

*Sunbeam*

# Metro Banquet

41cm (16") x 33cm (13") non-stick  
electric cookware

Instruction / Recipe Booklet  
FP7710

Please read these instructions carefully  
and retain for future reference.



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## Important instructions – retain for future use.

تأكد من تفهم احتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich, dass die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώνετε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری بکنید کہ احتیاطهای بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşılığından 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 SUNBEAM FRYPAN.

- Use your frypan at least 200mm away from walls and curtains.
- Do not immerse the control probe in water.
- If using a plastic spatula do not leave in cooking vessel when hot.
- The frypan must only be used with the control probe provided.
- Avoid using on metal surfaces e.g. sink, hotplate.
- Remove the control probe before cleaning the frypan.
- After cleaning the frypan ensure that the control probe inlet area is completely dry before using again.

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

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- This appliance is not intended for use by young children or infirm persons unless they have been adequately supervised by a responsible adult to ensure that they can use the appliance safely.
- Young children should be supervised to ensure that they do not play with the appliance.
- 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.

If you have any concerns regarding the performance and use of your appliance, please visit [www.sunbeam.com.au](http://www.sunbeam.com.au) or contact the Sunbeam Consumer Service Line. Ensure the above safety precautions are understood.

# Features of your Sunbeam Metro Banquet frypan

## Cool touch handle

For safe cooking and carrying of the frypan lid.

## Adjustable lid holder

A stepped catch on the side of the lid enables the lid to be tilted above the frypan, to help maintain the temperature selected. Both hands are then free for stirring. When the lid is in position the lid then acts as a splatter shield. The lid can rest on either of the frypan sides that do not have handles.

## Pouring lip

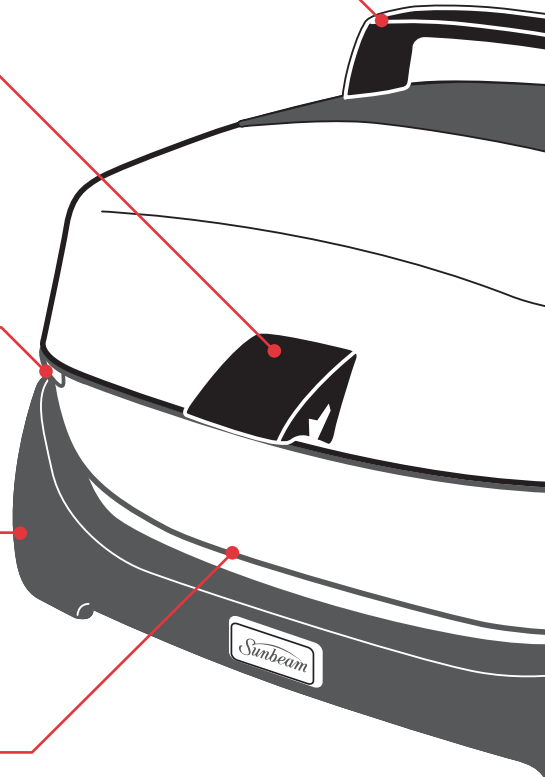
With unique pouring lip, juices are easily poured over food or disposed of for easy cleaning.

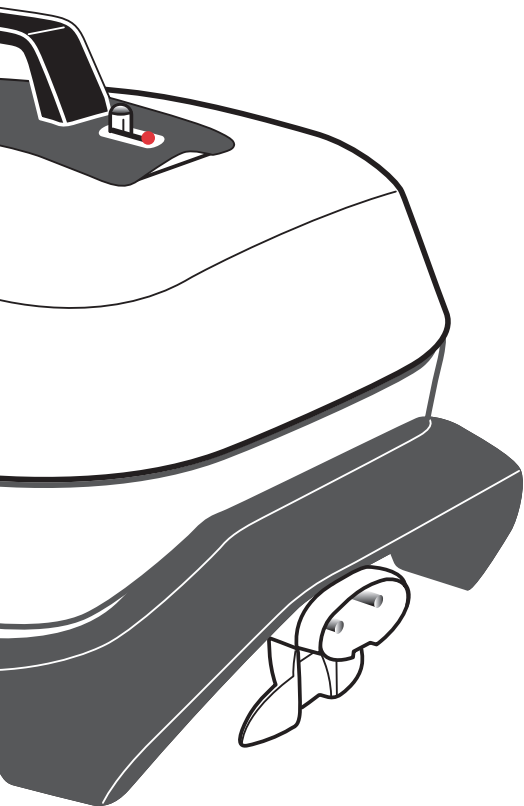
## Trigger release base

With a pull of the quick-release trigger on the side of the pan, the base of the frypan is quickly detached for easy cleaning.

## 2400 watt butterfly shaped element

The butterfly shaped element is completely cast into the metal base providing fast heat up and even heat distribution.





### **Adjustable steam vent**

Allows you to accurately control moisture levels during cooking.

### **Extra deep cooking vessel with sloped sides**

Is ideal for the largest roasts and other family meals. Sloped sides assist with the removal of food from the pan.

### **Dishwasher-safe**

The pan and base are dishwasher-safe and fully immersible making cleaning a breeze.

### **Teflon® Platinum Pro™ non-stick cooking surface**

Teflon® Platinum Pro™ – Professional Use, with DimpleTech™ embossing for superior non-stick cooking performance.



### **Cool touch handles**

For safe cooking and carrying of the frypan.

### **Control probe inlet**

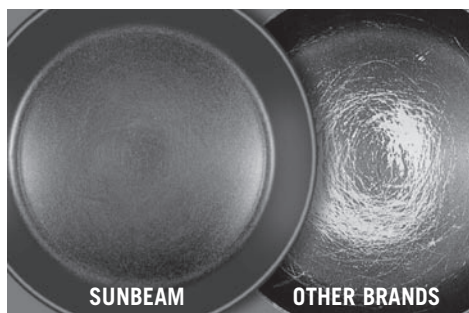
### **Pan tilt lever**

When the lever is in the lowered position, the cooking pan is tilted forcing juices to collect at one end of the pan. Both hands are then free for basting.

# DuPont Teflon® Platinum Pro™



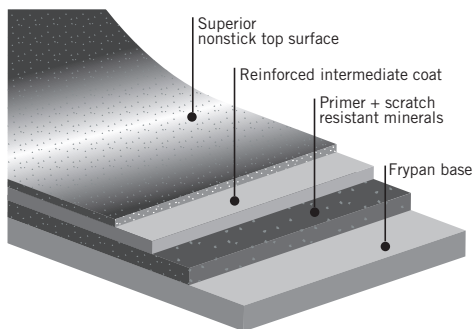
Your Sunbeam frypan features a special scratch and abrasive-resistant non-stick cooking coating that makes it safe to use metal utensils when cooking. Teflon® Platinum Pro™ – Professional Use is DuPont's toughest non-stick coating to date – up to 10 times more scratch resistant than single layer non-stick coatings.\*



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

DuPont is the world leader in non-stick coatings and today more than 2 billion households have Teflon® non-stick coated cookware.

Teflon® Platinum Pro™ is a premium 3 layer non-stick coating. It features special scratch resistant minerals causing metal utensils to slide over these particles without damaging the Teflon® matrix. This preserves the release properties of the non-stick coating and the life of the frypan.



*Teflon® Platinum Pro™ – 3 layer scratch resistant coating*

The result is a non-stick coating that can be treated like ordinary cookware, enabling the use of metal utensils. However, Sunbeam recommends that care is taken with the non-stick coating when using metal utensils.

Do not use sharp objects or cut food inside the frypan. Damage caused to your frypan as a result of misuse of metal utensils will void your warranty.

## **DimpleTech™ surface**

The Sunbeam Metro Banquet frypan's cooking surface features DimpleTech™ embossing that breaks up the contact between the food and the cooking surface providing superior non-stick performance.

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

# Using your Sunbeam Metro Banquet frypan

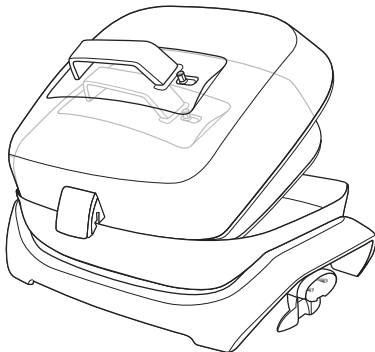
**Before the first use:** Wash, rinse and dry your frypan and lid. Season the cooking surface by applying a thin coat of cooking oil and rub in with paper towelling.

1. Insert the control probe into the inlet on the frypan.
2. Plug the cord into a 230-240V power outlet and turn the power on.
3. Set the control probe dial to the desired temperature setting. Refer to page 6 for the temperature guide.

**Note:** The light on the control probe will illuminate and will remain on until the set temperature is reached. It will then cycle on and off throughout cooking, as the temperature is maintained by the thermostat. On initial heating of the frypan, it is recommended that the temperature be allowed to cycle (the light cycling on and off) several times. This will help the cooking surface to adjust to a more accurate cooking temperature.

## Adjustable lid holder

This is a stepped catch on the side of the lid. It allows the lid to rest above the frypan and eliminates the need to find a spot on the bench. When in position the lid also acts as a splatter shield. The lid can rest on either side that does not have handles, making it easy for left or right handed use.

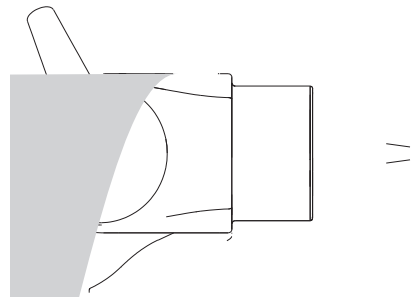


## Using the pan tilt lever

The pan tilt lever is positioned under the inlet where the control probe is inserted. To tilt the frypan, push the lever down. This allows the fat and juices to drain from the food for crisp, low fat cooking. It also makes it easier to baste food and serve sauces or gravy.

## Trigger release control probe

The probe is thermostatically controlled and incorporates an indicator light which switches off automatically when the temperature selected has been reached and then cycles on and off to indicate that the selected temperature is being maintained.



**Note:** The probe supplied with your frypan may differ from the one illustrated.

# Temperature setting guide

The numbers on the dial represent the following temperatures approximately.

DIAL SETTING	CELSIUS (approx)	FARENHEIT (approx)	SUGGESTED USES	TEMPERATURE
1 2	100°C 110°C	212°F 230°F	Keeping food warm	<b>LOW</b>
3 4	125°C 140°C	260°F 285°F	Simmering, slow cooking	
5 6	150°C 160°C	300°F 320°F	Pan frying, roasting	<b>MEDIUM</b>
7 8	175°C 185°C	350°F 365°F	Shallow frying	
9 10	200°C 210°C	390°F 410°F	Searing, sealing and baking	<b>HIGH</b>

**Note:** The temperature uses are a guide only and may require adjustment to suit various foods and individual tastes. When the dial is set to a low setting, it is quite normal for food to stop and start bubbling, as the thermostat maintains the selected temperature.



# Cooking with your Sunbeam Metro Banquet frypan

## Baking

Your frypan can be used for baking cakes, with deliciously moist results.

1. Preheat the frypan to setting 10, with the lid on.
2. Elevate the cake pan or tray from the base of the frypan using a small wire rack.

Cooking times will be longer than those of a conventional oven.

## Basting

The pan tilt lever makes basting easy as it allows the juices to drain to one side of the pan. Reduce the temperature to prevent any fat and juices splattering. Position the pan tilt lever and spoon the juices over the food as desired.

## Boiling Pasta

1. Bring 12 cups of water to the boil on setting 9. Add 1-2 teaspoons of oil to stop the pasta from sticking together.
2. Add 400g of pasta and cook until tender, for approximately 7-10 minutes.
3. Reduce to a lower setting if the water boils too rapidly.

**Note:** Cooking times will vary with different types of pasta.

## Boiling Rice

1. Bring 12 cups of water to the boil on setting 5. 2 cups of rice and position the lid.
2. Cook until tender, approximately 10-12 minutes and then drain.
3. Reduce to a lower setting if the water boils too rapidly. Stir occasionally so that the rice does not stick.

## Browning and sealing meat

It is necessary to brown and seal meat in many recipes. Meat retains its juices and the flavours develop after browning and sealing. This also prevents it from sticking when baking or roasting. Preferably use meat that is at room temperature as this reduces the cooking time.

1. Preheat the frypan to settings 8-9.
2. Brown meat on all sides, with the lid off.
3. After sealing, reduce the temperature to settings 4-5 and replace the lid until the meat is cooked as desired.

## Frying

The frypan is ideal for shallow or dry frying. Deep frying is not particularly suitable as the frypan has shallow sides and a greater surface area, which results in heat loss and the possible overflow of oil.

**Pan Frying:** Suitable for eggs, omelettes, bacon, sausages, steaks and chicken pieces. Preheat to settings 5-6 with a little oil to add flavour. Non-stick cooking surfaces do not require a large amount of oil. Steaks should only be turned once during cooking.

**Shallow Frying:** Suitable for vegetable pieces e.g. roast pumpkin and potato, and crumbed food. Preheat on settings 6-8 with sufficient oil so that the food is half immersed. Cook food with the lid off.

**Sauteéing:** Preheat on settings 5-6 with a little oil to add flavour.

**Stir Frying:** Food is cooked quickly, over a high heat and vegetables retain their flavour and crispness. For best results and even cooking, cut food into even sized, smaller pieces.

## Cooking with your Sunbeam Metro frypan continued

1. Preheat the frypan on settings 8-9 with a little oil.
2. Slice meat into strips. Coat meat in a little oil and stir-fry in batches until browned. This prevents meat from stewing.
3. Add vegetables and seasoning, stirring continuously. Vegetables which take longer to cook, such as carrots, should be cooked first, adding the other ingredients later. Cook until the vegetables are still slightly crisp. Return the meat back into the pan when the vegetables are almost cooked. The lid can be in position in the last few minutes of cooking.

### Roasting

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

1. Preheat the frypan on settings 9-10. Use only a small amount of oil for less fatty joints and no oil for fattier joints of meat.
2. Brown and seal the meat on all sides and position the lid.
3. After browning, turn the dial to settings 5-6 to cook the meat as desired. Turn meat occasionally during cooking to ensure even cooking.

4. Remove meat from pan and cover with foil. Allow meat to rest for 5-10 minutes, meanwhile you can make a gravy from the juices in the frypan.

**Vegetables:** Cut into even sized pieces. Add to the frypan 45-60 minutes before serving. For crisper vegetables, remove the meat and increase the heat for the last few minutes of cooking.

### Roasting Times:

**Note:** These times are for well done. Reduce the times to suit personal taste.

PORK	30-40 minutes per 500g after browning.
VEAL	30-40 minutes per 500g after browning.
BEEF	20-25 minutes per 500g after browning.
LAMB	25-30 minutes per 500g after browning.
CHICKEN	30-35 minutes per 500g after browning.

# Care and cleaning

Always turn the power off and remove the plug from the power outlet after use and before cleaning. Allow appliance to cool before cleaning.

## **Control probe**

If cleaning is necessary, wipe over with a damp cloth.

**Note:** The control probe must be removed before the frypan is cleaned and the control probe inlet must be dried before the frypan is used again.

## **Important: Do not immerse the control probe in water or other liquid.**

Store the control probe carefully. Do not knock or drop it as this can damage the probe. If damage is suspected, return the control probe to your nearest Sunbeam Appointed Service Centre for inspection. Refer to the separate warranty and service centre booklet.

## **High domed metal lid**

Wash the lid in warm soapy water using a soft sponge, rinse and dry thoroughly. Metal scourers will scratch the surface and should be avoided. Some food such as tomato paste and curry may stain the surface. This staining may be removed or reduced by rubbing with a cream cleanser or a paste of bicarbonate of soda and water. Do not place metal lid in a dishwasher.

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

- When cleaning the Teflon® Platinum Pro™ non-stick coating do not use metal (or other abrasive) scourers. After cleaning, dry the frypan and lid with a soft cloth before storing.
- Wash in hot soapy water or in a dishwasher. Remove stubborn spots with a plastic washing pad or sponge.
- The heating element is totally sealed, making the frypan safe to fully immerse in water, or place in a dishwasher.
- Wash as directed and re-season the frypan before using again. In some instances this may not remove all the staining.
- The base is also dishwasher-safe.

# Recipes

**Note:** The temperature settings stated in these recipes are a guide only.

## Minestrone

**Serves 8-10**

- 2 tablespoons olive oil
- 2 onions, diced finely
- 3 cloves garlic, crushed
- 4 trimmed celery, diced finely
- 1 bacon bone (400g)
- 2 x 800g chopped tomatoes
- 1.2L water
- 2 cups finely chopped savoy cabbage
- 2 large zucchini, diced
- 2 x 400g can cannellini beans, rinsed and drained
- 1½ cups small pasta

1. Heat oil in frying pan on setting 5. Cook onion and garlic until translucent. Add carrot, celery and bacon bone and cook, stirring occasionally for 5 minutes.
2. Add the chopped tomatoes and water and bring the soup to the boil. Reduce heat to setting 2-3 and cook, cover for 45 minutes.
3. Add the cabbage, zucchini, beans, pasta and season with salt and pepper. Cook, covered for a further 20-25 minutes. Add a little extra water if necessary.
4. Serves hot with shavings of parmesan on top.

## Pumpkin Soup

**Serves 6-8**

- 3 kg pumpkin
- 3 tablespoons olive oil
- 40g butter
- 1 large onion, chopped
- 2 litres low salt chicken stock
- Sea salt & freshly ground black pepper
- ⅔ cup cream or sour cream to serve (optional)

1. Remove skin and seeds from pumpkin and cut into even sized chunks.
2. Heat oil and butter in frying pan on setting 4. Add onions and cook, stirring, until the onions have softened. Add pumpkin and cook for a further 3-4 minutes, stirring occasionally.
3. Add the stock and bring to the boil. Reduce heat to setting 3 and cook, covered for 30 minutes. Cool before blending.
4. Blend or process soup until smooth. Return pureed soup to frying pan.
5. Reheat until soup is hot. Serve with cream and extra ground pepper if desired.

## Recipes (continued)

### Corn Fritters

Makes approx. 20 fritters

- 1 cup self raising flour
- ½ teaspoon bicarbonate soda
- ½ teaspoon sweet paprika
- ½ teaspoon ground coriander
- ⅔ cup buttermilk
- 2 eggs
- 2 cups corn kernels
- 1 small red capsicum, diced finely
- 3 small green onions, sliced
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh coriander
- Sea salt
- Freshly ground black pepper
- Olive oil
- Tomato chilli jam, to serve

1. Combine flour, soda, paprika in a bowl; whisk through buttermilk and eggs to form a batter.
2. Combine corn, capsicum, green onions, parsley and coriander in a large bowl. Stir through the batter; season with salt and pepper.
3. Heat frypan on setting 8. Drizzle a little olive oil in frypan and spoon tablespoonfuls of mixture into pan. Cook fritters for 2-3 minutes on each side until golden.
4. Serve with tomato chilli jam if desired.

### Gyoza (Japanese Dumplings) Makes approx. 50

- 150g pork mince
- 150g chicken mince
- 2 tablespoons kecap manis (sweet soy)
- 1 teaspoon sugar
- 1 tablespoon mirin
- 1 egg
- 2 teaspoons sesame oil
- 2½ cups Chinese cabbage, shredded finely
- ⅓ cup finely chopped water chestnuts
- 4 green onions, chopped finely
- 50 sheets gow gee wrappers
- vegetable oil for pan frying

#### Dipping Sauce

- 2 tablespoons kecap manis
- 1½ tablespoons rice wine vinegar
- 1 tablespoon black vinegar

1. Combine all ingredients in a bowl and mix well.
2. Lay several sheets of gow gee wrappers out onto a bench lined with a tray lined with paper. Spoon 1-2 tablespoons of filling onto the wrapper, leaving a 1cm margin around the edges. Fold the wrapper in half to form a half moon shape. Press the edges together to seal. Repeat with remaining wrappers and filling. Cook in a pan of oil on setting 8 for 3-4 minutes until golden brown. Drain on paper towel and serve with dipping sauce.

## Recipes (continued)

Remove lid and cook, uncovered, until all the water has evaporated. Remove from pan, repeat with remaining dumplings.

**Note:** The water should be simmering the whole time. If this does not happen increase the heat to setting 10.

5. Serve with dipping sauce.

**Tip:** Kecap manis, mirin and black vinegar are available at Asian grocery stores.

### Soya Sauce Chicken Wings

Serves 4

1½ kg chicken wings

⅓ cup honey

½ cup low salt soy sauce

2 teaspoons Chinese cooking wine

2 cloves garlic, crushed

3 teaspoons grated fresh ginger

1. Cut wings at joints and discard tips.
2. Combine remaining ingredients in a jug.
3. Place wings in a single layer in electric frying pan. Pour sauce over wings and turn to coat.
4. Turn electric frying pan onto setting 6. Cook wings, turning occasionally. Cook for about 30 minutes or until browned and cooked through.
5. Serve with rice.

**Tip:** Chinese cooking wine is available from Asian grocery stores. If you cannot find it simply replace with sherry or omit completely.

### Chilli Crab

Serves 4

6 raw blue swimmer crabs

3 green onions

2 tablespoons peanut oil

3 cloves garlic, chopped

1 large red chilli, chopped

3 teaspoons grated fresh ginger

⅓ cup tomato sauce

⅓ cup sweet chilli sauce – smooth paste variety

1 tablespoon oyster sauce

1 tablespoon fish sauce

½ cup chicken stock

1 tablespoon grated palm sugar

Steamed jasmine rice, to serve

1. Remove flap from the undersides of crabs then flip crab over. Place your thumb under the shell between the two back legs and slowly pull the shell away from the body. Discard. Remove the feather like gills and front feelers and discard. Carefully rinse the crab if needed – do not put under running water. Using a sharp knife cut the body in half; then cut between the smaller legs to make 4 pieces. Crack the large nippers with crab crackers; this will help the heat get into the shell.
2. Slice green onions and separate the green ends from the white; set aside.
3. Heat oil in electric frypan on heat 8. Add whites of onions, garlic, chilli and ginger to pan and cook, stirring, until fragrant.
4. Reduce heat to 6 and add crabs. Combine remaining ingredients and pour over crabs. Stir crabs gently to coat then cook, covered, stirring occasionally for about 15 minutes or until the crabs have gone a deep orange colour and are just cooked through.

## Recipes (continued)

**Tip:** A good way to see if the crabs are cooked is to check the joint on the large nipper. When these have changed colour your crabs should be cooked through.

5. Remove crabs from pan onto a large serving platter and spoon over sauce from pan. Sprinkle with slice green onions.
6. Serve with steamed jasmine rice.

### Spanish Paella

**Serves 6-8**

- 2 small raw blue swimmer crabs
- 8 large green prawns
- 8 small black mussels
- 3½ cups fish/chicken stock
- 1 teaspoon saffron threads
- 180g chorizo sausage, sliced
- 200g chicken thighs, halved
- 1 tablespoon extra virgin olive oil
- 1 medium onion, chopped finely
- 1 clove garlic, crushed
- ¼ teaspoon smoked paprika
- 1 x 400g canned tomatoes
- 1½ cups Arborio or Spanish rice
- 300g whole pipis, purged
- ½ cup frozen peas
- 1 small roasted red capsicum, sliced

1. Remove flap from the undersides of crabs then flip crab over. Place your thumb under the shell between the two back legs and slowly pull the shell away from the body. Discard. Remove the feather like gills and front feelers and discard. Carefully rinse the crab if needed – do not put under running water. Using a sharp knife cut the body in half; then cut between the smaller legs to make 4 pieces. Crack the large nippers with crab crackers; this will help the heat get into the shell.

2. Peel four of the prawns and devein. Leave the other four whole for presentation. Clean and de-beard mussels.
3. Place stock and saffron in a saucepan and heat gently to infuse. Cover and keep warm.
4. Heat the electric frying pan on setting 8. Cook chorizo in pan until golden; drain on paper towelling.
5. In same pan cook the chicken thighs and whole prawns in chorizo oil until just cooked through; set aside.
6. Reduce heat to 6 add extra virgin olive oil, if needed, in electric frying pan and cook onions and garlic until the onions are translucent; add paprika and cook for a further 30 seconds.
7. Add tomatoes and cook on setting 6 for 2-3 minutes. Add rice and cook, stirring until well coated. Add stock and stir to combine. Reduce heat to 3 and cook, covered for 10 minutes.
8. After 10 minutes check rice, add a little water if the rice looks too dry. Cook, covered, for a further 5 minutes if the rice is still quite hard.
9. Arrange raw seafood, chicken, chorizo, whole prawns, peas, roasted capsicum, over rice and cook, covered for a further 5 minutes or until the seafood is cooked and the rice is tender. Turn heat off and keep covered for 5 minutes before serving.

## Recipes (continued)

### **Family Beef Casserole with Semi Dried Tomatoes**

**Serves 6-8**

### **Pan fried ag o**

2 kg chuck steak, cut into 2cm cubes  
½ cup flour  
3 tablespoons olive oil  
2 bunches of spring onion, stalk trimmed,  
peeled and left whole  
2 cloves garlic, crushed  
⅓ cup tomato paste  
½ cup red wine  
3 carrots, diced  
3 celery stalks, sliced  
1 cup beef stock  
1 cup water  
2 tablespoons chopped fresh thyme  
2 bay leaves  
1 cup semi dried tomatoes  
Salt and freshly ground black pepper

1. Dust beef in flour, shaking off excess flour. Heat oil in frypan and cook beef in batches until brown. Set aside.
2. To the same pan, add onion and garlic, cook stirring for 1-2 minutes, or until onion starts to colour. Stir tomato paste cook 1 minute.
3. Add wine and allow alcohol to evaporate and liquid to reduce slightly. About 2 minutes.
4. Place beef, vegetables, stock, water, thyme and bay leaves in frypan. Cover and cook on setting 4 for 1 hour stirring occasionally. After 1 hour add tomatoes and cook for a further 20-30 minutes or until beef is tender.
5. Season to taste and serve hot with mashed potatoes or rice.



## Recipes (continued)

1. Place fish in a shallow baking dish. In a small bowl combine the garlic, lemon juice, eschalots, basil, salt and pepper and mix well.
2. Pour marinade over fish and allow to sit at room temperature for 20 minutes.
3. Heat frying pan on setting 9. Add oil and cook fish for 3-5 minutes on both sides until just cooked through.

**Note:** Cooking time will vary depending on the thickness of each fillet.

4. Serve fish with potatoes and steamed broccolini.

### **Beef Stroganoff**

**Serves 8**

- 1/3 cup flour
- 2 kgs beef strips
- 1/3 cup olive oil
- 3 cloves garlic, crushed
- 1/2 cup tomato paste
- 2 cups beef stock
- 500g mushrooms, sliced
- 300g sour cream

1. Dust beef in flour, shaking off excess flour. Heat oil in frying pan on a setting 6; cook beef in batches until browned.
2. Return all beef to pan and add remaining ingredients, except sour cream. Cover and cook on setting 4 for about 45 minutes or until the beef is tender.
3. Stir through sour cream. Season with salt and pepper. Serve with buttered noodles.

### **Creamy Oyster Chicken**

**Serves 6**

- 1.5kg chicken tenders
- 1/3 cup flour
- 2 tablespoons olive oil
- 450ml cream
- 1/3 cup oyster sauce
- 350g small button mushrooms, quartered
- freshly ground black pepper
- steamed broccoli, to serve
- steamed rice, to serve

1. Lightly coat chicken in flour. Heat oil in frying pan on setting 8. Cook chicken, in batches, until golden on each side. Remove from pan. The chicken should not be completely cooked through at this stage.
2. Add cream and oyster sauce to frying pan; stir to combine. Add mushrooms and cook for 1 minute. Return chicken to frying pan and cook, stirring occasionally until the sauce has thickened and the chicken is cooked through.
3. Serve with steamed broccoli and rice.

## Recipes (continued)

### Steamed Salmon Parcels

Serves 4

4 x 180g Atlantic salmon fillets  
1 stalk lemon grass, white only, chopped finely  
4 eschalots, sliced thinly  
1/3 cup coriander leaves  
1 large red chilli, seeded and sliced  
2 cloves garlic, crushed  
2 teaspoons grated fresh ginger  
1/2 cup coconut milk  
Sea salt  
Freshly ground black pepper  
1 tablespoon peanut oil  
4-6 baby bok choy, quartered  
Steamed jasmine rice, to serve

1. Preheat electric frypan on heat 8 with the lid on for 5 minutes.
2. Combine the lemon grass, eschalots, coriander, chilli, garlic, ginger, coconut milk and salt and pepper in a bowl and mix well.
3. Place each piece of salmon on four individual pieces of aluminium foil. Divide the coconut mixture evenly over the tops of the salmon. Fold each piece of foil up to make four sealed parcels.
4. Place parcels in frying pan and cook, covered, on setting 6 for about 12-15 minutes or until cooked as desired. Remove from heat.
5. Quickly increase heat in electric frying pan and heat oil; toss bok choy for 1-2 minutes until wilted; season with salt and pepper.
6. Serve salmon with bok choy and steamed jasmine rice.

### Dhal

Serves 4-6

1 tablespoon vegetable oil  
1 medium onion, finely chopped  
1 clove garlic, crushed  
3 teaspoons ground cumin  
1/2 teaspoon cumin seeds  
1 teaspoon black mustard seeds  
2 tablespoons tomato paste  
2 cups red lentils, rinsed and drained  
2 cups vegetable stock  
1 litre water  
400g can chopped tomatoes  
3 baby eggplants, chopped coarsely  
4 hard boiled eggs, optional  
salt to taste

1. Heat oil in frying pan on setting 4. Add onion and garlic and cook, stirring, for 2-3 minutes or until onion is soft.
2. Add dried spices and cook a further 1 minute, or until spices are fragrant. Stir through tomato paste and cook for 2 minutes.
3. Increase heat to setting 9; add lentils, stock and water and bring mixture to the boil. Reduce heat to setting 3 and cook, uncovered, stirring occasionally, until the mixture thickens slightly.
4. Add the tomatoes and eggplant and cook, covered, for 10 minutes. Remove lid and cook for a further 10 minutes or until dahl has thickened and the eggplant is soft.
5. Add whole peeled eggs and stir gently until heated through.
6. Season to taste.

## Recipes (continued)

### **Penne Boscaiola**

9 rashers bacon  
300g sliced button mushrooms  
½ cup white wine  
450ml cream  
Freshly ground black pepper  
750g penne  
shaved parmesan, to serve

1. Have a large pot of boiling water ready.
2. Remove rind from bacon and slice into 5mm pieces.
3. Heat frying pan on setting 8. Cook bacon until golden. Add mushrooms and stir through.
4. Add wine and cook, stirring, until the wine has reduced by half. Add cream and cook, stirring occasionally, until the sauce has thickened slightly.
5. Cook pasta until just tender, drain and add to sauce and stir through. Season with salt and pepper and serve immediately with shaved parmesan.

**Serves 6**

### **Lamb Tagine**

2 tablespoons olive oil  
8 lamb shanks, fat trimmed  
1 large onion, sliced thinly  
2 cloves garlic, crushed  
1½ tablespoons Moroccan dried spice mix  
1 tablespoon tomato paste  
1 x 400g can chopped peeled tomatoes  
1 cup chicken stock  
1 cinnamon stick  
3 cardamom pods, cracked  
Salt and pepper to taste  
1 x 400g tin chickpeas, drained and rinsed  
1 large sweet potato, peeled and chopped into 2 cm dice  
1 cup fresh coriander, roughly chopped  
Cous cous, to serve

1. Heat oil in frypan on setting 8. Cook lamb shanks in batches for 3-5 minutes or until evenly brown all over; remove from heat.
2. Reduce heat to setting 6, and add onion and garlic to frypan and cook for 5 minutes, or until onion has softened and coloured. Add spice mix and cook until fragrant. Stir through tomato paste.
3. Return the lamb shanks to the frypan with tomatoes, stock, cinnamon, and cardamom. Cover and cook, on setting 3, turning and stirring occasionally for 2 hours. After 2 hours add chickpeas, sweet potato and cook, covered until the sweet potato is tender.
4. Adjust seasoning and stir through chopped coriander, serve with cous cous.

**Serves 4-6**

## Recipes (continued)

### **Matt's Meatballs**

1.2kg lean mince  
 $\frac{2}{3}$  cup packaged breadcrumbs  
3 eggs  
2 tablespoons Worcestershire sauce  
2 teaspoons dried sweet basil  
1 teaspoon dried oregano  
2 cloves garlic, crushed  
salt and pepper  
2 tablespoons olive oil

#### **Sauce**

1 onion, sliced  
2 cloves garlic, crushed  
2 tablespoons tomato paste  
1 green capsicum, sliced  
1 red capsicum, sliced  
1 litre bottled tomato sauce

1. Combine meatball ingredients; roll into balls slightly smaller than golf balls.
2. Heat half of the oil in frying pan on setting 6. Cook meatballs, in batches, until browned all over. Remove from pan.
3. Heat remaining oil in frying pan on setting 5; cook onions and garlic, stirring, until the onions are translucent. Add tomato paste and cook for about 1-2 minutes or until fragrant. Add capsicums; cook, stirring occasionally, until tender. Add sauce and cook for 10 minutes. Reduce heat to setting 4; add meatballs and cook, covered, for a further 10 minutes or until the meatballs are cooked through.

Serve in long crusty bread rolls as a sub sandwich or with pasta

### **Serves 6-8**

### **Lamb Rack with Garlic and Parmesan Crust**

**Serves 4**

2 x 400g lamb rack roast, French trimmed  
4 slices of day old bread, crust removed  
2 cloves garlic, chopped  
2 tablespoons grated fresh parmesan  
1 tablespoon chopped fresh rosemary  
2 tablespoons seeded mustard  
Olive oil spray  
Mashed potatoes, to serve

1. Preheat frying pan on setting 7.
2. Place lamb racks on a chopping board, having the bones interlocked in the middle.
3. Combine bread, garlic, parmesan and rosemary in a food processor. Process until mixture resembles fine breadcrumbs.
4. Spread mustard evenly over the outside of the cutlets flesh.
5. Press the bread mixture over the mustard and spray well with olive oil spray.
6. Place lamb racks in frying pan, reduce heat to setting 3 and cook, covered, for about 35 minutes or until cooked as desired. Remove from frying pan and cover with foil. Allow to rest 5-10 minutes.
7. Cut lamb into individual cutlets and serve with mashed potatoes.

**Tip:** Recipe can be doubled to serve 8.

## Recipes (continued)

### Roast Chicken with Stuffing

1.2kg whole fresh chicken  
sea salt  
freshly ground black pepper

#### Stuffing

1 onion, chopped finely  
2 teaspoons olive oil  
3 cups fresh bread crumbs  
30g softened butter  
1 teaspoon grated lemon rind  
2 tablespoons chopped fresh parsley  
2 teaspoons chopped fresh thyme

1. Wash and clean chicken thoroughly. Pat dry with paper towelling.
2. To make stuffing, cook onion in oil until softened. Add to remaining stuffing ingredients and mix well.
3. Place the stuffing inside the cavity of the chicken. Tuck the wings back and tie the base of the chicken with cooking string so that the legs are crossed and securely positioned.
4. Preheat frying pan on setting 7. Brush chicken with a little oil and salt and pepper.
5. Brown chicken on all sides; reduce heat to setting 5 and cook, covered, with the vent open, for about 1½ hours or until cooked through.

**Tip:** If cooking roast vegetables, place in frying pan ¾ to 1 hour before the end of cooking.

**Serves 4**

### Roast Lamb

1 leg lamb  
4-6 garlic cloves, sliced  
3-4 sprigs rosemary, snipped into small pieces  
2 tablespoons olive oil  
sea salt  
freshly ground black pepper  
6 small picking onions  
400g pumpkin, cut into chunks  
½ bunch baby carrots, trimmed  
2 potatoes, cut into chunks  
1 sweet potato, peeled and thickly sliced

1. Using a small sharp knife, pierce the lamb all over, making indentations about 2cm deep. Push a piece of garlic into each slit and a small piece of rosemary. The rosemary should be poking out slightly.
2. Heat frying pan to setting 10. Add oil and brown lamb all over. Season with salt and pepper; add onions to pan. Reduce heat to setting 6. Cook lamb, covered, for about 1 hour and 15 minutes.
3. Add vegetables to pan and cook for a further 25 minutes. Remove lamb and allow to rest, covered, until the vegetables are cooked as desired.

**Serves 4-6**

## Recipes (continued)

### Mustard Seed Potatoes

**Serves 8**

- 1.5kg baby new potatoes
- 2 tablespoons extra virgin olive oil
- 2 tablespoons black mustard seeds
- 1-2 teaspoons sea salt flakes

1. Place potatoes into frypan and pour enough water in to cover. Cook potatoes, covered, on Setting 10 until tender. Drain well for 10 minutes.
2. Heat frypan on Setting 8, add oil, potatoes, mustard seeds and salt; stir to coat. Place lid on potatoes and cook, stirring occasionally, until the potatoes are golden.

**Tip:** Keep the lid on during cooking as the mustard seeds pop!

### Individual Sticky Date Puddings

**Serves 8**

- 200g coarsely chopped dried dates
- 1 teaspoon bicarbonate soda
- 1¼ cups boiling water
- 60ml olive oil
- 1 cup firmly packed brown sugar
- 1 cup self raising flour
- ¼ teaspoon mixed spice
- 2 eggs

#### Butterscotch sauce

- 160g butter
- $\frac{2}{3}$  cup firmly packed brown sugar
- 1 cup (250ml) thickened cream

1. Preheat frying pan on setting 4 with the lid on. Grease 8 individual 1-cup capacity metal moulds.

2. Place dates, soda and boiling water into a blender or food processor. Place lid on and allow the mixture to stand for 5 minutes.

3. Add oil and sugar and pulse 3 times.

4. Add remaining ingredients and pulse mixture until just combined. Scrape down sides of bowl if necessary. Do not over process.

5. Pour mixture into prepared moulds. Place moulds in frying pan and carefully pour enough boiling water to come half way up the sides of the moulds. Cook for about 25 minutes or until cooked when tested with a wooden skewer. Carefully remove from frying pan; stand for 5 minutes before turning out onto a wire rack.

6. Serve pudding with butterscotch sauce. To make sauce, heat all ingredients in a small saucepan over a low heat until combined.

**Tip:** Puddings can be made in advance and then rewarmed in a microwave.

### Caramelised bananas with Hot Chocolate Sauce and Whipped Cream

**Serves 4**

- 4 large bananas
- $\frac{1}{4}$  cup firmly packed brown sugar
- 1 teaspoon cinnamon
- Whipped cream, to serve

#### Hot chocolate sauce

- 100g dark chocolate, chopped
- 30g white marshmallows, chopped
- 150ml thickened cream

1. Preheat frying pan on setting 4.

2. Cut bananas in half lengthways, leaving the skin on. Sprinkle the combined sugar and cinnamon over the cut bananas. Press gently into the banana.

## Recipes (continued)

- Place bananas, cut side down and cook, uncovered, for about 6 minutes or until the sugar has caramelised and the banana has softened. Serve bananas with hot chocolate sauce and whipped cream.
- To make the hot chocolate sauce, combine all ingredients in a small saucepan and cook, stirring, over a low heat, until melted.

### **Spiced Rhubarb and Berry Compote Serves 4-6**

- 2 bunches of rhubarb, cut into 2cm pieces
- 500g frozen mixed berries
- $\frac{3}{4}$  cup sugar
- 1 cinnamon stick
- 3 whole cloves
- 1 teaspoon grated orange rind

- Combine all ingredients into the frying pan. Cook, stirring gently, on setting 8 until the sugar dissolves. Cover and cook on setting 5 for about 15 minutes or until the rhubarb is tender.
- Serve hot with ice cream, custard or with your favourite pudding.

### **Crème Caramel**

**Serves 6**

- 1 cup caster sugar
- $\frac{1}{2}$  cup water
- $\frac{1}{3}$  cup caster sugar, extra
- 3 eggs
- 2 egg yolks
- 250ml cream
- 250ml milk
- 1 vanilla bean, seeds scraped

- Combine sugar and water in a small saucepan. Stir over a low heat until the sugar has dissolved. Increase heat; boil without stirring, until the toffee turns a golden colour.
- Remove from heat, once the bubbles have subsided, pour into 6 individual 1-cup capacity metal moulds. Allow to cool.
- Beat eggs and extra sugar until light and creamy.
- Heat milk, cream, vanilla bean and seeds until almost boiling. Whisk hot milk into egg mixture. Pour mixture through a strainer.
- Pour mixture into moulds. Place moulds into frying pan. Pour enough boiling hot water to come halfway up the sides of the moulds.
- Cook, covered, on setting 6 for about 15 minutes or until the custard has set.

**Note:** Be careful when removing lid to check custard that no water from the lid goes into the moulds

## Recipes (continued)

### **Buttermilk Pancakes**

- 1 cup self raising flour
- 2 tablespoons sugar
- ½ teaspoon bicarbonate of soda
- 1 egg, lightly beaten
- 2 tablespoons vegetable oil
- 1 cup buttermilk
- 60g butter

1. Sift dry ingredients into a large bowl. Make a well in the centre.
2. Whisk the combined wet ingredients into the dry ingredients until smooth.
3. Heat frying pan on setting 6. Melt some of the butter and spoon ¼ cupfuls of mixture at a time into the frying pan. Turn the pancakes once the bottom is golden and the tops starts to bubble. Cook until the underside is golden.
4. Serve with extra butter and maple syrup.

### **Makes 8**

### **Pikelets**

- 1 egg
- ¼ cup sugar
- 1 cup self raising flour
- ¾ cup milk
- pinch salt
- butter for frying

1. Beat egg and sugar with an electric mixer until light and creamy.
2. Add flour, milk and salt and beat until smooth.
3. Heat frying pan on setting 8. Melt a little butter in frying pan and wipe away any excess with paper towelling.
4. Spoon heaped spoonfuls of batter in frying pan and cook on both sides until golden.
5. Serve with butter, jam, cream or chocolate hazelnut spread.

### **Makes approx 12**

**For savoury pikelets:** Reduce sugar to 2 tablespoons and stir through chopped fresh herbs of choice. Top with slices of prosciutto, goats cheese and rocket or cream cheese, smoked salmon and capers.



# Notes

# Notes

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