

# KAMBROOK

THE SMARTER CHOICE



**Quatro**  
Multi-Function Cooker

KMC200

**Instruction Booklet**

# Important

## Please retain your instruction book for future use.

In the event that you need some assistance with your Kambrook appliance, please contact our Customer Service Department on 1300 139 798 (Australia) or 0800 273845 (New Zealand). Alternatively, visit us on our website at [www.kambrook.com.au](http://www.kambrook.com.au) or [www.kambrook.co.nz](http://www.kambrook.co.nz)

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## Kambrook Recommends Safety First

# IMPORTANT: Please retain your instruction book for future use.

At Kambrook, we believe that safe performance is the first priority in any consumer product, so that you, our valued customer can confidently use and trust our products. We ask that any electrical appliance that you use be operated in a sensible fashion with due care and attention placed on the following important operating instructions.

## Important Safeguards For Your Kambrook Quatro Multi-Cooker

- To eliminate a choking hazard for young children, remove and safely discard the protective cover that is fitted to the power plug on the appliance.
- Carefully read all instructions before operating the Multi-Cooker and save for future reference.
- Remove any packaging material and promotional stickers before using the Multi-Cooker for the first time.
- Do not place the Multi-Cooker on the edge of a bench or table during operation. Ensure the surface is level, clean and free of water and other substances.
- Do not use on a sink drain board.
- Do not place the Multi-Cooker on or near a hot gas or electric burner, or where it could touch a heated oven.
- Position the Multi-Cooker well away from walls, curtains and other heat or steam sensitive materials. Minimum of 20cm distance.
- If using plastic utensils, do not leave inside the appliance when hot or on sauté setting.
- When using the Multi-Cooker, provide adequate space above and on all sides for air circulation.
- Always ensure the Multi-Cooker is properly assembled before use.
- Never plug in or switch on the Multi-Cooker without having the removable cooking bowl placed inside the stainless steel housing.
- Use only the removable cooking bowl supplied. Do not use any other bowl inside the stainless steel housing.
- Do not place food or liquid directly into the stainless steel housing. Only the removable cooking bowl is designed to contain food or liquid.
- Never operate the Multi-Cooker without food and liquid in the removable cooking bowl.
- Ensure that the food or liquid to be cooked fills half or more of the removable cooking bowl before switching on the appliance.
- The glass lid has been specially treated to make it stronger, more durable and safer than ordinary glass, however it is not unbreakable. If struck extremely hard it may break or weaken, and could at a later time, shatter into many small pieces without any apparent cause.
- Extreme caution must be used when the appliance contains hot food, hot oils and liquids.
- Do not move the appliance during cooking.
- Always have the glass lid placed correctly into position on the removable cooking bowl throughout operation of the appliance unless stated in the recipe to have it removed.
- Do not touch hot surfaces. Use handles to move the Multi-Cooker and dry pot holders or oven mitts to remove the removable cooking bowl and lid when hot.
- Do not place the removable cooking bowl when hot on any hot surface that may be affected by heat.
- Avoid sudden temperature changes. Do not place frozen or very cold foods into the removable cooking bowl when it is hot. Do not place removable cooking bowl when hot into cold water.

- Do not use the removable cooking bowl in a conventional oven. Do not place the removable cooking bowl onto a heat gas or electric burner.
- Do not use a damaged or cracked removable cooking bowl. Replace before using.
- Avoid scalding from escaping steam when removing the glass lid from the removable cooking bowl when hot by carefully lifting the lid angled away from yourself.
- Do not allow water from the lid to drip into the stainless steel housing, only into the removable cooking bowl.
- Do not place anything, other than the lid, on top of the Multi-Cooker when assembled, when in use and when stored.
- Always switch the Multi-Cooker to the 'Off' position, then switch off at the power outlet, then unplug and allow to cool, if appliance is not in use, before cleaning, before attempting to move the appliance, disassembling, assembling and when storing the appliance.
- Keep the stainless steel housing, removable cooking bowl and glass lid clean. Follow the cleaning instructions provided in this book.
- The Multi-Cooker is not intended to be operated by means of an external timer or separate remote control system.

## Important Safeguards For All Electrical Appliances

- Carefully read all instructions before operating the appliance and save for future reference.
- Remove and safely discard all packaging material and promotional labels before using the appliance for the first time.
- Fully unwind the power cord before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock, do not immerse the power cord, power plug or appliance in water or any other liquid, unless it is recommended in the cleaning instructions.
- The 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.
- It is recommended to inspect the appliance regularly. Do not use the appliance if the power supply cord, plug, connector or appliance becomes damaged in anyway. Return the entire appliance to the nearest authorised Kambrook Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Kambrook Service Centre.
- This appliance is for household use only. Do not use this appliance for other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. **Misuse may cause injury.**
- 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

- Always turn the appliance to the OFF position, switch off at the power outlet and unplug at the power outlet when the appliance is not in use.
- Before cleaning, always turn the appliance to the OFF position, switch off at the power outlet, unplug at the power outlet and remove the power cord, if detachable, from the appliance and allow all parts to cool.
- Do not place this appliance on or near a heat source, such as hot plate, oven or heaters.
- Position the appliance at a minimum distance of 20cm away from walls, curtains and other heat or steam sensitive materials and provide adequate space above and on all sides for air circulation.



**WARNING:** Do not operate the appliance on an inclined surface. Do not move the appliance while it is switched on.



**IMPORTANT:** Fully unwind the cord before use. Ensure appliance is fully cooled before storage.

## Your Quatro Multi-Cooker

1. Glass lid with steam vent, allows you to monitor food during cooking
  2. Non-stick removable cooking bowl with 3.5L capacity
  3. Cool touch handles
  4. Stainless steel housing
  5. Mode selection dial for Steam, Rice, Slow Cook and Sauté functions
  6. Sauté variable temperature dial
  7. 'POWER' and 'KEEP WARM' indicator light
- Not Shown**
- Serving spoon and rice measuring cup
  - Steaming tray



# Using Your Quatro Multi-Cooker

## Before First Use

Before first use remove all promotional stickers and packaging material.

Wash the removable cooking bowl and glass lid in hot soapy water, rinse and dry thoroughly.

Ensure the interior of the stainless steel housing is clean and clear of any debris.

## Operating Instructions

Before placing the removable cooking bowl in the stainless steel housing, ensure the exterior is clean and dry.

This will ensure proper contact with the inner cooking surface.

## Using the Slow Cooking Function

1. Make sure that the power outlet is switched off and that the multi-cooker is unplugged from the power outlet.
2. Place the prepared food into the removable cooking bowl, ensuring denser foods are spread evenly across the bottom of the bowl and not heaped to one side. Ensure that the food and/or liquids fill at least  $\frac{1}{2}$  of the removable cooking bowl.
3. Ensure that the food is fully submerged in liquid.
4. Place the glass lid into position.
5. Insert the removable cooking bowl into the stainless steel housing.
6. Select the STANDBY mode using the mode selection dial.
7. Plug the multi-cooker into a 230V or 240V power outlet and switch the power on at the power outlet.
8. Select the 'SLOW COOKER' mode setting using the mode selection

dial. After a few seconds, the POWER light will stop flashing and remain on as the multi-cooker heats up.

9. When cooking is complete, turn the mode selection dial to the STANDBY position, switch off at the power outlet and then unplug from the power outlet.

**NOTE:** The maximum time for slow cooking is 12 hours. Make sure that there is sufficient water in the removable cooking bowl to ensure the desired result.

## Important

Always use the multi-cooker on a dry, level surface.

Never operate without food and liquid in the removable cooking bowl.

Never operate without the removable cooking bowl positioned in the stainless steel housing.

Always have the glass lid firmly in position on the removable cooking bowl throughout the operation of the appliance unless where stated in a recipe to have it removed.

Always use oven mitts when removing the removable cooking bowl when hot.

Do not place the removable cooking bowl when hot on any surface that may be affected by heat.



**CAUTION:** Always lift and remove the glass lid carefully and angled away from yourself to avoid scalding from escaping steam.

## Using the Slow Cooking Function

### Cooking Time Guide

Use the following table for suggested cooking times and settings when adjusting your favourite recipes. Always check that the food is thoroughly cooked before serving.

Traditional Recipe Time	Slow Cooker Recipe Time
15–30 minutes	4–6 hours
35–45 minutes	6–10 hours
50 minutes – 3 hours	8–12 hours

### Preparing Meat and Poultry

Select the leanest cuts when purchasing meat. Trim the meat or poultry of any visible fat. If possible, purchase chicken portions without the skin. Otherwise, the slow cooking process will result in extra liquid being formed from the fat as it melts.

For casserole-type recipes, cut the meat into cubes, approximately 2.5cm to 3cm. Slow cooking allows less tender cuts of meat to be used.

### Suitable Meat Cuts for Slow Cooking

Meat	Type of Cut
Beef	Beef Chuck, Skirt, Round Steak, Boneless Shin (Gravy) Beef, Bone-In Shin (Osso Bucco).
Lamb	Lamb Shanks, Drumsticks (Frenched Shanks) Neck Chops, Best Neck Chops, Boned Out Forequarter or Shoulder.
Veal	Diced Leg, Shoulder/ Forequarter Chops and Steaks, Neck Chops, Knuckle (Osso Bucco).
Pork	Leg Steaks, Diced Belly, Diced Shoulder, Boneless Loin Chops.

## Sauté and Browning Before Slow Cooking

Pre-browning meat and poultry prior to slow cooking, seals in the moisture, intensifies the flavour and provides more tender results, whilst producing richer flavours in other food, such as onions, capsicums and leeks. Pre-browning may take a little extra time, and whilst not strictly necessary, the rewards are evident in the end results. The meat can be sautéed in the multi-cooker or browned in a non-stick pan to reduce the amount of oil required. Refer to page 13 for instructions on how to use the sauté function.

## Pot Roasting

The addition of liquid is required for pot roasting. Place sufficient liquid into the removable cooking bowl to cover up to a third of the meat. Meat will not brown during the pot roasting process. For browner results, sauté in the multi-cooker or seal in a frypan before pot roasting.

## Suitable Cuts for Pot Roasting

Meat	Type of Cut
Beef	Beef Topside, Blade, Silverside Roasts, Rolled Brisket
Lamb	Forequarter, Shank, Shoulder
Veal	Shoulder/Forequarter
Pork	Loin, Neck

## Preparing Vegetables

Vegetables should be cut into even-sized pieces to ensure more even cooking. Frozen vegetables must be thawed before adding to the multi-cooker.

## Preparing Dried Beans and Pulses

If time permits, overnight soaking of dried beans and pulses is preferable. After soaking, drain and place in the multi-cooker and cover with sufficient water to reach double their volume. Cook beans on the 'SLOW COOK' setting for 2-4 hours or until tender. Pre-soaked beans and pulses will cook a little faster.

## Herbs and Spices

Leaf or whole herbs and spices are preferred. If using ground or dried herbs and spices, add during the last hour of cooking.

**NOTE:** Always taste and season before serving.

## Milk and Cream

Milk, cream and sour cream tend to break down during extended cooking. When possible, add during the last hour of cooking.

## Using the Slow Cooking Function continued

### Hints and Tips for Slow Cooking

Always thaw frozen meat and poultry before cooking.

Trim all visible fat from meat or poultry.

Meat and poultry require at least 6–7 hours of cooking.

Ensure that the food or liquid to be cooked fills half or more of the removable cooking bowl.

## Using the Rice Cooking Function

1. Make sure that the power outlet is switched off and that the multi-cooker is unplugged from the power outlet.
2. Remove the removable cooking bowl from the unit.
3. Use the measuring cup provided to measure the required amount of rice and place into the cooking bowl.
4. Add the required amount of cold tap water.
5. Place the glass lid into position on top of the removable cooking bowl.
6. Ensure water and rice are combined to avoid dry patches.
7. Ensure the rice is spread evenly across the bottom of the removable cooking bowl and not heaped to one side.

**NOTE:** If desired, prior to placing into the removable cooking bowl, place the rice into a large sieve then run under cold water to remove excess starch. Continue this process until the water appears clear. Drain the rice well then place into the removable cooking bowl.

**NOTE:** When measuring rice use the measuring cup provided and level off.

**Fig. 1**

1 level measuring cup	170g uncooked rice.
1 level measuring cup	170ml water

**NOTE:** Please refer to Rice Cooking Guide (Page 12) for quantities.

8. Ensure the exterior of the cooking bowl is clean then place into the stainless steel housing. This will ensure proper contact with the inner cooking surface of the housing.
9. Select the 'STANDBY' setting using the mode selection dial
10. Insert the power plug into a 230V or 240V power outlet and switch on at the power point.
11. To commence cooking, select the 'RICE' setting using the mode selection dial.
12. After a few seconds, the POWER light will stop flashing and remain on as the rice in the multi-cooker starts the cooking process.
13. When the cooking is finished, the multi-cooker will automatically switch to the 'KEEP WARM' setting and the orange 'KEEP WARM' indicator light will illuminate.
14. Carefully lift the glass lid and use the serving spoon to lightly fluff the rice.
15. After use, set the mode selection dial to 'STANDBY'.
16. Switch off at the power outlet and remove the power plug. Use oven mitts to remove the removable cooking bowl to serve. Allow the multi-cooker unit and cooking bowl to cool before cleaning.

**NOTE:** Rice can be kept on the automatic 'KEEP WARM' setting for up to 5 hours. However, smaller quantities of cooked rice may become dry if left on the 'KEEP WARM' setting for too long.

## Using the Rice Cooking Function continued

**NOTE:** To stop the automatic 'KEEP WARM' setting, switch off at the power point and then unplug.

### Rice Cooking Guide

#### Rice quantities

The quantities and cooking times in these tables are for use only with the supplied measure.

#### White Rice

Uncooked Rice Measures	Water Measures	Cooked Rice Measures	Keep Warm Time (mins)
2	2	4	10-15
4	4	8	10-15
6	6	12	10-15
8	8	16	10-15

#### Brown Rice

Uncooked Rice Measures	Water Measures	Cooked Rice Measures	Keep Warm Time (mins)
2	3	5	10-15
4	6	10	10-15
6	9	15	10-15
8	12	20	10-15

#### Tips

Add a little extra water for fluffier rice and a little less water for firmer rice. Some rice varieties may require more water for cooking, such as wild 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 be visible during cooking. For best results, thoroughly wash the rice before cooking and keep warm for 10-15 minutes after cooking to absorb the remaining moisture.

## Using the Sauté Function

1. Make sure that the power outlet is switched off and that the multi-cooker is unplugged from the power outlet.
2. Set the mode selector dial to 'STANDBY'.
3. Place the removable cooking bowl inside the stainless steel housing.
4. Ensure the bowl is positioned correctly before continuing.
5. Plug your multi-cooker into a 230V or 240V power outlet. The 'POWER' indicator light will flash.
6. Move the mode selector switch dial to the 'SAUTÉ' position. After a few seconds, the 'POWER' indicator light will stop flashing and remain on as your multi-cooker heats up. Use the temperature control as required to set the temperature for sautéing.
7. Cover the multi-cooker with the glass lid and allow to pre-heat for approximately 2-3 minutes (do not preheat for longer than 5 minutes).
8. Add oil or butter and allow to heat/melt for approximately 1 minute.
9. If using chicken or seafood in the recipe, sauté in small batches, cover the multi-cooker with the glass lid if necessary and stir occasionally until the food is cooked.
10. Add extra oil/butter to cooking bowl if necessary or if recipe states. Allow to heat for approximately 1 minute.
11. Add ingredients such as onions, garlic and sauté, cover with lid if necessary and stir occasionally for about 4 to 5 minutes or until cooked to desired brownness.
12. When the sauté process is complete, turn the mode selector dial to the 'STANDBY' position, switch off at the power outlet and then unplug from the power outlet. To use the slow cooker function after sautéing, please refer to page 7 for instructions.

### After use

After use, set the mode selector to 'STANDBY' and unplug your multi-cooker from the supply socket.

**NOTE:** Your multi-cooker does not switch off automatically.

**NOTE:** When cooking is completed, switch the mode selection dial to 'STANDBY'. Ensure that the power outlet is switched off and that the multi-cooker is unplugged from the power outlet.

## Using the Steaming Function

1. Make sure that the power outlet is switched off and that the multi-cooker is unplugged from the power outlet.
2. Set the mode selector dial to 'STANDBY'.
3. Place the removable cooking bowl inside the stainless steel housing.
4. Ensure the bowl is positioned correctly before continuing.
5. Add 1 litre of cold water.
6. Plug your multi-cooker into a 230V or 240V power outlet. The 'POWER' indicator light will flash.
7. Set the control dial to the 'STEAM' position. After a few seconds, the 'POWER' indicator light will stop flashing and remain on as the multi-cooker heats up.
8. When the water has heated sufficiently to produce steam, add the foodstuff to the steamer tray. Make sure that some of the steam holes in the steamer tray remain uncovered to allow the steam to penetrate the foodstuff.
9. Don't overfill the steamer tray otherwise the vegetables may be unevenly cooked.
10. Using oven mitts, carefully place the steamer tray into the removable cooking bowl.
11. Place the glass lid onto your multi-cooker.
12. Steam the foodstuff for the appropriate time. For cooking times see the steam cooking guide on page 15. If further steaming is required ensure there is sufficient water in the bowl. Add more water as required and replace the steaming tray and glass lid. Take care when removing the lid. Angle the lid away from you in order to allow the excess steam to escape.

**NOTE:** Always check that your food is thoroughly cooked before serving.

**NOTE:** Beware of hot steam escaping from the vent hole in the glass lid.

**NOTE:** Your multi-cooker does not switch off automatically.

**NOTE:** Unless your recipe states otherwise, avoid removing the lid during steaming. Removing the lid unnecessarily will result in a loss of steam and the cooking time will need to be extended.

### After Use

After use, set the mode selector to 'STANDBY' and unplug your multi-cooker from the supply socket.

## Steaming Guide

Vegetable	Preperation	Quantity	Cooking Time (mins)
Asparagus	Trim, leave as spears	250g	8
Broccoli	Cut into small/ medium florets	250g	8
Brussel sprouts	Slice in half	300g	10-12
Cabbage	Large pieces	500g	14-16
Carrots	Cut into slices	250g	20-22
Cauliflower	Cut into florets	250g	20-22
Celery	Sliced	3 medium stalks	7-9
Fresh peas	Shell removed	250g	12-14
Frozen peas		250g	6-8
New potatoes	Washed and diced	500g	30-35
Turnips	Peel, slice into 50g pieces	350g	20-25

Fish	Preperation	Quantity	Cooking Time (mins)
Boneless, skinned fillets	Cut into medium sized fillets	2 large or 4 small	20-30mins Steam until the flesh is opaque and flaky all the way through
Prawns	In shell	250g	10-12mins Steam until they are pink

## Hints & Tips

### Slow Cooking

Always thaw frozen meat and poultry before cooking.

Trim all visible fat from meat or poultry.

Meat and poultry require at least 6–7 hours of cooking.

Ensure that the food or liquid to be cooked fills half or more of the removable cooking bowl.

### Do's

Do ensure the removable cooking bowl is at room temperature when placing into the housing prior to cooking.

Do avoid extreme temperature changes to the removable cooking bowl and glass lid. Handle the removable cooking bowl and glass lid with care.

Do use oven mitts when lifting the removable cooking bowl containing hot liquids.

Do place the removable cooking bowl onto a heat proof placemat when serving from the bowl at the table.

### Don'ts

Do not place removable cooking bowl or glass lid into or under cold water while still hot.

Do not use the removable cooking bowl or glass lid if chipped or cracked.

Do not operate the multi-cooker without the removable bowl in position.

Do not place a hot removable cooking bowl onto a wet surface.

Do not cook with frozen meats or poultry.

### Never

Place water or other liquids into the base of the housing of the multi-cooker.

Immerse the stainless steel housing, cord or plug of the multi-cooker in water.

Touch hot surfaces with bare hands.



**CAUTION:** Ensure the removable cooking bowl is correctly positioned in the stainless steel housing before you commence cooking.

## Care, Cleaning & Storage

Before cleaning, switch the mode selection dial to 'STANDBY', ensure that the power outlet switched off and the power plug is unplugged from the power outlet.

Always allow the appliance to cool before cleaning.

To remove stubborn, cooked-on foods in the removable cooking bowl, soften by filling with warm, soapy water and allow to soak for 20–30 minutes. Remove by lightly scrubbing with a soft nylon kitchen brush.

The removable cooking bowl and glass lid can be washed in hot, soapy water using a mild household detergent. Rinse and dry thoroughly.

Do not use abrasive cleaners, steel wool, or metal scouring pads as these can damage the surfaces.

The glass lid is dishwasher safe, however care should be taken not to chip or crack the glass lid.

To prevent damage to the removable cooking bowl, do not use alkaline detergents when cleaning, use a soft cloth and a mild detergent.

The stainless steel housing can be wiped over with a soft, damp cloth and then dried thoroughly.



**CAUTION:** Do not immerse the stainless steel housing or power cord in water or any other liquid as this may cause electrocution.

Store the multi-cooker upright and ensure that nothing is placed on top of the product as this may cause the glass lid to break.

## Recipes

### Red Wine, Beef, Mushroom and Thyme Stew

#### Serves 8

3 tablespoons olive oil  
6 large eschallots, peeled, sliced  
3 cloves garlic, minced  
40g butter  
8 rindless bacon slices  
1kg chuck steak, diced  
2 teaspoons brown sugar  
2 tablespoons tomato paste  
400g button mushrooms, washed  
350ml dry red wine  
1000ml beef stock  
1 sprig of thyme  
1 bay leaf

1. Preheat oil on the high sauté setting and then sauté onion and garlic until golden brown, about 6 minutes.
2. Add the butter, bacon and beef and cook until meat is sealed, about 8 minutes.
3. Stir through the sugar and tomato paste and stir for 1 minute. Add the mushrooms, wine, stock, thyme and bay leaf, stir until combined and place onto 'SLOW COOK' for 8 hours.
4. Serve over mashed potato.

### Leek and Three Cheese Potato Bake

#### Serves 8

1 tablespoon olive oil  
40g butter  
2 medium leeks, sliced thinly, washed  
1500g potatoes, peeled, thinly sliced  
3 sprigs lemon thyme, shredded  
1 cup pure cream  
½ cup milk  
½ cup low fat ricotta cheese  
50g packet French onion soup mix  
½ cup parmesan cheese, grated  
½ cup vintage cheddar cheese. Grated

1. Preheat oil and butter on the high sauté setting and then sauté the leek until golden brown, about 6 minutes. Remove from the bowl.
2. Layer a ⅓ of the potato slices on the base of the multi-cooker pot and then add ⅓ of the leek, repeat until three layers have formed.
3. In a 1 litre jug, whisk together the thyme, cream, milk, ricotta and soup mix. Pour over the potato and leek.
4. Top with parmesan and cheddar cheeses and place onto 'SLOW COOK' for 8 hours.
5. Serve over baby spinach or as an accompaniment to another meal.

## Smoked Ham and Split Pea Soup

### Serves 8

1 tablespoon olive oil  
1 large brown onion, diced  
3 cloves garlic, minced  
1 ham hock (800g)  
500g green split peas, washed  
1 bay leaf  
4 sprigs thyme  
2 carrots, peeled, diced  
3 stalks celery, diced  
2 teaspoons black peppercorns  
1 cup white wine  
1 litre vegetable stock

1. Preheat oil on the high sauté setting and then sauté onion and garlic until golden brown, about 6 minutes.
2. Add the ham hock and place the lid on for 5 minutes.
3. Stir through the peas, herbs, carrot, celery, wine and stock. Stir until combined and place onto 'SLOW COOK' for 8 hours.
4. Remove hock and separate meat, add meat back to soup and stir to combine.
5. Serve with crusty Italian bread.

## Dahl

### Serves 8

60g butter  
2 brown onions, peeled, diced  
4 cloves garlic, minced  
2 teaspoons ginger, minced  
1 teaspoon coriander seeds  
1 teaspoon cumin seeds  
1 teaspoon black mustard seeds  
1 teaspoon fennel seeds  
1 teaspoon ground nutmeg  
3 cups dried yellow lentils, washed  
2 teaspoons salt  
1500ml vegetable stock  
300ml light coconut milk

1. Preheat oil on the high sauté setting and then sauté onion, garlic and ginger until golden brown, about 6 minutes.
2. Add the spices and stir for 2 minutes.
3. Stir through the lentils and stir for 1 minute. Add the stock and stir until combined and place onto 'SLOW COOK' for 6 hours.
4. Stir through the coconut milk and serve with mango chutney, greek yoghurt and coriander.

## Recipes continued

### Homemade Baked Beans

60g butter  
40ml olive oil  
2 brown onions, peeled, diced  
3 cloves garlic, minced  
1 tablespoon brown sugar  
1 tablespoon balsamic vinegar  
4 roma tomatoes, diced  
4 x 420g 4 bean mix, rinsed  
1000ml tomato passata  
500ml vegetable stock  
1 bunch basil, washed, shredded  
1 teaspoon white pepper, cracked

1. Preheat butter and oil on the high sauté setting and then sauté onion and garlic until golden brown, about 6 minutes.
2. Add the sugar, vinegar and tomatoes, simmer for about 5 minutes.
3. Stir through the beans, passata, stock, basil and pepper until combined and place onto 'SLOW COOK' for 6 hours.
4. Serve with a fried egg, parmesan cheese and crusty bread.

### Vanilla Rice Pudding

1 cup medium grain white rice, washed  
1250ml full cream milk  
½ cup brown sugar  
2 vanilla beans, split  
1 tablespoon dark rum

1. Combine all ingredients in multi-cooker bowl and place onto 'SLOW COOK' for 5 hours.
2. Fold through rum and serve with stewed fruit of your choice.







**Kambook - Australia**

Building 2, Port Air Industrial Estate  
1A Hale Street  
Botany NSW 2019  
Australia  
Customer Service Line 1300 139 798  
Customer Service Fax 1800 621 337

[www.kambook.com.au](http://www.kambook.com.au)

**Kambook - New Zealand**

Private Bag 94411  
Botany, Manukau  
Auckland 2163  
New Zealand  
Customer Service Line/  
Spare Parts 0800 273 845  
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