

Sunbeam

VersaCook™ Multi Cooker X5

Deep Fryer, Frypan, Slow Cooker, Saucepan, Steamer

Instruction/Recipe Booklet

MU2000

Please read these instructions carefully
and retain for future reference.



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Important instructions – retain for future use.

تأكد من تفهم احتياجات 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 güvenliik önlemlerinin anlaşıldığından emin olunuz

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

Sunbeam's Safety Precautions

SAFETY PRECAUTIONS FOR YOUR MULTI COOKER

- Do not plug in or switch on the unit without having the aluminium pan inside the multi cooker unit.
- Do not operate the unit without food or liquid in the pan.
- For the deep fryer function, if using solid fat, remove the lid and the basket, cut the fat into pieces and place them directly into the pan. Do not melt solid fat in the frying basket as it may damage the appliance.
- Never operate the deep fryer with oil level below the minimum mark or above the maximum mark.
- Remove excess moisture and ice particles from food before deep frying.
- Never decant oil from deep fryer while still hot.
- Only use the oils recommended in this instruction booklet.
- Do not touch any metal surfaces of the product while it is in use as they will be hot.
- Be careful when lifting lid during and after cooking. Steam can result in serious burns. Never place face over multi cooker.
- Do not operate the unit on an inclined or uneven surface
- Do not move or cover the unit whilst in operation
- Do not immerse the base of the unit in water or any other liquid
- Use your unit well away from walls and curtains, and don't use in confined spaces.
- Use handles and oven mitts to move the unit, the pan and the lid when hot.
- When lifting the lid, always tilt the lid away from you as steam is hot.

Sunbeam's Safety Precautions

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

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- The temperature of accessible surfaces may be high when the appliance is operating.
- Never leave an appliance unattended while in use.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven.
- Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.
- Appliances are not intended to be operated by means of an external timer or separate remote control system.
- This appliance is intended to be used in household and similar applications such as: staff kitchen areas in shops, offices and other working environments; farm houses; by clients in hotels, motels and other residential type environments; bed and breakfast type environments.

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

Ensure the above safety precautions are understood.

Features of your Sunbeam MU2000 VersaCook Multi Cooker

Lid

The lid has a viewing window to monitor your cooking. Remove the lid whilst deep frying.

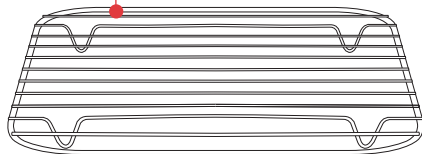
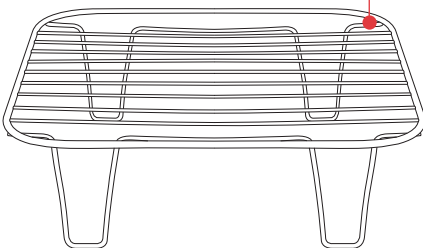
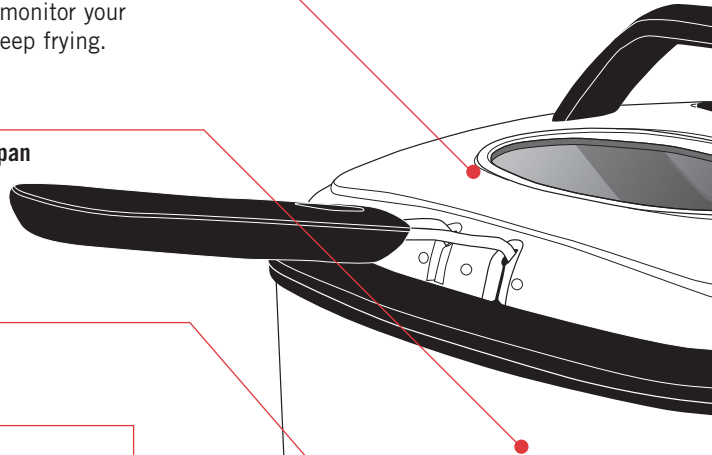
Min and Max Markings inside the pan

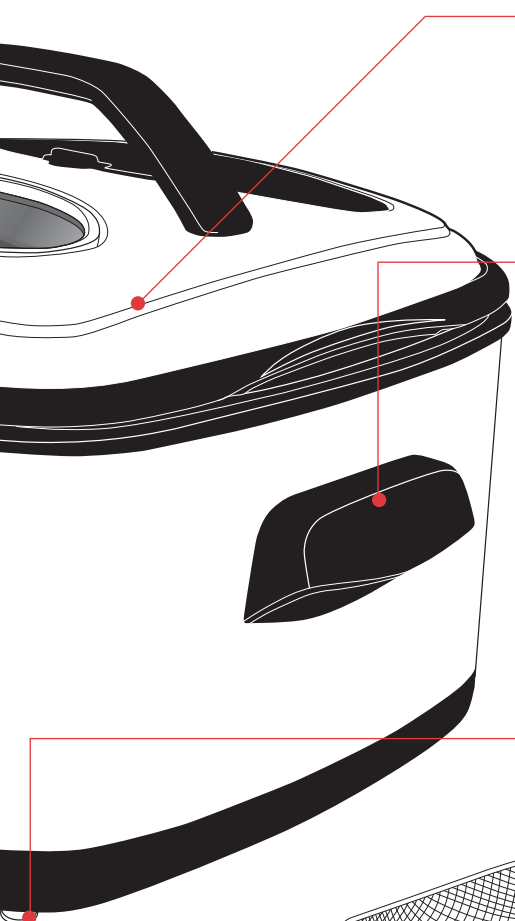
The MIN and MAX markings inside the pan are for oil used in the Deep Fryer mode only.

Control Panel

Low and High Racks

The racks allow air to circulate under the food for even cooking, and allows food to sit above fats and juices which may accumulate at the bottom of the pan. The high rack is suitable for steaming. The low rack is suitable for roasting.





Non-stick Aluminium Pan

The pan is to be used inside the unit for all cooking modes. Dishwasher safe for easy cleaning. When empty the pan sits in a slightly raised position above the base of the unit.

Easy Grip Pan Handles

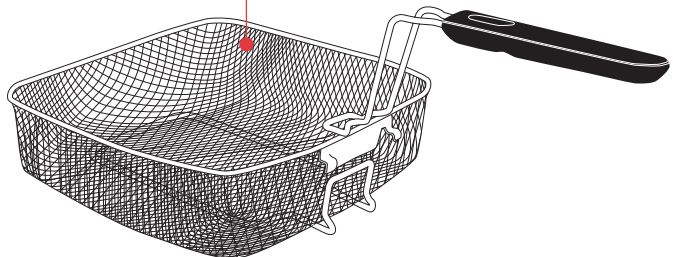
For safe use.

Non-slip feet

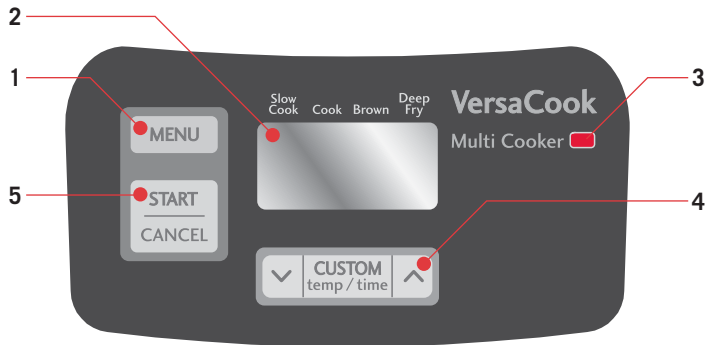
Keeps the unit secure on the bench top during use and prevents scratching of bench top surfaces.

Basket

The removable mesh cooking basket is to be used for Deep Frying and can also be used when boiling pasta. The basket has a cool touch handle which folds away for easy storage.



The Control Panel



The control panel on the VersaCook Multi Cooker X5 is designed to ensure easy use and to make cooking a pleasure. Choose from the 4 cooking menus – Slow Cook, Cook (for Boiling water, Dry Roasting and Food Steaming) Browning and Deep Frying. Choose your cooking menu, customise your temperature and time setting and you're cooking.

1. Menu Button

Scroll through the Cooking menus available by pressing the MENU button.

2. Cooking Menu indicator

A line will display in the LCD screen under the various cooking menus, when the MENU button is pressed.

Slow Cook Menu

The Slow Cook menu has three convenient heat settings – LOW, HIGH and AUTO KEEP WARM.

Cook Menu

Use the Cook menu when using as a Saucepan for soups, boiling pasta etc. Also use the Cook menu with the high rack when using as a Food Steamer. There are two heat settings, LOW and HIGH. When using as a Food Steamer, use HIGH only.

Brown Menu

Use the Brown menu when using as a Frypan. The Browning menu has five heat settings 130°C, 150°C, 170°C, 190°C and 210°C.

Deep Fryer Menu

The Deep Fryer menu has four heat settings 130°C, 150°C, 170°C and 190°C.

3. Cooking Light

The light will illuminate red when the VersaCook is cooking.

4. Custom Button

Use this button to customise the temperature and the time.

5. Start/ Cancel button

Press the START button to begin the selected cooking mode once all settings have been chosen. Press and hold the CANCEL button if you wish to change your setting.

Cooking Menu Settings

The VersaCook Multi Cooker X5 has 5 cooking menus.

Slow Cooking

Slow Cooking achieves flavour filled meals and tender moist meats cooked to perfection. As the name suggests, meals are cooked over a long period of time. Slow cooking provides healthy, simple and economical cooking. It requires minimal supervision, short preparation times and quick clean up times.

LOW Setting. This is suitable for simmering and slow cooking.

HIGH Setting. This is for faster cooking. Typically 1 hour on HIGH = approximately 2 - 2.5 hours on LOW.

AUTO KEEP WARM Setting. When cooking time is completed, the VersaCook automatically switches to the Keep Warm setting to prevent overcooking and to keep your cooked food warm until serving - perfect for busy families, those on the run and those who need flexible meal times. This setting is not hot enough to cook and is used to keep hot, cooked food warm for serving. The Keep Warm setting is an automatic function. for safety it can not be manually set to cook or warm up food.

When used as a Slow Cooker, the VersaCook has a capacity of 6.5L.

Cooking (Saucepan and Food Steamer)

The Cook menu can be used when cooking soups, boiling pasta and when steaming food. It can also cook rice dishes and be used for dry roasting. Cook is an all-round cooking menu and can be used to cook various foods. There are two heat settings, LOW and HIGH. When using as a Food Steamer, use HIGH only.

When used to boil water, the VersaCook has a maximum capacity of 5L. This takes approximately 18 minutes on HIGH.

Browning

The Brown or Frypan menu has five heat settings 130°C, 150°C, 170°C, 190°C and 210°C, making the VersaCook an ideal everyday multifunctional cooker. On the Brown menu you can change the heat setting depending on the food that you are cooking and your style of cooking. Use it to shallow fry, stir fry, sauté and of course even sear. Browning meat prior to slow cooking not only gives your food great colour, it also seals in the juices and flavours and keeps the meat tender.

Deep Frying

The VersaCook is an ideal deep fryer as it has a wide basket and deep pan. The Deep Fryer menu has four heat settings 130°C, 150°C, 170°C and 190°C. The VersaCook is perfect for making donuts, tempura, classic fish and chips and more.

When used as a Deep Fryer, the VersaCook has a food capacity of 1.2kg, and an oil capacity of 2.5L. Inside the cooking pan are MIN and MAX markings. These are to be used for the Deep Fryer mode only.

Cooking Mode Settings Table

Cooking Mode	Slow Cooker	Saucepan	Food Steamer	Frypan	Deep Fryer
Menu	Slow Cook	Cook	Cook	Brown	Deep Fryer
Maximum Programmable Cooking Time	9 hours	2 hours	2 hours	2 hours	2 hours
Minimum Programmable Cooking Time	30 mins	5 mins	5 mins	5 mins	5 mins
Default Cooking Time	High – 4 hours Low – 8 hours (Warm) – 4 hours	2 hours	2 hours	2 hours	2 hours
Time Increments	30 mins	5 mins	5 mins	5 mins	5 mins
Temperature Setting	High Low (Warm)	High Low	High	130°C 150°C 170°C 190°C 210°C	130°C 150°C 170°C 190°C
Capacity	6.5L	5L	NA	NA	Food - 1.2kg Oil – 2.5L

Using your VersaCook in the Slow Cook mode

Before using your VersaCook for the first time, remove the aluminium pan and lid and wash them in warm soapy water.

Place the VersaCook on a flat, level surface.

Plug in the unit. The unit will beep. The VersaCook will default to the Slow Cook menu on the LOW setting. The display will show a line underneath 'Slow Cook' on the panel and the display will show LO.

1. Place your food inside the pan.
2. If the menu is not set to Slow Cook, set the cooking mode by scrolling through the MENU button until a line appears in the display under Slow Cook.
3. To select the time, press the CUSTOM button and then press the ▼ and ▲ buttons until your desired time appears in the panel. Each button press will adjust the time by 30 minutes.
4. To select the temperature/ heat setting of HIGH or LOW, press the CUSTOM button, and then Press the ▼ and ▲ buttons, until HI or LO appears in the panel.

Note: the minimum cooking time is 30 minutes, and the maximum cooking time is 9 hours.

5. Once you have set the desired TIME and TEMP (heat) settings, press START. The cooking light will illuminate red. The time will immediately display and will begin to count down.
6. After the set time has elapsed the unit will automatically switch to the KEEP WARM mode. The unit will beep and the panel will display CF (Cooking Finished). The VersaCook can stay in the Keep Warm mode for 4 hours.

TIP: The Slow Cooking mode settings are in the Mode Settings Table on page 8.

To Cancel a Program

To cancel or change your setting, hold the CANCEL button. The unit will beep. If the unit had already started cooking, the Cooking Light will turn off to indicate the unit is not cooking.

Slow Cooking Display

Display	Setting
LO	Low
HI	High
CF	Keep Warm (Cooking Finished)

Using your VersaCook in the Cook mode

Use the Cook mode to use the VersaCook as a Saucepan, Dry Roasting Pan or as a Food Steamer.

Before using your VersaCook for the first time, remove the aluminium pan and lid and wash them in warm soapy water.

Place the VersaCook on a flat, level surface.

Plug in the unit. The unit will beep. The VersaCook will default to the Slow Cook menu on the LOW setting. The display will show a line underneath 'Slow Cook' on the panel and the display will show LO.

- To use as a Saucepan to make soup, it's often best to heat the water before carefully placing in the food. Refer to your recipe instructions
 - To use as a Food Steamer, before programming the VersaCook place the desired water quantity in the bottom of the pan and then insert the high rack.
1. To set the menu to use the Cook mode, press the MENU button and scroll through the cooking options until a line appears in the display under Cook.
 2. To select the time, press the CUSTOM button, and then press the ▼ and ▲ buttons, until your desired time appears in the panel. Each button press will adjust the time by 5 minutes. The default cooking time is 2 hours.
 3. To select the temperature/ heat setting of HIGH or LOW, press the CUSTOM button, and then press the ▼ and ▲ buttons, until the heat settings appears in the panel. The default temperature setting is LOW. When using as a Food Steamer, use HIGH only.

Note: the minimum cooking time is 5 minutes, and the maximum cooking time is 2 hours.

4. Once you have set the desired TIME and TEMP settings, press START. The Cooking Light will illuminate red.
5. The VersaCook will begin to heat to your desired temperature.
6. After the set time has elapsed, the unit will beep and the panel will display 0:00.

TIP: The Cook mode settings are in the Mode Settings Table on page 8.

To Cancel a Program

To cancel or change your setting, hold the CANCEL button. The unit will beep. If the unit had already started cooking, the Cooking Light will turn off to indicate the unit is not cooking.

Using your VersaCook in the Brown (Frypan) mode

Before using your VersaCook for the first time, remove the aluminium pan and lid and wash them in warm soapy water.

Place the VersaCook on a flat, level surface.

Plug in the unit. The unit will beep. The VersaCook will default to the Slow Cook menu on the LOW setting. The display will show a line underneath 'Slow Cook' on the panel and the display will show LO.

1. To set the menu to use the Frypan or Browning menu, press the MENU button and scroll through the cooking options until a line appears in the display under Brown.
2. To select the time, press the CUSTOM button, and then press the ▼ and ▲ buttons until your desired time appears in the panel. Each button press will adjust the time by 5 minutes. The default cooking time is 2 hours.

Note: the minimum cooking time is 5 minutes and the maximum cooking time is 2 hours.

3. To select the temperature setting of 130°C, 150°C, 170°C, 190°C or 210°C, press the ▼ and ▲ buttons, until the desired temperature appears in the panel.

4. Once you have set the desired TIME and TEMP settings press START. The Cooking Light will illuminate red.
5. The VersaCook will begin to heat to your desired temperature. The time will flash until the temperature has been reached. When the temperature has been reached the time will stop flashing and the timer will begin to countdown.
6. After the set time has elapsed the unit will beep and the panel will display the selected menu.

TIP: The Frypan mode settings are in the Mode Settings Table on page 8.

To Cancel a Program

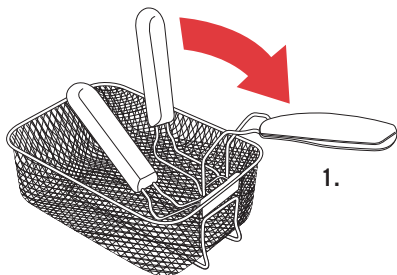
To cancel or change your setting, hold the CANCEL button. The unit will beep. If the unit had already started cooking, the Cooking Light will turn off to indicate the unit is not cooking.

Using your VersaCook in the Deep Fryer mode

Before using your VersaCook for the first time, remove the aluminium pan, lid and basket and wash them in warm soapy water.

Place the VersaCook on a flat, level surface away from any heating source and where it cannot be splashed with water.

1. Remove the lid and take out the deep frying basket. Pull the handle backwards (1) until the handle locks into position.



2. Pour good quality vegetable, nut or seed oil into the oil tank until it reaches between the 'MIN' and 'MAX' markings on the inside of the pan. Never use the Deep Fryer without oil or with insufficient oil in the tank.

Note: Do not mix different types of oil.

3. Lower the basket into the oil
4. Replace the lid.
5. Plug in the VersaCook into a 230 – 240 volt power outlet.
6. To use the Deep Fryer mode, press the MENU button and scroll through the cooking options until a line appears in the display under Deep Fryer.
7. To select the time, press the CUSTOM button, and then press the ▼ and ▲ buttons until your desired time appears in the panel. Each button press will adjust the time by 5 minutes. The default cooking time is 2 hours.

Note: the minimum cooking time is 5 minutes and the maximum cooking time is 2 hours.

8. To select the temperature/ heat setting press the ▼ and ▲ buttons, until the heat settings appears in the panel.
9. Once you have set the desired TEMP and TIME settings, press START. The Cooking Light will illuminate red.
10. The VersaCook will begin to heat to your desired temperature. The time will flash until the temperature has been reached. When the temperature has been reached the time will stop flashing and the timer will begin to countdown. Next, follow the instructions in the 'Cooking in the Deep Fryer' section below.
11. After the set time has elapsed the unit will beep and the panel will display 0:00.

TIP: The Deep Fryer mode settings are in the Mode Settings Table on page 15.

To Cancel a Program

To cancel or change your setting hold the CANCEL button. The unit will beep. If the unit had already started cooking the Cooking Light will turn off to indicate the unit is not cooking.

Cooking in the Deep Fryer

There are two methods of cooking in your fryer; one general method for most foodstuffs and another for home battered products.

Note: During cooking, steam will build up in the fryer, so when lifting the lid use a kitchen glove or mitt to protect your hand.

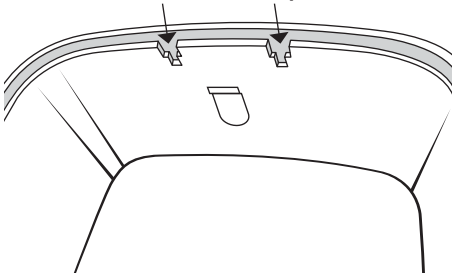
Using your VersaCook in the Deep Fryer mode - continued

General cooking method

(For pre-cooked, crumbed, floured or wrapped food.)

1. Ensure the oil has reached the required temperature. Remove the lid, lift the basket and put it on the rest (3) so that it is not in contact with the oil.

2. Basket rest for raised position



Place the food, (should be as dry as possible) into the raised basket.

Note: The basket should always be in the raised position when it is to be filled with food.

3. Lower the basket into the pan.
4. Do not cook food with the lid on.
5. Once the food is cooked (see Deep Fryer Frying Times and Temperatures guide chart on page 8), place the basket on its raised position to drain for a few seconds.
6. Remove the basket and put the fried food on a plate covered with absorbent paper or kitchen towel.
7. When finished with the deep fryer, remove the plug from mains power.
8. Clean the fryer only after the oil is completely cooled down.

Cooking 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. Ensure the oil has reached the required temperature.

Note: Leave the basket in the down position.

2. Remove the lid of the fryer.
3. Coat the food in batter 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.

You can now follow the instructions as given in the general cooking method, steps 4 - 8.

Hints for perfect deep frying

1. Never use the fryer without oil.
2. Always use the best quality oil possible. We recommend corn, nut, seed or light olive oil. Never use butter, margarine or regular olive oil or extra virgin olive oil.
3. Avoid mixing oils of different qualities or types.
4. Change the oil when it becomes brown or milky in colour.
5. Take into account the food to be cooked before setting the deep 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.
6. Large pieces of food should not be deep fried as they take too long to cook and thereby absorb too much oil.
7. Fry small amounts at a time. Adding too much at a time will decrease the oil temperature and increase the chance that food will stick together and reduce the crispiness.
8. Make sure that food is dry before frying. Wet food will splatter.
9. Always dry or roll wet food in flour before coating in a batter. Otherwise the extra steam created will separate the coating from the food.
10. Preheat the oil with the lid on.
11. Remove lid whilst cooking.
12. Never sprinkle salt or seasoning over the cooked product in the basket when it is in the raised position above the oil. This will contaminate the oil.

Deep Frying times and temperatures guide

FISH AND SEAFOOD

TYPE	MAXIMUM QTY	TEMPERATURE °C	APPROX. TIME (MIN)	SUGGESTIONS
PRAWNS				
Fresh	600g	170C	5-7	Crumb/batter
Frozen	600g	190C	3-5	Fry frozen
FISH				
Small pieces	400g	170C	3-5	Crumb / batter
Fresh fillets	600g	150C	7-10	Crumb / batter
Frozen fillets	600g	150C	5-7	Fry frozen
CALAMARI				
Fresh	500g	170C	5-7	Crumb / batter
Frozen	500g	170C	3-5	Fry frozen

MEAT AND POULTRY

TYPE	MAXIMUM QTY	TEMPERATURE °C	APPROX. TIME (MIN)	SUGGESTIONS
FRESH CHICKEN PORTIONS				
Small	400g	170C	10-15	Crumb or batter
Large	600g	170C	15-20	Crumb or batter
CHICKEN OR VEAL SCHNITZEL				
Fresh	250g	170C	5-10	Crumb
Frozen	250g	190C	3-8	Crumb

Deep Frying times and temperatures guide - continued

VEGETABLES

TYPE	MAXIMUM QTY	TEMPERATURE °C	APPROX. TIME (MIN)	SUGGESTIONS
VEGETABLES				
Beans	200g	170C	2-4	Tempura
Broccoli /Cauliflower	250g	170C	3-5	Tempura or batter
Eggplant (slices)	150g	170C	4-6	Batter
Mushrooms whole button	200g	170C	3-5	Batter
Onion Rings	150g	170C	3-5	Batter
POTATOES				
French fries	500g	170C	4-6	
Chips	500g	170C	5-10	
Wedges	500g	190C	10-15	

The Perfect Chip

- For perfect fries and wedges, old potatoes are ideal. The potato should be of a low starch, waxy variety i.e. Sebago, Russet Burbank, Spunta, King Edward, Bintje.
- 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 as the starch burns at high temperatures.
- Dry on kitchen towel before frying.
- Remove the lid whilst cooking.
- 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, pre-cooked chips. For the best results they should be taken directly from the freezer to the fryer.
- Heat oil to the maximum setting, 190°C.
- For best results for frozen chips refer to chip packet.
- Allow chips to drain for a moment before removing from the basket and seasoning.

	1ST FRY (BLANCH)		2ND FRY	
Thin fries - french fries	130°C	5 min	190°C	5 min
Thick chips	130°C	7-8 min	190°C	7-8 min
Wedges	130°C	10 min	180°C	10 min

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

Care and Cleaning

Cleaning should only be carried out when the VersaCook is switched off and the plug removed from the socket. Allow the unit to completely cool before cleaning.

Do not use the aluminium pan on the stovetop, inside a microwave oven or inside an oven. Use the pan only inside the VersaCook unit.

Wash the aluminium pan and lid in hot soapy water. To remove food that is cooked onto the bottom, soak the pan in warm water before cleaning. Rinse well and dry.

The aluminium cooking pan and the lid are dishwasher safe for added convenience.

Wipe the exterior of the VersaCook with a damp cloth and polish dry. **DO NOT** use harsh abrasives, scourers or chemicals to clean any part of the VersaCook as these will damage the surfaces.

Lid and permanent filter

Your VersaCook features a permanent filter that we advise you to clean at regular intervals. Either put the entire lid into the dishwasher or into hot soapy water and let it soak there for 5-10 minutes. Shake the remaining water out of the lid and let it dry. Ensure the filter is completely dry before you re-use the lid.

Basket and handle

The basket and its handle can be hand washed in warm soapy water. It should be thoroughly dried afterwards.

Cleaning after Deep Frying

When the oil has completely cooled, the pan can be removed for cleaning. Drain the oil through a funnel and fine sieve into a suitable container.

Note: Never pour used oil down sink.

Always make sure that the pan is completely dry before you put it back into your unit.

Hints and Tips

Don't be scared to experiment with your VersaCook. With your VersaCook, there is a myriad of possibilities.

Slow Cooker

- Slow cooking is perfect for the cheaper, tough cuts of meats as the lengthy cooking process tenderises these cuts.
- When in slow cooker mode, the VersaCook does not recover lost heat quickly. Only lift the lid if necessary or if instructed to do so in the recipe.
- When in slow cooker mode food will be brought to a simmer on both LOW and HIGH setting. The setting determines how long it will take to reach this point.
- It is not uncommon for meat to cook faster than root vegetables. It is for this reason that we recommend chopping all vegetables to a similar small size. Meat can be cut into in larger chunks because if it is cut too small, it will break up once cooked and tenderised.
- Slow cooking prevents evaporation resulting in the flavours and juices being maintained. Keep this in mind when creating your own recipes. You may not require as much liquid as you would when using other cooking methods.
- To thicken a casserole at the end of slow cooking, change the menu to Brown function and stir through a little cornflour combined with water. Allow to simmer, stirring until thickened.

Saucepan

- To boil water, use the Cook function set to HIGH, with the lid on.
- The VersaCook can safely boil up to 5 litres of water.

Steamer

- You can steam many foods in the VersaCook. Anything from dumplings to vegetables, fish and poultry.
- Use the Cook function and place foods on the provided low or high rack. Use the lid to cover the VersaCook and create steam.
- Be sure to keep an eye on the liquid level and add as you need. Don't let the VersaCook boil dry.
- For more delicate foods you may need to place a sheet of baking paper over the rack.
- When removing delicate foods after steaming you may find it easier to remove the whole rack with the food on it.

Frypan

- Use the Brown function to sear meats before slow cooking.

Deep fryer

- Always ensure the oil is pre-heated to temperature before adding the food. The oil should sizzle as the food is entering the oil.
- Oil and water don't mix! This can cause significant spitting and splattering of hot oil. When frying wet foods such as fish, pat the surface dry with absorbent paper towel before frying.
- Deep fry food in batches to prevent overcrowding and food joining together. This will also ensure the oil maintains the temperature.
- Sunflower oil or rice bran oil have a higher burning point than most other oils. This means they can reach a higher temperature – perfect for deep frying.

Hints and Tips - continued

Roasts

- With your VersaCook, you can roast a whole chicken as well as whole pieces of meat. Try lamb, beef, veal and pork by simply using the Slow Cook function.
- Roasts can be cooked without the addition of liquid. However they will release juices while cooking. These juices are perfect for making sauces and gravies.
- To make a sauce or gravy with the roast juices, remove the meat and cover with foil to keep warm. Set the Brown function to 210°C and stir through some cornflour mixed with a little water. Allow to simmer, stirring until thickened. You can also add some stock or wine to stretch the gravy a little further and add great flavour.
- Do not use oven bags in the VersaCook.
- Roasting in the slow cooker will not brown your meat or chicken, as roasting in an oven does. If you want your roast to be golden, we recommend using the Brown function to sear the meat first.
- Leftover roast makes great sandwiches the next day. Try the caramelised onion or tomato chutney recipe and make burgers with the leftovers!

Roasting Meat (such as beef, lamb and veal)

To get the best roasting results, we recommend sealing your meat first. Trim away any excess fat. Rub the meat with a little oil and season with salt and pepper (or any other flavourings or spices you wish to use). Set the Brown function to 210°C, and when pre-heated, cook meat for a few minutes on each side. Set the slow cooker function to LOW or HIGH and cook for the appropriate time.

Approximate cooking times for well done:

LOW	2 hours per 500g
HIGH	1 hour per 500g

Note: Unlike roasting in your oven, meat cooked to well done in the slow cooker will still be very tender.

Roasting Chicken

Wash the chicken in cold running water and pat dry with absorbent paper towel. Rub with a little olive oil and season all over with salt and pepper (or any other spices you wish). Set the brown function to 210°C and when pre-heated, cook the chicken for a few minutes on each side until golden. Set the slow cooker function to LOW or HIGH and cook for the appropriate time.

Approximate cooking times for well done:

LOW	2 hours per 500g
HIGH	1 hour per 500g

Note: Ensure chicken is cooked all the way through by inserting a skewer or knife into the meatiest part of the chicken. The juices will be clear when the chicken is cooked through. If the juices are pink, a little more cooking is required.

Hints and Tips - continued

Stocks

- Many recipes use stock as part of the ingredients. A good stock is also the base of a great soup. Stocks can be bought at supermarkets; however, nothing beats the flavour of a homemade stock.
- Making your own stock is a great way to use up bones or carcasses that would normally be thrown away.
- There is no need to peel your vegetables when making a stock. Just ensure you wash them well before use.
- Fresh made stock will keep in the refrigerator for up to 4 days, but can be frozen for up to 3 months.
- Always label and date your stock before storing. It's a good idea to freeze stock in portioned sizes. So for example if you generally use stocks in stews, casseroles, curries etc, then freeze your stock in 1 cup portions. If you tend to use your stock more for gravies and sauces, then freezer it in smaller $\frac{1}{4}$ cup portions or even in ice cube trays, so that you don't need to defrost large quantities at a time.
- To remove the excess fat, cool the stock in the fridge overnight, then skim the solidified fat from the surface.

Troubleshooting

PROBLEM	POSSIBLE CAUSE	SOLUTION
Strong smell	Oil has gone bad.	Replace oil.
	The correct oil is not being used.	Use only high quality oil. Do not mix oils of a different quality or type.
Oil overflowing	Fryer is filled above the maximum level.	Check oil level on the inside of fryer.
	Wet food placed in hot oil.	Dry food first.
	Stated quantities exceeded.	Do not fry food above the weight indicated.
Food is not browning	Cooking temperature is too low.	Adjust the dial to the correct cooking temperature.
	Basket is overloaded.	Do not fry food above the stated quantities and weights.
	Oil is not hot enough.	Faulty thermostat. Consult Service Centre.
Chips are sticking together	Food not washed thoroughly before placed in the oil.	Wash potatoes thoroughly and dry before frying.
Appliance not working	Appliance has been turned on without fat or oil.	Allow the fryer to cool down, fill with oil and press the reset button that is concealed at the back of the fryer.
	Temperature control dial not at correct setting.	Choose cooking temperature.

Recipes

All the recipes have been specifically created and tested by the Sunbeam Test Kitchen for the VersaCook Multi Cooker X5. We hope you enjoy your Sunbeam VersaCook.

Chicken Stock

Makes: 2.5 litres

- 2 chicken carcasses
- 2 onions, chopped
- 2 celery stalks, chopped
- 2 carrots, chopped
- 4 bay leaves
- 2 teaspoons black peppercorns
- 1 bunch parsley stems
- 2.5 litres water
- Salt to taste

1. Place all ingredients in the pan. Cover with lid. Using the Slow Cook function, cook on LOW for 8 hours or HIGH for 4 hours.
2. Strain and discard solids. Add salt to taste. Cool and store in an airtight container in the fridge or freezer.

Fish Stock

Makes: 2.5 litres

- 1kg fish bones
- 1 onion, chopped
- 1 celery stalk, chopped
- 2 bay leaves
- 1 teaspoon black peppercorns
- 2.5 litres water
- Salt to taste

1. Place all ingredients in the pan. Cover with lid. Using the Slow Cook function, cook on LOW for 8 hours or HIGH for 4 hours.
2. Strain and discard solids. Add salt to taste. Cool and store in an airtight container in the fridge or freezer.

Recipes continued

Beef Stock

Makes: 2.5 litres

- 1 tablespoon oil
- 1.5kg meaty beef bones
- 1 onion, chopped
- 1 celery stalk, chopped
- 1 carrot, chopped
- 2 bay leaves
- 1 teaspoon black peppercorns
- 2.5 litres water
- Salt to taste

1. Using the **Brown** function, heat the oil on 210°C. When pre-heated, cook the beef bones in batches until browned. Add the remaining ingredients to pan.
2. Cover with lid. Using the **Slow Cook** function, cook on **LOW** for 8 hours or **HIGH** for 4 hours.
3. Strain and discard solids. Add salt to taste. Cool and store in an airtight container in the fridge or freezer.

Vegetable Stock

Makes: 2.5 litres

- 4 onions, chopped
- 2 carrots, chopped
- 2 parsnips, chopped
- 5 celery stalks, chopped
- 1 bunch parsley
- 4 bay leaves
- 2 teaspoons black peppercorns
- 2.5 litres water
- Salt to taste

1. Place all ingredients in the pan. Cover with lid. Using the **Slow Cook** function, cook on **LOW** for 6 hours or **HIGH** for 3 hours.
2. Strain and discard solids. Add salt to taste. Cool and store in an airtight container in the fridge or freezer.

Recipes continued

Pea and Ham Soup

Serves: 4-6

2 onions, finely chopped
2 celery stalks, finely chopped
1 large potato, peeled, finely chopped
500g split green peas, well rinsed, drained
1kg smoked ham hock
2 bay leaves
3 thyme sprigs
5 cups water
Salt and pepper, to taste
Crusty bread, to serve

1. Place all ingredients in the pan. Cover with lid. Using the Slow Cook function, cook on LOW for 8 hours or HIGH for 4 hours.
2. Remove the ham hock from the soup. Discard skin. Remove meat from bone, chop and return to soup. Add salt and pepper to taste. Serve with crusty bread.

Minestrone

Serves: 6-8

2 teaspoons olive oil
1 clove garlic, crushed
200g prosciutto, chopped
1 celery stalk, finely chopped
1 carrot, peeled, finely chopped
1 zucchini, finely chopped
2 potatoes, peeled, cut into 2cm cubes
300g pumpkin, peeled, cut into 2cm cubes
800g can crushed tomatoes
6 cups chicken stock

- 1 cup Italian-style soup mix, well rinsed, drained
1 cup shredded cabbage
1 cup macaroni or similar small pasta
Shredded basil and parmesan cheese, to serve
1. Using the Brown function, heat oil on 150°C. When pre-heated, add garlic, prosciutto, celery and carrot. Cook, stirring, for about 15 minutes or until soft. Add the zucchini, potatoes, pumpkin, tomatoes, stock and soup mix.
 2. Cover with lid. Using the Slow Cook function cook on LOW for 8 hours or HIGH for 4 hours. Add the cabbage and pasta in the final 30 minutes of cooking.
 3. Serve minestrone topped with shaved parmesan and basil.

Note: Italian-style soup mix is a mixed bag of dried peas, beans and lentils. It can be bought from supermarkets.

Recipes continued

American Pork Ribs

Serves: 6

- 1 tablespoon olive oil
- 2kg American-style pork ribs
- Pepper, to taste
- 2 ¼ cups tomato sauce
- 1 ½ cups apple cider vinegar
- ½ cup Worcestershire sauce
- ¾ cup brown sugar
- ⅓ cup American mustard
- 3 cloves garlic
- ¼ cup lemon juice
- 2 tablespoons cornflour
- ¼ cup water
- Salt and pepper, to taste

1. Using the Brown function, heat oil on 210°C. When pre-heated, cook the ribs in batches until brown, seasoning well with pepper while cooking. Remove from pan.
2. Combine remaining ingredients except cornflour in the pan. Bring to a simmer. Add the ribs ensuring they are thoroughly coated in the sauce.
3. Cover with lid. Using the Slow Cook function, cook on LOW for 8 hours or HIGH for 4 hours.
4. Remove ribs from sauce and cover with foil to keep warm. Combine cornflour with ¼ cup water to form a smooth paste. Stir through the sauce. Using the Brown function set on 210°C, stir until mixture boils and thickens. Season to taste with salt and pepper.
5. Serve ribs with sauce and coleslaw or potato salad.

Meatballs in Tomato Sauce

Serves: 4-6

- 2 tablespoon olive oil
- 2 onions, finely chopped
- 1 clove garlic, crushed
- 500g pork mince
- 500g veal mince
- ½ cup fresh breadcrumbs
- 1 egg
- 1 teaspoon chopped fresh oregano
- 1 teaspoon chopped fresh thyme
- 400g can cherry tomatoes
- 1 tablespoon brown sugar
- 1 tablespoon tomato paste
- ½ cup chicken stock
- 700g tomato passata
- Salt and pepper, to taste
- Spaghetti, to serve

1. Using the Brown function, heat half the oil on 190°C. When pre-heated add onion and garlic. Cook, stirring until soft. Remove from pan.
2. Transfer half the onion mixture to a large bowl. Add mince, breadcrumbs, egg and herbs. Season with salt and pepper and mix to combine. Divide into 12 equal portions and roll into balls.
3. Using the Brown function, heat remaining oil on 210°C. Cook the meatballs in batches until browned. Return remaining onion to the pan with tomatoes, sugar, tomato paste, stock and passata.
4. Cover with lid. Using the slow cooker function, cook on LOW for 6 hours or HIGH for 3 hours. Serve on spaghetti.

Recipes continued

Beer Batter

1 ¼ cups self-raising flour
pinch of salt
375ml cold beer

1. Place flour and salt in a bowl. Gradually whisk in beer until smooth. Rest for 1 hour.
2. Heat oil to 190°C.
3. Dip the desired food into the batter and allow excess batter to drip away.
4. Deep fry until golden. Drain on absorbent paper towel.

Tip: Seafood is great for beer batter. Try making a fisherman's basket using calamari, prawns, fish fillets and scallops. You could also try dipping sliced potatoes to make potato scallops (potato cakes).

Sweet Fritter Batter

1 cup self-raising flour
1 tablespoon sugar
1 egg
⅔ cup milk
1 tablespoon melted butter

1. Place flour and sugar in a bowl. Gradually whisk in egg, milk and butter until smooth.
2. Heat oil to 190°C.
3. Dip the desired food into the batter and allow excess batter to drip away.
4. Deep fry until golden. Drain on absorbent paper towel.

Tip: Dip whole, peeled bananas in this batter to make banana fritters. Dust with icing sugar and serve warm with ice-cream.

Tempura Batter

1 egg yolk, lightly beaten
1 cup cold water or soda water
½ cup plain flour
½ cup cornflour

1. Combine egg and water in a bowl. Add flours and stir until just combined.

Note: Do not over mix; mixture should still have lumps in it.

2. Heat oil to 190°C.
3. Dip the desired food into the batter and allow excess batter to drip away.
4. Deep fry until crisp. Drain on absorbent paper towel.

Tip: This batter is perfect for chicken, boneless salmon pieces, prawns or vegetables.

Easy Crispy Coating

1 egg
1 tablespoon milk
1 cup rice flour
Salt and pepper

1. Whisk egg and milk until combined. Combine flour with salt and pepper to taste.
2. Heat oil to 190°C.
3. Dip food in egg mixture and then coat with flour.
4. Deep fry until crisp. Drain on absorbent paper towel.

Note: This coating is great on almost anything!

Recipes continued

Curry Puffs

Makes: 24

- 2 teaspoons vegetable oil
- 1 small onion, finely chopped
- 400g beef mince
- 1 clove garlic, crushed
- 2 teaspoons curry powder
- ¼ cup mango chutney
- 24 wonton wrappers

- 1 egg white, lightly beaten
- 1. Using the Brown function, heat the oil on 170°C. Cook onion until softened. Add mince and garlic, and brown until cooked.
- 2. Stir in curry powder and cook until fragrant. Stir in mango chutney. Transfer mixture to a medium bowl. Cool slightly.
- 3. Place a heaped teaspoon of mixture into the centre of wrappers. Brush edges with a little egg white. Fold wrappers in half and pinch edges together to seal.
- 4. Using the Deep Fry function heat oil to 180°C. Fry in batches until golden brown, about 4 – 5 minutes.
- 5. Drain on absorbent paper towel and serve with minted yoghurt if desired.

Spring Rolls

Makes: approx. 24

- Boiling water
- 20g rice vermicelli
- 2 teaspoons peanut oil
- 1 small brown onion, finely chopped
- 150g pork mince
- 1 clove garlic, crushed
- 2 teaspoons fresh ginger, finely grated
- 125g fresh shiitake mushrooms, roughly chopped
- 1 carrot, peeled, grated
- 150g shelled, deveined, cooked prawns, chopped

- 2 tablespoons soy sauce
- 1 teaspoon caster sugar
- 1 tablespoon fresh coriander, chopped
- 12 x 12cm spring roll wrappers
- 1 teaspoon cornflour
- 2 teaspoons water
- 1. Place vermicelli in a heatproof bowl. Cover with boiling water and stand until tender. Drain and roughly cut vermicelli with scissors.
- 2. Using the Brown function heat oil to 170°C. Add onion, mince, garlic and ginger. Cook, stirring until browned. Add mushrooms, carrot, prawn, soy sauce and sugar. Cook until vegetables soften and mixture is dry. Transfer to a bowl. Stir in vermicelli and coriander. Cool.
- 3. Combine cornflour with 2 teaspoons of water. Place 2 tablespoons of the filling mixture in the corner of a spring roll wrapper. Lightly brush the edges with cornflour mixture. Roll the wrapper, folding in the sides to encase the filling.

Recipes continued

- Using the Deep Fry function heat the oil to 180°C. Deep fry in batches until golden brown, about 4 – 5 minutes.
- Drain on absorbent paper towel and serve with soy sauce or sweet chilli sauce if desired.

Southern Fried Chicken

Serves: 4-6

- ½ cup plain flour
 - ½ teaspoon salt
 - ½ teaspoon hot paprika (optional)
 - 750g chicken drumettes and chicken wings
 - 1 egg, beaten with 2 tablespoons water
 - 1 cup dried breadcrumbs
- Mix flour with salt and paprika. Dry chicken and coat in seasoned flour.
 - Dip chicken into egg mixture then coat in breadcrumbs.
 - Using the Deep Fry function heat oil to 170°C. Deep fry in batches until golden brown and cooked through, about 15 minutes.
 - Drain on absorbent paper towel. Serve with ranch dressing as a dipping sauce.

Felafel

- 1½ cups dried chickpeas, washed
 - 1 onion, chopped finely
 - ½ teaspoon chilli powder
 - 1 teaspoon ground cumin
 - ½ teaspoon ground coriander
 - 2 cloves garlic, crushed
 - 3 teaspoons lemon juice
 - ¼ cup finely chopped fresh parsley
 - ½ cup besan (chickpea) flour
 - 1 egg
- Soak chickpeas in a large bowl of water overnight. Drain and rinse well.
 - Place chickpeas and 3L of water into the Multi Cooker. Using the Cook function set to HIGH, bring to a simmer and cook for 1 ¼ hours or until tender. Drain well.
 - Blend the chickpeas with remaining ingredients in a food processor. Refrigerate mixture until cold.
 - Roll heaped tablespoons of mixture into 4cm balls.
 - Using the Deep Fry function heat oil to 160°C. Deep fry in batches for 3-4 minutes or until golden.
 - Drain on absorbent paper towel. Serve hot or cold with hummus and Lebanese bread.

Recipes continued

Buttermilk Donuts

Makes: approx. 15

2 teaspoons dry yeast

1 ¼ cups buttermilk, warmed

¼ cup caster sugar

4 cups plain flour

1 teaspoon salt

¼ cup light olive oil

2 eggs, lightly beaten

1. In a small bowl, whisk the yeast into the warmed buttermilk with 1 tablespoon of the sugar. Mix well and stand in a warm place for 10 minutes or until the mixture begins to froth.
2. Place the remaining sugar, flour and salt into a large bowl. Make a well in the centre and stir through oil, eggs and yeast mixture. Mix until a soft dough forms.
3. Place mixture onto a floured surface and knead for about 10 minutes or until dough is smooth and elastic.
4. Place dough in a bowl. Cover and stand in a warm place for about 40 minutes or until dough has doubled in size.
5. Turn dough onto a lightly floured surface and knead again for about 5 minutes or until smooth and elastic. Roll dough out to about 1 ½ cm thick. Use a 9cm cutter to cut rounds and a 3cm cutter to cut holes from the centre. Place donuts onto a tray lined with baking paper and cover with plastic wrap. Stand in a warm place for about 40 minutes.
6. Using the Deep Fry function heat oil to 170°C. Cook donuts in batches, turning once during cooking, until golden in colour.
7. Drain donuts on absorbent paper. While hot, toss in cinnamon sugar.

Tip: To make your own cinnamon sugar, combine 1 cup caster sugar with 2 teaspoons ground cinnamon.

Tip: Don't forget to cook the 'donut holes' for extra mini-treats.

Prawn Cutlets

1kg medium green king prawns, peeled, deveined, tails intact

¾ cup plain flour

Salt and pepper, to taste

1 cup panko bread crumbs

2 eggs, lightly whisked

1. Wash prawns and pat dry with paper towel.
2. Use a small, sharp knife to cut a slit along the back of each prawn (don't cut all the way through). Open and flatten gently.
3. Place the flour in a bowl and season with salt and pepper. Place the breadcrumbs and eggs in 2 separate bowls.
4. Toss the prawns in flour and shake off any excess. Dip one prawn at a time into the egg then the breadcrumbs. Press firmly to coat.
5. Heat oil to 190°C. Cook prawns in batches until golden.
6. Drain on absorbent paper towel. Serve with lemon wedges and tartare sauce.

Recipes continued

Wedges

1. Cut unpeeled potatoes into thick wedges. Soak in cold water for 1 hour, changing the water regularly to remove excess starch. Drain and pat dry with paper towel.
2. Heat oil to 170°C. Deep fry potatoes in batches until soft (but not coloured).
3. Heat oil to 190°C. Return the wedges to the oil in batches and cook until crisp and golden.
4. Place in a bowl. Sprinkle with salt, pepper and paprika to taste. Toss to coat.
5. Serve with sour cream and sweet chilli sauce.

Perfect chips

1. Cut peeled potatoes into 1cm batons. Soak in cold water for 1 hour, changing the water regularly to remove excess starch. Drain and pat dry with paper towel.
2. Heat oil to 170°C. Deep fry potatoes in batches until soft (but not coloured).
3. Heat oil to 190°C. Return the chips to the oil in batches and cook until crisp and golden.
4. Drain on paper towel. Sprinkle with salt to serve.

Salt and Pepper Squid

Serves: 4

- 6 medium squid hoods, cleaned
 - ¼ cup sea salt flakes
 - 1 tablespoon cracked pepper blend
 - 1 ½ cups tapioca (or arrowroot) flour
 - 2 egg whites, lightly beaten
1. Halve the squid lengthways. Pat dry with paper towel. Using a sharp knife, score the inside in a criss-cross pattern. Cut each half into about 4 pieces.
 2. Combine salt, pepper and flour in a shallow dish. Dip squid into the egg white then in the flour mixture. Shake off excess.
 3. Heat oil to 190°C. Deep fry squid in batches for about 2 minutes or until crisp. Serve with lemon wedges.

Recipes continued

Deep Fried Ice Cream

Serves: 6

1 litre vanilla ice-cream
250g digestive biscuits
2 eggs
2 tablespoons milk
Caramel sauce, to serve

1. Working quickly, roll ice cream into 6 round balls and place in the freezer on a metal tray lined with baking paper. Freeze until very firm, about 2 hours or overnight.
2. Use a food processor to crush biscuits to fine crumbs. Place in a shallow bowl. Work quickly and roll balls in the crumbs to coat. Return to the freezer for 1 hour.
3. Combine milk and eggs in a small bowl. Again, working quickly, coat each ball in egg mixture and allow excess to drip off. Coat again in biscuit crumbs. Return to the freezer until firm.
4. Heat oil to 190°C. Deep fry in 2 batches for 10-15 seconds or until golden. Briefly drain on absorbent paper towel. Serve immediately drizzled with caramel sauce.

Tip: If you're having trouble rolling the ice cream into balls, spoon 6 portions onto a tray and freeze until firm. Then quickly roll in your hands to make balls and return to the freezer.

Tomato Chutney

Makes: approx 3 cups

10 (1.5kg) ripe tomatoes, peeled, finely chopped
1 large onion, finely chopped
¼ cup sultanas
1 ½ cups apple cider vinegar
¼ teaspoon chilli powder
½ teaspoon ground cumin
½ teaspoon ground coriander
1 teaspoon mustard powder
Salt and pepper, to taste

1. Using the Brown function, heat the oil on 150°C. When heated, set timer for 1 hour and press START. Add all ingredients to the pan. Allow to cook uncovered, stirring occasionally until thick and most of the liquid has evaporated.
2. Season well with salt and pepper. Pour chutney into hot sterilised glass jars and seal with preserving or plastic lids.

Note:

- To peel tomatoes: use a sharp knife to remove the stem and place a small cross on the base of the tomato. Place in boiling water for 1 minute or until the skin just begins to peel away. Immediately remove from the boiling water and place in a bowl of ice cold water. You will then be able to easily pull the skin off with your fingers.
- To sterilise jars: place clean, glass jars without any chips or cracks in a large saucepan and cover with cold water. Cover with lid and bring to boil. Boil for 20 minutes. Carefully remove the jars and stand upright on a heat-proof board. Allow to air dry.

Recipes continued

Caramelised Onions

Makes: 2 cups

1 tablespoon olive oil

1.5kg brown onions, thinly sliced

¼ cup brown sugar

¼ cup balsamic sugar

Salt and pepper, to taste

1. Using the Brown function, heat oil on 150°C. When heated, set timer for 1 hour and press START.
2. Add onion to pan and cook, stirring occasionally until very soft (about 50 minutes). Add sugar and vinegar and cook for a further 10 minutes. Season.

Note: Caramelised onions taste great on steak, roasts and burgers.

Stuffed Capsicums

2 teaspoons oil

1 small onion, finely chopped

400g lamb mince

2 cloves garlic, crushed

1 teaspoon ground cumin

1 teaspoon ground coriander

1 tablespoon finely grated lemon rind

¼ cup pine nuts

1 cup cooked white rice

3 long green onions, sliced

½ cup chopped fresh coriander

1 tablespoon lemon juice

Salt and pepper, to taste

4 small red capsicums

1. Using the Brown function, heat oil to 170°C. When pre-heated add onion and cook until softened. Add mince and cook until browned and cooked through.
2. Stir in garlic, cumin and coriander and cook until fragrant. Transfer to a large bowl. Stir through all remaining ingredients except capsicum.
3. Cut tops from capsicum and remove seeds. Spoon mixture into capsicums. Place filled capsicum cut side up onto rack in the cleaned pan. Cover with lid.
4. Using the Cook function set to HIGH, cook for 40 minutes or until capsicums are just tender. Serve with yoghurt if desired.

Tip: You may need to trim the bottoms very slightly so your capsicums sit flat. Be careful not to cut too far or the filling may seep through.

Recipes continued

San Choy Bow

Serves: 2-3

- 1 tablespoon peanut oil
- 500g pork mince
- 4 coriander roots and stems, finely chopped
- 1 long red chilli, sliced
- 4 cloves garlic, crushed
- 1/3 cup brown sugar
- 2 tablespoons fish sauce
- 2 kaffir lime leaves, finely shredded
- 1/3 cup fried shallots
- 1/3 cup roasted peanuts, roughly chopped
- Salt and pepper, to taste
- 1/4 cup fresh coriander leaves
- 1 tablespoon lemon juice
- Iceberg lettuce leaf cups, to serve

1. Using the Brown function, heat oil to 190°C. When heated add pork and cook, stirring until lightly browned. Add coriander roots and stems, chilli and garlic. Cook until fragrant. Add sugar, fish sauce and lime leaves. Simmer until mixture thickens. Season with salt and pepper.
2. Stir through all ingredients except lettuce.
3. Serve in lettuce cups.

Note: To easily separate iceberg lettuce leaves without tearing them, remove the core from the lettuce using a small sharp knife. Hold under cold running water, cut side up and allow the water to weigh down and separate the leaves. Gently remove the leaves and pat dry with absorbent paper towel.

Crispy Skinned Salmon Fillets with Pea and Potato Salad

Serves: 4

- 500g baby potatoes, washed
- 4 tablespoons oil
- 1 large onion, finely sliced
- 1 cup peas
- 2 long green onions, sliced
- 1/4 cup gherkins, chopped
- 1/4 cup plain Greek yoghurt
- 2 tablespoons mayonnaise
- 1 tablespoon lemon juice
- 1 tablespoon apple cider vinegar
- Salt and black pepper, to taste
- 4 150g salmon fillets, skin on

1. Using the Cook function on HIGH add 3 litres of water and potatoes to the pan. Cook for 15 minutes or until potatoes are tender. Drain. Roughly chop and set aside.
2. Using the Brown function heat half the oil at 180°C. When heated add onions and peas and cook until golden. Transfer into a large bowl. Add potatoes, green onions and gherkins.
3. In a small bowl whisk together yoghurt, mayonnaise, lemon juice and vinegar. Season with salt and pepper and pour over potato mixture. Stir gently to combine.
4. Season the salmon skin generously with salt and pepper.
5. Using the Brown function heat remaining oil to 210°C. When heated add salmon, skin side down. Use a spatula to press the salmon firmly to base of the pan so the salmon doesn't curl up. Cook for two minutes. Turn over and cook for a further 2 minutes. Remove from pan.
6. Serve with potato salad.

Recipes continued

Bechamel Sauce

Makes: approx. 2 cups

80g butter

1/3 cup plain flour

1 litre milk, warmed

1/2 teaspoon salt

Pepper, to taste

1/2 cup grated parmesan

1. Using the Brown function, melt butter on 190°C. Add the flour and stir vigorously for 30 seconds. Do not allow the mixture to brown.
2. Add half of the milk and whisk until smooth. Gradually whisk in remaining milk. Continuing whisking until sauce thickens and comes to a boil.
3. Stir through salt, pepper and parmesan.

Note: This sauce is great over vegetables or chicken. Also great in lasagne or poured over broccoli.

Lamb Rack with Garlic and Parmesan Crust

Serves: 4

2 x 6 Rib lamb rack roast, French trimmed
(= approx. 450g each)

4 slices day old bread, crust removed

2 cloves garlic, chopped

2 tablespoons fresh parmesan, grated

1 tablespoon fresh rosemary, chopped

2 tablespoons seeded mustard

Olive oil spray

Mashed potatoes, to serve

1. Combine bread, garlic, parmesan and rosemary in a food processor. Process until mixture resembles fine breadcrumbs.
2. Place lamb racks on a chopping board, interlocking the bones of both racks. Spread mustard evenly over the outside of the lamb racks. Press the bread mixture over the mustard and spray well with olive oil spray.
3. Place lamb racks in the Multi Cooker. Set to Cook function on HIGH. Cover with lid and cook for about 40-45 minutes for medium or until cooked as desired. Remove from pan and cover with foil. Allow to rest 5-10 minutes.
4. Cut lamb into individual cutlets and serve with mashed potatoes.

Recipes continued

Mussels in Green Curry Sauce

Serves: 4-6

- 2 x 400mls cans coconut milk
- 2 teaspoons green curry paste
- 1 cup fish stock
- ½ cup chopped fresh basil
- 1 stalk lemongrass, finely chopped
- ¼ cup lime juice
- 2 tablespoons fish sauce
- 2 teaspoons lime rind
- 2 tablespoons oil
- 1.5kg mussels, cleaned
- ½ cup chopped fresh coriander

1. Using the Cook function set to HIGH, bring coconut milk to a boil. Add curry paste, stirring until combined.
2. Add stock, basil, lemon grass, lime juice, fish sauce, lime rind and oil then bring back to a simmer. Cook for 10 minutes. Strain and return to pan. Add mussels.
3. Cover with lid. Cook for 5 minutes or until mussels have opened. Discard any mussels that remain closed. Sprinkle with coriander. Serve.

Fettuccine Boscaiola

Serves: 4-6

- 500g fettuccine
- 2 teaspoons olive oil
- 1 small brown onion, finely chopped
- 4 bacon rashers, finely chopped
- 150g button mushrooms, sliced
- 1 clove garlic, crushed
- 3 long green spring onions, thinly sliced
- 600mls thickened cream
- ⅓ cup parmesan, finely grated
- ¼ cup fresh parsley, chopped
- Salt and pepper, to taste

1. Using the Cook function set to HIGH, bring 5 litres of water to boil. Add fettuccine and cook, stirring occasionally until tender. Drain.
2. Using the Brown function, heat oil to 150°C. When heated add onion, bacon, mushrooms and garlic. Cook, stirring occasionally for about 20 minutes or until lightly browned. Add the green onions and cook for a further minute.
3. Add the cream and bring to a simmer. Cook, stirring until mixture reduces and thickens slightly. Add the cooked pasta and stir until coated in sauce and heated through.
4. Stir through parmesan and parsley. Season with salt and pepper.

Recipes continued

Traditional Vanilla Custard

- 2 cups milk
- 2 cups thickened cream
- 1 vanilla bean
- 8 egg yolks
- 2 tablespoons cornflour
- ½ cup caster sugar

1. Using the Cook function on LOW add milk and cream to the pan.
2. Use a sharp knife to split vanilla bean in half lengthways. Scrape out seeds and add to milk. Cook, stirring constantly until hot. Add remaining ingredients and whisk constantly until mixture is thickened, about 15 minutes.

Tip: Cover the custard directly with plastic wrap if you aren't using straight away. This will prevent a thick skin forming.

Steamed Chicken Dumplings

Makes: approx. 20-25

- 300g chicken mince
- 4 long green onions, chopped
- 1 bunch fresh coriander, including stalks, chopped
- 1 small green chilli, finely chopped
- 2 cups Chinese cabbage, finely sliced
- ¼ cup water chestnuts, chopped
- 1 tablespoon lime juice
- 1 tablespoon mirin
- 1 tablespoon soy sauce
- 2 teaspoons sesame oil
- 2cm piece fresh ginger, peeled, grated

- 1 pack egg wonton wrappers
1. Line a baking tray with baking paper.
 2. Combine all ingredients except wonton wrappers in large bowl, mix well.
 3. Place a heaped tablespoon of mixture in the centre of each wonton wrapper. Moisten the edges of wrapper with water. Pleat one side of the wrapper and join to the other. Gently press to seal. Place on prepared baking tray. Repeat with remaining wrappers.
 4. With the high steaming rack in place, use the Cook function set on HIGH to bring 5cm of water to boil. Reduce setting to LOW. Place a sheet of baking paper over the rack. Place 10 wontons on the rack.
 5. Cover with lid. Steam for about 20 minutes or until cooked. Repeat with remaining dumplings.

Recipes continued

Steamed Pork Buns

Makes: 6

100g Chinese barbecued pork, finely chopped

1 tablespoon hoisin sauce

1 clove garlic, crushed

1 ¼ cups plain flour

2 tablespoons caster sugar

2 teaspoons dried yeast

¼ teaspoon salt

¼ cup luke-warm milk

¼ cup luke-warm water

1 ½ tablespoons peanut oil

1. Combine the pork, hoisin and garlic in a bowl. Refrigerate until required.
2. To make the dough, place flour, sugar, yeast and salt in a large bowl. Make a well in the centre. Add the combined milk, water and oil. Stir until combined. Use your hands to bring the mixture together to form a soft, sticky dough. Turn onto a lightly floured surface and knead until smooth and elastic. Brush a large bowl with a little oil and place the dough in the bowl. Cover with lightly oiled plastic wrap. Stand in a warm, draught free place for about 1 hour or until dough doubles in size.
3. Punch down the dough with your fist. Turn onto a lightly floured surface and knead again for 2-3 minutes or until smooth. Return to the bowl and allow to rise again for a further 30 minutes.
4. Punch down the dough again and shape into a 5cm x 20cm log. Cut into 6 equal portions. Flatten each portion to about 1.5cm thick. Place 1 tablespoon of pork mixture into the centre of each dough round. Stretch the dough around the filling, pinching the edges together to

enclose. Place each bun, pinched side down onto a small piece of baking paper. Using a sharp knife, cut a 3mm deep cross on each.

5. With the steaming rack in place, use the Cook function on HIGH to bring 5cm of water to the boil. Place a sheet of baking paper over the rack. Place pork buns on the high rack.
6. Cover with lid. Steam for about 20 minutes or until buns are light and fluffy.

Recipes continued

Spicy Steamed Lamb Shanks

Serves: 4

- 8 dried ancho chillies
 - 2 long red chilli's, finely chopped
 - 1 teaspoon dried cumin
 - ½ teaspoon dried oregano
 - ½ teaspoon dried thyme
 - 4 cloves
 - 2 bay leaves
 - 4 cloves garlic, peeled
 - 2 tablespoons white vinegar
 - 4 lamb shanks
 - 1 375ml can beer
1. Wash chillies. Remove stems, veins, and seeds. Place in a large bowl and cover with boiling water. Soak for 1 hour. Drain and reserve a ¼ cup of the liquid.
 2. Combine chillies, cumin, oregano, thyme, cloves, bay leaves, garlic, vinegar and reserved chilli water in a food processor. Process to a smooth paste. Coat lamb shanks in paste, cover and refrigerate overnight.
 3. Place each shank in the centre of a piece of baking paper. Bring corners of baking paper together to form a seal.
 4. With high steaming rack in place, use the Cook function on HIGH to bring 5 cm water and beer to a boil. Place lamb on rack.
 5. Cover with lid. Steam for approximately 2 hours or until meat falls off the bone.

Steamed Chinese Broccoli

Serves: 3-4

- 2 bunches Chinese broccoli
 - ¼ cup oyster sauce
 - 1 clove garlic, crushed
 - 2 tablespoons light soy sauce
 - 1 teaspoon caster sugar
 - 2 teaspoons sesame oil
 - 2 teaspoons lime juice
1. Remove broccoli leaves from stems. Cut stems in half and roughly chop leaves.
 2. Combine remaining ingredients in a small bowl to make a sauce.
 3. Place broccoli in the centre of a large piece of baking paper. Pour over sauce. Bring corners of baking paper together to form a seal.
 4. With the high steaming rack in place, use the Cook function on HIGH to bring 5cm of water to boil. Place parcel on rack.
 5. Cover with lid. Steam for 15 minutes or until broccoli is tender.

Recipes continued

Steamed Lemon Thyme Chicken

Serves: 4

- 2 lemons, finely sliced
- 1 bunch thyme
- 2 garlic cloves, crushed
- 4 chicken breasts
- Salt and pepper, to taste

1. With the steamer rack in place, use the Cook function on HIGH to bring 5cm of water to the boil. Place a sheet of baking paper over the rack.
2. Scatter half the lemons and thyme over the baking paper. Top with chicken and scatter with remaining ingredients.
3. Cover with lid. Steam for about 20 minutes or until chicken is cooked.

Soy and Ginger Steamed Salmon with Bok Choy

Serves: 4

- 4 bok choy, halved
- 4 x 150g salmon fillets
- 1 small red chilli, seeded, finely sliced
- 1 clove garlic, crushed
- 4cm piece ginger, peeled, grated
- 2 tablespoons soy sauce
- 1/3 cup Chinese rice wine
- 2 tablespoons sesame seeds, toasted
- 1 teaspoon sesame oil
- Salt and pepper, to taste

1. Cut 4 x 30cm squares of baking paper.
2. Place two pieces of bok choy in centre of each square. Top with salmon. Divide chilli, garlic, ginger, soy and rice wine evenly between parcels. Bring corners of baking paper together to form a seal.
3. With high steamer rack in place, use the Cook function on high to bring 5cm of water to the boil. Place parcels on rack.
4. Cover with lid. Cook for 15 minutes or until bok choy is tender and salmon is cooked.

Tip: To tell if salmon is cooked white flecks of protein should be visible.

Recipes continued

Chinese Steamed Pork and Cabbage Rolls

300g pork mince

50g fresh shiitake mushrooms, chopped

3 long green onions, finely chopped

2cm piece ginger, peeled, grated

1 egg, lightly beaten

½ bunch fresh coriander, finely chopped

2 tablespoons soy sauce

1 tablespoon rice wine

1 teaspoon caster sugar

1 teaspoon sesame oil

1 Chinese cabbage, leaves separated

Salt and pepper, to taste

1. Combine all ingredients except cabbage in a large bowl. Mix well. Cover and place in refrigerator.
2. Using the outer cabbage leaves cut out the hard white centre rib.
3. Using the Cook function set to HIGH, bring 5 litres of water to the boil. Add the cabbage in batches and cook for 2 minutes. Run cabbage leaves under cold water. Dry and set aside.
4. Place a heaped tablespoon of pork mixture in the middle of cabbage leaf. Fold the ends in and roll to form a secure parcel. Repeat until mixture is used.
5. With high steaming rack in place, use the Cook function on HIGH to bring 5cm of water to the boil. Place a sheet of baking paper over the rack. Place cabbage rolls on rack.
6. Cover with lid. Steam for about 20 minutes or until cooked.

Steamed Fish Parcels (En Papiote) Serves: 4

2 small fennel bulbs, finely sliced

1 lemon finely sliced

4 firm white fish fillets

4 tablespoons butter

½ cup white wine

Salt and pepper, to taste

1. Cut 4 x 30cm squares of baking paper.
2. Place an equal amount of fennel and lemon in the centre of each piece of paper. Top with fish and butter. Season with salt and pepper.
3. Bring opposite edges of paper together to form a parcel. Pour in quarter of the white wine and seal. Repeat.
4. With high steaming rack in place, use the Cook function on HIGH to bring 5cm of water to the boil. Place fish parcels on rack.
5. Cover with lid. Steam for 15 minutes or until fish is fully cooked.

Recipes continued

Whole Steamed Snapper

Serves: 4

- 750g whole snapper, cleaned
 - 2 stalks lemon grass, chopped
 - 2 cm piece ginger, peeled, sliced
 - 1 long green chilli, sliced
 - 3 kaffir lime leaves
 - 2 bunches fresh coriander, roughly chopped
 - 2 long red chills, seeded, chopped
 - 2 long green chillis, seeded, chopped
 - 3 cloves garlic, crushed
 - 1 cm piece ginger, peeled, grated
 - ½ cup fish stock
 - ⅓ cup lime juice
 - 1 tablespoon fish sauce
 - 2 teaspoon caster sugar
1. Cut three long horizontal slits on each side of the fish.
 2. Fill cavity of fish with lemon grass, ginger, green chilli, lime leaves and coriander.
 3. With high steaming rack in place, use the Cook function on HIGH to bring 5cm of water to the boil. Place a piece of baking paper over rack. Place fish on rack.
 4. Cover with lid. Steam for 15-20 minutes or until fish is cooked.
 5. Combine remaining ingredients in a small bowl. Pour over cooked snapper. Serve.

Notes

Notes

12 Month Replacement Guarantee

In the unlikely event that this appliance develops any malfunction within 12 months of purchase (3 months commercial use) due to faulty materials or manufacture, we will replace it for you free of charge.

Should you experience any difficulties with your appliance, please phone our customer service line for advice on 1300 881 861 in Australia, or 0800 786 232 in New Zealand. Alternatively, you can send a written claim to Sunbeam at the address listed below. On receipt of your claim, Sunbeam will seek to resolve your difficulties or, if the appliance is defective, advise you on how to obtain a replacement or refund.

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www.sunbeam.com.au

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