return the meat back into the pan when the vegetables are almost cooked. The lid can be in position in the last few minutes of cooking.

Roasting

Meat and poultry: The frypan is ideal for roasting meat and poultry, as the meat retains the flavour and juices.

1. Preheat the frypan on settings 7-8. Use only a small amount of oil for less fatty joints and no oil for fattier joints of meat.
2. Brown and seal the meat on all sides and position the lid.
3. After browning, turn the dial to settings 4-5 to cook the meat as desired. Turn meat occasionally during cooking to ensure even cooking.
4. Remove meat from pan and cover with foil. Allow meat to rest for 5-10 minutes, meanwhile you can make a gravy from the juices in the frypan.

Vegetables: Cut into even sized pieces. Add to the frypan 45-60 minutes before serving. For crisper vegetables, remove the meat and increase the heat for the last few minutes of cooking.

Roasting Times:

Note: These times are for well done. Reduce the times to suit personal taste.

PORK: 30-40 minutes per 500g after browning.

VEAL: 30-40 minutes per 500g after browning.

LAMB: 25-30 minutes per 500g after browning.

CHICKEN: 30-35 minutes per 500g after browning.

Recipes

Minestrone

Serves 4-6

1 tablespoon olive oil
1 onion, diced finely
2 cloves garlic, crushed
1 carrot, diced finely
2 trimmed celery stalks, diced finely
1 bacon bone (200g)
800g can chopped tomatoes
6 cups water
1 cup finely chopped savoy cabbage
2 small zucchini, diced
1 x 400g can cannellini beans, rinsed and drained
 $\frac{3}{4}$ cup small pasta
sea salt and freshly ground black pepper
shaved parmesan, to serve

1. Heat oil in frypan on setting 5. Cook onion and garlic until translucent. Add carrot, celery and bacon bone and cook, stirring occasionally for 5 minutes.
2. Add the chopped tomatoes and water and bring the soup to the boil. Reduce heat to setting 2-3 and cook, covered for 45 minutes.
3. Add the cabbage, zucchini, beans, pasta and season with salt and pepper. Cook, covered for a further 20-25 minutes. Add a little extra water if necessary.
4. Serve hot with shavings of parmesan on top.

Pumpkin Soup

Serves 4

1.5 kg pumpkin
2 tablespoons olive oil
20g butter
1 large onion, chopped
1 litre low salt chicken stock
Sea salt & freshly ground black pepper
 $\frac{1}{3}$ cup cream or sour cream to serve (optional)

1. Remove skin and seeds from pumpkin and cut into even sized chunks.
2. Heat oil and butter in frypan on setting 4. Add onions and cook, stirring, until the onions have softened. Add pumpkin and cook for a further 3-4 minutes, stirring occasionally.
3. Add the stock and bring to the boil. Reduce heat to setting 3 and cook, covered for 30 minutes. Cool before blending.
4. Blend or process soup until smooth. Return pureed soup to frypan.
5. Reheat until soup is hot. Serve with cream and extra ground pepper if desired.

Recipes continued

Corn Fritters

Makes about 20

- 1 cup self raising flour
- ½ teaspoon bicarbonate of soda
- ½ teaspoon sweet paprika
- ½ teaspoon ground coriander
- ⅔ cup buttermilk
- 2 eggs
- 2 cups corn kernels
- 1 small red capsicum, diced finely
- 3 small green onions, sliced
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh coriander
- Sea salt
- Freshly ground black pepper
- Olive oil
- Tomato chilli jam, to serve

1. Combine flour, soda, paprika in a bowl; whisk through buttermilk and eggs to form a batter.
2. Combine corn, capsicum, green onions, parsley and coriander in a large bowl. Stir through the batter; season with salt and pepper.
3. Heat frypan on setting 7. Drizzle a little olive oil in frypan and spoon tablespoonfuls of mixture into pan. Cook fritters for 2-3 minutes on each side until golden.
4. Serve with tomato chilli jam if desired.

Gyoza (Japanese Dumplings)

Makes about 50

- 150g pork mince
- 150g chicken mince
- 2 tablespoons kecap manis (sweet soy)
- 1 teaspoon sugar
- 1 tablespoon mirin
- 1 egg
- 2 teaspoons sesame oil
- 2½ cups Chinese cabbage, shredded finely
- ⅓ cup finely chopped water chestnuts
- 4 green onions, chopped finely
- 50 sheets gow gee wrappers
- vegetable oil for pan frying

Dipping Sauce

- 2 tablespoons kecap manis
- 1 tablespoon black vinegar

1. Combine all ingredients in a bowl and mix well.
2. Lay several sheets of gow gee wrappers out onto a bench top. Have a tray lined with baking paper ready to place the prepared gyoza onto.
3. Place a rounded teaspoon of filling into the centre of the wrapper. Moisten the edges with a little water. Fold the wrapper over the filling but before sealing carefully pleat on one side. The pastry will look plain on one side but have a small pleat on the other. Gently press the pastry to seal. Repeat with remaining wrappers.
4. Heat frypan on setting 6. Heat 1 tablespoon of oil in the frying pan and place the dumplings, in batches, into the pan, pleat side up. Cook until the dumplings are golden on the bottom. Do not turn. Carefully pour enough water in the frying pan so that the dumplings are half covered. Place the lid on the frying pan and cook, covered for 1 minute. Remove lid and cook, uncovered, until all

Recipes continued

the water has evaporated. Remove from pan, repeat with remaining dumplings.

Note: The water should be simmering the whole time. If this does not happen increase the heat.

5. Serve with dipping sauce.

Chilli Crab

Serves 4

6 raw blue swimmer crabs

3 green onions

2 tablespoons peanut oil

3 cloves garlic, chopped

1 large red chilli, chopped

3 teaspoons grated fresh ginger

1/3 cup tomato sauce

1/3 cup sweet chilli sauce – smooth paste variety

1 tablespoon oyster sauce

1 tablespoon fish sauce

1/2 cup chicken stock

1 tablespoon grated palm sugar

Steamed jasmine rice, to serve

1. Remove flap from the undersides of crabs then flip crab over. Place your thumb under the shell between the two back legs and slowly pull the shell away from the body. Discard. Remove the feather like gills and front feelers and discard. Carefully rinse the crab if needed – do not put under running water. Using a sharp knife cut the body in half. Then cut between the smaller legs to make 4 pieces. Crack the large nippers with crab crackers; this will help the heat get into the shell.
2. Slice green onions and separate the green ends from the white; set aside.
3. Heat oil in frypan on setting 8. Add whites of onions, garlic, chilli and ginger to pan and cook, stirring, until fragrant.

4. Reduce heat to setting 6 and add crabs. Combine remaining ingredients and pour over crabs. Stir crabs gently to coat then cook, covered, stirring occasionally for about 15 minutes or until the crabs have gone a deep orange colour and are just cooked through.

Tip: A good way to see if the crabs are cooked is to check the joint on the large nipper. When these have changed colour your crabs should be cooked through.

5. Remove crabs from pan onto a large serving platter and spoon over sauce from pan. Sprinkle with sliced green onions.
6. Serve with steamed jasmine rice.

Recipes continued

Spanish Paella

- 2 small raw blue swimmer crabs
- 8 large green prawns
- 8 small black mussels
- 3½ cups fish/chicken stock
- 1 teaspoon saffron threads
- 180g chorizo sausage, sliced
- 200g chicken thighs, halved
- 1 tablespoon extra virgin olive oil
- 1 medium onion, chopped finely
- 1 clove garlic, crushed
- ¼ teaspoon smoked paprika
- 1 x 400g canned tomatoes
- 1½ cups Arborio or Spanish rice
- 300g whole pipis, purged
- ½ cup frozen peas
- 1 small roasted red capsicum, sliced

Serves 6-8

1. Remove flap from the undersides of crabs then flip crab over. Place your thumb under the shell between the two back legs and slowly pull the shell away from the body. Discard. Remove the feather like gills and front feelers and discard. Carefully rinse the crab if needed – do not put under running water. Using a sharp knife cut the body in half. Then cut between the smaller legs to make 4 pieces. Crack the large nippers with crab crackers; this will help the heat get into the shell.
2. Peel 4 of the prawns and devein. Leave the other 4 whole for presentation. Clean and de-beard mussels.
3. Place stock and saffron in a saucepan and heat gently to infuse. Cover and keep warm.
4. Heat the frypan on setting 8. Cook chorizo in pan until golden; drain on paper towelling.
5. In same pan cook the chicken thighs and whole prawns in chorizo oil until just cooked through; set aside.
6. Reduce heat to setting 6. Add extra virgin olive oil, if needed, and cook onions and garlic until the onions are translucent; add paprika and cook for a further 30 seconds.
7. Add tomatoes and cook on setting 6 for 2-3 minutes. Add rice and cook, stirring until well coated. Add stock and stir to combine. Reduce heat to setting 3 and cook, covered for 10 minutes.
8. After 10 minutes check rice, add a little water if the rice looks too dry. Cook, covered, for a further 5 minutes if the rice is still quite hard.
9. Arrange raw seafood, chicken, chorizo, whole prawns, peas, roasted capsicum, over rice and cook, covered for a further 5 minutes or until the seafood is cooked and the rice is tender. Turn heat off and keep covered for 5 minutes before serving.

Recipes continued

Spicy Dry Lamb Curry

Serves 4-6

- 2 tablespoons vegetable oil
 - 1kg lamb forequarter chops, trimmed of fat
 - 5-6 fresh curry leaves
 - 1 teaspoon black mustard seeds
 - 1 small onion, roughly chopped
 - 2 cloves garlic, crushed
 - 2 tablespoons grated fresh ginger
 - 1 tablespoon curry paste
 - 2 teaspoons tandoori paste
 - 2 teaspoons ground cumin
 - 1 teaspoon garam masala
 - 2 teaspoons chilli powder
 - 2 tablespoons lemon juice
 - 1 cup water
 - 1 cup roughly chopped fresh coriander
1. Heat oil in a large frypan, cook lamb in batches until brown. Set aside.
 2. To the same pan, fry mustard seeds and curry leaves until seeds begin to pop. Add onion and garlic and cook until onion is soft. Add dry spices and fry 1-2 minutes until spices are fragrant.
 3. Add lamb and remaining ingredients, except coriander to the frypan. Cover and cook on setting 4 for about 1 – 1 ½ hours stirring occasionally.
 4. Season to taste and sprinkle with fresh coriander. Serve with steamed basmati rice.

Family Beef Casserole with Semi Dried Tomatoes

Serves 6-8

- 2 kg chuck steak, cut into 2cm cubes
 - ½ cup flour
 - 3 tablespoons olive oil
 - 2 bunches of spring onion, stalk trimmed, peeled and left whole
 - 2 cloves garlic, crushed
 - ⅓ cup tomato paste
 - ½ cup red wine
 - 3 carrots, diced
 - 3 celery stalks, sliced
 - 1 cup beef stock
 - 1 cup water
 - 2 tablespoons fresh thyme, chopped
 - 2 bay leaves
 - 1 cup semi dried tomatoes
 - Salt and freshly ground black pepper
1. Dust beef in flour, shaking off excess flour. Heat oil in frypan and cook beef in batches until brown. Set aside.
 2. To the same pan, add onion and garlic, cook stirring for 1-2 minutes, or until onion starts to colour. Stir through tomato paste and cook for 1 minute.
 3. Add wine and allow alcohol to evaporate and liquid to reduce slightly. About 2 minutes.
 4. Place beef, vegetables, stock, water, thyme and bay leaves in frypan. Cover and cook on setting 4 for 1 hour stirring occasionally. After 1 hour add tomatoes and cook for a further 20-30 minutes or until beef is tender.
 5. Season to taste and serve hot with mashed potatoes or rice.

Recipes continued

Pan Fried Chicken Breast with Salsa Verde

Serves 6

1-2 tablespoons olive oil
6 chicken breast fillets

Salsa Verde

1 cup flat leaf parsley
½ cup dill
½ cup mint leaves
2 cloves garlic
1 tablespoon small capers
1 tablespoon grated lemon rind
Sea salt and freshly ground black pepper
¾ cup extra virgin olive oil

1. Heat frypan on setting 7. Add oil and cook chicken, uncovered, until browned on both sides and cooked through. Remove from heat and serve with Salsa Verde.
2. To make the Salsa Verde, blend or process all ingredients until a chunky sauce texture is achieved.

Tip: Salsa Verde also goes very well with pan fried fish fillets.

Pan Fried Fish with Garlic and Lemon

Serves 4

4 (800g) white fish fillets
2 tablespoons olive oil
2 cloves garlic, crushed
2 tablespoons lemon juice
2 eschalots, minced
¼ cup shredded fresh basil leaves
Sea salt

Freshly ground black pepper
Steamed new potatoes or mash, to serve
Steamed broccolini, to serve

1. Place fish in a shallow baking dish. In a small bowl combine the garlic, lemon juice, eschalots, basil, salt and pepper and mix well.
2. Pour marinade over fish and allow to sit at room temperature for 20 minutes.
3. Heat frypan on setting 9. Add oil and cook fish for 3-5 minutes on both sides until just cooked through.

Note: Cooking time will vary depending on the thickness of each fillet.

4. Serve fish with potatoes and steamed broccolini.

Recipes continued

Beef Stroganoff

2 tablespoons olive oil
2 tablespoons flour
1 kg beef strips
2 small cloves garlic, crushed
¼ cup tomato paste
1 cup beef stock
250g mushrooms, sliced
150ml sour cream
Salt and freshly ground black pepper

1. Dust beef in flour, shaking off excess flour. Heat oil in frypan on setting 6; cook beef in batches until browned.
2. Return all beef to pan and add remaining ingredients, except sour cream. Cover and cook on setting 4 for about 45 minutes or until the beef is tender.
3. Stir through sour cream. Season with salt and pepper. Serve with buttered noodles.

Serves 4-6

Steamed Salmon Parcels

4 x 180g Atlantic salmon fillets
1 stalk lemon grass, white only, chopped finely
4 eschalots, sliced thinly
⅓ cup coriander leaves
1 large red chilli, seeded and sliced
2 cloves garlic, crushed
2 teaspoons grated fresh ginger
½ cup coconut milk
Sea salt

- Freshly ground black pepper
1 tablespoon peanut oil
4-6 baby bok choy, quartered
Steamed jasmine rice, to serve
1. Preheat frypan on setting 8 with the lid on for 5 minutes.
 2. Combine the lemon grass, eschalots, coriander, chilli, garlic, ginger, coconut milk and salt and pepper in a bowl and mix well.
 3. Place each piece of salmon on 4 individual pieces of aluminium foil. Divide the coconut mixture evenly over the tops of the salmon. Fold each piece of foil up to make 4 sealed parcels.
 4. Place parcels in frypan and cook, covered, on setting 6 for about 12-15 minutes or until cooked as desired. Remove from heat.
 5. Quickly increase heat in frypan and heat oil; toss bok choy for 1-2 minutes until wilted; season with salt and pepper.
 6. Serve salmon with bok choy and steamed jasmine rice.

Serves 4

Recipes continued

Dhal

1 tablespoon vegetable oil
1 medium onion, finely chopped
1 clove garlic, crushed
3 teaspoons ground cumin
½ teaspoon cumin seeds
1 teaspoon black mustard seeds
2 tablespoons tomato paste
2 cups red lentils, rinsed and drained
2 cups vegetable stock
1 litre water
400g can chopped tomatoes
3 baby eggplants, chopped coarsely
4 hard boiled eggs, optional
salt to taste

1. Heat oil in frypan on setting 4. Add onion and garlic and cook, stirring, for 2-3 minutes or until onion is soft.
2. Add dried spices and cook a further 1 minute, or until spices are fragrant. Stir through tomato paste and cook for 2 minutes.
3. Increase heat to setting 9; add lentils, stock and water and bring mixture to the boil. Reduce heat to setting 3 and cook, uncovered, stirring occasionally, until the mixture thickens slightly.
4. Add the tomatoes, and eggplant and cook for a further 10 minutes then cook, covered, for another 10 minutes or until the dhal has thickened and the eggplant and potato is soft.
5. Add whole peeled eggs and stir gently until heated through.
6. Season to taste.

Serves 4

Penne Boscaiola

6 rashers bacon
200g sliced button mushrooms
⅔ cup white wine
300ml cream
Freshly ground black pepper
500g penne
shaved parmesan, to serve

1. Have a large pot of boiling water ready.
2. Remove rind from bacon and slice into 5mm pieces.
3. Heat frypan on setting 8. Cook bacon until golden. Add mushrooms and stir through.
4. Add wine and cook, stirring, until the wine has reduced by half. Add cream and cook, stirring occasionally, until the sauce has thickened slightly.
5. Cook pasta until just tender, drain and add to sauce and stir through. Season with salt and pepper and serve immediately.

Serves 4

Recipes continued

Lamb Tagine

Serves 4-6

- 2 tablespoons olive oil
 - 8 lamb shanks, fat trimmed
 - 1 large onion, sliced thinly
 - 2 cloves garlic, crushed
 - 1½ tablespoons Moroccan dried spice mix
 - 1 tablespoon tomato paste
 - 1 x 400g can chopped peeled tomatoes
 - 1 cup chicken stock
 - 1 cinnamon stick
 - 3 cardamom pods, cracked
 - Salt and pepper to taste
 - 1 x 400g tin chickpeas, drained and rinsed
 - 1 large sweet potato, peeled and chopped into 2 cm dice
 - 1 cup fresh coriander, roughly chopped
 - Cous cous, to serve
1. Heat oil in frypan on setting 8. Cook lamb shanks in batches for 3-5 minutes or until evenly brown all over; remove from heat.
 2. Reduce heat to setting 6, and add onion and garlic to frypan and cook for 5 minutes, or until onion has softened and coloured. Add spice mix and cook until fragrant. Stir through tomato paste.
 3. Return the lamb shanks to the frypan with tomatoes, stock, cinnamon, and cardamom. Cover and cook, on setting 3, turning and stirring occasionally for 2 hours. After 2 hours add chickpeas, sweet potato and cook, covered until the sweet potato is tender.
 4. Adjust seasoning and stir through chopped coriander, serve with cous cous.

Matt's Meatballs

Serves 6-8

- 1.2kg lean mince
- ⅔ cup packaged breadcrumbs
- 3 eggs
- 2 tablespoons Worcestershire sauce
- 2 teaspoons dried sweet basil
- 1 teaspoon dried oregano
- 2 cloves garlic, crushed
- salt and pepper
- 2 tablespoons olive oil

Sauce

- 1 onion, sliced
 - 2 cloves garlic, crushed
 - 2 tablespoons tomato paste
 - 1 green capsicum, sliced
 - 1 red capsicum, sliced
 - 1 litre bottled tomato sauce
1. Combine meatball ingredients; roll into balls slightly smaller than golf balls.
 2. Heat half of the oil in frypan on setting 6. Cook meatballs, in batches, until browned all over. Remove from pan.
 3. Heat remaining oil in frypan on setting 5; cook onions and garlic, stirring, until the onions are translucent. Add tomato paste and cook for about 1-2 minutes or until fragrant. Add capsicums; cook, stirring occasionally, until tender. Add sauce and cook for 10 minutes. Reduce heat to setting 4; add meatballs and cook, covered, for a further 10 minutes or until the meatballs are cooked through. Serve in long crusty bread rolls as a sub sandwich or with pasta.

Recipes continued

Roast Chicken with Stuffing

1.2kg whole fresh chicken
sea salt
freshly ground black pepper

Stuffing

1 onion, chopped finely
2 teaspoons olive oil
3 cups fresh bread crumbs
30g softened butter
1 teaspoon grated lemon rind
2 tablespoons chopped fresh parsley
2 teaspoons chopped fresh thyme

1. Wash and clean chicken thoroughly. Pat dry with paper towelling.
2. To make stuffing, cook onion in oil until softened. Add to remaining stuffing ingredients and mix well.
3. Place the stuffing inside the cavity of the chicken. Tuck the wings back and tie the base of the chicken with cooking string so that the legs are crossed and securely positioned.
4. Preheat frypan on setting 7. Brush chicken with a little oil and salt and pepper.
5. Brown chicken on all sides; reduce heat to setting 5 and cook, covered, with the vent open, for about 1½ hours or until cooked through.

Tip: If cooking roast vegetables, place in frying pan $\frac{3}{4}$ to 1 hour before the end of cooking.

Serves 4

Mustard Seed Potatoes

1.5kg baby new potatoes
2 tablespoons extra virgin olive oil
2 tablespoons black mustard seeds
1-2 teaspoons sea salt flakes

1. Place potatoes into frypan and pour enough water in to cover. Cook potatoes, covered, on Setting 10 until tender. Drain well for 10 minutes.
2. Heat frypan on Setting 8, add potatoes, mustard seeds and salt; stir to coat. Place lid on potatoes and cook, stirring occasionally, until the potatoes are golden.
Tip: Keep the lid on during cooking as the mustard seeds pop!

Serves 8

Recipes continued

Individual Sticky Date Puddings

200g coarsely chopped dried dates
1 teaspoon bicarbonate of soda
1¼ cups boiling water
60ml olive oil
1 cup firmly packed brown sugar
1 cup self raising flour
¼ teaspoon mixed spice
2 eggs

Butterscotch sauce

160g butter
⅔ cup firmly packed brown sugar
1 cup (250ml) thickened cream

1. Preheat frypan on setting 4 with the lid on. Grease 8 individual 1-cup capacity metal moulds.
2. Place dates, soda and boiling water into a blender or food processor. Place lid on and allow the mixture to stand for 5 minutes.
3. Add oil and sugar and pulse 3 times.
4. Add remaining ingredients and pulse mixture until just combined. Scrape down sides of bowl if necessary. Do not over process.
5. Pour mixture into prepared moulds. Place moulds in frypan and carefully pour enough boiling water to come half way up the sides of the moulds. Cook for about 25 minutes or until cooked when tested with a wooden skewer. Carefully remove from frypan; stand for 5 minutes before turning out onto a wire rack.
6. Serve pudding with butterscotch sauce. To make sauce, heat all ingredients in a small saucepan over a low heat until combined.

Tip: Puddings can be made in advance and then rewarmed in a microwave.

Serves 8

Crème Caramel

1 cup sugar
½ cup water
⅓ cup caster sugar
3 eggs
2 egg yolks
250ml cream
250ml milk
1 vanilla bean, seeds scraped

1. Combine sugar and water in a small saucepan. Stir over a low heat until the sugar has dissolved. Increase heat; boil without stirring, until the toffee turns a golden colour.
2. Remove from heat, once the bubbles have subsided, pour into 6 individual 1-cup capacity metal moulds. Allow to cool.
3. Beat eggs and sugar until light and creamy.
4. Heat milk, cream, vanilla bean and seeds until almost boiling. Whisk hot milk into egg mixture. Pour mixture through a strainer.
5. Pour mixture into moulds. Place moulds into frypan. Pour enough boiling hot water to come halfway up the sides of the moulds.
6. Cook, covered, on setting 6 until the custard is set.

Note: Be careful when removing lid to check custard that no water from the lid goes into the moulds.

Serves 6

Recipes continued

Buttermilk Pancakes

1 cup sifted self raising flour
2 tablespoons sugar
½ teaspoon bicarbonate of soda
1 egg, lightly beaten
2 tablespoons vegetable oil
1 cup buttermilk
60g butter

1. Sift dry ingredients into a large bowl. Make a well in the centre.
2. Whisk the combined wet ingredients into the dry ingredients until smooth.
3. Heat frypan on setting 6. Melt some of the butter and spoon ¼ cupfuls of mixture at a time into the frypan. Turn the pancakes once the bottom is golden and the tops starts to bubble. Cook until the underside is golden.
4. Serve with extra butter and maple syrup.

Makes 8

Pikelets

1 egg
¼ cup sugar
1 cup self raising flour
¾ cup milk
pinch salt
butter for frying

1. Beat egg and sugar with an electric mixer until light and creamy.
2. Add flour, milk and salt and beat until smooth.
3. Heat frypan on setting 8. Melt a little butter in frypan and wipe away any excess with paper towelling.
4. Spoon heaped spoonfuls of batter in frypan and cook on both sides until golden.
5. Serve with butter, jam, cream or chocolate hazelnut spread.

For savoury pikelets: Reduce sugar to 2 tablespoons and stir through chopped fresh herbs of choice. Top with slices of prosciutto, goats cheese and rocket or cream cheese, smoked salmon and capers.

Makes approx 12

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