

Breville

Syncro Rice Cooker

Multi-purpose, programmable rice cooker and steamer

Instructions for use
Includes recipes



Model BRC450

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Congratulations

on the purchase of your new Breville Syncro Rice Cooker

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

Important safeguards for your Breville Syncro Rice Cooker

- Carefully read all instructions before operating and save for future reference.
- Remove any packaging material and promotional stickers before using the Syncro Rice Cooker for the first time.
- Do not place the Syncro Rice Cooker near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water.
- Do not place the Syncro Rice Cooker on or near a hot gas or electric burner, or where it could touch a heated oven. Place appliance at least 20cm away from walls and curtains.
- Do not use on metal surfaces, for example, a sink drain board.
- Use only the removable cooking bowl supplied with the Syncro Rice Cooker. Do not use a damaged or dented removable cooking bowl. Replace before using.
- Never plug in or switch on the Syncro Rice Cooker without having the removable cooking bowl placed inside the outer housing.
- Do not put liquid into the outer housing. Only the removable cooking bowl is designed to contain liquid.
- Do not touch hot surfaces; use potholders to remove the removable cooking bowl and steaming tray.
- Open the lid carefully to avoid scalding from escaping steam.
- Do not allow water from the lid to drip into the housing, only into the removable cooking bowl.
- Always ensure the power is switched off at the power outlet and the cord is unplugged from the power outlet before attempting to move the appliance, when not in use and before cleaning or storing. Allow all parts to cool before disassembling for cleaning.
- To protect against electric shock, do not immerse the outer housing, cord or power plug in water or any other liquid.
- Do not move the rice cooker during cooking.
- Do not leave the rice cooker unattended when in use.
- Keep the appliance clean. Follow the cleaning instructions provided in this book.

Important safeguards for all electrical appliances

- Unwind the cord before use.
- Do not let the cord hang over the edge of a table or counter, touch hot surfaces or become knotted.
- This appliance is not intended for use by young children or infirm persons unless they have been adequately supervised by a responsible person to ensure that they can use the appliance safely.
- Young children should be supervised to ensure that they do not play with the appliance.
- It is recommended to inspect the appliance regularly. Do not use the appliance if power supply cord, plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- Any maintenance, other than cleaning, should be performed at an authorised Breville Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

Step 5

Add water using the following ratios:
White Rice = 1 cup water : 1 cup rice
Brown Rice = 1½ cups water : 1 cup rice
(see table on Page 12 for more details)

Step 6

Lock the lid into position.

Step 7

Plug into a 230/240 volt power outlet and then switch the power on at power outlet. The red light on the 'Start' button will begin to flash.

Step 8

An arrow will appear on the LCD screen aligned to the 'Cook' function. If Quick Cook or Porridge/Soup functions are required, press the 'Menu' button once to select 'Quick Cook' function or twice to select 'Porridge/Soup' function.

Step 9

To commence cooking, press the 'Start' button. The red light on the 'Start' button will illuminate. Two dashes will appear on the LCD screen and remain until 12 minutes before the end of the cooking time when '12 MIN' shows on the screen and counts down in 1-minute increments (for 'Cook' function only).

Step 10

When cooking is complete, the Syncro Rice Cooker will automatically switch to the 'Keep Warm' setting. The red light on the start button will go out and the red light on the 'Keep Warm' button will illuminate. The LCD screen will show '0' HR WARM and will count up in 1-hour increments (up to 24 hours).

Step 11

Open the lid and turn the rice over with the serving spoon provided. Replace the lid and allow the rice to stand for 10-15 minutes before serving. This allows any excess moisture to be absorbed, resulting in a fluffier rice texture.

Step 12

To stop the 'Keep Warm' function, press the Cancel button and switch off at the power outlet and unplug the cord.

Rice can be kept in the automatic 'Keep Warm' function for up to 24 hours, however for optimal rice quality limit the Keep Warm to 5-8 hours only. Do not open the lid until ready to serve (except for when turning over rice after cooking is complete or as suggested in the recipes).

Note

Important

- Always place liquid into the removable cooking bowl, or be ready to add oil, butter or margarine, before pressing the 'Start' button.
- To prevent scratching the non-stick surface of the removable cooking bowl or steaming tray, always use wooden or plastic utensils.

Cook

- The most common cooking function suitable for cooking larger quantities up to 10 cups of rice.
- An arrow will appear on the LCD screen aligned to the 'Cook' function when the rice cooker is turned on. Press the 'Start' button to commence cooking and two dashes '--' will appear on the screen.
- At 12 minutes before the end of the 'Cook' function, '12 MIN' will appear on the LCD screen and count down in 1 minute increments.

Quick Cook

- Speeds up the cooking time of the rice, suitable for cooking small amounts of rice (less than 4 Syncro Rice Cooker cups).
- An arrow will appear on the LCD screen aligned to the 'Cook' function when the rice cooker is turned on. Press the 'Menu' button once and the arrow will align to the 'Quick Cook' function. Press the 'Start' button to commence cooking and two dashes '--' will appear on the LCD screen.
- Does not show the last 12 minutes of cooking time on the LCD screen.

Porridge/Soup

- Can be used to cook porridge and soup.
- An arrow will appear on the LCD screen aligned to the 'Cook' function when the rice cooker is turned on. Press the 'Menu' button twice and the arrow will align to the 'Porridge/Soup' function. Press the 'Start' button to commence cooking and two dashes '--' will appear on the LCD screen.
- The Porridge/Soup function will cook for up to 2 hours. Cooking of various amounts of porridge or soup will have to be monitored throughout the cooking time (refer Chart on Page 12).
- Does not show the last 12 minutes of cooking time on the LCD screen.

Keep Warm

- When cooking is complete on the Cooking, Quick Cooking and Porridge/Soup functions, the Syncro Rice Cooker will automatically switch to the 'Keep Warm' function. The red light on the start button will go out and the upper red light on the 'Keep Warm/Reheat' button will illuminate. The LCD screen will show '0' HR WARM and will count up in 1-hour increments (up to 24 hours).
- The 'Keep Warm' function can be selected independently by pressing the 'Keep Warm/Reheat' button once and its upper red light will illuminate. The start button does not have to be pressed. The Keep Warm function will commence once the Keep Warm button has been selected. The LCD screen will show '0' HR WARM and will count up in 1-hour increments (up to 24 hours).
- Rice can be kept in the automatic 'Keep Warm' setting for up to 24 hours, however for optimal rice quality, limit the Keep Warm to 5-8 hours only.

Reheat

- This function can be selected independently to reheat cold cooked rice to serving temperature.
- Loosen the cold cooked rice grains and spray with water before reheating to prevent rice over-drying, burning or sticking to the bowl.
- Press the 'Keep Warm/Reheat' button twice (its lower red light will illuminate) to commence the reheat function. The start button does not have to be pressed. The LCD screen will show two dashes throughout the Reheat function.



ALWAYS OPEN AND LIFT THE LID CAREFULLY TO AVOID SCALDING FROM ESCAPING STEAM.

Cancel

- The Cancel button can be pressed at any time to cancel programming functions or stop the cooking or keep warm/reheat functions.

Timer

The Timer feature can be used to preset the finishing cooking time, allowing you to set the timer and function and the Syncro Rice Cooker will do the rest. It will automatically switch to the 'Keep Warm' function once the cooking time has elapsed, ensuring meals are ready to serve.

- The Timer feature can be used on all cooking functions.
- The Timer feature cannot be used with the Keep Warm/Reheat button.
- 'Cook' and 'Quick Cook' functions finishing times can be preset between 1 and 15 hours.
- 'Porridge/Soup' function finishing time can be preset between 2 and 15 hours.
- To preset the Timer, select the desired function by pressing the 'Menu' button, then press the 'Timer' button to coincide with your selected finishing time. Press 'Start' button to begin the cooking/timer cycle.

The rice measuring cup provided with your Syncro Rice Cooker is used in the following tables.

- The Syncro Rice Cooker measuring cup is not a standard metric measuring cup.
- 1 Syncro Rice Cooker measuring cup is equal to 150g of uncooked rice and 175 ml of water.
- 1 Australian Standard Metric Measuring cup is equal to 200g of uncooked rice
- If your Syncro Rice Cooker measuring cup is lost or misplaced, use another cup but maintain the same cooking ratios and ensure you do not exceed the 10 cup maximum line in the removable cooking bowl:
 White Rice = 1 cup water : 1 cup rice
 Brown Rice = 1½ cups water : 1 cup rice
- The Syncro Rice Cooker measuring cup can be used to measure the rice and the corresponding line in the removable cooking bowl used to measure the water. This will give a higher proportion of water to rice and is suitable for cooking 'sticky-style' rice or 'congee-style' rice porridge.

Note

White rice

Uncooked white rice (Syncro Rice Cooker cups)	Cold tap water (Syncro Rice Cooker cups)	Cooked rice (approximate) (Syncro Rice Cooker cups)	Cooking time 'Cook' (approximate) (minutes)	Cooking time 'Quick Cook' (approximate) (minutes)
2	2	4-6	30-35	25-30
4	4	8-10	35-40	30-35
6	6	12-14	40-45	
8	8	16-18	45-50	
10	10	20-22	50-55	

Brown rice

Uncooked brown rice (Syncro Rice Cooker cups)	Cold tap water (Syncro Rice Cooker cups)	Cooked rice (approximate) (Syncro Rice Cooker cups)	Cooking time 'Cook' (approximate) (minutes)
2	3	5-6	55-60
4	6	10-12	60-65
6	9	15-17	65-70

Porridge / soup

Uncooked rolled oats (Syncro Rice Cooker cups)	Cold tap water (Syncro Rice Cooker cups)	Cooked porridge (approximate) (Syncro Rice Cooker cups)	Cooking time (approximate) (minutes)
2	3	3-4	20-25
4	6	7-8	30-35
6	9	10-11	40-45

Uncooked quick oats (Syncro Rice Cooker cups)	Cold tap water (Syncro Rice Cooker cups)	Cooked porridge (approximate) (Syncro Rice Cooker cups)	Cooking time (approximate) (minutes)
2	3	3-4	15-20
4	6	7-8	25-30
6	9	10-11	30-35

Uncooked white rice (Syncro Rice Cooker cups)	Cold tap water Measure to water level in cooking bowl	Cooked rice porridge (approximate) (Syncro Rice Cooker cups)	Cooking time (approximate) (hours)
1/2	4	5-6	1-2
3/4	6	10-11	1-2
1	8	13-14	1-2
1 1/2	10	17-18	1-2

Rice cooking tips

- Add a little extra water for fluffier rice and a little less water for firmer rice.
- Washed rice will have some extra water adhering after rinsing. This extra water will extend the cooking time slightly. Reduce the measured amount of water to compensate, if required.
- Some rice varieties may require more water for cooking, such as wild rice blends, Arborio rice or short grain rice. Follow the directions on the packet or use the brown rice cooking table.
- Due to the additional water needed to cook brown rice, some starchy water bubbles may rise to the lid while cooking. For best results, wash brown rice before cooking and allow to stand on the 'Keep Warm' setting for 20 minutes after cooking to absorb the remaining moisture.

Porridge and soup cooking tips

- Stir oats half way through cooking and just before serving for smooth, lump free porridge.
- Monitor the oats when cooking. The required length of cooking time depends on personal preference for the texture of the porridge.
- Ensure sufficient water is used with oats if longer cooking is required.
- Quick cooking oats can be substituted for rolled oats but the cooking time will be shorter.
- A variety of vegetable-style soups can be cooked using the Porridge/Soup function. Ensure there is sufficient liquid and simmer the ingredients for up to 2 hours for full flavour development. Do not allow soup ingredients to exceed the 10-cup maximum line.
- Congee-style rice porridge can be cooked on the Porridge/Soup function for up to 2 hours. The required length of cooking time depends on personal preference for the texture of the porridge.

Rice variations

Savoury rice

Prepare the rice in the Syncro Rice Cooker as specified, substituting all the water with the same quantity of chicken, beef, fish, or vegetable stock.

Sweet rice

Prepare the rice in the Syncro Rice Cooker as specified substituting half the water with apple juice, orange juice or pineapple juice. Cooking rice with milk or cream is not recommended as it will burn onto the bottom of the removable cooking bowl.

Saffron rice

Add 1/4 teaspoon of saffron powder or 2 saffron threads to every 2 cups of water. Use the white rice cooking tables. Mix well.

Arborio rice

Is short round-grained pearly rice often used for Italian risotto cooking. Use the brown rice cooking tables.

Jasmine rice

Jasmine rice is fragrant long grain rice. Use the white rice cooking tables.

Basmati rice

Basmati rice is an aromatic long grain rice. Use the white rice cooking tables.

Wild rice

It is not recommended to cook wild rice alone in the Syncro Rice Cooker as it requires a substantial amount of water. It is possible to cook wild rice as a blend with white or brown rice.

Brown Rice

To soften the bran layer of long-grain or calrose brown rice, use the 'Cook' function of the Syncro Rice Cooker.

Steaming foods

Steamed foods retain most of their nutritional value when cooked in the Syncro Rice Cooker. Foods may be steamed by placing food in the steaming tray over stock or water and closing the lid. Keep the lid closed while steaming food unless the recipe or chart specifically states to open the lid. By opening the lid unnecessarily steam is lost and the cooking time will be extended.

1. Measure 3 Syncro Rice Cooker cups or more of water or stock into the removable cooking bowl. Use up to a maximum of 6 Syncro Rice Cooker cups of water.
2. Place food to be steamed directly onto the steaming tray and insert into the removable cooking bowl. (Refer to the Steaming Charts on the page 15 for approximate cooking times).
3. Place removable cooking bowl with the steaming tray into the outer housing and close the lid.
4. Plug into a 230/240-volt power outlet and then switch on. The red 'Start' light will flash.
5. Select the 'Cook' function by pressing the 'Start' button and two dashes '--' will appear on the LCD screen. The red light on the 'Start' button will illuminate.
6. When steaming is finished, carefully open the lid and remove foods from the Syncro Rice Cooker steaming tray. If further steaming is required ensure sufficient water is in the removable cooking bowl. If not, add more hot water or stock.
7. If no further steaming is required, press the Cancel button and switch the Syncro Rice Cooker off at the power outlet and then unplug the cord. Allow to cool before cleaning.

Generally, the amount of water required for steaming (3-6 cups water or stock) will be retained throughout the steaming process and this will prevent the LCD screen showing the last 12 minutes of cooking and/or automatically switching to the Keep Warm function.

However, monitor the water level and do not let the removable cooking bowl boil dry during steaming. Hot liquid can be added during the steaming process.

The Keep Warm function can be selected independently after the Cancel button has been pressed.

Note

Hints and tips for steaming vegetables

- Smaller pieces will steam faster than larger pieces.
- Try to keep vegetables to a uniform size to ensure even cooking.
- Fresh or frozen vegetables may be steamed.
- If steaming frozen vegetables, do not thaw before cooking.
- The size and shape of vegetables, as well as personal taste, may call for adjustments to the cooking time. If softer vegetables are required, allow extra cooking time.
- Do not allow water or stock to reach the steaming tray. The steaming will not be effective.

Vegetables	Preparation & tips	Quantity	Cooking time (minutes)
Artichoke	remove the hard outer leaves and stalk	2 medium	40-45
Asparagus	trim, leave as spears	2 bunches	22-24
Beans	top and tail, leave whole	250g	23-25
Beetroot small-medium	trim, do not break skin	300g	22-23
Broccoli	cut into florets	250g	18-20
Brussel Sprouts	cut a cross in the base	375g	27-29
Cabbage	large pieces	500g	20-22
Carrots	cut into strips	3 medium	24-26
Capsicums	cut into strips	3 medium	24-26
Cauliflower	cut into florets	375g	27-29
Celery	slice into strips	3 stalks	15-16
Chickpeas	soak for 12 hours	1 cup dried	50-55
Corn	whole corn cobs	2 small cobs	30-32
Mushrooms	whole, unwashed	300g	18-20
Onions (pickling)	peeled, leave whole	6 medium	30-35
Snow peas	topped and tailed	250g	14-15
Peas	fresh, peeled frozen	250g 250g	18-20 14-15
Potatoes	new, whole	6 (100g each)	50-60
Sweet Potato Kumera	cut into pieces	300g	30-35
Pumpkin	cut into pieces	300g	30-35
Spinach (English)	leaves and stems cleaned	1/2 bunch	15-20
Squash (baby)	topped and tailed	350g	15-20
Turnips	peeled, sliced and cut to 50g pieces	350g	25-27
Zucchini	sliced	350g	15-20

Hints and tips for steaming fish and seafood

- Season fish with fresh herbs, onions, lemon etc. before cooking.
- Ensure fish fillets are in a single layer and do not overlap.
- Fish is cooked when it flakes easily with a fork and is opaque in colour.

Type	Cooking time (minutes)	Suggestions and tips
Fish – fillets – whole – cutlets	18-20 25-30 22-24	Steam until opaque and easy to flake. A cutlet is cooked when the centre bone is able to be easily removed
Lobster – tails	28-30	Remove underside of shell
Mussels – in shell	22-24	Steam until just opened
Clams and Pipis	18-20	Steam until just opened
Prawns – in shell	18-20	Steam until pink
Scallops	14-16	Steam until opaque
Oysters – unopened	20-22	Steam until the top shell starts to open. If the top shell does not completely open, it will need to be opened with a knife

Hints and tips for steaming poultry

- Select similar sized pieces of poultry for even cooking.
- For even cooking results arrange poultry in a single layer.
- Remove visible fat and skin.
- To obtain a browned appearance, sear the chicken before steaming.
- Check poultry is cooked by piercing the thickest part. The poultry is cooked when the juices run clear.

Type	Cooking time (minutes)	Suggestions and tips
Breast fillet	30-35	Place skin side up
Drumstick	40-45	Place thickest part to outside of stainless steel steaming tray
Thigh fillet	28-30	Place thickest part to outside of stainless steel steaming tray

Hints and tips for steaming dumplings

- Fresh or frozen dumplings and savoury buns can be steamed.
- Place small pieces of baking paper, or cabbage or lettuce leaves, under the dumplings to avoid sticking to the steaming tray.

Type	Cooking time (minutes)	Suggestions and tips
BBQ pork or chicken buns	20-22	Cook from frozen
Dumplings – frozen	18-20	Separate before cooking
Dumplings – fresh	15-16	

Switch the Syncro Rice Cooker off at the power outlet and then unplug. Allow all parts to cool before removing the removable cooking bowl. Wash the removable cooking bowl and steaming tray in hot, soapy water, rinse and dry thoroughly.

Breville does not recommend that any parts of your Syncro Rice Cooker are washed in a dishwasher as harsh detergents and hot water temperatures may stain or distort the removable cooking bowl and accessories.

Do not use abrasive cleaners, steel wool, or metal scouring pads as these can damage the non-stick surface.

The outer housing can be wiped with a damp cloth and then dried thoroughly.

If rice has cooked onto the bottom of the removable cooking bowl, fill the bowl with hot, soapy water and leave to stand for approximately 10 minutes before cleaning.

That's the idea™



DO NOT IMMERSE THE OUTER HOUSING OR POWER CORD IN WATER OR ANY OTHER LIQUID AS THIS MAY CAUSE ELECTROCUTION.

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Due to continual improvements in design or otherwise, the product you purchase may differ slightly from the one illustrated in this booklet.

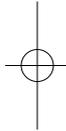
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Breville

Recipes

Delicious recipes

Includes instructions for use



Rice recipes
Steamed recipes

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Chicken and basil risotto

MAKES
4-6 **SERVES**

- 2 tablespoons olive oil
- 2 tablespoons butter
- 1 clove garlic, crushed
- 1 Spanish onion, finely chopped
- 2 Syncro Rice Cooker cups Arborio rice
- 3 cups chicken stock
- 2 x 150g chicken breasts, steamed then thinly sliced
- 2 tomatoes, diced
- ½ cup grated Parmesan cheese
- 2 tablespoons finely sliced fresh basil leaves
- Freshly ground black pepper

1. Place oil and butter into the removable cooking bowl. Using the 'Cook' function, press the Start button. Heat for 15 minutes, add garlic and onion. Cook for 2 minutes, stirring constantly. Add rice, stir to coat with oil.
3. Add the stock, close the lid and cook until 'Cook' function switches to 'Keep Warm'. Stir once during cooking.
4. Stir rice and fold through chicken, tomatoes, cheese, basil and pepper. Close the lid and stand for 10 minutes on 'Keep Warm' before serving.

Tomato and zucchini risotto

MAKES
4-6 **SERVES**

- 2 tablespoons olive oil
- 1 small leek, washed, trimmed and thinly sliced
- 2 cloves garlic, crushed
- 1½ Syncro Rice Cooker cups Arborio rice
- 440g can diced tomatoes
- ½ cup dry white wine
- 3 cups chicken stock
- ½ cup grated Parmesan cheese
- 1 cup grated zucchini
- 2 tablespoons toasted pine nuts

1. Place the oil into the removable cooking bowl. Using the 'Cook' function, press the Start button. Heat for 15 minutes, add leek and garlic. Cook for 2 minutes, stirring constantly. Add rice, stir to coat with oil.
2. Add tomatoes, wine and stock. Close the lid and cook until 'Cook' function switches to 'Keep Warm'. Stir once during cooking.
3. Stir rice and fold in cheese, zucchini, and pine nuts. Close the lid and stand for 10 minutes on 'Keep Warm' before serving.

Measurements used are Australian standard metric cups and spoons except where measuring with Syncro Rice Cooker is specified.

Note

Risotto of smoked chicken and eggplant

MAKES
4-6 **SERVES**

30g butter
 2 tablespoons olive oil
 1 small leek, washed, trimmed and sliced
 1 clove garlic, crushed
 1½ Syncro Rice Cooker cups Arborio rice
 3½ cups chicken stock
 1 teaspoon turmeric
 1 teaspoon freshly grated lime rind
 250g roasted marinated eggplant, chopped
 300g smoked boned chicken breast, skinned and diced
 1 tablespoon finely shredded basil
 ½ cup toasted pine nuts
Black pepper, to taste

1. Place butter and oil into the removable cooking bowl. Using the 'Cook' function press the Start button. Heat for 15 minutes, add leek and garlic. Cook for 2 minutes, stirring constantly. Add rice, stir to coat with oil.
2. Add stock, turmeric and rind. Close the lid until 'Cook' function switches to 'Keep Warm'. Stir once during cooking.
3. Stir rice and fold through eggplant, chicken, basil, pine nuts and pepper. Close lid and stand for 10 minutes on 'Keep Warm' before serving.

Rich cheesy risotto

MAKES
4-6 **SERVES**

60g butter
 2 tablespoons olive oil
 1 small Spanish onion, finely diced
 2 cloves garlic, crushed
 1½ Syncro Rice Cooker cups Arborio rice
 Pinch saffron powder
 4 cups chicken stock
 1 teaspoon grated lemon rind
 ¼ cup grated Swiss cheese
 ¼ cup grated Parmesan cheese
 ½ cup Brie cheese, finely chopped
 1 tablespoon snipped garlic chives
Freshly ground black pepper, to taste

1. Place butter and oil into the removable cooking bowl. Using 'Cook' function, press the Start button. Heat for 15 minutes, add onion and garlic. Cook for 2 minutes, stirring constantly. Add rice, stir to coat with oil.
2. Add saffron, stock, and rind. Close the lid and cook until 'Cook' function switches to 'Keep Warm'. Stir once during cooking.
3. Stir rice and fold through cheeses, chives and pepper. Close the lid and stand for 10 minutes on 'Keep Warm' before serving.

Mushroom risotto

MAKES
4-6 **SERVES**

2 tablespoons olive oil
 2 tablespoons butter
 1 brown onion, finely diced
 150g button mushrooms, sliced
 2½ Syncro Rice Cooker cups Arborio rice
 3 cups chicken stock
 ¼ cup grated Parmesan cheese
 1 tablespoon chopped flat leaf parsley

1. Place butter and oil into the removable cooking bowl. Using 'Cook' function, press the Start button. Heat for 15 minutes, add onion and mushrooms. Cook for 5 minutes or until the mushrooms are soft, stirring constantly. Add rice, stir to coat with oil.
2. Add stock. Close the lid and cook until 'Cook' function switches to 'Keep Warm'. Stir once during cooking.
3. Stir rice and fold through cheese and parsley. Close the lid and stand for 10 minutes on 'Keep Warm' before serving.

Seafood paella

MAKES
4-6 **SERVES**

¼ cup olive oil
 1 Spanish onion, diced
 3 cloves garlic, crushed
 1 teaspoon freshly grated ginger
 1½ Syncro Rice Cooker cups long grain rice, washed
 4 cups seafood or chicken stock
 500g mixed seafood (prawns, calamari, octopus, mussel meat, white fish fillet)
 ½ cup roasted red capsicum, peeled and chopped
 1 tablespoon fresh lime juice
 2 tomatoes, diced
 ¼ teaspoon chilli powder
 2 tablespoons chopped fresh coriander

1. Place oil into the removable cooking bowl. Using the 'Cook' function, press the Start button. Heat for 15 minutes, add onion, garlic and ginger. Cook for 2 minutes, stirring constantly. Add rice, stir to coat with oil.
2. Add stock. Close the lid and cook for 10 minutes. Stir in seafood, capsicum and lime juice. Close the lid and cook until 'Cook' function switches to 'Keep Warm'.
3. Stir rice mixture and fold through tomatoes, chilli and coriander. Close the lid and stand for 10 minutes on 'Keep Warm' before serving.

Sushi rice

4 Syncro Rice Cooker cups short grain white rice, washed
4 cups water
2 tablespoons rice vinegar
2 tablespoons castor sugar
½ teaspoon salt
1 tablespoon rice vinegar, extra

1. Place washed rice and water into removable cooking bowl and close the lid.
2. Using the 'Cook' function, press the Start button and cook until 'Cook' function switches to 'Keep Warm'.
3. Stir rice, close the lid and stand for 10 minutes on 'Keep Warm'.
4. Transfer rice to a large, shallow dish and spread to cool.
5. Heat vinegar, sugar and salt in a small saucepan and stir over a low heat until sugar dissolves. Sprinkle vinegar mixture over rice, mix well.
6. Use immediately as required in Sushi recipes.

Some Sushi recipes require the rice to be shaped by hand. To do this, combine 1 tablespoon rice vinegar with ¼ cup water. Use this mixture to keep hands wet while shaping rice. Any leftover Sushi Rice can be frozen.

That's the idea™

RECOMMENDED USAGE – SEAWEED ROLLS

6 sheets Nori seaweed

Sushi Rice

Wasabi paste, to taste

Add any combination of fillings such as:

Smoked salmon, thinly sliced

Japanese pickled ginger and vegetables

Finely sliced cucumber

Sashimi salmon or tuna

Custard egg

Avocado

Cooked asparagus

Fresh crab

Finely shredded lettuce

Mayonnaise

1. Place a sheet of seaweed, shiny side down on a sheet of baking paper or a bamboo rolling mat.
2. Spread a portion of the rice over a third of the Nori sheet, leaving a border.
4. Spread a very thin layer of wasabi paste in a narrow line down the centre of the rice. Top with a selection of fillings.
5. Using the paper or mat as a guide, roll up the Nori sheet to enclose the filling. Press to seal the edges.
6. Use a very sharp knife to cut the roll neatly into small portions.
7. Repeat with remaining Nori sheets and filling. Chill until ready to serve.

Capsicum and rice salad

MAKES
4-6 SERVES

1 Syncro Rice Cooker cup white rice, washed
1 Syncro Rice Cooker cup brown rice, washed
1 Syncro Rice Cooker cup wild rice mix, washed
5 cups chicken stock
375g marinated roasted capsicum, finely sliced
125g fetta cheese, diced
150g pitted black Kalamata olives
2 tablespoons basil pesto
¾ cup Caesar salad dressing, prepared
½ cup Italian salad dressing, prepared
2 tablespoons sweet Thai chilli sauce

1. Place washed rice and stock into the removable cooking bowl and close the lid.
 2. Using 'Cook' function, press the Start button and cook until 'Cook' function switches to 'Keep Warm'. Stir once during cooking.
 3. Allow rice to stand, covered with lid, for 10 minutes on 'Keep Warm'.
 4. Transfer rice to a large, shallow dish and spread to cool. This helps to keep rice grains separate.
 5. In a large serving bowl, toss cooled rice with capsicum, Fetta cheese and olives.
 6. Combine pesto, salad dressings and chilli sauce in a screw top jar. Shake well and toss through rice salad just before serving.
- Serve chilled.

Oriental wild rice salad

MAKES
4-6 SERVES

2 tablespoons oil
2 cloves garlic, crushed
4 shallots, thinly sliced
2½ Syncro Rice Cooker cups wild rice mix, washed
4 cups chicken stock
200g snow peas, blanched
¼ cup smoked almonds, halved
2 tablespoons balsamic vinegar
3 teaspoons soy sauce
1 teaspoon sesame oil
2 tablespoon sweet Thai chilli sauce
2 tablespoons rice wine vinegar

1. Place oil into the removable cooking bowl. Using the 'Cook' function, press the Start button. Heat for 15 minutes, add garlic and shallots. Cook for 2 minutes, stirring constantly. Add rice, stir to coat with oil.
 2. Add stock, close the lid and cook until 'Cook' function switches to 'Keep Warm'. Stir once during cooking.
 3. Allow rice to stand, covered with lid, for 10 minutes on 'Keep Warm'.
 4. Transfer rice to serving dish. Stir in snow peas and almonds.
 5. Combine vinegar, soy sauce, sesame oil, chilli sauce and vinegar in a screw top jar and shake well. Toss through salad to serve.
- Serve warm.

Turkish pilaf

MAKES
4-6 **SERVES**

- 3 tablespoons ghee or clarified butter
- 1 tablespoon olive oil
- 1 Spanish onion, diced
- 2 cloves garlic, crushed
- 1 teaspoon lightly crushed cardamom seeds
- 1 teaspoon ground cumin
- Freshly ground black pepper
- 1 teaspoon turmeric
- 1 teaspoon salt
- 1 bay leaf
- 3 Syncro Rice Cooker cups Basmati rice, washed
- 6 cups chicken stock
- ½ cup shelled pistachio nuts, finely chopped
- 100g chopped dried apricots
- 100g chopped dried figs
- 2 tablespoons chopped fresh coriander

1. Place butter and oil into the removable cooking bowl. Using the 'Cook' function, press the Start button. Heat for 15 minutes, add onion, garlic, spices, bay leaf, salt and pepper. Cook for 2 minutes stirring constantly. Add rice, stir to coat with oil.
2. Add stock, close the lid and cook until 'Cook' function switches to 'Keep Warm'. Stir once during cooking.
3. Stir rice and fold through nuts, apricots, figs and coriander. Cover with lid and stand for 10 minutes on 'Keep Warm' before serving.

Mango tropical creamed rice

MAKES
4 **SERVES**

- 1½ Syncro Rice Cooker cups short grain white rice, washed
- 1 cup mango nectar
- 1 cup water
- 450g can sliced peaches, drained, juice reserved
- 2 teaspoons lime rind
- ½ cup coconut cream
- ¼ cup passionfruit pulp
- 1 tablespoon cinnamon sugar

1. Place rice, mango nectar, water, and reserved peach juice into the removable cooking bowl and stir to combine. Close the lid and using the 'Cook' function, press the Start button. Cook until 'cook' function switches to 'Keep Warm'. Stir once during cooking.
3. Stir rice mixture and fold through lime rind, coconut cream and passionfruit pulp. Close the lid and stand for 10 minutes on 'Keep Warm'.
4. Serve warm with peaches and dusted with cinnamon sugar.

Wild berry rice

MAKES
4-6 **SERVES**

- 1½ Syncro Rice Cooker cups short grain white rice, washed
- 2 cups water
- ½ cup warmed honey
- 2 tablespoons butter, melted
- 1 cup cream
- ½ cup fresh or frozen blueberries
- ½ cup fresh or frozen raspberries
- ½ cup fresh or frozen blackberries
- ½ cup fresh or frozen strawberries
- ½ cup icing sugar
- ½ cup water
- 2 tablespoons port

1. Place rice and water into the removable cooking bowl. Cover with lid and using the 'Cook' function, press the Start button.
2. Cook until 'Cook' function switches to 'Keep Warm'. Stir once during cooking.
3. Stir rice and fold in honey, butter, and cream. Cover with lid and stand for 10 minutes on 'Keep Warm'.
4. Place blueberries, raspberries, blackberries, strawberries, icing sugar, water and port into the bowl of a food processor or blender and process until smooth.
5. Fold berry mixture through rice mixture then transfer to serving glasses.
6. Serve topped with extra berries and cream if desired.

Steamed whole fish with ginger and shallot

MAKES
4 **SERVES**

- 1 x 300-400g whole snapper or bream, cleaned and scaled
- ½ bunch coriander
- 2 tablespoons soy sauce
- 1 tablespoon peanut oil
- 2cm piece fresh ginger, cut into matchsticks
- 3 shallots, finely sliced
- 1 lime, sliced

1. Wash and dry the fish. Cut 2 slits at a 45° angle through each side of the fish. Into each slit, place some ginger and a slice of lime.
2. Place half of the coriander into the cavity of the fish. Place the fish into the steaming tray.
3. Pour water or stock into the removable cooking bowl. Close the lid and using the 'Cook' function, press the Start button. When the water is boiling, insert fish in the steaming tray into removable cooking bowl, close the lid and steam fish for 15 minutes or until cooked when tested.
4. Remove fish and place onto a serving platter.
5. Combine soy, oil and shallots, pour over the fish. Serve immediately with steamed jasmine rice.

Steamed salmon fillet with tomato and basil salsa

MAKES
4 **SERVES**

- 1 tablespoon olive oil
- 2 shallots, diced
- ¼ cup white wine vinegar
- 2 ripe tomatoes, diced
- 10 basil leaves, finely sliced
- 1 tablespoon balsamic vinegar
- 2 tablespoons olive oil
- 2 x 150g salmon fillets
- Salt and pepper, if desired**
- 3 Syncro Rice Cooker cups fish stock**

1. Heat a frypan on medium heat, add the oil and diced shallots cook for a minute to soften the shallots, add the vinegar and let the mixture reduce by half. Add the tomatoes and bring the mixture to the boil, then remove from heat. Cool the salsa mixture then add basil, balsamic vinegar, and oil.
2. Place salmon fillets into the steaming tray and sprinkle with salt and pepper.
3. Place the stock into the removable cooking bowl. Close the lid and using the 'Cook' function, press the Start button. When the stock is boiling, insert the salmon fillets in the steaming tray into removable cooking bowl, close the lid and cook for 6-8 minutes for medium or 10 minutes for well done.
4. Remove salmon. Serve hot with Tomato and Basil Salsa and mixed salad leaves.

Steamed vegetable (gado gado)

MAKES
4 **SERVES**

- 1 bunch baby bok choy, trimmed and sliced
- 1 small head broccoli, cut into florets
- 10 snow peas
- 1 carrot, peeled and thinly sliced
- 300g hard tofu, cubed
- 3 Syncro Rice Cooker cups of water
- 250ml peanut sauce (recipe below)

1. Place half the vegetables and tofu into steaming tray. Place water into the removable cooking bowl. Close the lid and using the 'Cook' function, press the Start button. When the stock is boiling, insert the vegetables in the steaming tray into removable cooking bowl, close the lid and cook for 5-7 minutes. Remove vegetables, keep warm. Ensure sufficient water is in removable cooking bowl. Repeat steaming with the remaining vegetables.
2. Place the vegetables and tofu onto a serving platter and drizzle with warm Peanut Sauce.

PEANUT SAUCE

- 1 onion, chopped
- 1 clove garlic
- 2cm piece fresh ginger, chopped
- 1 tablespoon oil
- 1 teaspoon curry powder (preferably Malaysian)
- 1 tablespoon soy sauce
- ¼ cup crunchy peanut butter
- 1 teaspoon chilli paste
- 2 teaspoons brown sugar
- 1 cup coconut milk

1. Place the onion, garlic and ginger into a food processor and process until fine.
2. Heat oil in a saucepan over medium heat. Add onion mixture and gently fry for 3-4 minutes.
3. Add curry powder and soy sauce. Stir well before adding peanut butter, sugar, and chilli paste.
4. Add the coconut milk and stir thoroughly until the sauce is smooth.
5. Increase the heat then cook for 5 minutes.

Steamed chicken breast with ginger and spinach

MAKES
4 **SERVES**

- 1 tablespoon minced ginger
- ½ bunch coriander finely sliced
- 2 x 150g chicken breast supremes, skin on
- 1 cup Stones green ginger wine
- 200g baby spinach
- 1 punnet (50g) baby corn

1. Combine ginger and coriander. Place half of the mixture under the skin of each chicken breast supreme.
2. Place the breasts in a single layer into a shallow dish. Pour over the ginger wine, cover and marinate for 20 minutes.
1. Place the marinated chicken into steaming tray.
2. Place water into the removable cooking bowl. Close the lid and using the 'Cook' function, press the Start button. When the water is boiling, insert the chicken breasts in the steaming tray into the removable cooking bowl, close the lid and cook for 10-15 minutes or until chicken cooked when tested. Remove chicken and keep warm.
3. Place spinach and corn into steaming tray.
4. Ensure sufficient water is in removable cooking bowl. Insert steaming tray and close the lid, cook for another 7-10 minutes or until vegetables are cooked.
5. Serve the chicken on top of the vegetables with a drizzle of soy sauce.

