

# Breville

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**BEF500 Issue - A11**

# Breville

*the Thermal Pro Stainless™*

Instruction Booklet



**BEF500**

# CONGRATULATIONS

on the purchase of your new Breville  
Thermal Pro Stainless™

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the Thermal Pro Stainless™
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the Thermal Pro Stainless™
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At Breville we are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions.

## **IMPORTANT SAFEGUARDS**

### **READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE**

- Do not place frypan near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water.
- Remove any promotional stickers before using the frypan for the first time.
- Do not place the frypan on or near a hot gas or electric burner, or where it could touch a heated oven. Place frypan at least 20cm away from walls and curtains.
- Do not use on metal surfaces, for example, a sink drain board.
- Always insert Temperature Control Probe into probe socket before inserting power plug into power outlet and switching on appliance. Ensure the probe socket is completely dry before inserting the Temperature Control Probe. Ensure the probe is fully inserted into the appliance.
- To protect against electric shock, do not immerse cord or Temperature Control Probe in water or any other liquid.
- Ensure the Temperature Control Probe has cooled before removing from the appliance.
- Always remove Temperature Control Probe before cleaning the appliance.
- Only the Temperature Control Probe included with the frypan must be used
- If using plastic utensils, do not leave in frypan when hot.
- Never immerse cord and/or heat probe in water or any other liquid.
- Do not place hot glass lid under cold water.
- Extreme caution must be used when the appliance contains hot oil or other liquid. Do not move the appliance during cooking. Allow the frypan to cool before removing oil or other liquid.
- Place frypan at least 200mm away from walls and curtains.
- Do not touch hot surfaces.
- Do not leave the appliance unattended when in use.
- Always turn the Temperature Control Probe to the large dot, then switch off at the power outlet and allow probe to cool, then remove probe and unplug, if appliance is to be left unattended, if not in use and before cleaning.
- Keep the appliance clean. Follow the cleaning instructions provided in this book.
- Always use the appliance on a dry, level surface.

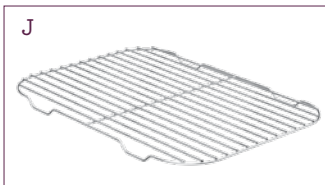
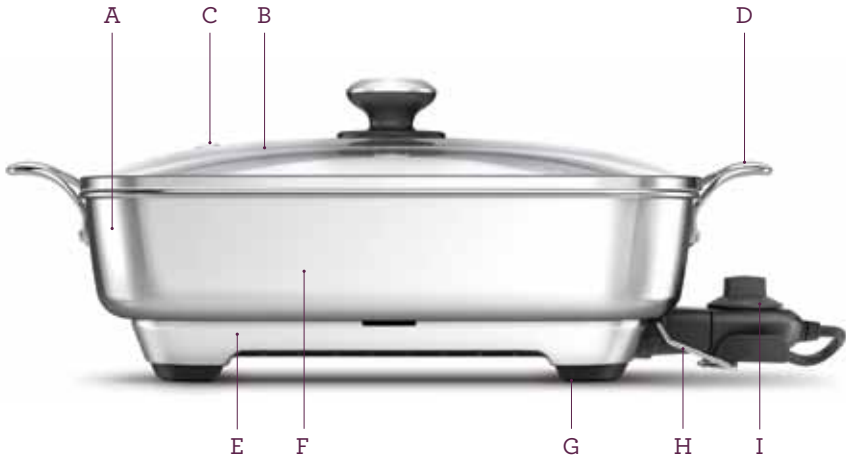
## **IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES**

- Unwind the cord before use.
- Do not let the cord hang over the edge of a table or counter, touch hot surfaces, or become knotted.
- This appliance is not intended for use by young children or infirm persons without supervision.
- Young children should be supervised to ensure that they do not play with the appliance.
- The appliance is not intended to be operated by means of an external timer or a separate remote-control system.
- It is recommended to inspect the appliance regularly. Do not use the appliance if power supply cord, plug, probe or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.
- This appliance is for household use only. Do not use this appliance for other than its intended use.
- Do not use in moving vehicles or boats. Do not use outdoors.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- Always switch appliance off, then switch off at the power outlet, then unplug the appliance when not in use, before attempting to move appliance and before cleaning.

**SAVE THESE INSTRUCTIONS**

# KNOW

your Breville  
Thermal Pro Stainless™



- A. **Large 39(L) x 31(W) x 7.8(H)cm banquet shaped frypan**  
Dishwasher safe.
- B. **Toughened glass high domed lid**  
Dishwasher safe.
- C. **Steam vent hole**  
Suitable size for insertion of meat probe.
- D. **Cast stainless steel handles**
- E. **Cast-in butterfly element**  
2400 watts of power, provides even distribution of heat over the entire cooking surface.
- F. **Stainless steel cooking surface**  
High quality 18/10 stainless steel cooking surface with a 25 year guarantee.
- G. **Non-slip feet**
- H. **Pan tilt lever**
- I. **Precise variable temperature control**  
With 15 heat settings including SEAR.
- J. **Trivet**  
For steaming and roasting.



# OPERATING

your Breville  
Thermal Pro Stainless™

## BEFORE FIRST USE

Remove any promotional materials and packaging materials before use. Wash your frypan and lid in hot soapy water. Rinse and dry thoroughly.

Do not immerse the cord, plug and/or Temperature Control Probe in water or any other liquid.

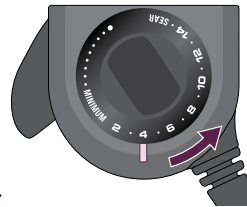
## OPERATION OF YOUR FRYPAN

1. Insert the Temperature Control Probe into the probe socket on the appliance. Plug into a 230/240V power outlet and switch 'On'. Always insert the probe into the appliance first, then insert plug into power outlet.

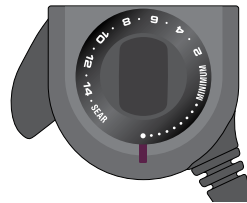
### NOTE

Before inserting the Temperature Control Probe into the probe socket; ensure the interior of the socket is completely dry. To do this, shake out excess water then wipe the interior of the socket with a dry cloth.

2. Turn the dial on the Temperature Control Probe clockwise to the desired setting. The red heating light on the probe will illuminate.
3. The red heating light will remain illuminated until the frypan reaches the desired temperature. Once the temperature has been reached, the red light will cycle 'On' and 'Off' during cooking to maintain the desired temperature.
4. When cooking is completed, turn the dial anti clock-wise until the first dot is aligned with the red heating light. Switch off at the power outlet and unplug.



Cooking



Off

5. Leave the Temperature Control Probe connected to the appliance until cool.

### NOTE

This frypan must be used with the Temperature Control Probe provided. Do not use any other probe or connector.

## Recommended heat control probe settings

DIAL SETTINGS	USES
2 - 6	<ul style="list-style-type: none"> <li>• Keeping food warm</li> <li>• Basting</li> </ul>
6 - 8	<ul style="list-style-type: none"> <li>• Slow cooking e.g. casseroles, curries and soups</li> <li>• Cooking roasts</li> </ul>
8 - 12	<ul style="list-style-type: none"> <li>• Browning nuts</li> <li>• Shallow frying</li> <li>• Pancakes and crepes</li> <li>• Rice and pasta</li> </ul>
12 - 14	<ul style="list-style-type: none"> <li>• Sealing steaks and roasts</li> </ul>
14 - Sear	<ul style="list-style-type: none"> <li>• Sear</li> <li>• Cakes and self saucing puddings</li> </ul>

# CARE & CLEANING

for your Breville  
Thermal Pro Stainless™

## CARE & CLEANING

### CARE

- Do not leave plastic cooking utensils in contact with the hot frypan surface while cooking.
- Before cleaning, switch the frypan to the large dot and unplug from the power outlet. Remove the temperature control probe when cooled from the probe socket of the appliance.

### CLEANING

#### Stainless steel cooking surface

The high quality 18/10 stainless steel cooking surface is designed for durability. To keep your stainless steel cooking surface in optimum condition and to achieve the best results, follow these simple instructions:

- 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 10-14.
- Do not use harsh abrasive cleaners or metal scourer pads as continued use will scratch the stainless steel surface and make subsequent cleaning more difficult. It is recommended to use nylon scrubbing brushes or plastic scouring pads.
- To remove burnt on food, fill the pan with approx 1" of water, heat the water in the pan till it boils, then turn off and leave to soak for 30 minutes. If burnt on food does not soften and lift off, leave frypan with water in it to soak overnight. Removing stubborn stains: A stainless steel powder cleaner can be used on stubborn stains on the stainless steel cooking surface only. Alternatively, a paste of bicarbonate of soda and water can be rubbed into the stained area and then thoroughly washed off.

### NOTE

It is recommended that the cooking surface be re-seasoned after cleaning.

### GLASS LID

Wash the lid in warm soapy water using a soft sponge, rinse and dry thoroughly.

### NOTE

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

### DISHWASHER SAFE

The lid and cooking pan, are dishwasher safe for easy cleaning. The recessed heating element is completely sealed so it is safe to immerse in water. The frypan may also be washed in hot, soapy water. Dry thoroughly.

### NOTE

Before inserting the temperature control probe into the frypan socket, ensure the interior of the frypan socket is fully dry. To do this, shake out excess water then wipe the interior of the socket with a dry cloth.

### STORAGE

Store the temperature control probe carefully. Do not knock or drop it as this can damage the probe. If damage is suspected, return the temperature control probe to your nearest Breville Service Centre for inspection.

#### TIP

For convenient storage of the temperature probe, line the frypan with 2 sheets of kitchen paper and place the probe on the kitchen paper. This will ensure the probe and plug don't scratch the stainless steel surface.

# COOKING TECHNIQUES & TIPS

for your Breville  
Thermal Pro Stainless™

## STIR FRYING

Recommended temperature probe setting: SEAR for vegetables, 14 for sealing meat.

- Preheat your frypan before adding any ingredients, allowing the temperature light to cycle “ON” and “OFF” several times. This will allow the frypan to reach an even higher temperature.
- Stir frying is a dry heat cooking method and is best suited to tender cuts of meat. Timing is a key factor when cooking them as over cooking will give a tough, dry result. Cooking times will depend on the size and thickness of the cut, ie. the bigger the cut, the more time is needed.

## RECOMMENDED CUTS FOR STIR FRYING

### Beef

Lean beef strips prepared from topside, rump, sirloin, rib eye, fillet.

### Chicken

Lean chicken strips prepared from breast fillets, tenderloins, thigh fillets.

### Lamb

Lean lamb strips prepared from fillet, lamb leg steaks, round or topside mini roasts, eye of loin.

### Pork

Lean pork strips prepared from fillet or medallion steaks.

### Seafood

Whole peeled prawns, cleaned squid strips, mussels and cracked crab.

## STIR FRY TIPS

- Stir fry strips in small batches (approx 400-500g) to prevent overloading pan and allowing the meat to “stew” in its juice, resulting in tougher meat.
- When adding meat strips to the frypan, the meat should sizzle.
- Stir fry strips for 1-2 minutes per batch. Any longer will toughen the meat.
- Remove each batch once cooked and allow the frypan to reheat before stir frying the next. By cooking in small batches, the heat of the frypan remains constant, ensuring the meat doesn’t stew and toughen.
- Drain off the marinades from meat strips before stir frying to prevent stewing and splatter.
- Stir fry vegetables with a little oil or sprinkling of water until vivid in colour.

COOKING TIME	INGREDIENTS
3 minutes	Quartered onion, broccoli flowerets, sliced carrot, green beans
2 minutes	Snow peas, sliced capsicum, sliced zucchini, sliced water chestnuts, bamboo shoots
1 minute	Chopped garlic, minced chilli and ginger, sliced green onions, bean sprouts

These brief cooking times will keep vegetables crisp.

- Peanut oil is traditionally used for Asian stir fry dishes. However, other oils such as canola, rice bran oil and even light olive oils may be used.
- Do not over fill the frypan. Always cook in small batches and reheat at the end of stir frying by returning the meat to the pan with simmering sauce and vegetables.

## COOKING TECHNIQUES & TIPS

- If using this method, remember to under cook meat slightly so that reheating will not spoil and toughen the finished dish.
- Serve stir fried foods immediately to retain their crisp texture.

### SHALLOW FRYING

Recommended temperature probe setting: 8-10.

Used to crispen and cook foods in small amount of oil. The foods may have already been cooked.

- Use approximately 2 cups of oil, or sufficient oil so that half the food is submerged.
- Preheat the oil before adding food. When using oil, never cover with the lid during the heating or cooking as this will cause condensation to drip into the oil and result in splattering.
- Do not move the frypan during heating or cooking.
- Wipe excess moisture from foods to avoid splattering.
- Cook food in batches to ensure crispness.
- Drain cooked foods on kitchen paper to absorb excess oil.
- Never leave your frypan unattended while shallow frying.
- Allow oil to cool completely before removing from the frypan. Vegetable, canola or rice bran oil is recommended for shallow frying.

### PAN FRYING

Recommended temperature probe setting:

Searing meat: 14-SEAR

Medium heat: 10-12

Used for cooking meats, fish, seafood, eggs, chicken or sausages.

- Preheat the frypan on setting 10-12. When heated add oil to prevent the food from sticking.
- Allow time for meat to sear on both sides or eggs to begin to set. Then reduce to setting 8.

### SAUTÉING

Recommended temperature setting: 10-12

Used for sautéing onions, garlic, spices, pastes, herbs, vegetables, meat and seafood.

#### NOTE

If using oil to sauté, use setting 12.

If using butter, use setting 10.

### ROASTING

Recommended temperature probe setting:

Searing Roast: 14-SEAR

Cooking Roast: 6-8



## MEAT AND POULTRY

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

The frypan's dome lid allows for larger joints of meat and poultry of up to about 1.5kg to be cooked.

- Preheat the frypan on setting 14-SEAR. Fattier joints of meat such as lamb require a small amount of oil.
- Brown and seal the meat on all sides.
- Cover with lid.
- After browning, turn the dial down to setting 6-8 and cook to desired doneness.
- Turn the meat over during the cooking time.
- Once the meat is cooked, set aside and cover loosely with foil, whilst the gravy is prepared from the pan juices.
- To make gravy: Drain excess oil from pan, stir 1-2 tablespoons of plain flour into pan residue, cook for 1-2 minutes. Reduce heat to setting 8, gradually add 1-2 cups stock. Increase heat setting to 10 and stir gravy continuously until it comes to the boil. Reduce heat to setting 6 and simmer 3-4 minutes until gravy thickens. Serve immediately with sliced roast meat.

## VEGETABLES

- Cut into even sized pieces.
- Add to the frypan 40-65 minutes before serving.
- For crispier vegetables, remove the meat and increase the heat for the last few minutes before cooking.

## ROASTING TIMES

The following times are for dishes that are well done. Reduce temperatures by 5 minutes for medium and 10 minutes for rare.

COOKING TIME	INGREDIENTS
Pork	30-40 minutes/500g after browning
Lamb/Beef	30-40 minutes/500g after browning
Chicken	30-35 minutes/500g after browning

## BASTING

Recommended temperature probe setting: 2-4

The Pan Tilt Lever makes basting easy by allowing the juices to drain to one side of the pan.

- Position the Pan Tilt Lever and allow the juices to drain to the lower end of the frypan.
- Spoon juices over the food as desired.

## BOILING

Recommended temperature probe setting: 10-12

Used for cooking rice, pasta and vegetables.

- Cooking times will vary with depending on types of rice and pasta used.
- To cook pasta; always bring water to the boil with the lid in position. Add a pinch of salt and follow packet instructions.
- Cook rice or pasta uncovered, stirring occasionally to prevent sticking.
- Reduce to a lower setting if water boils too quickly.

### BAKING

Recommended temperature probe setting:  
SEAR

The frypan can be used for baking cakes or self-saucing puddings.

- Preheat the frypan on SEAR setting for 15 minutes with the lid on. Place wire rack into the base of the pan to elevate the cake away from the base of the frypan.
- Place the cake onto the wire rack and cook with the lid on.

### SIMMERING

Recommended temperature control probe setting: 6-8

- Used for cooking casseroles, stews and reducing and thickening sauces.
- Simmering food is to cook food in liquid between a temperature range of 85°C- 96°C.
- Bubbles should be small and just breaking through the surface.
- For best simmering results, the frypan should have a minimum of 3 litres of combined food and liquid.
- Simmering can be achieved with and without the lid on.
- Follow cooking instructions as per recipe. Reduce temperature setting to 6-8. The frying pan will cycle on and off in short bursts.
- Food should be stirred occasionally to allow food to be cooked evenly.

### STEAMING

Recommended temperature control probe setting: 8-10

- Steaming is the healthiest of cooking techniques. It retains the food's texture, flavour, vitamins and minerals which may otherwise be lost in the cooking water.
- Steaming consists of cooking food by setting it above a hot boiling liquid, and letting the steam from the liquid literally cook the food.
- When steaming always make sure that the water never comes in contact with the food.
- Always line a plate or tray with baking paper or cabbage leaves. This keeps the food from sticking to the plate and coming in contact with the water.
- Always fill the frypan with a minimum of 1-2 litres of water.
- Do not allow the frypan to boil dry
- Check water levels during cooking and refill with boiling water to prevent frypan from boiling dry.
- To steam; fill the frypan with cold water. Set temperature probe to SEAR setting and place wire rack into the base.
- Line a plate with baking paper or cabbage leaves and place food on top. Position plate or tray onto wire rack and cover with lid.
- Bring water to the boil and reduce probe to setting 8-10.
- Be careful when dealing with steam. When lifting the lid, steam can scald and burn.

# RECIPES

## MIDDLE EASTERN CHUNKY EGGPLANT DIP

Makes 2 cups

### INGREDIENTS

1.5kg eggplant, trimmed and cut into 2cm cubes  
 200ml olive oil  
 4 cloves garlic, chopped  
 1 tablespoon sweet paprika  
 2 teaspoons ground cumin  
 1 teaspoon chilli flakes  
 2 tablespoons tomato paste  
 1 cup chopped parsley  
 Salt and black pepper

### METHOD

1. Pour 6 cups of cold water into frypan cover with lid and bring water to the boil on SEAR setting.
2. Add diced eggplant to boiling water. Cover and cook 5 minutes or until eggplant is tender. Remove and drain well and set aside.
3. Wipe out frying pan and heat oil on setting 8. Stir in garlic and spices and cook for 1 minute or until fragrant. Add tomato paste, drained eggplant and parsley and continue cooking for a further 2 minutes. Reduce heat to setting 5, cover and continue cooking for 15-20 minutes, stirring occasionally until eggplant is soft and sauce has reduced and thickened.
4. Season to taste with salt and pepper.

*Serve warm or cold as a dip with warmed flat bread or as a sauce for steak or grilled chicken.*

## CARAMELISED ONION JAM

Makes 2 cups

### INGREDIENTS

2 tablespoons olive oil  
 50g butter  
 1kg red onions, sliced  
 1/3 cup brown sugar  
 1/4 cup balsamic vinegar  
 2 teaspoon sea salt

### METHOD

1. Heat the frypan on setting 8. Add oil, butter, onions and cook, stirring occasionally for 10 minutes or until onions have softened and collapsed and are deep golden colour. Stir in sugar and vinegar and mix well.
2. Continue cooking for a further 10-15 minutes, stirring occasionally, until thick and syrupy.
3. Season with salt and serve either warm or cold with eggs, sausages or on a beef burger.

## CHICKEN AND SWEET CORN SOUP

Serves 6

### INGREDIENTS

- 1.5 litres chicken stock
- 2 chicken breast fillets, trimmed
- 2 fresh corn cobs
- 2cm piece ginger, sliced
- 2 tablespoons light soy sauce
- 2 x 125g can creamed corn
- 3 egg whites
- 1 teaspoon sesame oil
- 3-4 green onions, finely sliced

### METHOD

1. Heat the chicken stock and 2 cups of water in the frypan on setting 14 until the stock comes to the boil. Add chicken breast fillets and reduce heat setting to 8. Cover with lid and simmer for 5 minutes or until chicken is firm to touch and cooked through. Remove and set aside to cool slightly before shredding.
2. Slice kernels from corn cobs and set aside. Place cob husks and sliced ginger into stock, cover and simmer for a further 10-15 minutes. Remove and discard.
3. Add soy, can creamed corn and whole corn kernels to stock and simmer for 10 minutes. Return shredded chicken to frypan, cover and bring back to the boil.
4. Whisk egg whites lightly and gradually add to hot soup, stirring constantly with a wooden spoon. Cook for 2 minutes until white ribbons swirl through the soup. Stir in sesame oil and half the green onion. Ladle hot soup into bowls, serve topped with extra green onions.

## CHUNKY MINESTRONE SOUP

Serves 6

### INGREDIENTS

- 2 tablespoons olive oil
- 1 large onion, finely chopped
- 2 cloves garlic, crushed
- 1 large carrot, diced
- 1 stick celery, diced
- 400g can peeled diced tomato
- 1.5 litres vegetable or chicken stock
- 1 cup small macaroni pasta
- 400g can borlotti beans, rinsed and drained
- 2 cups finely shredded cabbage
- ½ cup chopped parsley
- Salt and pepper
- Grated Parmesan to serve

### METHOD

1. Heat the frypan on setting 8, add the oil, onion, garlic, carrot and celery. Cook 5 minutes until just softened but not coloured.
2. Stir in tomato and cook a further 3 minutes.
3. Pour in stock and 2 cups of water. Increase heat to setting 12 and bring to the boil. Add macaroni and cook, uncovered until pasta and vegetables are cooked.
4. Stir through borlotti beans and parsley and season with salt and pepper.
5. Ladle hot soup into soup bowls and sprinkle with grated Parmesan and serve with crusty Italian bread.

## CURRIED PUMPKIN SOUP

Serves 6

### INGREDIENTS

40g butter  
 1 large red onion, finely chopped  
 2 cloves garlic, crushed  
 2 tablespoons korma curry paste  
 1.5kg pumpkin, peeled and chopped  
 1.5 litres chicken stock  
 270ml coconut milk  
 ½ cup chopped coriander

### METHOD

1. Preheat frypan on setting 8. Melt butter and cook onion and garlic for 5 minutes. Stir in paste and cook a further 1 minute or until fragrant.
2. Add pumpkin and toss to coat in paste. Stir in stock. Cover with lid and bring to the boil. Reduce heat and simmer for 20-30 minutes or until pumpkin is tender.
3. Cool slightly and blend or process soup until smooth.
4. Reheat soup in the frypan on setting 6 or until hot. Stir in coconut milk just before serving.
5. Ladle hot soup into soup bowls and top with chopped coriander.

## SMOKED SALMON CREAMED EGGS

Serves 4

### INGREDIENTS

4 eggs  
 ½ cup thickened cream  
 Freshly ground black pepper  
 40g butter  
 150g smoked salmon, chopped  
 2 tablespoons finely chopped chives

### METHOD

1. Place eggs and cream into a small bowl and beat with electric beaters on high speed until light and fluffy. Season to taste.
2. Melt butter in the frypan on setting 8. Pour eggs into hot pan and stir until mixture has thickened slightly. Stir through chopped salmon.
3. Reduce heat to setting 2-3. Cover with lid until eggs are firm, light and fluffy. Sprinkle with chives and serve immediately with crusty toasted sourdough.

### THAI FISH CAKES

Serves 6-8 as part of an appetiser

#### INGREDIENTS

600g white fish fillets, such as barramundi, snapper and red fish fillets  
 2 tablespoons Thai red curry paste  
 1 tablespoon fish sauce  
 2 teaspoons white sugar  
 1 egg white  
 2 kaffir lime leaves, thinly sliced  
 80g green beans, finely sliced  
 1 litre vegetable oil for shallow frying

#### Dipping sauce

½ cup sugar  
 ⅓ cup white vinegar  
 1 tablespoon fish sauce  
 ½ Lebanese cucumber, seeded and finely diced  
 1 long red chilli, finely chopped

#### METHOD

- To make the dipping sauce, combine sugar, vinegar and 2 tablespoons cold water into a small saucepan. Stir over medium high heat until sugar has dissolved. Stir in fish sauce and cool completely. Just before serving, stir through cucumber and chilli.
- Dice fish into large cubes and place into the bowl of a food processor along with curry paste, fish sauce, white sugar and egg white. Using the pulse button, process ingredients until mixture is smooth.
- Tip mixture into a bowl and mix through finely shredded kaffir lime leaves and sliced green beans.
- Wet hands with cold water and form fish cake mixture into flat round shapes 3-4cm wide and place onto a lined baking tray.
- Heat vegetable oil in the frypan on setting 10.
- Place half the fishcakes into the hot oil and shallow fry for 1-2 minutes on each side or until fishcakes are golden brown. Remove and drain on paper towel. Repeat with remaining fish cakes and serve with dipping sauce and lime wedges.

## HAM AND HERBED CHEESE OMELETTE

Serves 4

### INGREDIENTS

4 eggs, separated  
 2 tablespoons milk  
 1 teaspoon Dijon mustard  
 Salt and freshly ground black pepper  
 40g butter  
 120g ham, thinly sliced into strips  
 2 tablespoons finely chopped parsley  
 1 tomato, finely diced  
 ½ cup grated cheddar cheese

### METHOD

1. Combine egg yolks, milk, mustard in a small bowl and season with salt and pepper.
2. Beat egg whites in a separate bowl until soft peaks form. Fold through egg yolk mixture.
3. Melt butter in the frypan on setting 10. Add ham and cook 1 minute until warmed through. Stir in parsley and tomato and cook a further 2 minutes. Remove and set aside.
4. Reduce heat to setting 6. Pour egg mixture evenly into frypan. Cover and cook until omelette puffs up and base of omelette is golden.
5. Sprinkle half the omelette with ham and tomato mixture and cheese. Turn omelette in half to enclose filling and cook a further 1-2 minutes until set.
6. Cut into 4 slices and serve.

## BAKED EGGS & BEANS

Serves 4-6

### INGREDIENTS

2 tablespoons olive oil  
 1 large onion, finely chopped  
 2 cloves garlic, crushed  
 ¼ cup tomato paste  
 2 x 400g can peeled & chopped tomato  
 1 tablespoon brown sugar  
 2 x 400g can three bean mix, rinsed and drained  
 6 large eggs  
 Salt and freshly ground black pepper

### METHOD

1. Heat frypan on setting 10. Add oil, onion and garlic and cook 3-4 minutes or until onion have softened.
2. Stir in tomato paste, peeled tomatoes, sugar and drained beans.
3. Reduce heat to setting 6 and simmer 5 minutes or until sauce has thickened and liquid has evaporated.
4. Push mixture to the sides to make 6 holes large enough for the cracked eggs to fit in.
5. Crack eggs into each space and season with salt and pepper. Cover with lid and cook 1-2 minutes or until eggs are cooked to your liking. Serve hot with thick cut toast.



## SEAFOOD PAELLA

Serves 6-8

### INGREDIENTS

- 4 small raw blue swimmer crabs
- 12 large green prawns, left whole
- 12 small black mussels, cleaned and de-bearded
- 1 litre fish stock
- 1 teaspoon saffron threads
- 3 tablespoons extra virgin olive oil
- 1 onion, finely chopped
- 1 clove garlic, crushed
- 1 teaspoon smoked paprika
- 400g can diced tomatoes
- 2 cups Arborio or Spanish rice
- 300g whole pipis, purged
- ½ cup frozen peas
- 1 small roasted red capsicum, sliced
- 1 lemon, cut into wedges

### METHOD

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. Place stock and saffron in a saucepan and heat gently to infuse. Cover and keep warm.
3. Heat half the oil in frypan on setting 12. Cook whole prawns until just cooked through; remove and set aside. Add crabs and cook 5 minutes, or until just changing colour. Remove and set aside with prawns.
4. Add remaining oil and cook onions and garlic until softened; add paprika and cook for a further 30 seconds.
5. Stir in tomatoes and cook for 2-3 minutes. Add rice and stir until well coated. Pour in ¾ of the stock and stir to combine. Reduce heat to setting 6-8 and cook, covered, for 10 minutes. After 10 minutes check rice, add a little more stock if the rice looks too dry.
6. Arrange raw seafood, peas, roasted capsicum, over rice and cook, covered for a further 5 minutes or until the seafood is cooked and the rice is tender. Scatter over lemon wedges.
7. Turn heat off and keep covered for 5 minutes before serving.

## MUSSELS PROVENCAL

Serves 4

### INGREDIENTS

2 tablespoons olive oil  
 3-4 eschallots, finely chopped  
 2 teaspoons finely chopped, fresh thyme  
 ½ cup chopped parsley  
 3 large ripe tomatoes, finely diced  
 3 cloves garlic, crushed  
 1 cup white wine  
 2kg fresh mussels, bearded and scrubbed  
 Freshly ground black pepper

### METHOD

1. Heat the frypan on setting 10. Add oil and eschallots and cook until softened but not coloured.
2. Stir in thyme, half the parsley, tomatoes and garlic and cook for 5 minutes.
3. Stir in wine and mussels and toss gently. Cover with lid and cook until mussels have just opened.
4. Toss through remaining parsley and season with freshly ground black pepper.

*Serve hot with crusty bread or traditional hand cut potato chips and aioli.*

## STEAMED MISO SALMON

Serves 4-6

### INGREDIENTS

½ cup white miso  
 ¼ cup mirin  
 2 tablespoons white sugar  
 2 teaspoons sesame oil  
 6 x 250g salmon fillets, skin removed and pin boned  
 2 bunches thin asparagus, trimmed  
 Toasted sesame seeds and sliced green onions to serve  
 Steamed short grain rice to serve

### METHOD

1. Preheat frypan on setting SEAR and fill with a minimum of 1 litre of water.
2. Line a tray or plate that fits easily onto wire rack with baking paper.
3. Combine miso, mirin, sugar and sesame oil and mix well to form a paste. Brush ¾ of the miso mixture over salmon fillets and set aside.
4. Place asparagus onto a lined plate/tray and drizzle over with remaining miso mixture.
5. Place salmon fillets on top and position tray over wire rack. Cover, and reduced heat to setting 10. Cook 8-10 minutes or until salmon is cooked to your liking.

*Serve sprinkled with toasted sesame seeds and sliced green onions.*

## JAPANESE PANCAKES

Serves 4

### INGREDIENTS

1 cup plain flour  
 1 teaspoon salt  
 2 eggs, beaten  
 ½ cup water  
 1 cup shredded Chinese cabbage  
 1 small carrot, grated  
 4 green onions, finely sliced  
 200g white fish fillets, diced  
 250ml vegetable oil  
 Japanese mayonnaise, to serve  
 Tonkatsu sauce, to serve  
 Shredded nori, to serve

### METHOD

1. Place flour, salt, eggs and water into a large mixing bowl, and mix until smooth.
2. Stir through cabbage, carrot, green onion and fish and set aside.
3. Heat oil in frypan on setting 10.
4. Spoon a quarter of the pancake mixture into the frypan and spread out to form a 15cm circle. Repeat with remaining batter.
5. Cook 3-4 minutes or until lightly browned. Turn over and cook for a further 2 minutes.

*Serve hot drizzled with Japanese mayonnaise, Tonkatsu sauce and shredded nori. Substitute fish with prawns, cooked chicken breast or even more vegetables.*

## RICOTTA PANCAKES

Makes 8

### INGREDIENTS

3 eggs  
 200g fresh ricotta  
 ½ cup milk  
 ¾ cup self raising flour  
 1 teaspoon baking powder  
 2 tablespoons caster sugar  
 Unsalted butter for greasing

### METHOD

1. Place eggs, ricotta and milk into a large bowl and mix well to combine.
2. Sift flour and baking powder together and add sugar. Make a well into the centre of dry ingredients and pour in egg and ricotta mixture.
3. Fold batter lightly, until flour is just incorporated. Set aside.
4. Preheat the frypan on setting 8. Lightly grease with a little butter and wipe out excess with paper towel.
5. Spoon ¼ cup of the mixture into pan and spread out to form a 10cm round. Cook 2-3 minutes or until bubbles come to the surface and break. Carefully turn the pancake over and cook until golden brown on both sides. Remove from pan and continue with remaining batter.

*Serve with fresh blueberries and maple syrup.*

### TIP

**For berry pancakes pour mixture into pan; top with several fresh berries before flipping over and cooking other side.**

## CREPES

Serves 6-8

### INGREDIENTS

1½ cups plain flour  
Pinch salt  
3 eggs, lightly beaten  
1¼ cups milk  
1 teaspoon vanilla extract  
40g butter, melted

### METHOD

1. Preheat the frypan on setting 10-12.
2. Sift flour and salt into a large bowl. Gradually add combined eggs, milk, vanilla and butter. Beat until mixture is smooth.
3. Pour sufficient batter into the frypan to form a thin 15cm even crepe.
4. Cook 1-2 minutes, turn over and cook until golden. Repeat with remaining mixture.

*Serve with lemon juice and icing sugar.*

## VEGETABLE PATTIES

Makes approx 10

### INGREDIENTS

400g can chickpeas, drained and rinsed  
1 small onion, finely chopped  
1 zucchini, grated  
200g kumera, peeled and grated  
1 small carrot, grated  
2 eggs, lightly beaten  
1 cup dried bread crumbs  
1 clove garlic, crushed  
½ cup coarsely chopped coriander  
1 tablespoon toasted sesame seeds  
1 tablespoon curry powder  
Salt and freshly ground pepper  
2 cups vegetable oil

### Yoghurt, mint and cucumber sauce

375ml plain Greek yoghurt  
1 Lebanese cucumber, seeded and grated  
2 tablespoons chopped mint  
Salt to taste

### METHOD

1. To make the yoghurt sauce, stir together ingredients and season with salt.
2. Place ¾ of the chickpeas into the bowl of a food processor and pulse until lightly mashed.
3. Add grated vegetables, eggs, breadcrumbs, garlic, coriander, sesame seeds and curry powder. Pulse until well combined. Season with salt and pepper and add remaining whole chickpeas.
4. Using a ⅓ cup measure, spoon out mixture and form into a patty. Place onto a lined tray; cover and refrigerate for 30 minutes.
5. Preheat the frypan on setting 10 and add oil. Cook patties for 2-3 minutes each side or until golden. Drain on paper towel and serve with yoghurt sauce.

**CRISPY TOFU AND VEGETABLE PEANUT STIR-FRY**

Serves 6

**INGREDIENTS**

- 300g firm tofu
- 2 tablespoons vegetable oil
- 1 large onion, sliced
- 1 large red capsicum, seeded and sliced
- 2 carrots, thinly sliced on the diagonal
- 150g green beans, trimmed
- 2 bunches broccolini, trimmed and cut into 5cm lengths
- Green onions and chopped coriander to serve

**Peanut sauce**

- ½ cup crunchy peanut butter
- ½ cup water
- 2 cloves garlic, crushed
- 2cm piece ginger, finely grated
- 3 tablespoons soy sauce
- 2 tablespoons kecap manis
- 1 tablespoon lime juice

**METHOD**

1. Drain tofu and pat dry with paper towel to remove excess liquid. Dice into 3cm squares. Set aside.
2. To make the peanut sauce; combine the peanut butter, water, garlic and ginger in a small saucepan and heat gently over medium heat until smooth and hot. Add soy and kecap manis and stir until combined. You may need to add more water if sauce is too thick. Remove and set aside.
3. Heat oil in the frypan on setting 14. Cook tofu for 2-3 minutes until golden. Remove and drain on paper towel.
4. Add onion and cook 1-2 minutes to soften slightly. Add capsicum and carrot and continue cooking for a further 3 minutes.
5. Stir through beans & broccolini and stir-fry until heated through. Add tofu and cook an extra 2-3 minutes.
6. Pour over peanut sauce and toss to coat in sauce. Squeeze over lime juice and serve immediately topped with chopped green onion and coriander.

## TURKISH GOZLEME

Makes 6

### INGREDIENTS

1 tablespoon olive oil  
 1 large brown onion, finely chopped  
 3 cloves garlic, chopped  
 Salt and pepper  
 150g feta cheese, crumbled  
 100g tasty cheese, grated  
 6 cups (1 small bunch) shredded silverbeet  
 Olive oil cooking spray  
 Lemon wedges, to serve

### Dough

3 ½ cups bakers flour, sifted  
 2 teaspoons salt  
 2 tablespoons olive oil  
 ¼ cup natural yogurt  
 375ml lukewarm water

### METHOD

1. To make dough: Combine flour and salt in the bowl of an electric mixer. Turn mixer onto speed 1 and add oil, yoghurt and water. Mix for 6 minutes.

### TIP

Mixture is quite sticky so don't be tempted to add more flour.

2. Turn mixture out onto a lightly floured surface and lightly knead to combine. Divide dough into 6 equal portions and knead into small balls. Place balls onto a tray lined with a baking paper; cover and rest for 20 minutes.
3. Heat oil in the frypan on setting 8. Add the onions and garlic and cook until softened; Remove and set aside to cool. Wash and wipe out frying pan.

4. Combine cooled onion with cheeses and salt and pepper. Rinse and dry spinach well and set aside.
5. On a large piece of baking paper; roll one piece of dough to a 3mm thick rectangle. Place 1 cup shredded silverbeet onto one half of the dough. Top with one sixth of the cheese mixture.
6. Lift dough over filling to enclose, pinch edges together to seal. Repeat with remaining dough and filling and place onto separate sheets of baking paper.
7. Preheat the frypan on setting 10. Cooking one at a time, spray the top with cooking spray oil and flip up side down onto another sheet of baking paper. Place gozleme and baking paper onto cooking surface and cook for 4 minutes or until golden. Spray top with oil and carefully flip over to cook 4 minutes on other side.

## TURKISH GOZLEME WITH LAMB

Makes 6

### INGREDIENTS

1 tablespoon olive oil  
 1 large brown onion, finely chopped  
 3 cloves garlic, chopped  
 500g lamb mince  
 2 teaspoons ground cumin  
 1 teaspoon sweet paprika  
 ¼ cup tomato passata  
 Salt and pepper  
 150g feta cheese, crumbled  
 100g tasty cheese, grated  
 3 cups shredded silverbeet  
 Olive oil cooking spray  
 Lemon wedges, to serve

### Dough

3 ½ cups bakers flour, sifted  
 2 teaspoons salt  
 2 tablespoons olive oil  
 ¼ cup natural yogurt  
 375ml lukewarm water

### METHOD

#### To make dough:

1. Combine flour and salt in the bowl of an electric mixer. Turn mixer onto speed 1 and add oil, yogurt and water. Mix for 6 minutes.

### NOTE

Mixture is quite sticky so don't be tempted to add more flour.

2. Turn mixture out onto a lightly floured surface and lightly knead to combine. Divide dough into 6 equal portions and knead into small balls. Place balls onto a tray lined with a baking paper; cover and rest for 20 minutes.

3. Heat oil in frypan setting 8. Add the onions and garlic and cook until softened. Add lamb mince and cook, stirring, until browned; add spices and passata. Cook for 10-15 minutes or until mixture is thick. Remove and allow to cool. Wash and wipe out frying pan.
4. Combine cheeses and spinach; set aside.
5. On a large piece of baking paper; roll one piece of dough to a 3mm thick rectangle. Place ½ cup shredded silverbeet onto one half of the dough. Top with one sixth each of the lamb and cheese mixture.
6. Lift dough over filling to enclose, pinch edges together to seal. Repeat with remaining dough and filling and place onto separate sheets of baking paper.
7. Preheat the frypan on setting 10. Cooking one at a time, spray the top with cooking spray oil and flip up side down onto another sheet of baking paper. Place gozleme and baking paper onto cooking surface and cook for 4 minutes or until golden. Spray top with oil and carefully flip over to cook 4 minutes on other side. Cut into wedges and serve with lemon wedges.

## NASI GORENG

Serves 6

### INGREDIENTS

- ½ cup vegetable oil
  - 4 eggs
  - 1 onion, finely chopped
  - 3 cloves garlic, finely chopped
  - 2 long red chillies, finely sliced
  - 2 teaspoons shrimp paste
  - 1 teaspoon ground coriander
  - 2 teaspoons sugar
  - 2 small chicken breast, thinly sliced
  - 300g raw school prawns, peeled and de-veined
  - ¼ small Chinese cabbage, finely shredded
  - 6 cups cold cooked long grain rice
  - ¼ cup kecap manis
  - 2 tablespoons soy sauce
  - 4 green onions, sliced
- Garnish with thinly sliced cucumber and carrot strips and crisp fried Asian shallots

### METHOD

1. Heat half the oil in the frypan on setting 10.
2. Beat eggs together until well mixed and foamy. Pour in frying pan and tilt pan to spread egg to form a thin omelette across the base of pan. Cook 1-2 minutes, or until just set. Roll up omelette to form a cylinder and remove to a plate. Cool slightly and cut into thin strips. Set aside to cool.
3. Combine onion, garlic, chillies, shrimp paste, coriander and sugar into the bowl of a food processor and process until it forms a paste. You may need to add a little oil or water to enable the ingredients to blend properly.
4. Heat remaining oil on setting 6-8. Add paste and cook for 1-2 minutes or until fragrant.
5. Add sliced chicken and stir fry for 2-3 minutes to seal. Add prawns and cabbage and continue cooking for a further 5 minutes.
6. Stir in cold rice, breaking up any lumps, until the rice is heated through. Add sauces and green onions.

*Serve topped with cucumber and carrot strips and Asian shallots.*

### NOTE

Shrimp paste is available in the Asian section of your supermarket.



## WHOLE STEAMED SNAPPER

Serves 4

### INGREDIENTS

1.5kg whole snapper, scaled and gutted  
 4cm knob ginger, thinly sliced  
 2 sticks lemongrass, trimmed and cut into thin strips  
 1 lime, sliced  
 ¼ cup Shaoxing wine  
 2 tablespoons light soy sauce  
 2 teaspoons sesame oil  
 2 tablespoons peanut oil  
 Fresh coriander sprigs and sliced green onions for garnish

### METHOD

1. Make 3 slashes into the thickest part of the fish, on both sides. Place slices of ginger and lemongrass into each of the incisions and place the remainder inside the fish cavity along with the sliced lime.
2. Preheat the frypan on setting SEAR and fill with 1 litre of water. Bring to the boil. Position the trivet into the base of the frypan.
3. Place fish onto a tray or plate, lined with baking paper and place onto wire rack. Combine wine, soy and sesame oil and pour over fish. Cover, reduce heat to setting 8 and cook 12-15 minutes or until the flesh flakes easily in the thickest part of the fish. Remove tray/plate and set aside, covered loosely with foil.
4. Heat oil in a small pan until smoking. Remove foil and pour directly over the top of the fish.

*Garnish with coriander sprigs and green onion and serve immediately with steam rice.*

## ROAST GARLIC AND ROSEMARY LAMB

Serves 4-6

### INGREDIENTS

1.7kg leg of lamb  
 3 cloves garlic, cut into thin slivers  
 6-8 rosemary sprigs  
 Sea salt and freshly ground black pepper  
 2 tablespoons olive oil  
 8 pickling onions, halved

### Gravy

1 tablespoon oil  
 2 tablespoons plain flour  
 ½ cup red wine  
 1½ cups chicken stock

### METHOD

1. Using a small knife, cut small slits evenly over the top of the lamb leg. Insert garlic and a sprig of rosemary into each slit. Season with salt and pepper.
2. Heat the frypan on setting 14. Add lamb and cook until browned on all sides.
3. Reduce heat to setting 8. Cover and cook for a further 45 minutes. Turn lamb over and baste with any pan juices.
4. Scatter onion around lamb, cover, continue cooking for a further 30-40 minutes or until onions and lamb are cooked to your liking.
5. Remove lamb and onions and cover loosely with foil, stand for 10 minutes to rest before carving.
6. To make the gravy, reduce temperature to setting 6 and add oil. Stir in flour to make a thick smooth paste. Add wine and stock and stir, scraping up all pan sediment. Simmer for 5 minutes or until thickened. Season to taste with salt and pepper.

*Serve sliced lamb with onions and gravy and favourite steamed vegetables.*

**HERB SPICY LAMB & BEAN NACHOS WITH SALSA**

Serves 8

**INGREDIENTS**

- 2 tablespoons oil
- 1 onion, finely chopped
- 1kg lamb mince
- 2 tablespoons ground cumin
- 2 tablespoons mild paprika
- 1 teaspoon cayenne pepper
- ½ cup tomato paste
- 425g can red kidney beans, rinsed and drained
- 2 cups beef stock
- 2 x 230g plain corn chips
- 400g grated tasty cheese
- Salt and pepper
- Guacamole, sour cream and salsa to serve

**Salsa**

- 4 large Roma tomatoes cut into a small dice
- 1 small red onion, finely diced
- 1 tablespoon extra virgin olive oil
- Juice of a lime
- 1 tablespoon finely chopped coriander

**METHOD**

1. Heat oil in the frypan on setting 8-10. Add onion and cook for 3-4 minutes or until softened. Add mince in batches and cook, stirring, until brown and crumbly.
2. Stir in spices and tomato paste and cook for 1-2 minutes. Add beans and stock and mix well. Bring to the boil. Reduce heat to setting 7 and simmer uncovered, stirring occasionally, for 10 minutes or until lamb mixture thickens. Season with salt and pepper to taste.

3. Spread corn chips over 2 oven proof dishes. Top with lamb mixture, sprinkle with cheese and bake uncovered in a moderately hot oven (200 C) or under a preheated grill until golden and heated through.
4. To make the salsa; combine ingredients and mix well.
5. Cut up large squares of nachos and top with guacamole, sour cream and salsa.

## CRUSTED LAMB RACKS

Serves 6

### INGREDIENTS

2 cups fresh breadcrumbs  
 2 tablespoons chopped parsley  
 1 tablespoon chopped rosemary  
 2 cloves garlic, minced  
 1 teaspoon grated lemon rind  
 Salt and freshly ground black pepper.  
 ¼ cup Dijon mustard  
 6 x 4 point lamb racks  
 2 tablespoons olive oil

### METHOD

1. Combine breadcrumbs, herbs and, garlic and lemon rind in a bowl and mix well. Season with salt and pepper.
2. Spread the top of each lamb rack with mustard and press bread crumb mixture over the top.
3. Heat oil in the frypan on setting 8. Place racks, crust side down and cook for 6 minutes or until golden. Turn racks over, and cook for a further 6 minutes.
4. Reduce heat to setting 6. Cover with lid and cook 10-15 minutes.
5. Remove from pan, cover loosely with foil and allow to stand for 10 minutes before serving.

## FAMILY BOLOGNAISE

Serves 6

### INGREDIENTS

2 tablespoons olive oil  
 1 large onion, finely chopped  
 2 cloves garlic, crushed  
 1kg lean beef mince  
 1 cup red wine  
 ½ cup tomato paste  
 2 x 400g can diced tomato  
 1 carrot grated  
 1 litre beef stock  
 1 bay leaf  
 Salt and freshly ground black pepper.

### METHOD

1. Heat oil in the frypan on setting 10. Cook onion and garlic for 5 minutes or until softened. Add mince in 2 batches, stirring continuously to break up lumps. Cook until brown and crumbly.
2. Stir in wine and tomato paste and cook for a further 1 minute. Add canned tomato, carrot, stock and bay leaf and bring to the boil.
3. Reduce heat to setting 6-8. Cover, and simmer for 45-50 minutes or until sauce has thickened and reduced and meat is tender. Season to taste with salt and pepper.

*Serve with your favourite pasta.*

## BEEF AND BLACK BEAN STIR-FRY

Serves 6

### INGREDIENTS

- 800g beef fillet (substitute with rump or sirloin steak)
- ¼ cup Shaoxing wine
- ½ cup oyster sauce
- ¼ cup sugar
- ¼ cup kecap manis
- 2 tablespoons sesame oil
- 2 tablespoons fish sauce
- 3 tablespoons peanut oil
- 1 large onion, cut into thin wedges
- 2 cloves garlic, crushed
- 2 tablespoons salted blackbeans, rinsed, drained and lightly mashed
- 2 bunches asparagus, trimmed and cut into 5cm lengths
- 1 tablespoon corn flour

### METHOD

1. Finely slice beef into even thin strips and place into a large bowl.
2. Combine Shaoxing wine, oyster sauce, kecap manis, sesame oil and fish sauce and mix well. Pour over beef and stir to coat. Cover and refrigerate for 2 hours.
3. Strain marinade from beef and set aside for later.
4. Heat half the oil in the frypan on SEAR setting and stir-fry beef in small batches for 1-2 minutes until seared. Remove and repeat with remaining beef.
5. Heat remaining oil in the frypan on setting 10 and cook onion, garlic and black beans for 1-2 minutes. Add reserved marinade and bring to the boil. Return beef strips and add asparagus to frypan and toss to coat and heat through.
6. Blend cornflour with 1 tablespoon of cold water and add to pan. Stir until thickened and meat is hot and cooked.

*Serve immediately with steamed rice.*

## BEEF BURGER

Serves 4-6

### INGREDIENTS

- 800g lean mince beef
- 1 onion, grated
- 1 egg, lightly beaten
- 1 carrot, grated
- ½ cup dry breadcrumbs
- 2 tablespoons Worcestershire sauce
- 2 tablespoons tomato sauce
- ½ cup chopped parsley
- Freshly ground black pepper
- 2 tablespoons oil

### METHOD

1. Combine beef, onion, egg, sauces and parsley. Season with freshly ground black pepper.
2. With clean hands, mix mince mixture until well combined.
3. Divide into 6 large flat patties and refrigerate until required.
4. Heat oil in the frypan on setting 10.
5. Cook patties for 2-3 minutes each side or until patties are cooked through. Remove and drain on absorbent paper.

*Serve on toasted hamburger buns with sliced tomato, caramelised onion and lettuce.*

## THAI CHICKEN CURRY

Serves 6

### INGREDIENTS

270ml coconut cream  
 2 tablespoons Thai green curry paste  
 1 cup chicken stock  
 400ml coconut milk  
 1kg chicken thigh fillets, diced  
 150g green beans, trimmed  
 250g punnet cherry tomatoes  
 200g can bamboo shoots, drained  
 2 tablespoons fish sauce  
 1 tablespoon sugar  
 ½ cup Thai basil leaves  
 Juice of a lime

### METHOD

1. Scoop solid cream from the top of the coconut cream and heat in the frypan on setting 12. Bring to the boil and allow to cook until it looks lacy and oil separates from the coconut cream.
2. Stir in paste and cook a further 1 minute or until fragrant. Add stock and coconut milk and bring to the boil. Reduce heat to setting 6 and add chicken; simmer 5 minutes.
3. Add beans, cherry tomatoes, bamboo shoots, fish sauce and sugar and simmer an extra 5 minutes.
4. Stir in Thai basil and squeeze over lime juice.

*Serve with steamed jasmine rice.*

## CREAMY CHICKEN WITH BACON & THYME

Serves 6

### INGREDIENTS

2kg chicken pieces, skin removed  
 ¾ cup plain flour  
 Salt and freshly ground black pepper  
 ¼ cup olive oil  
 2 leeks, washed and finely sliced  
 4 rashers bacon, rind removed and chopped  
 300g button mushrooms  
 3-4 sprigs thyme  
 2 cups chicken stock  
 ½ cup sour cream

### METHOD

1. Wipe chicken pieces with paper towel. Combine flour with salt and pepper into a large snap lock bag. Add chicken pieces in batches and toss to coat evenly. Remove and repeat with remaining chicken and flour.
2. Heat oil in the frypan on setting 12. Brown chicken pieces on both sides until golden but not cooked through; remove and set aside.
3. Add leek, bacon, mushrooms and thyme and cook 5 minutes. Stir in stock, scraping up any food on the bottom of the pan. Return chicken to frying pan. Reduce heat setting to 6-8, cover with lid and simmer 30 minutes or until chicken is cooked through.
4. Stir through sour cream and season to taste.

*Serve with buttered noodles or rice.*

## INDIVIDUAL STICKY DATE PUDDINGS

Serves 6

### INGREDIENTS

200g coarsely chopped dried dates  
 1 teaspoon bicarbonate soda  
 1 ¼ cups boiling water  
 60g softened butter  
 1 cup firmly packed brown sugar  
 1 cup self raising flour  
 2 eggs

### Butterscotch sauce

160g butter  
 ¾ cup firmly packed brown sugar  
 1 cup thickened cream

### METHOD

1. Bring 3 litres of water to the boil in the frypan on SEAR and set wire rack into the base of frying pan. Grease 6 individual 1-cup ramekins with cooking spray.
2. Place dates, soda and boiling water into the bowl. Stand for 5 minutes to soak and soften. Pour into the bowl of a food processor and pulse until combined. Add butter and sugar and pulse until well incorporated. Add remaining ingredients and pulse mixture until just combined. Do not over process.
3. Pour mixture into prepared ramekins. Place ramekins into frying pan. Cover and cook for about 25 minutes or until cooked when tested with a skewer. Carefully remove from frying pan; stand for 5 minutes before turning out onto a wire rack.
4. To make butterscotch sauce; combine all ingredients in a small saucepan and simmer over a low heat until combined.

*Serve individual puddings with sauce and vanilla ice cream.*

## GOLDEN SYRUP DUMPLINGS

Serves 6

### INGREDIENTS

2 cups self raising flour  
 120g unsalted butter  
 2 eggs  
 ½ cup milk

### Syrup sauce

60g butter  
 1½ cups brown sugar  
 ¾ cup golden syrup  
 2 cups water

### METHOD

1. To make the syrup; Heat the frypan on setting 10 and add butter, brown sugar, golden syrup and water together. Stir until sugar has dissolved. Reduce heat setting to 8. Cover and simmer for 5 minutes.
2. To make the dumplings; place flour and butter into the bowl of a food processor and pulse until it resembles breadcrumbs. Add eggs and milk and process until a smooth batter forms.
3. Using 2 soup spoons, form small balls of dough and drop into simmering syrup.
4. Cover and simmer 15 minutes turning dumplings over half way or until dumplings have doubled in size and are cooked through.

*Serve hot with fresh thickened cream.*

### SPICED RHUBARB, APPLE AND BERRY COMPOTE

Serves 8

#### INGREDIENTS

80g butter  
½ cup brown sugar  
1 cinnamon stick  
1 vanilla bean, halved and scraped  
2 apples, peeled, cored and cut into large dice  
2 pears, cored and cut into large dice  
2 bunches rhubarb, trimmed and cut into 5cm lengths  
270g fresh dates, seeds removed, chopped  
300g fresh or frozen mixed berries

#### METHOD

1. Heat the frypan on setting 6. Add butter, sugar, cinnamon, and vanilla bean and ½ cup water. Stir until butter and sugar have melted and syrupy.
2. Add apples and pears and toss to coat in syrup. Cover with lid and simmer for 10 minutes.
3. Stir in rhubarb and berries, cover and cook for a further 5 minutes or until fruit has softened and apples are tender.

*Serve warm with ice cream or cold with ricotta pancakes.*





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