

*Sunbeam*

# Mini Bake 'n' Grill

INSTRUCTION/RECIPE BOOKLET.



# Sunbeam's Safety Precautions.

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## SAFETY PRECAUTIONS FOR YOUR MINI BAKE 'N' GRILL.

- Use well away from walls and curtains.
- Do not place items on top of the oven whilst in use.
- Do not block or cover the air vents on the back or top of the oven.
- Do not use in confined spaces.
- Do not immerse the unit in water.

## SAFETY PRECAUTIONS FOR ALL ELECTRICAL APPLIANCES

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

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you 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 your electricity supplier or qualified technician.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the underside of the appliance.
- Close supervision is necessary when your appliance is being used near children or infirm persons.
- Never leave an appliance unattended while in use.
- Young children or infirm persons should be supervised to ensure that they do not play with the appliance.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or in 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 immerse in water.
- For safety reasons and to avoid maintenance by unskilled persons, some appliances are 'sealed' using tamperproof means as specified by S.A.A. (Standards Association of Australia). Such appliances should always be returned to the nearest Sunbeam Service Centre or appointed Service Agent for adjustment or repair if required.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been dropped or damaged in any manner; If damage is suspected, return the appliance to the nearest Sunbeam Appliance Service Centre for examination, repair or adjustment. As a service to Customers, Sunbeam Appliance Service Centres will carry out a free check on your appliance to ensure it is electrically safe.
- 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 the power outlet in use.

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

**Ensure the above safety precautions are understood.**

تأكد من قراءة التعليمات المكتوبة المرفقة مع

التعليمات الخاصة بالآلة الكهربائية.

Assure-vous que les précautions d'usage indiquées ici, les précautions sont bien comprises.

Verzeker u dat alle veiligheidsinstructies grondig gelezen en begrepen zijn.

Bepečte sa se, že sa bezpečnostné pokyny správne pochopíte.

Proveďte bezpečnostní předpisy pečlivě a správně.

Assicuratevi che le istruzioni scritte di sicurezza siano comprese in dovere.

BEZPEČNOSTNÍ PŘEDPISY: PŘED POUŽITÍM

Upozorňujeme na bezpečnostní předpisy ke kterým musíte být dobře seznámeni.

Assicuratevi che tutte le precauzioni di sicurezza siano ben comprese.

تأكد من قراءة التعليمات التي

تأتي مع الآلة الكهربائية.

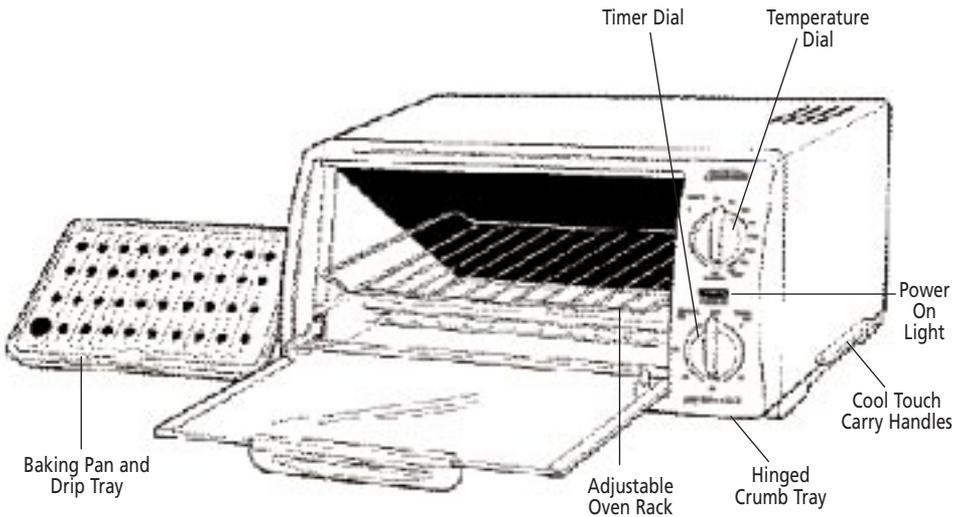
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# Features of your Mini Bake 'n' Grill.

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## **Versatile compact oven**

Toasts, grills, roasts and bakes. Makes delicious toasted sandwiches, open grills and even roasts.

## **Removable baking pan and drip tray**

Ideal for roasts, the drip tray sits inside the baking pan to allow the fats and juices to drain from the food during cooking.

## **Temperature dial**

Variable temperature control with toast and grill settings allows you to select the perfect temperature for each cooking task, up to 240°C.

## **30 minute timer and on/off control**

Allows you to set the timer for the desired cooking time, or set the dial to ON for continuous operation.

## **Hinged crumb tray**

Features a cool touch knob for easy cleaning.

## **Adjustable oven rack**

The removable oven rack is reversible to provide four height positions, giving you greater versatility when cooking.

## **Clear glass door**

Adjustable door stays ajar in three positions.

## **Cool touch carry handles**

For easy handling when hot.

## **Power on light**

Indicates when the oven is turned on.

# Using your Mini Bake 'n' Grill.

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Place the oven on a flat level surface, away from walls and curtains. Insert the 3 pin plug into a 230/240V power outlet and turn the power on.

## To bake or roast

1. Place the wire rack in the desired position.
2. Select the desired temperature on the temperature control dial.
3. To turn the oven on, set the timer to the desired time.

For continuous operation, turn the timer dial to the on position. For best results, preheat the oven for 5 minutes before using.

**Note: When turned on for the first time, your new Mini Bake 'n' Grill may give off vapours for up to 10 minutes. This is due to the initial heating of the materials used. It is safe, not detrimental to the performance of the oven and will not reoccur.**

## To toast

1. Place the wire rack on the highest position, (as shown in figure 2), place bread on the rack and close the door.



Figure 2

Open the door to the first position, leaving approximately 30mm gap at the top. This will allow the moisture to escape during toasting.

2. Turn the temperature dial to toast setting.
3. Set the timer to the appropriate setting for your desired toast colour. (See table below).

**Note:** Toasting time will vary depending on the type of bread used. Sweet and fruit breads generally take less time than white or wholemeal breads.

## To grill

1. Place the wire rack in the highest position.
2. Turn the temperature dial to Grill setting. For best results, preheat the oven for approximately 5 minutes before using.
3. Place the drip tray inside the baking pan, and position the food on the drip tray. Place the baking pan and drip tray on the wire rack and close the door.
4. Open the door to the first position, leaving approximately 30mm gap at the top. This will allow adequate airflow during grilling.

**Note:** It is essential that the door is left ajar to allow adequate ventilation when grilling.

## Toasting Guide.

Desired Colour	Approximate Toasting Time
Light	2 minutes 30 seconds
Medium	5 minutes
Dark	8 minutes

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# Cooking Guide.

Temperature Setting °C	Oven Temperature Description	Function/Food
Low	} Warm	Warming plates/dishes
80		Casseroles, stews (slow cooking)
100	} Moderately Warm	Meringues
120		Pavlovas
140		Rich Fruit Cakes
160	} Moderate	Shortbreads
180		Cakes, roasts, pizzas, biscuits, slices
200		Cheesecakes
220	} Hot	Bread, flans, muffins
240		Pastry, scones

# Roasting Guide.

For best results cook all meats at 200°C for 15 minutes, then reduce to 180°C and calculate the remaining cooking time from the chart below:

Meat	Approximate Time per 500g Cooked at 180°C
Beef – Rare	15 minutes
Beef – Medium	20 minutes
Beef – Well done	25 minutes
Lamb – Medium	20 minutes
Lamb – Well done	25 minutes
Veal – Well done	30 minutes
Pork – Well done	35 minutes
<b>Poultry</b>	
Chicken	25-30 minutes

Meat is cooked when the juices run clear after piercing with a skewer or knife.

# Grilling Guide.

Food Type	Approximate Cooking Times
Thin sausages	3 minutes each side
Thick sausages	4-5 minutes each side
Lamb Chops	5-6 minutes each side
Steaks	6-10 minutes each side

**Note:** Times will vary depending on the thickness of food and individual preferences.

# Care and Cleaning.

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Sunbeam recommends that you can clean your Mini Bake 'n' Grill after each use to prevent a build up of grease and to avoid unpleasant odours.

Turn the appliance off, remove the plug from the power outlet and allow the oven to cool before cleaning.

Wash the baking pan, drip tray and oven rack in warm water using a mild detergent. The oven rack is also dishwasher safe.

To clean the exterior of the oven, wipe over with a cloth dampened with mild detergent.

Do not use oven cleaners or harsh chemical cleaners to clean the exterior of the oven, as these will remove the paint.

To clean the interior of the oven, wipe the walls and ceiling with a cloth dampened with mild detergent and hot water.

**Do not use abrasive cleaners, commercial oven cleaners or sharp utensils to clean the oven.**

**Do not immerse the appliance in water or any other liquid.**

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*For more information or advice on any Sunbeam products, contact the Sunbeam Consumer Service Line on 1800 025 059 in Australia. In New Zealand - contact the Sunbeam Office in Auckland on 09 912 0747.*

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# Recipes.

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## Roast Chicken

Serves 4

*1.2kg chicken*

*5 pieces garlic*

*1 small bunch fresh rosemary*

*Olive oil*

*salt & pepper*

Pre-heat Oven to 200°C for 10 minutes.

Wash and clean chicken thoroughly, removing any fat deposits inside the cavity. Pat dry with paper towel.

Place the garlic and  $\frac{1}{2}$  the bunch of rosemary in the cavity. Tuck the wings back and tie the base of the chicken with cooking string so that the legs are crossed and securely positioned.

Brush the chicken with oil and spread over the remaining rosemary. Season with salt and pepper.

Place the chicken on a greased sheet of oil and curl in the edges. The foil will hold in all the juices.

Reduce heat to 160°C and cook for approximately 1 hour 45 minutes or until cooked.

Note: To determine whether chicken is thoroughly cooked, insert a skewer into the thigh. If the juices run clear, the chicken is cooked.

## Roast Vegetables

Serves 2

*2 medium potatoes*

*200g butternut pumpkin*

*2 small onions, peeled*

*2 carrots, peeled*

*salt & pepper*

*2 tablespoons butter, melted*

Pre-heat Oven to 180°C for 10 minutes.

Peel potatoes and cut in half. Cut pumpkin into 4 wedges without peeling skin.

Place the vegetables on a greased piece of foil. Season with salt and pepper.

Place the foil with vegetables on the hotplate and pour over melted butter. Curl edges of foil to securely enclose vegetables.

Reduce temperature to 160°C and bake for approximately 40 minutes, or until baked and crisp.

## Roast Pork with Nutty Rice

Serves 4

*1.5kg loin of pork, boned with rind scored*

*Olive oil*

*Salt & pepper*

### Filling

*1 tablespoon butter, melted*

*3 mushrooms, finely chopped*

*2 tablespoons chopped onion*

*$\frac{1}{4}$  teaspoon nutmeg*

*1 cup cooked brown rice*

*1 egg, beaten*

*2 tablespoons pine nuts*

*2 teaspoons chopped parsley*

*salt and pepper to taste*

Preheat oven to 200°C.

Combine all filling ingredients in a small bowl and mix thoroughly.

Open the pork and spread the filling evenly across the surface.

Roll the pork firmly and tie securely with string.

Brush the meat lightly with oil and season with salt and pepper.

Place the pork on a greased sheet of foil and curl in edges. Place meat on a baking tray. Reduce heat to 180°C. Cook for approximately  $1\frac{1}{2}$  hours or until cooked.

Allow meat to cool for 10 minutes before slicing.

# Recipes.

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## Grilled Mustard Chicken

Serves 4

400g Chicken breast fillets  
2 tablespoons dijon mustard  
1 tablespoon worchesterhire sauce  
1 tablespoon lemon juice  
2 tablespoons balsamic vinegar  
1 tablespoon grated fresh ginger  
<sup>1</sup>/<sub>2</sub> teaspoon tumeric

Remove excess fat and sinew from chicken fillets.

Combine mustard, sauce, lemon juice, vinegar, ginger and tumeric. Coat chicken with the mixture.

Preheat oven on grill setting.

Place chicken under hot grill. Cook each side for 4-5 minutes, basting with mustard mixture during cooking.

Serve with rice and steamed vegetables.

## Cheese and Bacon Quiche

Serves 4-6

1 quantity Shortcrust pastry  
1 onion, peeled and finely chopped  
4 rashers bacon, rind removed and chopped  
100g cheddar cheese, grated  
300ml carton cream  
4 eggs  
<sup>1</sup>/<sub>4</sub> cup milk  
1 tablespoon plain flour  
pepper to taste  
1 tomato, sliced  
1 teaspoon mixed herbs

Preheat oven to 220°C. Roll out pastry to line a 25cm quiche flan. Blind bake for 10 minutes, remove from oven. Reduce temperature to 180°C.

Heat a little butter in pan and saute onion and bacon until onion is tender. Spread over pastry base. Sprinkle with grated cheese.

Combine cream and eggs, milk, flour and seasonings.

Gently pour mixture into pastry case. Decorate with sliced tomato and sprinkle with mixed herbs.

Bake for approximately 40-45 minutes or until set.

## PIZZAS

### Pizza Crust

7g dried yeast  
1 teaspoon sugar  
<sup>3</sup>/<sub>4</sub> cup hot water  
2 cups plain flour, sifted  
<sup>1</sup>/<sub>2</sub> teaspoon salt

Combine yeast and sugar, stir in the water and add to sifted flour and salt. Mix to form a firm dough.

Turn onto a lightly floured surface and knead for about 10 minutes or until quite smooth.

Divide dough in half and roll out to fit 2 greased 28cm pizza pans.

### Supreme Pizza

Makes 2 pizzas

1 quantity pizza crust dough  
<sup>1</sup>/<sub>2</sub> cup canned tomato puree  
<sup>1</sup>/<sub>3</sub> cup tomato paste  
2 onions, peeled and chopped  
2 green capsicums, chopped  
2 sticks cabanossi or salami, thinly sliced  
250g button mushrooms, sliced  
<sup>1</sup>/<sub>3</sub> cup sliced black olives  
150g ham, chopped  
3 cups grated tasty cheese

Preheat oven to 180°C.

Spread the pizza bases with tomato puree and paste.

Sprinkle the remaining ingredients evenly over the bases.

Bake at 180°C for 20 minutes.

# Recipes.

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## Chocolate Chip Cookies

Make approx. 24

125g butter or margarine

$\frac{1}{2}$  cup brown sugar, lightly packed

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

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

1 egg

$1\frac{3}{4}$  cups S.R. flour

$\frac{1}{2}$  cup unsalted peanuts

1cup choc-bits

Preheat oven to 220°C. Grease baking trays.

Place butter, sugars and vanilla in a Sunbeam food processor and process using a low high speed until well combined.

Add eggs and process for a further 5 seconds. Scrape sides of container.

Add flour, peanuts and choc-bits and process using a low speed until just combined.

Place spoonfuls of mixture onto oven slides allowing room for spreading.

Bake for approximately 15 minutes. Allow to cool on oven slides.

## Jaffa Cake

125g butter or margarine

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

1 tablespoon orange rind, finely grated

2 eggs

$1\frac{1}{3}$  cups S.R. flour

$\frac{1}{3}$  cup orange juice

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

60g dark chocolate, grated

Preheat oven to 200°C. Grease and line a 23cm deep cake tin.

In a Sunbeam Mixmaster, cream butter, sugar and orange rind until light and fluffy. Add eggs and beat until well combined.

Fold in flour alternately with the orange juice and milk. Stir through chocolate.

Place mixture into prepared tin. Bake for approximately 40 minutes or until cooked.

Allow to cool and ice with Orange Icing.

## Plain Scones

Makes approx. 12

$1\frac{1}{2}$  cups S.R. flour

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

60g butter or margarine

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

Preheat oven to 220°C. Grease and lightly flour baking tray.

Using a Sunbeam food processor, process flour, salt and butter or margarine using a high speed (approximately 5 seconds).

Add milk and process using a low speed until mixture forms a ball.

Turn out onto a floured surface and knead lightly. Press or roll out to 2cm in thickness and cut with floured scone cutter.

Place on prepared slide and glaze with milk. Bake for 10-12 minutes.

## Healthy Apricot Muffins

Makes approx. 12

1 cup S.R. flour

1 cup bran cereal

pinch salt

2 tablespoons sugar

$\frac{1}{2}$  cup dried apricots, roughly chopped

1 egg

2 tablespoons butter or margarine

$\frac{1}{2}$  cup natural yoghurt

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

Preheat oven to 200°C. Grease patty or muffin tray.

Process all ingredients except milk in a Sunbeam food processor using a medium speed until just combined.

Add milk and process using a low speed until just combined. DO NOT OVER PROCESS.

Reduce heat to 160°C.

Place spoonfuls of mixture into prepared tin. Bake for approximately 15-20 minutes or until browned. Allow to cool slightly before removing from tin.