

*Sunbeam*

# Multicooker Deep Fryer

INSTRUCTION BOOKLET.



DF4400

---

PLEASE READ THIS BOOK THOROUGHLY AND RETAIN FOR FUTURE REFERENCE.

---

THIS BOOK COVERS THE USE AND CARE OF THE FOLLOWING SUNBEAM ELECTRIC FRYWARE:

---

DF4400      MULTICOOKER DEEP FRYER - 5 LITRE NON-STICK ELECTRIC COOKWARE

---

DF4400

# Sunbeam's Safety Precautions.

## SAFETY PRECAUTIONS FOR YOUR MULTICOOKER DEEP FRYER.

- Use your Multicooker Deep Fryer 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.

## SAFETY PRECAUTIONS FOR ALL ELECTRICAL APPLIANCES

Sunbeam are 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.
- Close supervision is necessary when your appliance is being used near children or infirm persons.
- Never leave an appliance unattended while in use.
- Young children should be supervised to ensure that they do not play with the appliance.
- 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.
- For safety reasons and to avoid maintenance by unskilled persons, some appliances are 'sealed' using tamperproof screws. Such appliances should always be returned to the nearest Sunbeam Appointed Service Centre for adjustment or repair if required.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been dropped or 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.

If you have any concerns regarding the performance and use of your appliance, please ring our Toll Free number (Australia only) 1800 025 059. New Zealand - contact the Sunbeam Office in Auckland on 09 912 0747.

## Ensure the above safety precautions are understood.

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

Βεβαιώστε 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 anlaşılğından emin olunuz

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

# Contents.

---

Sunbeam's Safety Precautions	2
An introduction to Multicooker cooking	4
Features of your Sunbeam Multicooker Deep Fryer	5-6
Features of your Sunbeam electric cookware	7-8
Using your cookware	9
Care and Cleaning	10
High Grade Non-Stick surface	11
Cooking with your Sunbeam Multicooker Deep Fryer	12-13
Vegetable Cooking Hints	14-16
Cooking information	16-17
Cooking Definitions	18
Recipes for your Multicooker	19-27
Cooking with your Deep Fryer:	
The Perfect Chip	28
Deep fry cooking with home battered food	29
Frying times and temperatures	30
Recipes for your Deep Fryer	31-36
Troubleshooting	36

---

# An Introduction to multicookers.

---

Congratulations on the purchase of your new Sunbeam Multicooker Deep Fryer.

Over the years we have introduced many innovations in electric cookware and we hope you continue to enjoy cooking meals with our new Multicooker Deep Fryer.

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

## **Versatile.**

Use as a deep fryer or electric saucepan. Boils, roasts, casseroles, braises, stir-frys and is great for deep frying.

## **Economical.**

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

## **Total control.**

The Trigger Release Control Probe has 10 heat settings to give you total heat control.

## **Easy to clean.**

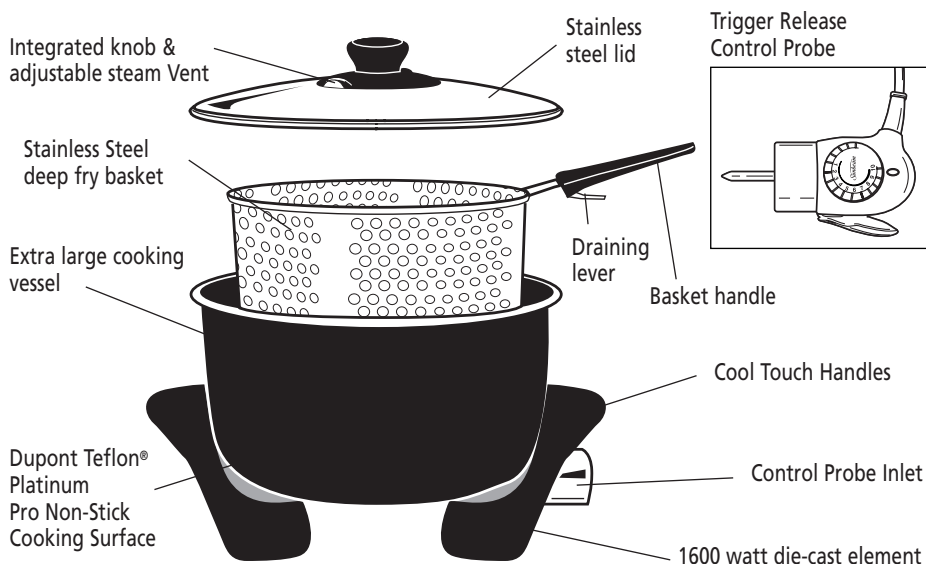
Features a fully sealed element, so that the frypan is dishwasher-safe and can be fully immersed in water.

## **Guaranteed reliability.**

Your new Sunbeam Multicooker Deep Fryer 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 Multicooker Deep Fryer or any other Sunbeam appliance, please phone the Sunbeam Consumer Service Line on 1800 025 059 or the Sunbeam office in your state. In New Zealand - call the Sunbeam office in Auckland on 09 912 0747.**

# Features of your Multicooker Deep Fryer.



## Extra large cooking vessel

This 5 litre capacity, non-stick cooking vessel, not only allows you to deep fry, but makes an ideal saucepan as well for boiling, roasting, braising, stewing, soups etc. The cooking vessel is completely dishwasher safe and fully immersible.

## Deep fry basket with detachable handle

This lightweight stainless steel deep fry basket is removable and has a 1.0kg food capacity for deep frying. It can also be used for cooking and draining spaghetti and other pasta.

## Basket handle

Has a draining lever which rests securely inside the rim of the vessel to allow safe, hands-free draining of food. The basket handle folds inside the basket for easy storage.

## Cast-in element

The 1600 watt element is completely cast into the heavy duty base for faster superior heating and a longer element life.

## Stainless steel lid

The lid should be used when bringing water to the boil, simmering, soups and stews etc. NEVER USE THE LID WHEN DEEP FRYING.

## Du Pont Teflon® Platinum Pro Non-Stick Coating

Safe to use with metal utensils. Up to 10 times more scratch-resistant than other non-stick coatings. See page 6.

## Adjustable steam vent

Integrated knob and adjustable steam vent allows you to accurately control moisture levels during cooking.

## 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.

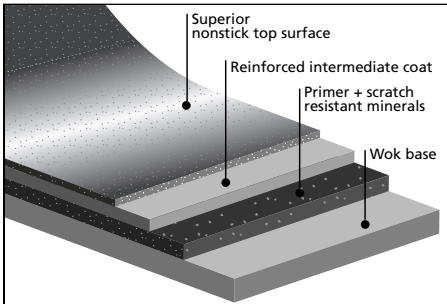
Being removable enables the vessel to be fully immersible and dishwasher safe for easy cleaning. The trigger release lever makes removal of the probe easy.

# Features of your Multicooker Deep Fryer (cont).

## DuPont Teflon® - Platinum Pro Non-Stick Coating

Your Sunbeam Multicooker Deep Fryer features DuPonts' toughest non-stick coating produced to date - Platinum Pro.

DuPont is the world leader in non-stick coatings with the introduction of Teflon dating back to 1938. Today more than 2 billion households have Teflon non-stick coated cookware.

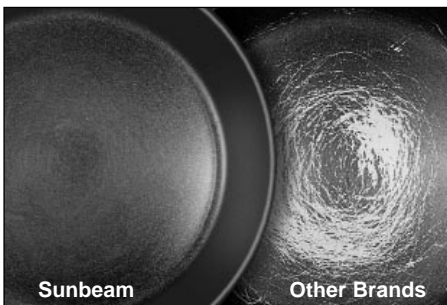


Platinum Pro - 3 layer scratch resistant coating

Teflon Platinum Pro is a premium 3 layer non-stick coating. It features special scratch resistant minerals causing metal utensils to slide over these particles without damaging the Teflon matrix.

This preserves the release properties of the non-stick coating during the life of the wok.

The end result is a non-stick coating that can be treated like ordinary cookware, enabling the use of metal utensils such as spatulas and spoons, but not sharp utensils.



Results from DuPont's 'In-house Cooking Abuse Test'

So tough is the new Teflon Platinum Pro coating that it is up to 10 times more scratch resistant than other non-stick coatings\*.

The image shown is an example of the performance of Teflon Platinum Pro against an 'other' non-stick coating. Each surface has undergone 5 cycles of the DuPont In-House Abuse Test. The Teflon Platinum Pro only has some surface scuffing, whereas the 'other' non-stick coating has deteriorate badly.



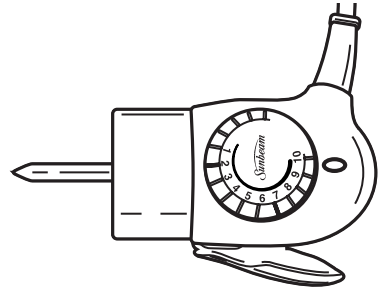
\* The images shown here and performance claims are based upon the DuPont In-House Cooking Abuse Test used to evaluate scratch resistance and release properties of non-stick coatings.

# Features 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.



The numbers on the dial represent the following approximate cooking surface temperatures.

DIAL SETTING	CELSIUS (approx)	FARENHEIGHT (approx)	USES	TEMPERATURE
1 2	100°C 110°C		Keeping food warm and reheating	<b>LOW</b>
3 4	125°C 140°C	260°F 285°F	Simmering, sauteing and slow cooking	
5 6	150°C 160°C	300°F 320°F	Boiling, pan frying and stir-frying	<b>MEDIUM</b>
7 8	175°C 185°C	350°F 365°F	Shallow frying, baking	
9 10	200°C 210°C	390°F 410°F	Deep frying, searing and sealing, roasting	<b>HIGH</b>

**Note:** The cooking surface temperatures given 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.

# Features of your Sunbeam cookware (cont).

---

## **Stainless steel Lid**

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

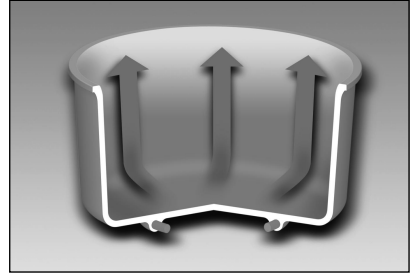
The lid also retains heat and moisture when simmering food such as casseroles.

## **Adjustable steam vent**

The steam vent allows moisture to escape without losing too much heat. Keep the vent closed whenever cooking food where it is necessary to retain the heat and/or moisture. The vent should be left open for a crisper result. When roasting chicken and meat, open the vent in the last 15 minutes of cooking to crispen.

## **Cast-in element**

The element is completely cast into the heavy duty base for faster superior heating and a longer element life.



DF4400



# Using your cookware.

---

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

1. Insert the Control Probe into the inlet on the Multicooker Deep Fryer.
2. Plug the cord into a 230-240V power outlet and turn the power on.
3. 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 Multicooker Deep Fryer, 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 Multicooker Deep Fryer must only be used with the Control Probe provided.

## Saucepan cooking

At this point we stress that this vessel is not just suitable for deep frying, but has many other uses. Use the cooking vessel without the Deep Fryer Basket as a rice and pasta boiler, for simmering soups and large stews, preparing spaghetti sauce and braising roasts.

## Deep fry cooking

1. Place the deep fryer on a flat and stable surface away from any heating source and where it cannot be splashed with water.
2. Remove the lid. NEVER USE THE LID WHEN DEEP FRYING.
3. Pour good quality vegetable, nut or seed oil into the vessel until it reaches between the 'MIN' and 'MAX' marks indicated on the inside of the non-stick vessel. (approx 2lt)

**Note:** Do not mix different types of oil.

4. Insert the plug into a 230-240 volt power outlet and turn the power on by using the on/off switch.
5. Heat the oil to the cooking temperature as recommended by the recipe. Rotate the dial on the temperature control probe to the temperature that you wish to cook the food.
6. Using the frying basket supplied, pull the handle backwards until it locks into position.
7. Place your food inside the basket, and gently lower the basket into the oil.
8. Cook your food for recommended time as per the recipe, or as desired.
9. When the food is cooked, (ensuring that the handle is locked in position) gently lift the basket directly out of the cooking vessel. Tilt the basket so that the draining lever rests securely on the inside rim of the cooking vessel. (see diagram below)
10. Remove hot food with tongs and drain on absorbent paper.



# Hints for perfect frying.

---

1. Always use the best quality oil possible. We recommend corn, nut, seed or vegetable oils. Never use butter, margarine or olive oils.
2. Avoid mixing oils of different qualities or types.
3. Change the oil when it becomes brown or milky in colour.
4. Take into account the food to be cooked before setting the frying temperature. As a general guide precooked food will need a higher temperature than raw food, and the larger the individual items the lower the temperature should be.
5. Large pieces of food should not be deep fried, as they take to long to cook thus absorbing too much oil.
6. Fry small amounts at a time, adding too much at a time will decrease the oils temperature and increase the chance that food will stick together.
7. Make sure that food is dry before frying, wet food will splatter.

## Care and 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 Multicooker Deep Fryer is used again.

### NEVER IMMERSER THE CONTROL PROBE IN WATER OR OTHER LIQUID.

**Storage:** 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.

**WARNING:** Always wait for the fryer vessel and hot oil to cool down before emptying the vessel.

Drain off any oil, water or other liquid from the vessel and remove any food particles.

### NEVER PUT COLD WATER INTO A HOT DEEP-FRYER

Allow the vessel to cool, add tepid water and let stand, if necessary, to soak and soften stubborn food particles.

### Washing the inside of the vessel

1. When cooled, remove any excess food particles.
2. When cooled, wash thoroughly in hot soapy water. **NOTE:** Your cooking vessel is fully immersible in water and is also dishwasher safe.
3. Rinse out in hot or boiling water to remove unseen fat particles.

### Washing the outside of the vessel

Wash grease and oil off the outside of the vessel with hot soapy water.

### Cleaning the basket

1. Remove excess food particles from the Deep Fry Basket.
2. Place in hot, soapy water in a sink. Steel wool or a mild abrasive may be used to remove stubborn food particles.
3. Rinse and dry thoroughly.
4. Alternately, place the basket in a dishwasher.

### Cleaning the lid

Wash the lid in hot, soapy water. Alternately, place the lid in a dishwasher.

# High Grade Non-Stick cooking surfaces.

---

Cooking on a non-stick surface minimises the need for oil, food does not stick and cleaning is easier.

To ensure you get the best results from your non-stick cooking surfaces, 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.

Avoid using high settings (8-10), as any food which may burn on the non-stick surface may cause it to discolour.

Any discolouration that may occur will only detract from the appearance of the frypan and will not affect the cooking performance.

## **To clean interior and exterior surface:**

Wash in hot soapy water. Remove stubborn spots with a plastic washing pad or sponge.

**Do not use steel wool or coarse scouring pads.** These will damage the non-stick cooking surface.

**Wash as directed, and re-season the Multicooker Deep Fryer before using again.**

**Dishwasher-safe.** Your Multicooker Deep Fryer is completely dishwasher-safe. The heating element is totally sealed so it is safe to fully immerse in water.

# Cooking with your Multicooker.

---

## Shallow frying

Add only sufficient quantity of oil to cover the surface of the vessel. Preheat oil on dial setting 6-7 before adding food. Turn the food as you fry it, reducing heat if necessary. Remove the food with a slotted spoon or tongs, drain well and serve.

## Sauteing

This is a term which means foods are quickly fried and gently stirred in a small amount of hot butter, margarine or oil. Foods that are commonly sauteed are onions, mushrooms, garlic, capsicums and meats. Sauteing develops flavour. Preheat the vessel to dial setting 3-4 with oil and saute as desired.

## Boiling

Ideal for cooking vegetables where they are completely immersed in water which is brought to boiling point. Heat is regulated to continue the boiling action. Place the lid on the vessel unless stated in the recipe.

## Dry Frying

Preheat the cooker to dial setting 6-8 with a little butter, margarine or oil. Remove excess fat from meat and place it directly into the vessel. Turn the food to seal and brown both sides. It may be necessary to lower the setting after sealing to complete the cooking. When small amounts of butter, margarine or oil are used, tilt the vessel slightly to coat the entire surface.

## Reheating Foods

To keep foods hot or reheat foods, place the leftovers into the vessel and heat on setting 1-2. To prevent food drying out add a small amount of stock or water as required. Another way to heat leftovers is to wrap them in foil, seal and place in the vessel with the lid on. Heat on settings 3 or 4 for 5 to 10 minutes.

## Braising and Stewing

This is the ideal method for cooking tougher cuts of meat. First saute the food in butter or oil to develop the flavour. Then cover with stock, water or wine and cook for the suggested time and setting in the recipe. Always keep the lid on and the vent closed when braising or stewing.

## Deep Frying

- (a) 'It is essential that foods to be deep fried are completely immersed in the frying medium. Select any frying medium you wish, but refined, deodorised vegetable oils are recommended. They can be used more than once without marked deterioration. Sunbeam also recommends peanut oil or solid vegetable shortening of reliable brands. Lard is the best of animal fats, but it tends to be very rich in flavour and odour. Dripping darkens quickly and is not completely satisfactory. **DO NOT USE BUTTER OR MARGARINE FOR DEEP FRYING.**
- (b) Do not overfill the cooking vessel with oil or shortening. Allow at least 8cm from the top of the oil or shortening to the rim of the vessel. About 8 to 10 cups (2 to 2½ litres) of oil or 2kg of shortening is ample. If more is used, boilovers may occur.
- (c) Never leave oil or shortening at high frying temperatures for long periods of time. If cooking fried foods in batches, lower the temperature to setting 1-2 between frying sessions, as it helps to extend the life of the oil.
- (d) **NEVER PLACE THE LID ON THE VESSEL WHEN DEEP FRYING.**

## Care of oils and shortenings

- Strain after each use because food particles or sediments cause oil to darken, foam and lose its browning quality.
- Store in a cool place away from light.
- Renew oil frequently. We do not recommend

# Cooking with your Multicooker (cont).

---

the addition of new oil to old, as used oil breaks down the quality of the new oil.

- DO NOT STORE OIL IN THE MULTICOOKER.

## To clarify oils and shortenings

Oil or shortening will last longer if clarified regularly. For each 500g of shortening or 2 cups (500 ml) of oil, add one potato, peeled and cut into 5mm slices. Heat oil or shortening gradually. When it ceases to bubble and the potatoes are well browned, strain the oil through several thicknesses of muslin or cheesecloth placed over a strainer.

Set aside to cool. When ready to use, discard any sediment left at the bottom of the bowl.

## Hints for frying

- (a) Vary time and temperature to suit taste, size and quantity of foods.
- (b) Do not heat more oil or shortening than required.
- (c) Dry foods thoroughly on absorbent paper before adding to hot oil, or before dipping into frying batter, to avoid excess spattering.
- (d) Use tongs or a long-handled slotted spoon to gently lower food into hot oil. To avoid spatter burns, never drop foods from fingers.
- (e) Do not overcrowd the frying basket. It is better to cook about half a basketful at a time.
- (f) Batter-covered foods such as doughnuts are best cooked one layer at a time.
- (g) Wait for indicator light to go OFF before frying next batch. Skim off any food particles.
- (h) Have absorbent paper handy for draining foods.

## Boiling vegetables

- (a) Prepare vegetables (see pages 14-16).
- (b) Add enough water to the vessel to barely cover vegetables.
- (c) Bring water to a rapid boil on setting 5-6.
- (d) Add vegetables and return to the boil.
- (e) Cover, unless stated in recipe or chart.
- (f) Reduce setting to 2 (or gentle boil) and cook for the suggested cooking time (see pages 14-16).
- (g) Drain vegetables.

**NOTE:** Vegetable stock may be used as a base for sauces.

## To blanch vegetables for freezing

- (a) Prepare vegetables and plunge into boiling water.
- (b) Boil rapidly for 1 to 10 minutes (depending on vegetable).
- (c) Remove and cool vegetables quickly by placing in iced or running cold tap water.
- (d) Leave approximately 2.5 cm space before sealing.
- (e) Label, date and freeze.

The following pages give basic preparation and cooking directions for boiling steaming or sauteing a wide selection of vegetables.

# Vegetable Cooking Hints.

---

## Asparagus

Scrub stalks gently with a vegetable brush to remove soil. Snap off woody end and scrape white part with knife to remove outer layer of stalk.

**Boil:** Tie asparagus into bundles of 8-10 with string and place upright into vessel. Add water to almost cover stalks, 1 teaspoon each sugar and salt. Simmer for 5-10 minutes.

Tips will cook in steam.

## Beans (green)

Wash well. Remove tops and tails. If necessary, remove 'strings' with vegetable peeler. Cut diagonally down centre into desired lengths or leave whole.

**Boil:** Follow basic boiling directions and cook for approx. 5 to 10 minutes.

## Broad beans

If young, may be cooked whole with top and tails removed. If mature remove from pods.

**Boil:** Follow basic boiling directions for 10-15 minutes or until tender.

## DRIED BEANS e.g. Red, Kidney, Haricot, Soya, Lima

Wash beans well, cover with cold water. Allow to soak overnight.

**Boil:** Bring beans and water in which they have been soaked to the boil. Cover, and simmer for 40 mins to 1 hour. Add salt and continue to simmer for a further hour or until tender.

## Broccoli

Soak in cold water, drain and rinse well under running water. Remove woody sections of stalks and coarse leaves. Split lower sections of stalk lengthwise.

**Boil:** Follow basic boiling directions, cook for 5-10 minutes or until tender.

## Brussel Sprouts

Remove coarse outer leaves and wash well. Trim and cut a slit lengthwise on bases.

**Boil:** Follow basic boiling directions, adding a pinch of sugar. Cook for 15 minutes or until tender.

## Cabbage

Remove coarse outer leaves. Wash cabbage well, under cold running water. Shred or cut into wedges leaving some of the core on each wedge to keep leaves in place.

**Boil:** Place prepared cabbage into vessel with salt and a little water if insufficient is on cabbage. Cover, cook for 10-15 minutes depending on size and quantity.

## Capsicums (peppers) red or green

Wash well. Cut around long stem. Remove stem with seeds attached, cut away white membrane, rinse. Follow recipe regarding cutting.

Saute: Cover surface of vessel with butter or margarine, or oil, and saute capsicum on Simmer to 1 for 5 minutes, stirring frequently to coat and brown evenly.

## Carrots

Wash and scrub with vegetable brush, scrape and peel thinly. Trim tops and tails, cut into desired shapes.

**Boil:** Follow basic boiling directions and cook for 5-10 minutes or until just tender.

## Cauliflower

Remove outer leaves leaving young leaves close to head. Trim base. Wash under cold running water. Cut into halves or break into flowerettes.

**Boil:** Follow basic boiling directions, and cook for approx. 10 minutes or until tender. To keep cauliflower white, cook in half milk and water to almost cover cauliflower.

# Vegetable Cooking Hints (cont).

---

## Chokoes

Peel under running water. Halve and remove seeds. Cut into quarters.

**Boil:** Follow basic boiling directions and cook for 10-15 minutes or until tender.

## Corn – Cob

Remove husks and 'threads' from cob and trim tip and base. Wash under running water.

**Boil:** Follow basic boiling directions. Simmer for 10-15 minutes.

## Corn Kernels

Hold cob upright on chopping board, with sharp knife, cut down near core, removing kernels from cob.

**Boil:** In  $\frac{1}{2}$ -1 cup boiling salted and sugared water. Cook for 8-10 minutes.

## Eggplant (Aubergine)

Wash and remove stems. Follow recipe regarding cutting.

**Shallow or Deep Fried:** Coat with batter, flour, or crumb and fry according to basic frying directions.

## Mushrooms

Wipe mushrooms with damp cloth. Trim stems or remove if necessary.

DO NOT peel unless necessary. Leave whole or slice. Keep stalks and peelings for flavouring sauces, soups.

**Saute:** Cover surface of vessel with butter, margarine or oil and saute mushrooms on Simmer to 1 for 3-5 minutes. Season and serve.

## Onion

Trim tops and roots and peel under cold water. Use as required.

**To Blanch:** See basic blanching directions.

**Saute:** Quickly in hot butter, margarine or oil.

**Boil:** Follow basic boiling directions, add to soups, casseroles or stews.

## Parsnips

Wash well, trim top and bottom. Peel thinly and cut as desired. Chop into cubes for soups, casseroles or stews.

**Parboil:** For 5-7 minutes, cook and use in salads.

## Peas

Wash pea pods; shell.

**Boil:** Place peas into small amount boiling, salted water. Add sugar and mint (if desired). Cook uncovered for 10 minutes.

## Potatoes

Wash well. If potatoes are to be cooked in their jackets, scrub skin well with vegetable brush. Remove "eyes". OR peel and cut as desired, e.g. slices, thick strips, cubes. After preparation place into cold water to prevent discoloration.

**Boil:** Follow basic boiling directions and cook for approx. 20 minutes or until tender. Serve whole, mashed or cold for potato salad.

**Deep Fried:** Heat oil on dial setting 10 (see notes on deep frying, pages 9-10 ). Cook until golden and drain.

## Pumpkin

Wash pumpkin, slice and remove seeds and membranes. Remove skin if desired. N.B. (Skins are easy to remove after cooking). Cut slices in half if large.

**Boil:** Follow basic boiling directions and cook for 15 minutes or until tender.

## Spinach

Wash well in cold water. Trim leaves from stalks. N.B. Stalks may be used in Chinese cookery or cooked in milk until tender.

**Cooking:** If desired place leaves in vessel and add salt. DO NOT add water. Cover and simmer for 5-10 minutes. Drain and chop spinach. Add butter, salt and pepper (if desired).

# Vegetable Cooking Hints (cont).

---

## Swedes and Turnips

Remove tops and roots. Wash well, peel thickly. Follow recipe regarding chopping

**Boil:** Follow basic boiling directions and cook for 20-25 minutes, depending on size. Add to soups, casseroles and stews.

## Tomatoes

Wash well and dry. Cut as desired. To peel tomatoes, see hints page 13.

**Fry:** Heat a little butter or margarine on dial setting 3-6, add tomatoes, cook for 1-2 minutes, turn with egg slice.

## Zucchini and Marrow

Wash vegetables, trim ends and halve. Remove seeds from marrow and cut as desired. Slice zucchini in half or lengthwise or slice diagonally.

**Boil:** Follow basic boiling directions and boil for 10 minutes.

# Cooking Information.

---

## Setting and cooking times

These are given as a guide for best results. However, vary the temperature and cooking times to suit the foods prepared and the personal tastes of your family.

Omission or addition of ingredients to the recipes will alter the suggested cooking times, and adjustments should be made accordingly – your own imagination will personalise these recipes.

Many recipes in your files or cookbooks are perfectly suitable for cooking in this appliance. Check first to see if there is a similar recipe in this book, then follow accordingly.

## Measurements

All cup and spoon measurements are level.

Recipes have been tested using Australian Standard Metric Cup and Spoon

Measurements. Australian Standard Metric measuring utensils are available at large departmental stores. There are four measuring spoons: tablespoon, teaspoon, half teaspoon and quarter teaspoon. Also there are four fractional metric measuring cups: full, half, third and quarter, for measuring dry ingredients. As well there is a metric cup and a litre measure for liquid measurement.

1 metric cup is equivalent to 250 ml

1 tablespoon is equivalent to 20 ml

1 teaspoon is equivalent to 5 ml

## Ingredients

Most ingredients in this book are given in volume (cups and spoons). Ingredients such as meat, butter and margarine are given by weight (kilograms or grams).

Chicken sizes are given in metric numbers. Packets of butter or margarine may be divided by length and width with sufficient accuracy for cookery. It is essential to thoroughly thaw frozen foods unless otherwise stated in recipes in a refrigerator prior to cooking. Just before cooking, wipe off excess moisture with paper towelling. **DO NOT RE-FREEZE THAWED FOODS BEFORE COOKING.**

## Abbreviations used in this book

g gram  
kg kilogram  
ml millilitre  
pkt packet



# Cooking Information (cont).

---

## Handy Hints

### AU GRATIN TOPPING

Melt 60g butter on dial setting 5-6 in cooking vessel. Add 1 cup fresh white breadcrumbs and stir until browned. Sprinkle over white sauce mixtures.

### BLANCHING TOMATOES

Half fill cooking vessel with water and bring to the boil on dial setting 5-8. Add 2-3 tomatoes and boil for 2-4 minutes. Using a slotted spoon lift tomatoes from water. Rinse with cold water, drain and peel.

### BROWNING COCONUT

Heat the cooking vessel to dial setting 4-8. Add coconut and stir continuously until evenly browned. Turn power OFF and remove coconut immediately.

### COOKING PASTAS (Macaroni, spaghetti, vermicelli, noodles etc.)

Fill the cooking vessel two thirds full with water; add salt. Bring to the boil on dial setting 4-8. Add pasta and boil for 10-15 minutes or until tender. Drain well in a colander. Do not rinse. Add butter if desired and toss. Note: 1 tablespoon oil added to the water whilst cooking helps to keep the pasta separate.

### TO COOK RICE

Fill the cooking vessel two thirds full with water; add salt. Bring to the boil on dial setting 5-10. Add rice and boil for 10-15 minutes, or until tender. Drain and rinse under cold water. Add butter and toss.

#### Variations;

1. Add 1½ cup chopped shallots which have been sauteed in 30g butter.
2. Add 1½ teaspoon tumeric whilst cooking.

### HEATING OR SCALDING MILK

For hot chocolate, desserts, custards, puddings or where hot or scalded milk is required, set control dial setting 3-4. Add milk and bring to the desired temperature.

### MELTING CHOCOLATE

Roughly chop chocolate and add to cooking vessel. Set control between dial setting 2-4. When chocolate has almost melted, turn power OFF. Chocolate will completely melt using 'stored heat'.

### RECONSTITUTING DRIED FRUIT

Place dried fruit into a bowl and cover with cold water. Soak for several hours. Transfer fruit and water to cooking vessel. Set control to dial setting 3-4. Cover with lid. Simmer for 15-20 minutes, or until tender. Add sugar 5 minutes before end of cooking time, if desired.

### ROASTING AND BAKING MEATS

You will find it quite convenient to cook joints of 2-3 kg in the cooking vessel. When roasting meat, chickens, rabbits, etc., you will find that two or three small pieces may be put in side by side if required. Use only a small quantity of oil, up to ¼ cup, to prevent meat from sticking. Heat the vessel to dial setting 8-10, place the meat in and turn it to brown and seal on all sides. Veal or fat free fillets of meat may require a little more oil, while lamb and fatty cuts can be cooked in their own fat. If excess fat accumulates in the vessel, it is advisable to spoon this out during cooking. After browning, set the control to 10 to achieve a sizzling action whilst the light is ON. Only fat, not juice should accumulate whilst roasting. Moisture in the fat indicates the necessity to increase the temperature. Turn the meat two or three times during cooking and add vegetables three-quarters to one hour before anticipated serving time. If necessary, change temperature to 6 for crisp, brown vegetables. To obtain crisp pork crackling, it is necessary to increase the temperature to 8-10.

### ROASTING NUTS

Heat ¼ cup oil in cooking vessel on dial setting 4-10 and add dry blanched nuts. Stir continuously until browned. Drain on absorbent paper and sprinkle with salt.

# Cooking definitions.

---

**Baste:** To moisten meat, poultry or fish with their own juices while they are being cooked.

**Blanch:** (1) To remove skins from vegetables, fruits and nuts. (2) To pre-cook vegetables or fruits before freezing.

**Blend:** To combine two or more ingredients, usually a powder and a liquid, to form a smooth paste.

**Boil:** To cook in water, held at boiling point.

**Bouquet Garni:** A selection of herbs, usually sprigs of parsley, thyme, rosemary, a bayleaf, peppercorns, which are tied in muslin; the bag is placed in with the food being cooked and removed on completion of cooking.

**Caramelize:** To melt sugar slowly until it turns golden brown.

**Coat:** To cover entire surface of food with ingredients, e.g. coating cutlets with seasoned flour, egg and breadcrumbs.

**Croutons:** Bread shapes which are fried or toasted to accompany soups.

**Dripping:** Residue remaining in pan after meat or poultry is cooked.

**Flake:** To separate food into small pieces with a fork.

**Garnish:** To decorate food, usually with something edible.

**Marinate:** To tenderise and add flavour to meat, fish or poultry. The food is placed in a mixture of oil, wine, vinegar and herbs.

**Marinate:** To allow food to stand in marinade.

**Parboil:** To boil until partially cooked.

**Preheat:** To have appliance or oven at desired setting or temperature before adding food.

**Puree:** To place cooked food in a blender or through a fine sieve to form a thick smooth mixture.

**Reduce:**

(1) To simmer a liquid until it diminishes and becomes concentrated.

(2) To reduce temperature.

**Saute:** To cook or lightly fry food quickly in a small amount of hot fat or oil, stirring frequently.

**Scald:** To heat liquids to a temperature just below boiling point.

**Seasoned Flour:** Add salt and pepper to flour, when coating meat for frying or making casseroles and stews.

**Shred:** Cut food into thin strips.

**Simmer:** To keep food at a constant temperature just below scalding point.

*Sunbeam is a registered trademark. Made in China. Due to minor changes in design or otherwise, the product may differ from the one shown in this leaflet. Approved by the appropriate Electrical Regulatory Authorities. Backed by Sunbeam's 12 Month Replacement Guarantee and National Service Network.*

© Copyright. SUNBEAM CORPORATION LIMITED 2002. (INCORPORATED IN N.S.W.) A.C.N. 000 006 771

For more information or advice on this or any other Sunbeam appliance, visit [www.sunbeam.com.au](http://www.sunbeam.com.au) or contact the Sunbeam Consumer Service Line.

Australia 1800 025 059

New Zealand (09) 912 0747.

# Recipes for your Multicooker.

---

## **GARLIC PRAWNS**      **Makes 6 to 8 servings**

*1kg green king prawns, shelled and deveined*  
*1/2 cup olive oil*  
*4 cloves garlic, peeled and halved*  
*1/2 teaspoon salt*  
*Red chilli, chopped*

Place all ingredients into a bowl and marinate for 10-15 minutes. Heat cooking vessel to dial setting 10 and add prawn mixture. Stir-fry prawns until bright pink in colour, about 5 minutes. Remove garlic cloves, serve hot.

## **BASIC CHICKEN STOCK**

*500g chicken pieces (carcass and giblets)*  
*5 cups water*  
*1 teaspoon dry sherry*  
*2 stalks celery, chopped*  
*2 onions, quartered*  
*3 carrots, peeled and sliced*  
*4 whole bay leaves*

*1 teaspoon salt*  
*1 teaspoon dried mixed herbs*  
*1 teaspoon whole black peppercorns*

Place all ingredients into the cooking vessel. Cover; heat to boiling on No. 5. Boil 10 minutes; reduce heat to Simmer and cook, covered, 1 1/2 hours. Taste and adjust seasonings. Remove chicken; strain stock into a large bowl and refrigerate. Before using stock, remove solidified fat. Use stock as a base for soups, sauces and casseroles.

NOTE: Chicken meat may be used in soups and casseroles, as fillings for spring rolls or pastry cases.

# Soup.

---

## **PUMPKIN SOUP**      **Makes 4 to 6 servings**

*30g butter or margarine*  
*1 onion, chopped*  
*750g pumpkin, peeled & cut into 25mm cubes*  
*1 teaspoon nutmeg*  
*1/4 teaspoon salt*  
*Freshly ground black pepper*  
*2 1/2 cups chicken stock (using stock cubes)*  
*Sour cream*  
*Chopped chives, optional*

Melt butter in cooking vessel on No. 2; fry onion until soft. Add pumpkin and fry for 2-4 minutes, turning often. Season with nutmeg, salt and pepper. Add chicken stock. Heat Soup to boiling on No. 5, then reduce heat to Simmer. Cook for 10-15 minutes or until pumpkin is tender. In Sunbeam Blender or Food Processor, puree soup, 1 cup at a time. Return soup to cooking vessel and reheat. Serve soup garnished with 1 teaspoon of sour cream; sprinkle with chopped chives, if desired.

## **FRENCH ONION SOUP**      **Makes 6 servings**

*60g butter or margarine*  
*6 onions, peeled, sliced thinly*  
*6 cups beef stock (fresh or made from cubes)*  
*2 tablespoons brandy*  
*1/2 teaspoon salt*  
*1/2 teaspoon pepper*  
*6 slices French bread*  
*30g extra butter or margarine*  
*1/4 cup finely grated Gruyere or Swiss cheese*

Melt butter in cooking vessel on No. 4; saute onions until caramel-brown and tender. Reduce heat to No. 1; add stock, brandy, salt and pepper. Cover vessel; reduce heat to Simmer and cook for 15 to 20 minutes. Toast slices of bread; butter slices and top with grated cheese. Melt the cheese under a griller and serve with soup.

# Soup (cont).

---

## FRESH TOMATO SOUP

Makes 4 servings

*3 large tomatoes, peeled and sliced*  
*1 onion, sliced*  
*1 clove garlic, crushed*  
*1/4 cup water*  
*2 tablespoons tomato paste*  
*1 teaspoon sugar*  
*1 teaspoon salt*  
*1/2 teaspoon oregano*  
*1/2 teaspoon mixed herbs*  
*1/4 teaspoon freshly ground black pepper*  
*1 cup chicken stock*  
*3/4 cup cream*

Add all ingredients, except stock and cream, to cooking vessel; bring to the boil on No. 5. Cover vessel; reduce heat to Simmer and cook for 15 to 20 minutes. Puree mixture in Sunbeam Blender or rub mixture through a wire sieve; return to cooking vessel. Stir in chicken stock and half the cream; heat on Simmer for 8 to 10 minutes. Serve hot with remaining cream swirled in at the last moment.

## SWEET CORN AND CRAB SOUP

Makes 6 to 8 servings

*6 cups chicken stock (fresh or use stock cubes)*  
*1 1/2 cups chopped cooked chicken*  
*440g can sweet corn kernels, undrained*  
*250g crab meat, canned or fresh*  
*1/2 cup chopped spring onions or shallots*  
*1 tablespoon finely chopped fresh ginger*  
*2 tablespoons cornflour*  
*2/3 cup water*  
*2 tablespoons dry sherry*  
*Salt and pepper*

Place stock in cooking vessel. Add chicken, corn, crab, spring onions and ginger. Heat to boiling on No. 5. Reduce to Simmer. Blend together cornflour and the 2/3 cup water; stir into soup. Cook and stir until thickened and bubbly. Cook, stirring for 2 minutes more. Stir in sherry, season to taste with salt and pepper. Serve.

## GREEK BEAN SOUP

Makes 4 to 6 servings

*250g dried haricot beans*  
*4 cups water*  
*2 medium onions, chopped*  
*2 large carrots, chopped*  
*2 stalks celery, diced*  
*6 extra cups water*  
*1/2 cup tomato paste*  
*Salt and pepper*

Add beans and the 4 cups water to cooking vessel and bring to the boil on No. 5. Turn off heat and allow beans to soak for 6 to 8 hours or overnight. Drain beans; return to vessel and add onions, carrots, celery and 6 cups water. Heat to boiling on No. 5; cover and reduce heat to Simmer. Cook for 1 1/2 hours or until beans are tender, adding more water as necessary. Stir in tomato paste, season with salt and pepper; cook for a further 2-3 minutes.

# Main Courses.

---

## SPAGHETTI BOLOGNAISE

Makes 6 servings

2 *tablespoons oil*  
2 *onions, chopped*  
2 *stalks celery, chopped*  
2 *cloves garlic, crushed*  
125g *fresh mushrooms, thickly sliced*  
750g *minced topside steak*  
1 *tablespoon tomato paste*  
440g *can whole tomatoes, undrained, cut up*  
1 *tablespoon chopped fresh parsley*  
1 *teaspoon dried oregano leaves*  
1 *teaspoon dried basil leaves*  
1 *bay leaf*  
 $\frac{1}{4}$  *teaspoon nutmeg*  
*Salt and pepper*  
*Hot cooked spaghetti*  
*Parmesan cheese and parsley*

Heat oil in cooking vessel on No. 4; fry onion, celery, garlic and mushrooms until soft. Add minced steak and brown evenly. Add remaining ingredients, except spaghetti and garnishes; reduce heat to Simmer; cover and cook for 20 to 30 minutes. Serve sauce over hot spaghetti; sprinkle with parmesan cheese and garnish with parsley, if desired.

## CHILLI CON CARNE

Makes 6 servings

2 *tablespoons oil*  
2 *onions, finely chopped*  
1-2 *cloves garlic, crushed*  
1 *green capsicum, seeded, cut into strips*  
1 *kg minced topside steak*  
440g *can whole tomatoes, drained and chopped, juice reserved*  
*Reserved juice, plus water to make 2 cups*  
 $\frac{1}{4}$  *cup tomato paste*  
1 *beef stock cube, crushed*  
1 *bay leaf*  
 $\frac{1}{2}$  *teaspoon dried basil leaves*  
1 *teaspoon chilli powder*  
1 *teaspoon salt*  
1 *teaspoon sugar*  
*Pepper*  
2 x 310g *cans kidney beans*

Heat oil in cooking vessel on No. 5; fry onion, garlic, capsicum and mince until meat changes colour, about 5 to 8 minutes. Add tomatoes, juice-water mixture, tomato paste, stock cube, bay leaf, basil, chilli powder, salt, sugar and pepper to taste. Bring mixture to the boil; reduce heat to Simmer and cook uncovered for 1 hour, stirring occasionally. Add kidney beans; simmer for a further 10 minutes and adjust seasonings. Serve over boiled rice or buttered noodles, if desired.

NOTE: Chilli powders vary in strength, adjust to suit taste.

## PARTY TIME TACOS

Makes 16 to 20

1 *tablespoon oil*  
1kg (2 lb) *minced beef*  
2 x 440g *cans tomatoes; cut up*  
1 *tablespoon ground cumin*  
1 *tablespoon dried oregano*  
1 *tablespoon Mexican-style chilli powder, or to taste*  
*Salt and pepper*  
16 to 20 *taco shells, warmed*

## ASSORTED GARNISHES

Shredded cheddar cheese and lettuce chopped, green capsicum chopped, unpeeled tomatoes chopped, onion and sour-light cream.

Heat oil in cooking vessel on No. 3; add meat and brown well. Add tomatoes with juice from can, cumin, oregano, chilli powder, salt and pepper to taste. Heat to boiling; reduce heat to Simmer and cook, uncovered, and stirring occasionally until mixture is thickened and liquid is almost absorbed, about 20 to 25 minutes. Spoon taco mixture into warm crisp taco shells; top with assorted garnishes, as desired.

NOTE: Taco shells are available through most retail grocery stores.

# Main Courses (cont).

---

## **SWEET AND SOUR MINCE**      **Makes 6 servings**

90g butter or margarine  
1 green capsicum, seeded, finely chopped  
1 red capsicum, seeded, finely chopped  
1 onion, finely chopped  
1 clove garlic, crushed  
750g minced topside steak  
450g can pineapple pieces, undrained 1/4  
cup vinegar  
1-2 tablespoons finely chopped fresh ginger or  
1-1½ teaspoons ground ginger  
2 tablespoons tomato sauce  
1 tablespoon soy sauce  
1 beef stock cube, crushed  
1 teaspoon salt  
½ teaspoon pepper  
1 tablespoon cornflour  
1 cup water  
1 cup frozen peas  
Boiled rice, optional

Melt butter in cooking vessel on No. 3, fry capsicums, onion and garlic until soft, about 5 minutes. Add mince and cook, stirring, until well browned. Add pineapple pieces together with juice, the vinegar, ginger, tomato sauce, soy sauce, stock cube, salt and pepper; cover and simmer 5 minutes. Combine cornflour and water; stir into mince mixture. Continue stirring until thickened; reduce heat to Simmer and cook for 10 to 15 minutes more. Add peas and simmer a further 5 minutes. Serve with boiled rice, if desired.

## **SPAGHETTI MARINARA**      **Makes 4 to 6 servings**

30g butter or margarine  
1 clove garlic, crushed  
440g can whole tomatoes, drained and chopped, liquid reserved  
2 tablespoons tomato paste  
½ cup water  
1 chicken stock cube, crushed  
500g (1 lb) fresh scallops, trimmed  
500g fresh cooked prawns, shelled and deveined  
1 bottle oysters (10 to 12 oysters), drained  
Salt and pepper

250g spaghetti, cooked and drained  
3 tablespoons chopped parsley

Melt butter in cooking vessel on No. 3; saute garlic until soft, about 2 minutes. Add chopped tomatoes, reserved liquid, tomato paste, water and stock cube. Bring to the boil on No. 5; reduce heat to Simmer and cook uncovered for 15 minutes. Add scallops, and simmer a further 5 minutes. Add prawns and oysters; season with salt and pepper. Simmer until prawns and oysters are heated through; serve over hot spaghetti. Sprinkle with parsley.

**NOTE:** Lobster or crab can be added or substituted for scallops or prawns.

## **NORMANDY CHICKEN**      **Makes 4 servings**

45g butter or margarine  
2 tablespoons oil  
1 No. 12 chicken, cut into serving pieces  
½ cup chopped shallots or spring onions  
1 clove garlic, crushed  
3 rashers bacon, rind removed and chopped  
2 tablespoons plain flour  
2 cups sweet apple cider  
2 cooking apples, peeled, cored and quartered  
½ cup cream  
2 tablespoons chopped parsley  
Salt and pepper  
Steamed or boiled rice, optional

Heat butter and oil in cooking vessel on No. 3; add chicken and fry until golden brown; remove and set aside. Add shallots, garlic and bacon to vessel; saute for 3 minutes. Reduce heat to Simmer; stir in flour and cook for 1 minute. Gradually stir in cider; increase heat to No. 5 and bring to the boil, stirring constantly. Add chicken, cover vessel and reduce heat to Simmer. Simmer gently for 30 minutes; add apple, cream, parsley, salt and pepper to taste. Heat gently for 1 to 2 minutes; DO NOT BOIL. Serve with steamed or boiled rice, if desired.

# Main Courses (cont).

---

## FRIED RICE

Makes 4 to 6 servings

2 *tablespoons oil*  
1 *clove garlic, crushed*  
1 *teaspoon finely chopped fresh ginger root*  
4 *cups cooked rice*  
1½ *cups chopped cooked chicken or*  
1½ *cups chopped cooked pork or bacon*  
½ *cup chopped shallots or spring onions*  
2 *tablespoons soy sauce*  
2 *eggs, beaten*  
Salt and pepper

Heat oil in cooking vessel on No. 6; add garlic and ginger. Add rice, cooked meat and shallots; stir well to combine. Add soy sauce; pour in beaten eggs and stir continuously until eggs are cooked. Season with salt and pepper; serve immediately.

## FRIED ONION SAMBOL

1 *cup oil*  
4 *onions, sliced finely*  
6 *dried chillies, roughly chopped*  
2 *tablespoons dried mustard*  
1 *teaspoon salt*  
¼ *cup lemon juice*

Heat oil in cooking vessel on No. 2, fry onion until soft. Add chillies and mustard powder; cover vessel, cook, stirring occasionally for 10 minutes or until oil separates from other ingredients. Add salt and lemon juice, cook for a further 2 minutes. Serve as an accompaniment to curries.

## CHINESE FRIED VEGETABLES

Makes 6 servings

¼ *cup vegetable or peanut oil*  
4 *stalks celery, sliced thinly*  
2 *large carrots, peeled, cut into julienne strips*  
1 *small cucumber, sliced thinly*  
1 *turnip, peeled, cut into julienne strips*  
125g *can bamboo shoots, drained*  
125g *fresh mushrooms, sliced*  
1 *cup fresh bean sprouts, optional*  
1 *teaspoon chopped fresh ginger root*  
1 *teaspoon salt*  
2 *tablespoons soy sauce*  
1 *teaspoon wine vinegar*  
1 *teaspoon sesame oil*

Heat oil in cooking vessel on No. 5; add celery, carrots, cucumber, turnip, bamboo shoots, mushrooms and bean sprouts. Fry for 3 to 4 minutes, stirring constantly. Add ginger, salt, soy and wine vinegar. Mix well and cook for a further 2 to 3 minutes. Serve hot or cold sprinkled with sesame oil.

## BRAISED RED CABBAGE WITH APPLES

Makes 8 servings

2 *tablespoons oil*  
2 *rashers bacon, rind removed and chopped*  
2 *onions, finely chopped*  
¼ *cup sugar*  
½ *red cabbage, finely shredded*  
2 *cooking apples, peeled, cored and chopped*  
2 *tablespoons vinegar*  
½ *cup water*  
Pinch *ground nutmeg*  
Salt and pepper

Heat oil in cooking vessel on No. 2; fry bacon, onion and half the sugar until golden brown, about 4 minutes. Add remaining ingredients; cover vessel, reduce heat to Simmer and cook until cabbage is tender, about 20 to 25 minutes. Serve with grilled steak, chops or sausages, as desired.

# Desserts.

---

## CHOUX PASTRY

125g butter or margarine  
1 1/4 cups cold water  
Pinch salt  
1 1/4 cups plain flour  
4 large eggs, lightly beaten  
Preheat oven to 220°C (425°F)

Place butter, water and salt into cooking vessel; heat to boiling on No. 5. Reduce heat to Simmer; add flour, all at once, beating well with a wooden spoon until mixture forms a ball which cleans the side of the vessel. Turn power off, cool for 5 minutes. Add beaten eggs gradually to flour mixture, beating well after each addition. (For use as sweet buns, add 1 tablespoon sugar and 1/2 teaspoon vanilla essence.) Spoon or pipe to required size on a greased baking tray. Bake for 20 to 30 minutes, depending on size. Fill as desired.

## JAMAICAN BANANAS Makes 4 to 6 servings

125g butter or margarine  
1/2 cup brown sugar  
1/2 cup orange juice  
1/2 cup rum  
8 small bananas  
Ice cream or whipped cream

Melt butter in cooking vessel on No. 1; add sugar and orange juice. Stir until sugar is dissolved; peel bananas and add to vessel. Simmer bananas for 5 to 8 minutes, stirring occasionally. Arrange bananas in a warmed serving dish, spoon over remaining sauce. Place rum into clean cooking vessel and heat on No. 1 for 2 to 3 minutes. Pour rum over bananas and carefully ignite. Serve immediately with ice cream or whipped cream.

## STIRRED CUSTARD

Makes 4 to 6 servings

1 tablespoon cornflour  
2 1/2 cups milk  
1 egg, lightly beaten  
1 tablespoon sugar  
1 teaspoon butter  
1 teaspoon vanilla essence  
Nutmeg

Blend cornflour with 1/2 cup of the milk; add to cooking vessel with remaining milk, egg, sugar, butter and vanilla. Stirring constantly, heat to boiling on No. 5 and cook for 1 minute. Pour custard into a warmed jug or individual serving dishes. Sprinkle with nutmeg.

## GOLDEN SYRUP DUMPLINGS

Makes 24

1 cup S.R. flour  
Pinch salt  
30g butter or margarine, cut up  
1/2 teaspoon grated lemon rind  
1 egg, beaten with  
1 tablespoon milk

## SAUCE

1 1/2 cups water  
1/4 cup sugar  
2 tablespoons golden syrup  
1 teaspoon lemon juice  
1 teaspoon butter or margarine  
Hot custard or cream, optional

Sift flour and salt into a bowl; rub in butter. Add lemon rind, beaten egg and milk; mix into firm dough. Shape into 25 mm (1 in) balls.

**FOR SAUCE:** Place water, sugar, golden syrup, lemon juice and butter into cooking vessel; heat to boiling on No. 5. Gently drop dumplings into vessel; cover vessel and reduce heat to Simmer. Cook for 15 minutes. Serve hot with custard or cream, if desired.



# Desserts (cont).

---

## CHOCOLATE FUDGE

410g can evaporated milk  
1<sup>3</sup>/<sub>4</sub> cups castor sugar  
500g dark cooking chocolate, broken into pieces

Place milk and sugar into cooking vessel; heat to boiling on No. 10, stirring to dissolve sugar. Boil for 3 minutes, stirring constantly. Turn heat off; add chocolate and beat until smooth. Pour fudge into lamington tin lined with greased foil. Refrigerate until set; cut into squares and serve.

## WHITE CHRISTMAS

Makes about 42 pieces

250g copha  
2 cups rice bubbles  
1 cup powdered milk  
1 cup icing sugar  
1/2 cup chopped glace red cherries  
1/2 cup chopped glace green cherries  
1/4 cup chopped glace apricots  
1/4 cup chopped glace pineapple  
1/4 teaspoon vanilla essence

Melt copha in cooking vessel on Simmer; turn power off. Stir in remaining ingredients until well combined. Press mixture into an ungreased 18cm x 27.5cm lamington tin; refrigerate until firm. Cut into fingers or squares.

**NOTE:** 1<sup>1</sup>/<sub>2</sub> cups of packaged mixed fruit may be added to the copha instead of glace fruits.

## TOFFEE APPLES

Makes 20

20 small crisp red apples  
20 wooden skewers  
1 kg sugar  
1/4 cup water  
1/4 cup vinegar  
1/4 teaspoon cream of tartar  
Red food colouring

Wash apples and dry thoroughly; insert the skewers firmly. Place sugar, water, vinegar and cream of tartar into cooking vessel. Set Control Dial to No. 5; stir mixture until sugar has dissolved. Allow mixture to boil until temperature light goes out on the Control Dial, about 15 minutes. Add food colouring, a few drops at a time, until toffee is bright red in colour. Lightly grease two baking trays. Carefully and quickly dip the skewered apples into the toffee. Allow excess toffee to drip before placing onto greased trays. Repeat procedure with remaining apples and allow to set.

## BRANDIED FRUITS

Makes 6 to 8 servings

820g can apricot halves  
250g dessert prunes, stones  
1/2 cup glace cherries  
3/4 cup brandy  
3 bananas  
Shredded coconut, optional  
Whipped cream

Place apricots, syrup from can and prunes into cooking vessel. Heat to boiling on No. 5; reduce heat to Simmer and cook for 10 minutes. Transfer mixture to a bowl; add cherries and brandy. Cool mixture and refrigerate for 24 hours. Peel and slice bananas diagonally, add to fruit. Top with shredded coconut, if desired. Serve fruit in dessert dishes and top with whipped cream.

# Sauces.

---

## CREAMY CARAMEL SAUCE

125g (4oz) butter or margarine  
1½ cups brown sugar  
2 egg yolks  
½ cup cold water  
¼ teaspoon vanilla essence

Melt butter in cooking vessel on No. 3 and add sugar. Beat egg yolks and water until creamy; add to butter and sugar mixture. Heat to boiling on No. 5, and stirring constantly, boil for 5 minutes. Turn power off; add vanilla and cool sauce. Pour into a jar and store covered in the refrigerator until required. Stir in a little cream before serving, if desired. Serve over peaches, baked apples or ice cream.

## BECHAMEL SAUCE (WHITE SAUCE)

Makes about 2½ cups

1 small onion  
4 whole cloves  
2½ cups milk  
45g butter or margarine  
3 tablespoons plain flour  
¼ teaspoon salt  
Freshly ground black pepper

Stud onion with cloves and place into cooking vessel with milk. Heat to dial setting 2-4 and warm milk for 10 minutes; strain milk and set aside. Clean and dry cooking vessel thoroughly; add butter and melt on No. 1, blend in flour, salt and pepper; cook for 1 minute. Gradually add milk; increase heat to No. 5 and bring to the boil, stirring constantly. Adjust seasonings if necessary. Use as required.

**VARIATIONS:** To the recipe for white sauce add any of the following:

**CHEESE SAUCE:** 1 cup grated cheese and ½ teaspoon prepared mustard.

**EGGS:** 4 hard-cooked eggs, chopped

**PARSLEY SAUCE:** ¼ cup chopped parsley.

**ONION:** 2 onions, sliced and sauteed gently in 30g butter, until soft and golden in colour.

**WINE SAUCE:** Use 2 cups milk, add ½ cup white wine and 2 tablespoons chopped shallots or spring onions.

## SWEET AND SOUR SAUCE

Makes about 2-2½ cups

¼ cup oil  
1 capsicum, seeded, cut into 25mm pieces  
1 onion, cut into wedges  
1 carrot, sliced and cooked  
1 bamboo shoot, sliced, optional  
2 slices drained canned pineapple, chopped  
¼ cup sugar  
1 tablespoon Chinese wine or dry sherry  
1 tablespoon white vinegar  
1 tablespoon soy sauce  
1 tablespoon tomato sauce  
2 tablespoons cornflour, blended with ½ cup water

Heat oil in cooking vessel on No. 3; add capsicum, onion, carrot, and bamboo shoot and saute for 5 minutes or until tender. Add pineapple, sugar, sherry, vinegar, soy and tomato sauce. Heat to boiling on No. 5; stir in blended cornflour. Stir until sauce thickens and reboils. Serve over fish fillets, prawns and meat balls, if desired.

# Sauces (cont).

---

## **SPICY BARBEQUE SAUCE**

**Makes about 2 cups**

*45g butter or margarine*

*1 small onion, chopped finely*

*1 teaspoon finely chopped ginger*

*2 teaspoons plain flour*

*1 cup tomato sauce*

*1/2 cup water*

*1/3 cup vinegar*

*2 tablespoons sugar*

*1 tablespoon prepared mustard*

*2 teaspoons Worcestershire sauce*

*1/2 teaspoon salt*

*1/4 teaspoon ground allspice*

*1/4 teaspoon chilli sauce*

*Freshly ground black pepper*

Melt butter in cooking vessel on No. 2; fry onion and ginger for 2 minutes. Add flour and stir continuously for 1 minute. Add remaining ingredients; increase heat to No. 5 and heat to boiling, stirring continuously. Reduce heat to Simmer and cook for 15 minutes. Serve sauce hot or cold with your favourite barbecued steak, sausage, etc.

# Cooking with your Deep Fryer

## The Perfect Chip.

---

- For perfect fries and wedges, old potatoes are ideal. The potato should be of a low starch, waxy variety i.e. chats, new potato or desiree potatoes.
- Make sure that the chips are cut to even size to guarantee even cooking.
- The cut chips should be rinsed under running water until the water runs clear. This removes excess starch from the potatoes, the starch burns at high temperatures.
- Dry on kitchen towel before frying.
- Shake the basket at short intervals to encourage even browning and to stop chips sticking together.
- Homemade fries are double cooked. The first fry blanches the chips so that they cook through. The second fry colours the chips and gives them a crisp crust. Use the table below as a guide.
- Cooking times will vary depending on the size of your fries or chips and the variety of the potato used.

### Hints for cooking the perfect frozen chip.

- Do not defrost frozen precooked chips. For the best results they should be taken directly from the freezer to the fryer.
- Heat oil to the maximum setting, 8-10.
- Place up to 1kg frozen chips into the fryer basket and lower into the hot oil for 1 - 2 minutes to seal.
- Lift the basket out and rest the drainage lever inside the rim of the cooking vessel. Allow the oil to heat up again.
- Lower the basket again and fry the chips for a further 3 - 4 minutes until golden brown. The time required will depend on the size and cut of the chip, and personal taste.
- Allow chips to drain for a moment before removing from the basket and seasoning.

	Temperature Control Settings	Time for 1st Fry (Blanch)	Temperature Control Settings	Time for 2nd Fry - max temp
Thin fries - french fries	8	5 min	10	5 min
Thick chips	8	7-8 min	10	7-8 min
Wedges	8	10 min	10	10 min

- Allow oil to heat up to 2nd temperature before re-immersing the basket in the hot oil.

# Deep fry cooking with home battered food.

---

This method allows for the fact that if wet batter is placed in the basket prior to cooking the food may stick to the basket. THIS METHOD OF COOKING REQUIRES EXTREME CARE.

1. Follow steps 1 - 6 only from the deep fry cooking instructions on page 9.
2. Place the frying basket into the vessel with the heated oil.
3. Coat the food in batter (see recipes on page 31) and allow it to drain slightly to get rid of the excess coating.
4. Very carefully, slowly lower the coated food into the hot oil, using a suitable implement or tongs.

This allows the batter to become solid and prevents it sealing to the mesh of the basket.

**Note:** Remember to take care as the oil may spit as the food is added.

5. You can now follow the deep fry cooking instructions from steps 8-10 on page 9.

# Frying times and temperatures.

## FISH AND SEAFOOD

Type	Maximum QTY	Temperature Control settings	Approx. time (min)	Suggestions
PRAWNS				
Fresh	600g	8-10	5-7	Crumb/batter
Frozen	600g	8-10	3-5	Fry frozen
FISH				
Small pieces	400g	8-10	3-5	Crumb / batter
Fresh fillets	600g	8-10	7-10	Crumb / batter
Frozen fillets	600g	8-10	5-7	Fry frozen
CALAMARI				
Fresh	500g	8-10	5-7	Crumb / batter
Frozen	500g	8-10	3-5	Fry frozen

## MEAT AND POULTRY

Type	Maximum QTY	Temperature Control settings	Approx. time (min)	Suggestions
Fresh chicken portions				
SMALL	400g	8-10	15-20	Crumb or batter
LARGE	600g	8-10	20-30	Crumb or batter
Chicken or Veal Schnitzel				
FRESH	250g	8-10	5-10	Crumb
FROZEN	250g	8-10	3-8	Crumb

## VEGETABLES

Type	Maximum QTY	Temperature Control settings	Approx. time (min)	Suggestions
Beans	200g	8-10	2-4	Tempura
Bok Choy	150g	8-10	2-4	Tempura (ind. leaves)
Broccoli /Cauliflower	250g	8-10	3-5	Tempura or batter
Eggplant (slices)	150g	8-10	4-6	Batter
Mushrooms whole button	200g	8-10	3-5	Batter
Onion Rings	150g	8-10	3-5	Batter
Potatoes				
French fries	500g	8-10	4-6	
Chips	500g	8-10	5-10	
Wedges	500g	8-10	10-15	

Always blanch potato chips at a lower temp; setting 8. Then brown at maximum temp; setting 10.

# Recipes for your Deep Fryer.

---

## For perfect batter

1. Always sift all dry ingredients, then add liquids. Mix until smooth.
2. Keep your batter as cold as possible (it will be crisper)
3. Coat food in seasoned flour before batter, the batter will stick to the food better.
4. Fry until golden brown.
5. Always use the deep fry "cooking with home battered food" technique, see page 29 for more information.

## Beer batter

1 cup plain flour  
 $\frac{1}{2}$  tsp baking powder  
pinch salt  
 $\frac{3}{4}$  cup cold beer

## Crispy sesame batter

1 cup cornflour  
2 eggs  
 $\frac{1}{3}$  cup water (cold)  
2 tbsps sesame seeds

## Sweet fritter batter

1 egg  
 $\frac{2}{3}$  cup milk  
1 cup Self raising flour  
1 tbsp sugar  
1 tbsp melted butter or margarine  
**Note:** For savoury batter replace sugar with salt

## Tempura batter

$\frac{1}{2}$  cup plain flour  
 $\frac{1}{4}$  cup rice flour  
1 tsp bicarb soda  
1 cup soda water (ice cold)  
1 egg

**Note:** It's very important to keep this batter cold

## Easy crispy coating

1 egg  
1 tbsp water or milk  
1 cup rice flour or cornflour  
pinch of salt / pepper

1. Beat egg and water / milk. Season flour with salt and pepper.
2. Dip food in egg mix and then coat with flour.
3. Deep fry at settings 8-10 depending on size of foodstuff, until crispy, this coating will not colour much.

## Prawn cutlets

750g green king prawns  
plain flour  
1 egg, lightly beaten  
2 cups fresh breadcrumbs  
lemon wedges to serve

1. Peel and devein prawns, leaving tails intact. Dry thoroughly.
2. Coat prawns in flour, then egg then breadcrumbs. Shake off excess crumbs.
3. Heat the oil to settings 8-10 and fry cutlets for 4-5 minutes until golden brown.
4. Drain and serve immediately with lemon wedges.

## Deep fried Pork balls Makes 14 to 16 balls

500g minced pork  
2 tbsps plain flour  
2 tbsps cornflour  
1 tbsp soy sauce  
1 tsp garlic salt  
1 tsp ground black pepper  
1 egg, lightly beaten

1. Combine all ingredients in a large bowl, mix thoroughly. Picking up mixture slap against the side of the bowl until the mix seems more elastic or sticky. This should only take a few slaps.
2. Shape mixture into 4cm balls.
3. Heat oil to settings 8-10. Place pork balls in the basket 5 - 6 at a time, cook for 8-10 minutes until golden brown.
4. Drain. Serve with sweet and sour sauce and fried or steamed rice if desired.

# Recipes for your Deep Fryer (cont).

---

## Calamari

500g Squid, washed and cleaned

*1/2 cup plain flour*

*1 egg, lightly beaten*

*1 cup dried breadcrumbs*

1. Remove the insides and head of the squid. Wash and dry thoroughly.
2. Cut the squid tubes into 1cm rings
3. Coat the squid pieces in flour, egg and then breadcrumbs.
4. Heat the oil to settings 8-10 and fry the squid until golden brown.
5. Drain and serve immediately with tartare sauce and lemon wedges.

## Tartare Sauce

250ml of good quality mayonnaise with 1 tbsp chopped tarragon and parsley, a *1/2* tbsp of capers and 1 tbsp of chopped gerkins. Season with salt and pepper to taste.

## Dim Sims

125g small green prawns, shelled and deveined

500g minced pork

*1/2 cup chopped bamboo shoots*

*1/2 cup chopped water chestnuts*

*1 onion, peeled and chopped fine*

*1 tbsp sherry*

*1 tbsp soy sauce*

*1 tsp salt pinch pepper*

125g wonton wrappers

1. Finely mince prawns and combine with pork.
2. Add all other ingredients and mix well to combine.
3. Place 1 tsp of pork mixture onto the centre of each wonton wrapper and gather the sides of the wrapper around the filling, leaving a small opening at the top.
4. Heat the oil to settings 8-10 and deep fry about 10 at a time, until golden brown, about 4-5 minutes.
5. Drain and serve with sweet and sour sauce if desired.

## Spring Rolls

Makes about 24 rolls.

500g green prawns, shelled and deveined

500g minced pork

*1/2 small head of cabbage, thinly shredded*

*230g can of water chestnuts, drained and finely chopped*

*125g fresh mushrooms, roughly chopped*

*1 green capsicum, seeded and finely chopped*

*1 onion, peeled and finely chopped*

*2 tbsp dry sherry*

*2 tbsp soy sauce*

*1 tsp sugar*

*1/2 tsp salt*

*1/4 tsp ground ginger*

455g packet spring roll wrappers

*1 egg, lightly beaten with 2 tbsp water*

1. Finely mince prawns and combine with pork.
2. Add cabbage, water chestnuts, mushrooms, capsicum, onion, sherry, soy, sugar, salt and ginger. Mix well to combine.
3. Place 2-3 tbsp of the pork mixture in the corner of a spring roll wrapper. Roll the wrapper folding in the sides to encase the filling.
4. Brush a little egg mix on the end of wrapper to help it seal.
5. Heat oil to settings 8-10, deep fry until golden brown, about 5 minutes.
6. Drain and serve with dipping sauce.



# Recipes for your Deep Fryer (cont).

---

## Minted pea wontons

125g wonton wrappers

220g can peas

3 medium potatoes, peeled and cut into 5mm dice

1 onion, peeled and chopped fine

1tsp ground cumin

1/2 tsp salt

1/4 cup mint, chopped

1. Boil the diced potato until just cooked. Drain.
2. In a saucepan cook onion in 1/2 tbsp oil until soft add cumin and peas and rough mash. Remove from heat.
3. Add potato and mint. Stir to combine.
4. Place about 2tsp of mix onto each wonton wrapper and bring edges together. Seal with a light brush of water.
5. Heat fryer to settings 8-10, and deep fry until golden brown, about 3-4 minutes.
6. Serve with minted yoghurt if desired.

## Southern fried chicken **Makes 4 - 6 servings.**

750g chicken drumsticks

1/2 cup flour

1/2 tsp salt

1/2 tsp hot paprika (optional)

1 egg, beaten with 2 tbsp water

1 cup dried breadcrumbs

1. Mix flour with salt and paprika. Dry drumsticks and coat in seasoned flour.
2. Dip each drumstick into egg mixture separately and coat in breadcrumbs.
3. Heat oil to setting 8-10.
4. Place 3 - 4 drumsticks into the basket at a time and fry till cooked through and golden, about 15 to 20 minutes.
5. Drain well and keep hot while other pieces are cooking.

## Potato dumplings

**Makes approx. 25-30**

4 medium potatoes, peeled, cooked and mashed.

60g butter

1 1/4 cups water

1 cup plain flour, sifted

3 eggs

1tsp salt

1. Place butter salt and water into a saucepan and bring to the boil.
2. Add the sifted flour all at once and stir vigorously with a wooden spoon over a low to medium heat, until the dough forms and pulls away from the edges of the pan. Remove from heat and set aside to cool for 5 minutes.
3. Add eggs one at a time to the dough, beating well between additions. The dough should look smooth and shiny.
4. Add mash to dough and beat mixture until smooth.
5. Heat fryer to settings 8-10.
6. Using two spoons scoop heaped balls of mixture into the fryer basket. Deep fry about 8 at a time for 4-5 minutes, until golden brown.

## Salt and chilli Chicken wings

500g Chicken wings, cut into pieces

1/2 cup rice or cornflour

1 tbsp salt

1 tsp pepper

1 tsp ground chilli

1. Dry wing pieces and make small incisions into the thickest parts of each piece.
2. Coat pieces lightly in flour. Shake off excess.
3. Heat oil to settings 8-10, fry wings for 4-5 minutes.
4. Mix salt pepper and chilli in a large bowl. Drain wings and toss through salt mix. Serve straight away.

# Recipes for your Deep Fryer (cont).

---

## Fried Cheese Scones

### Filling

1 egg

100g grated gryere or cheddar cheese

2 leeks, finely sliced

$\frac{1}{4}$  cup cream

salt and pepper

### Dough

30g butter (diced)

1  $\frac{1}{2}$  cups self-raising flour

$\frac{1}{2}$  tsp salt

$\frac{3}{4}$  cup milk

1. For filling. Saute leeks in 1tbsp of butter until soft. Remove from the heat and mix through cheese, egg, and cream. Season and set aside to cool.
2. For Dough. Place butter, flour and salt in a bowl and rub the mixture between fingertips until it resembles fine breadcrumbs. Add milk and bring dough together.
3. Turn dough out onto a floured bench and knead lightly for 2-3 minutes.
4. Take about 2 tbsp of the dough at a time and work into a flat circle. Place 1tsp of the filling in the centre and work edges together, pinching to seal. Be careful to keep the thickness of the dough as even as possible.
5. Heat oil to settings 8-10, frying about 8 at a time until puffy and golden.
6. Drain and serve hot.

## Shallot and sesame puffs

2 sheets ready rolled shortcrust pastry

1 tbsp vegetable oil

1 tsp fresh grated ginger

1 clove garlic crushed

12 green shallots, sliced

$\frac{1}{2}$  cup sesame seeds

2 tbsp oyster sauce

1 egg yolk, beaten

extra sesame seeds

1. Heat oil in a wok, add ginger, garlic, shallots and sesame seeds. Stir fry for 1 minute, add oyster sauce. Remove from heat set aside to cool.
2. Cut 8 cm2 (squares) from pastry sheets
3. Place a tbsp of shallot mixture into each square, glaze edges with egg. Bring the four corners to the centre and pinch edges to seal.
4. Glaze with remaining egg and sprinkle lightly with extra sesame seeds.
5. Heat oil to settings 8-10 and fry till golden brown, about 4 minutes.

## Meat fritters

Makes 12 fritters

1 cup self raising flour

salt and pepper

1 egg

2 tbsp oil

$\frac{1}{4}$  cup water

$\frac{1}{2}$  -  $\frac{3}{4}$  cup milk

2 cups cooked, diced leftover meat (beef, pork, lamb, chicken)

1 onion, chopped finely

1. Place the flour, salt and pepper into a small mixing bowl. Add egg oil and water, mix till smooth.
2. Beat in milk as required to form a loose batter. Add meat and onion.
3. Heat oil to settings 8-10. Spoon batter into the hot oil. Cook until golden brown, about 5 minutes.
4. Drain and serve with reheated leftover gravy.

# Recipes for your Deep Fryer (cont).

---

## Meatballs

Makes about 18

*750g minced topside steak*

*1 onion chopped*

*1/2 cup breadcrumbs*

*2 tbsp chopped parsley*

*1/2 tsp salt*

*1/2 tsp pepper*

*1/2 tsp dried mixed herbs*

*2 tsp Worcestershire sauce*

*1 egg, lightly beaten*

1. Combine meat, onion, breadcrumbs, parsley, seasoning, and Worcestershire sauce.
2. Add enough egg to bind mixture together.
3. Shape the mixture into 25mm balls, refrigerate meatballs for 1 hour.
4. Heat oil on settings 8-10.
5. Fry for 6-7 minutes, till golden. Drain and serve with a spicy dipping sauce.

## Potato Crisps

*4 potatoes, washed and peeled*

*2 cups water, salted*

1. Cut potatoes into wafer thin slices. Place the slices into the salted water and allow to stand for 1-2 hours.
2. Drain potatoes and dry thoroughly.
3. Heat oil on settings 8-10 and fry a small quantity at a time, shaking frequently during cooking. Cook for 3-4 minutes.
4. Drain and serve hot or cold, sprinkle with salt if desired.

## Felafel

*1 1/2 cup dried chickpeas, washed and soaking*

*1 onion chopped*

*1/2 tsp chilli powder*

*1 tsp cumin, ground*

*1/2 coriander, ground*

*2 cloves garlic*

*3 tsp lemon juice*

*1/4 cup chopped parsley*

*1/2 cup besan flour (chickpea)*

*1 egg*

1. Soak chickpeas overnight, drain.
2. Place chickpeas in a saucepan with 1lt water, simmer for 1 hour.
3. Blend the chickpeas with the rest of the ingredients in a food processor. Chilli mixture.
4. Heat oil on settings 8-10. Shape felafel into 4cm balls and fry 8- 10 at a time for 3-4 minutes.
5. Sever hot or cold with hummus and Lebanese bread.

## Corn fritters

Makes about 12

*3/4 cup self raising flour*

*pinch of salt*

*pinch of pepper*

*1 egg, lightly beaten*

*1/3 cup milk*

*300g can of corn kernels, drained*

1. Shift flour, salt and pepper into a bowl.
2. Combine egg and milk.
3. Using a mixer, gradually add milk mix to the dry ingredients and beat until smooth. Add corn to mix.
4. Heat the oil on settings 8-10. Drop batter by the tablespoonful into the hot oil and fry till golden, about 5-7 minutes.

## Kofte Potatoes

*500g potatoes, cooked and mashed*

*2 eggs*

*1/3 cup desiccated coconut*

*1 cup grated Parmesan cheese*

*salt and pepper*

*2 tbsp flour*

*2 eggs, lightly beaten*

*1 cup dried breadcrumbs*

1. Combine the first five ingredients.
2. Coat 1 tbsp of the mixture in flour, then egg mix and then in breadcrumbs.
3. Heat oil on settings 8-10 and fry 6 - 8 at a time till golden, about 4-5 minutes.

**NOTE:** for something different use sweet potato or pumpkin in place of the potato.

# Recipes for your Deep Fryer (cont).

## Apple fritters

Serves 4

2 apples, peeled and sliced into 5mm thick rings.

$\frac{1}{2}$  cup plain flour

Fritter batter (see page 11)

2 tbsp castor sugar

$\frac{1}{2}$  tsp ground cinnamon

ice cream to serve

1. Heat oil on settings 8 to 10.
2. Coat apple slices in flour and then dip in batter. Fry for 4-5 minutes and golden.
3. Drain and toss in cinnamon sugar. Serve with ice cream.

## Strawberry stack

Serves 4

12 wonton wrappers

1 cup thickened cream

2 tbsp sugar

$\frac{1}{2}$  tsp vanilla

250g punnet strawberries, hulled and halved

icing sugar to dust

1. Heat oil on settings 8-10
2. Fry wonton wrappers, a couple at a time, until just coloured. Drain on absorbent paper.
3. To serve stack crispy wrappers with strawberries, and sweetened whipped cream. Dust top with icing sugar.

## Family doughnuts

Makes about 20

1 tbsp butter, softened

$\frac{1}{2}$  cup sugar

2 tbsp golden syrup

$\frac{2}{3}$  cup milk

2 cups self raising flour

$\frac{1}{2}$  tsp cinnamon

## Cinnamon sugar

4tbsp castor sugar

1tsp ground cinnamon

1. In the small bowl of the Sunbeam Mixmaster Mixer, beat together butter, sugar and golden syrup until creamy.
2. Reduce the speed and gradually add the milk. By hand, fold in sifted flour and cinnamon.
3. Turn out onto a floured bench and knead lightly. Roll out to 1cm thickness and cut with a doughnut cutter.
4. Heat the oil on settings 8-10, fry doughnuts a few at a time, turning only once during cooking.
5. Drain and sprinkle with cinnamon sugar. Serve hot or cold.

# Troubleshooting.

PROBLEM	POSSIBLE CAUSE	SOLUTION
Strong smell	<ul style="list-style-type: none"> <li>• Oil has gone bad</li> <li>• The correct oil is not being used</li> </ul>	<ul style="list-style-type: none"> <li>• Replace oil</li> <li>• Use only high quality oil. Do not mix oils of a different quality or type.</li> </ul>
Oil overflowing	<ul style="list-style-type: none"> <li>• Fryer is filled above the maximum level</li> <li>• Wet food placed in hot oil.</li> <li>• Stated quantities exceeded.</li> </ul>	<ul style="list-style-type: none"> <li>• Check oil level on the inside of fryer.</li> <li>• Dry food first.</li> <li>• Do not fry food above the weight indicated.</li> </ul>
Food is not browning	<ul style="list-style-type: none"> <li>• Cooking temperature is too low.</li> <li>• Basket is overloaded.</li> <li>• Oil is not hot enough.</li> </ul>	<ul style="list-style-type: none"> <li>• Adjust the dial to the correct cooking temperature.</li> <li>• Do not fry food above the stated quantities and weights</li> <li>• Faulty temperature control. Consult Service Centre.</li> </ul>
Chips are sticking together	<ul style="list-style-type: none"> <li>• Food not washed thoroughly before placed in the oil</li> </ul>	<ul style="list-style-type: none"> <li>• Wash potatoes thoroughly and dry before frying.</li> </ul>

## Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>