

*Sunbeam*

# Convection Pizza Bake & Grill™

## 23L Stainless Steel Convection Oven with Rotisserie

Instruction Booklet  
BT7000

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 anlaşılığundan 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 CONVECTION BAKE & GRILL, 23L STAINLESS STEEL CONVECTION OVEN.

- Always operate on a flat surface.
- Avoid contact with oven surfaces, including oven door, during and after use, as they will be hot.
- 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 top, back or side of the oven.
- Do not use in confined spaces.
- Do not immerse the unit in water.

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

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

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

Ensure the above safety precautions are understood.

# Features of your Sunbeam Convection Bake & Grill™

## Non-stick interior walls

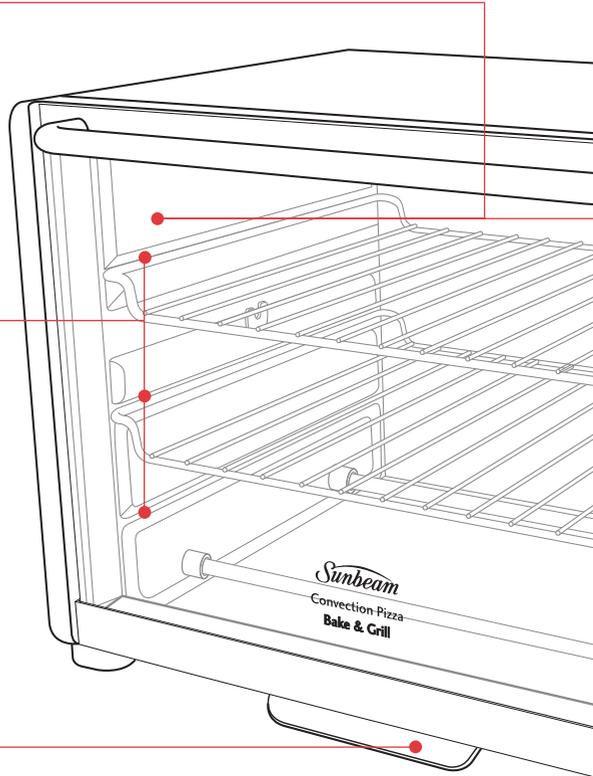
For quick and easy clean-up.

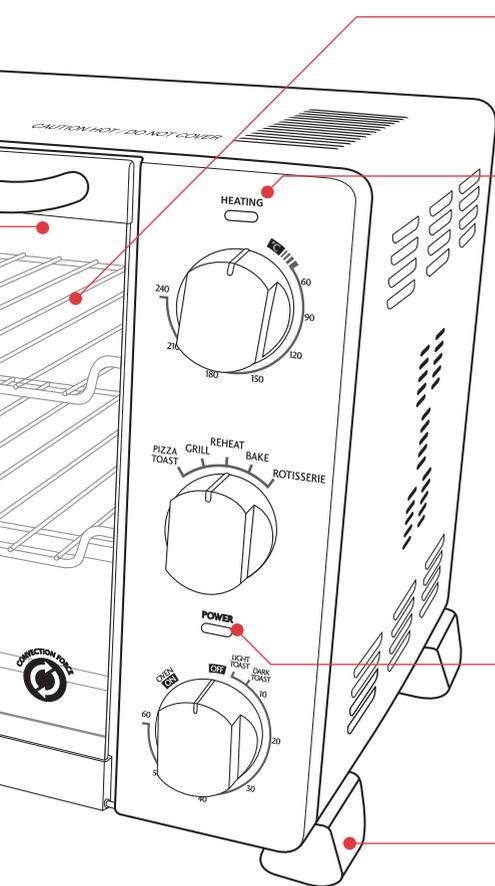
## Rack support guides

With three rack support guides: upper, middle and lower, each cooking function is maximised.

## Removable crumb tray

Crumb tray slides out for emptying without the need to open the door and has a cool touch handle for added safety.





### Extra Deep

Extra deep oven allows you to cook pizzas up to 30cm in size.

### Heating light

Light on indicates that the oven is heating. When the set temperature is reached, the light will switch off. During the cooking process this light will turn on and off occasionally to ensure that the desired temperature is maintained constantly throughout the oven.

### Fan-assisted convection technology

Fan-assisted convection technology combined with a powerful 1600 watt oven ensures even cooking results.

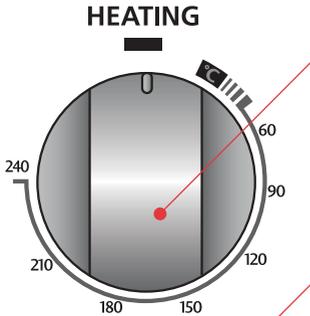
### Power light

Indicates when the oven is turned on. Lights up when the timer or 'ON' setting has been selected.

### Non-slip rubber feet

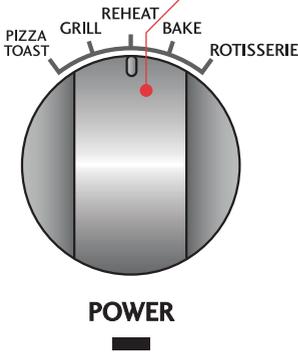
Keeps the oven secure on the bench top during use and prevents scratching of bench top surfaces.

# Features of your Sunbeam Convection Bake & Grill (continued)



## Temperature Control

Variable temperature control allows you to select the perfect temperature for each cooking task. Temperature range is from 60°C to 240°C.



## Oven Settings

All oven settings operate with fan assistance. Select from Pizza/Toast, Grill, Reheat, Bake or Rotisserie.



**Pizza/Toast:** Using the PIZZA/TOAST setting allows maximum heat for fast, quick cooking of pizzas and toast. For toast, use this setting in combination with the timer.



**Grill:** Use the GRILL function for grilling open sandwiches, sausages and vegetables.



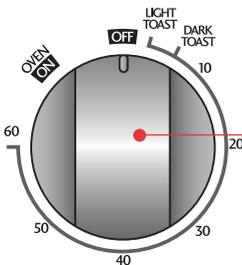
**Reheat:** Heats food from beneath and is ideal for perfectly reheating leftovers.



**Bake:** Suitable for roasting baked dinners as well as baking homemade biscuits, cakes and muffins.



**Rotisserie:** The ROTISSERIE function gently rotates the food to ensure even cooking throughout - tender and juicy inside and browned to perfection on the outside.



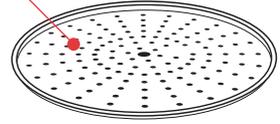
## 60 minute timer and on/off control

The timer can be set up to 60 minutes and will automatically turn the oven off and sound a bell at the end of the cooking time. Alternatively, the dial can be set to the ON position for continuous operation, until it is turned off manually. Variable browning control allows you to toast your bread to a desired colour. LIGHT TOAST on the timer represents the lightest toasting shade and the DARK TOAST represents the darkest toast shade.

# Features of your Sunbeam Convection Bake & Grill (continued)

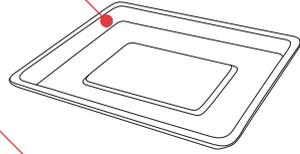
## Non-stick pizza tray

Cooks up to a 30cm pizza to perfection



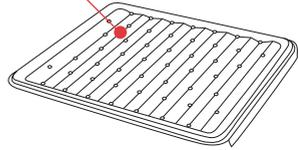
## Enamel baking pan

Enamel baking pan can be used on its own or with the drip tray insert.



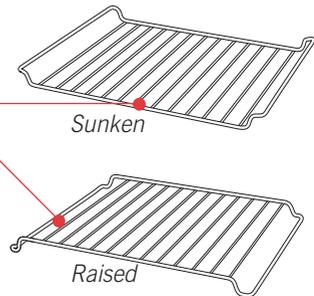
## Enamel drip tray insert

The drip tray insert sits inside the baking pan and allows fats to drain away for fat-free cooking. The drip tray also helps to prevent splattering.



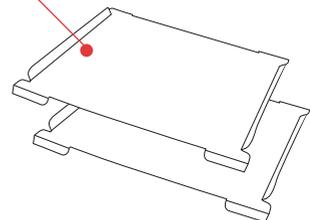
## Chrome plated wire racks

The two removable wire racks are reversible and may be used in the raised or sunken position, giving you greater versatility when cooking.



## Biscuit trays

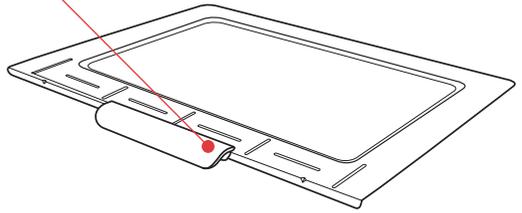
The two trays are ideal for baking cookies and fit securely to the wire racks.



## Features of your Sunbeam Convection Bake & Grill (continued)

### Crumb tray

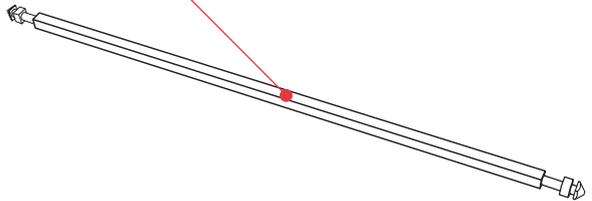
Insert the tray into the bottom of the oven.  
Removable for easy cleaning.



### Chrome plated rotisserie accessories

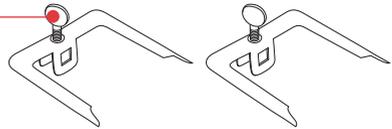
#### Rotisserie rod

The pointed end of the rod inserts into the drive socket located on the right hand side of the oven wall and the square end of the rod rests on the rod support located on the left hand side of the oven wall.



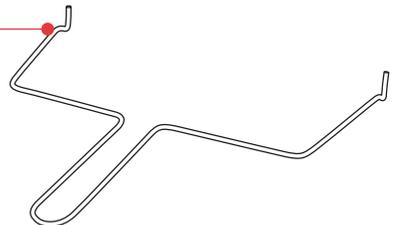
#### Rotisserie spikes and thumbscrews

The forks position the poultry/meat to the rod and are secured in place by firmly screwing the thumbscrews.



#### Rotisserie handle

Used for inserting and safely removing the rotisserie rod from the oven after the poultry / meat is cooked.



# Using your Convection Bake & Grill™

Position the oven on a dry, level surface, ensuring that the ventilation slots on the side and top of the appliance are not obstructed. Plug the power cord into a 230-240 volt power outlet and turn the power on.

**Note:** When turned on for the first time, your Convection Bake & 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.

**Important:** Do not force open the oven door beyond its limit or let the door drop open as this will distort the door and hinder the oven's ability to maintain a proper seal.

## For pizza

The top two and bottom two elements will heat when the 'pizza' setting has been selected.

1. Place the wire rack in the middle shelf in the sunken position.
2. Place the pizza tray on the shelf.
3. Turn the oven setting to 'PIZZA/TOAST'.
4. Set the temperature to 210°C and allow tray to preheat for 5-10 minutes before using.

## To toast

The top two and bottom two elements will heat when the 'TOAST' setting has been selected.

1. Place the wire rack into the middle rack support guide, in the sunken position.
2. Arrange bread on the wire rack.
3. Turn the oven setting to 'TOAST'.
4. Set the temperature control to the maximum 240°C.

5. To set the time first turn the dial fully clockwise to 60 minutes, then turn it anti-clockwise to the toast icons to start the timer. This ensures accurate timing. The white toast icon represents the lightest toast shade and the black toast icon represents the darkest shade.
6. A bell will sound when the selected toast cycle has ended.

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

## To grill

The top two elements will heat when the 'GRILL' setting has been selected.

1. Place the wire rack, in either the raised or sunken position, into the upper rack support guide.
2. Place the drip tray inside the baking pan and position the food on the drip tray. Place the baking pan on the wire rack.
3. Turn the oven setting to 'GRILL'.
4. Set the temperature control to maximum 240°C.

**Note:** For best results, allow the griller to preheat for 5 -10 minutes or as per recipe instructions.

5. To turn the grill on, turn the timer control to the desired time. Alternatively, for continuous operation, turn the timer control to the ON position.
6. When finished grilling, the oven will switch off automatically and a bell will sound if the timer was selected. Alternatively, turn the timer control to OFF position if the continuous mode was selected.

## Using your Convection Bake & Grill (continued)

### To reheat

The bottom two elements will heat when the 'REHEAT' setting has been selected.

1. Place the wire rack in either the raised or sunken position, into the desired rack support guide, depending on the type of food / dish that is being reheated.
2. Place the food in an oven-proof dish.
3. Turn the oven setting to 'REHEAT'.
4. Select the desired temperature on the temperature control. See page 11 for a guide.
5. To turn the oven on, turn the timer control to the desired time. Alternatively, for continuous operation, turn the timer control to the 'ON' position.
6. Stir food occasionally to ensure even reheating of food.

**Note:** Use oven mitts to remove dish as it will be very hot.

7. When finished reheating, the oven will switch off automatically and a bell will sound if the timer was selected. Alternatively turn the timer to the 'OFF' position if the continuous mode was selected.

### To bake or roast

The top two and bottom two elements will heat when the 'BAKE' setting has been selected.

1. Place the wire rack, in either the raised or sunken position, into the desired rack support guide.
2. Place the food to be baked on the wire rack, using the appropriate pan, tray etc.
3. Place the drip tray inside the baking pan and position the food on the drip tray. Place the baking pan on the wire rack.

**Tip:** We recommend using the drip tray inside the enamel baking pan as this helps to reduce splattering for easier clean up.

4. Turn the oven setting to 'BAKE'.
5. Select the desired temperature on the temperature control.

**Note:** For best results, allow the oven to preheat for 5 -10 minutes or as per recipe instructions.

**Important:** If baking cakes, biscuits etc, using recipes other than those provided with this instruction booklet, it is recommended that oven temperatures for the 'BAKE' setting be reduced by approximately 20-30°C. As the Convection Bake & Grill operates with fan-assistance, this will prevent excess browning on top of foods before they are fully cooked. The recipes in the back of this book have already been adjusted.

5. To turn the oven on, turn the timer control to the desired time. Alternatively, for continuous operation, turn the timer control to the ON position.
6. When finished baking, the oven will switch off automatically and a bell will sound if the timer was selected. Alternatively, turn the timer control to OFF position if the continuous mode was selected.

### Rotisserie

The top two elements will heat when the 'ROTISSERIE' setting has been selected.

1. Insert the end of the rotisserie rod through one of the spikes, making sure the points of the spike face inward. See Figure 1. Slide the spike 6-7cm towards the end of the rod and secure in place with the thumbscrew. See Figure 2.

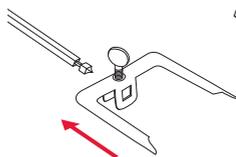


Figure 1

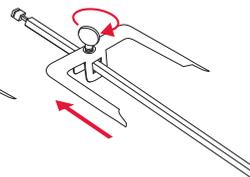


Figure 2

## Using your Convection Bake & Grill (continued)

- Place food to be cooked on the rotisserie rod by running the rod directly through the centre of the food. Continue to slide the food until the spike is securely embedded in the food.
- Slide the second spike onto the rotisserie rod at the other end of the food. See Figure 3. Continue to slide the spike until it is securely embedded in the food and secure the spike with the thumbscrew. See Figure 4.

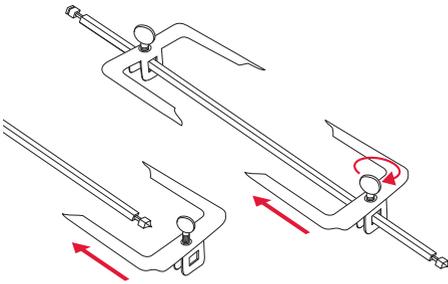


Figure 3

Figure 4

- Check that the food is centred on the rotisserie rod.
- Place the wire rack, in the sunken position, into the lower rack support guide.
- Place the enamel baking pan, with the drip tray, onto the wire rack to catch food drippings.
- Turn the oven setting to ROTISSERIE.
- Preheat the oven to the maximum 240°C for 5 -10 minutes or as per recipe instructions.
- To turn the rotisserie on, turn the timer control to the desired time. Alternatively, for continuous operation, turn the timer control to the ON position.

**Note:** Turning the rotisserie function on prior to inserting the rod will allow for easier insertion of the rod into the drive socket.

- Use the rotisserie handle to lift the rotisserie rod, ensuring to place the hooks of the rotisserie handle under the grooves on either side of the rotisserie rod. See Figure 5.

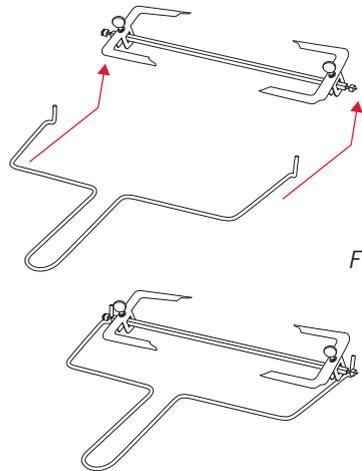


Figure 5

- Insert the end of the rotisserie rod into the drive socket, located on right-hand side of the oven wall ①, then position the squared off end of the rotisserie rod in the rotisserie rod support located on the left-hand side of the oven wall ②. See Figure 6.

## Using your Convection Bake & Grill (continued)

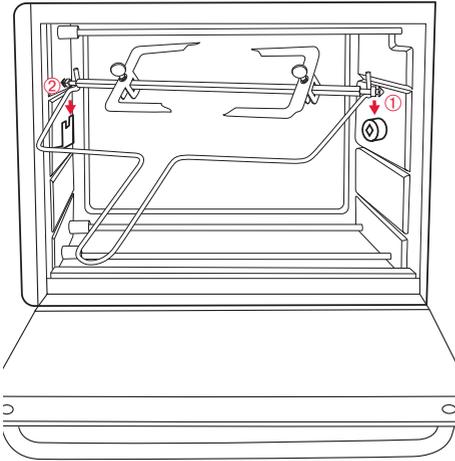


Figure 6

12. When finished cooking, the oven will switch off automatically and a bell will sound if the timer was selected. Alternatively, turn the timer control to OFF position if the continuous mode was selected.

**Note:** A meat thermometer may be used to check cooking progress.

13. Remove the rotisserie rod by placing the hooks of the rotisserie handle under the grooves on either side of the rotisserie rod. See Figure 5. Lift the left side of the rotisserie rod first, by lifting it up and out. Next, pull the rotisserie rod out of the drive socket using oven mitts and carefully remove the food from the oven.

14. Unscrew the spikes from the rotisserie rod and remove food.

**Note:** Allow food to rest before removing the rotisserie accessories as they will be hot.

**Important:** Use oven mitts when disassembling the rotisserie rod and removing food, as the rotisserie accessories will be hot.

# Cooking Guide

<b>TEMPERATURE SETTING °C</b>	<b>OVEN TEMPERATURE DESCRIPTION</b>	<b>FUNCTION/FOOD</b>
Low / 80	Warm	Warming plates/dishes
90	Warm	Slow reheating
120	Moderately Warm	Shortbread
150	Moderately Warm	Cakes, reheating
180	Moderate	Roasts, biscuits, quiche
210	Moderately Hot	Pizza, frittata
240	Hot	Rotisserie, scones

# Roasting Guide

For best results cook all beef, lamb, veal or pork at 200°C for 15 minutes, then reduce to 180°C and use the remaining cooking times from the chart below:

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<b>MEAT</b>	<b>Approximate Time per 500g Cooked at 180°C (after initial 15mins @ 200°C)</b>
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

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<b>POULTRY</b>	<b>Approximate Time per 500g Cooked at 180°C</b>
Chicken	25-30 minutes

**Note:** Chicken is cooked when the juices run clear after piercing with a skewer or knife.

# Grilling Guide

Preheat compact oven to maximum heat for 5 minutes. Oven rack should be positioned in the highest rack support guide with the rack either sitting in the raised or sunken position depending on the height of your meat.

Place meat on baking pan with drip tray.

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<b>Food Type</b>	<b>Approximate Cooking Times</b>
Thin Sausages – up to 10 sausages	11 minutes, turning occasionally
Thick sausages – up to 8 sausages	18 minutes, turning occasionally
Lamb Chops – up to 8 small chops	5-7 minutes, turning once
Steaks – 2-4 steaks, depending on size	5-10 minutes, turning once.

**Note:** Cooking time will vary depending on thickness of food and individual preferences.

# Roasting tips for Vegetables

## Grilled Capsicum

- Preheat oven to maximum heat using the GRILL setting. Place rack in the top shelf in the sunken position.
- Cut capsicum in half and remove seeds and membrane. Spray with vegetable oil spray.
- Bake for 30 minutes or until skin blackens and blisters.
- Remove from oven, and cover with foil until cool enough to handle
- Peel off skin and cut into strips.

## Caramelised Onion

- Preheat oven to 200°C using the BAKE setting. Place rack in the middle shelf in the sunken position.
- Line baking pan with aluminium foil; spray with vegetable oil spray.
- Peel and thinly slice one large onion (red is preferable).
- Mix through 1 tablespoon of olive oil and spread over baking tray.
- Bake 30 - 40 minutes, turning tray half way or until onion is soft and browned.

## Roasted Sweet Potato or Potatoes

- Preheat oven to 180°C using the BAKE setting. Place rack in the middle shelf in the sunken position.
- Grease baking tray with vegetable oil spray.
- Peel and chopped sweet potato or potato into 1-2 cm pieces, place on baking tray and spray generously with vegetable cooking spray. Season with sea salt and freshly ground black pepper.
- Bake for 30 minutes or until potato is cooked.

**Note:** If a cooking spray is not available, lightly apply oil using a brush.

# Care and Cleaning

- Always turn the power off and remove the plug from power outlet after use and before cleaning. Allow the oven to cool before cleaning.
- It is recommended that you clean the oven after each use to prevent a build up of grease and to avoid unpleasant odours.

**Note:** Do not clean any part of the oven in the dishwasher.

- The wire racks, baking pan, drip tray, biscuit trays, crumb tray, rotisserie rod, rotisserie spikes and thumbscrews may be washed in warm soapy water and rinsed.

**Note:** Never immerse the oven in water.

- The non-stick walls and ceiling of the compact oven can be wiped with a mild detergent and a damp cloth.
- To clean the exterior of the compact oven, wipe the walls with a cloth dampened with mild detergent. Polish with a soft dry cloth.
- To clean the glass door, wipe with a damp sponge and dry.

# Recipes - Pizzas

All the recipes have been specifically created and tested by the Sunbeam Test Kitchen for the Convection Bake and Grill Oven. We hope you enjoy.

## **Pizza Dough** Makes: 2 small or 1 large

2 teaspoons (7g) dry yeast

1 teaspoon caster sugar

$\frac{3}{4}$  cup warm water

2 cups plain flour

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

2 tablespoons olive oil

1. Combine the yeast, sugar and water in a bowl. Stir to combine. Cover mixture with cling wrap and place in a warm area until the mixture starts to bubble.
2. Combine the yeast mixture, flour, salt and oil in a large bowl and mix until combined. Turn dough onto a floured surface and knead for about 10 minutes or until the dough is firm and elastic. Place dough in a bowl and allow to rest in a warm place until the dough has doubled in size.
3. Using your fist, punch the dough down. Fold sides to centre and turn dough over. Place dough onto a floured surface and lightly knead. Cut dough in half. Roll dough out to fit a pizza tray. Dress pizza dough as required.

## **Pumpkin, Caramelized Onion and Goats Cheese Pizza** Makes: 2 Pizzas

1kg pumpkin, peeled, deseeded, cubed

3 onions, sliced

1 clove garlic, crushed

1 teaspoon fresh thyme

$\frac{1}{3}$  cup olive oil

1 quantity basic pizza dough, rolled out into two 26cm circles

1 cup pizza sauce

150g goats cheese, crumbled

Salt and freshly ground black pepper, to taste

1. Preheat oven to 210°C using the PIZZA setting. Place wire rack in the middle shelf in the sunken position.
2. Toss pumpkin, onions, garlic and thyme in oil. Place onto a lined baking tray and bake for 25-30 minutes or until pumpkin and onions are tender and golden.
3. Spread pizza sauce evenly over pizza bases. Scatter pumpkin mixture and goats cheese over the bases.
4. Place on pizza tray and bake for 15-20 minutes or until golden brown. Season to taste with salt and pepper.

## Pizzas (continued)

### **Margherita Pizza**

Makes: 2 pizzas

- 1 quantity basic pizza dough, rolled out into two 26cm circles
- 1 cup tomato puree
- 150g mozzarella, thinly sliced
- 2 tablespoons fresh basil, chopped
- Salt and freshly ground black pepper, to taste
- 1. Preheat oven to 210°C using PIZZA setting. Place wire rack in the middle shelf in the sunken position.
- 2. Spread tomato puree over bases. Top with cheese.
- 3. Place on pizza tray and bake for about 15-20 minutes or until golden.
- 3. Top with basil. Season to taste with salt and pepper.

### **Meat Lovers Pizza**

Makes: 2 pizzas

- 1 quantity basic pizza dough, rolled out into two 26cm circles
- 1 cup tomato puree
- 1 red onion, finely sliced
- 100g pepperoni, sliced
- 100g prosciutto, roughly chopped
- 100g salami, sliced
- 100g mozzarella, grated
- ¼ cup barbeque sauce
- Salt and freshly ground black pepper, to taste
- 1. Preheat oven to 210°C using PIZZA setting. Place wire rack in the middle shelf in the sunken position.
- 2. Spread tomato puree over pizza bases. Scatter onion, pepperoni, prosciutto and salami over the bases. Top with mozzarella and barbeque sauce.
- 3. Place on pizza tray and bake for 15-20 minutes or until golden. Season to taste with salt and pepper.

## Pizzas (continued)

### **Mediterranean Pizza**

Makes: 2 pizzas

1 quantity basic pizza dough, rolled out into two 26cm circles

¼ cup basil pesto

200g roasted eggplant; chopped \*

100g roasted artichoke; chopped \*

100g roasted red pepper; chopped \*

100g semi dried tomato \*

50g kalamata olives, pitted \*

150g feta cheese, crumbled

½ teaspoon dried basil

Salt and freshly ground black pepper, to taste

1. Preheat oven to 210°C using PIZZA setting. Place wire rack in the middle shelf in the sunken position.
2. Spread pesto over the pizza bases. Top with roasted vegetables, tomatoes and olives. Scatter feta and dried basil over pizza.
3. Place on pizza tray and bake for 15-20 minutes or until golden. Season to taste with salt and pepper.

\* If you don't wish to roast your own vegetables, roasted vegetables are also available from your local supermarket in the deli section.

### **Tandoori Chicken Pizza**

Makes: 2 pizzas

1 quantity basic pizza dough, rolled out into two 26cm circles

½ cup plain Greek yoghurt

⅓ cup tandoori paste

400g chicken thigh fillets

200g tzakiki spread

1 teaspoon mint sauce

1 red onion, finely sliced

200g bocconcini cheese, roughly chopped

¼ cup fresh coriander, chopped

Salt and freshly ground black pepper, to taste

1. Preheat oven to 210°C using PIZZA setting. Place wire rack in the middle shelf in the sunken position.
2. Combine yoghurt and tandoori paste. Stir through chicken, cover and refrigerate for 1 hour.
3. Place chicken on a lined baking tray and bake for 10 minutes or until the chicken juices run clear. Cool and roughly chop.
4. Combine tzakiki and mint sauce. Season with salt and pepper. Spread over pizza bases. Scatter bases with chicken and onion. Top with cheese.
5. Place on pizza tray and bake for 15-20 minutes or until golden. Top with coriander. Season to taste with salt and pepper.

## Pizzas (continued)

### **Garlic Prawn Pizza**                      Makes: 2 pizzas

1 quantity basic pizza dough, rolled out into two 26 cm circles

¼ cup olive oil

2 cloves garlic, crushed

400g fresh ricotta

¾ cup grated parmesan cheese

1 tablespoon lemon zest

600g prawns, deveined, tails removed, washed

Salt and freshly ground black pepper, to taste

Freshly chopped parsley, if desired

1. Preheat oven to 210°C using PIZZA setting. Place wire rack in the middle shelf in the sunken position.
2. In a bowl combine half of the oil, garlic, ricotta, parmesan and lemon zest. Season to taste with salt and pepper.
3. Spread ricotta mixture over pizza bases. Top with prawns and remaining oil.
4. Place on pizza tray and bake for 15-20 minutes or until golden. Season to taste with salt and pepper. Top with parsley.

# Rotisserie

## **Hoisin Rotisserie Duck**

Serves: 3-4

- 1 1.5-2kg duck
- 2 tablespoons vegetable oil
- 2 cloves garlic
- 2 small red chillies, chopped
- 1 2cm cube ginger, peeled, chopped
- ½ cup hoisin sauce
- ½ cup water
- ¼ cup tomato sauce
- 1 tablespoon honey
- 1 tablespoon rice wine vinegar
- 1 tablespoon soy sauce

Salt and freshly ground black pepper, to taste

1. Place all ingredients, excluding duck, into a food processor and pulse until a smooth paste is formed. Marinade duck in half of the marinade overnight. Reserve other half.
2. To assemble duck on rotisserie, place one end of the spikes onto the rotisserie rod about 6-7cm towards the squared off end of the rod. Lock in place with the thumbscrew.
3. Insert the rod through the duck. Place the other spike on the other end of the rod. Spear the spikes into the duck on either side so that they hold the duck securely in place. Secure spikes with thumbscrews.
4. Preheat oven to 210°C using the BAKE setting. Place baking tray on the lower shelf covered with tinfoil to catch drips.
5. Insert rotisserie rod into the compact oven using the rotisserie handle. Switch to ROTISSERIE setting. Baste duck every 15 minutes with marinade. Cook for 1 hour- 1 hour 10 minutes or until cooked. Allow to rest for 10 minutes. Serve duck with reserved marinade.

**TIP:** This duck is great with steamed Asian greens and rice.

## **Succulent Rotisserie Lamb Roast**

Serves: 6-8

- 2-2.5kg lamb shoulder
- 3 cloves garlic, crushed
- 2 tablespoons cumin seeds
- 2 tablespoons olive oil
- 2 tablespoons fresh thyme leaves
- 1 tablespoon salt
- 2 teaspoons paprika

Salt and freshly ground black pepper, to taste

1. Pat lamb shoulder dry with paper towel. Set aside.
2. Combine remaining ingredients in a small bowl. Rub marinade over the lamb. Place in a clean dish. Cover and refrigerate for 1 hour.
3. To assemble lamb on rotisserie, place one end of the spikes onto the rotisserie rod about 6-7cm towards the squared off end of the rod. Lock in place with the thumbscrew.
4. Insert the rod through the lamb. Place the other spike onto the other side of the rod. Spear the spikes into the lamb on either side so that they hold the lamb securely in place. Secure spikes with thumbscrews.
5. Preheat oven to 210°C using the BAKE setting. Place baking tray on the lower shelf covered with tinfoil to catch drips.
6. Insert rotisserie rod into the compact oven using the rotisserie handle. Switch to ROTISSERIE setting. Cook for 1 – 1 ½ hours or until cooked. Set aside to rest for 10 minutes before serving.

## Rotisserie (continued)

### Rotisserie Chicken

Serves: 4

- 1 1.5 whole chicken
- 2 cups fresh white bread crumbs
- 7 fresh sage leaves, chopped
- 1 egg
- 1 onion, finely chopped
- 50g butter, softened
- Kitchen twine
- 5 sprigs fresh rosemary
- 5 sprigs fresh thyme
- 2 tablespoons olive oil
- Salt and freshly ground black pepper, to taste
- Freshly chopped parsley, to serve

1. Rinse chicken under cold water, remove giblets. Pat dry.
2. In a bowl combine bread crumbs, sage, egg and onion. Season with salt and pepper. Press bread mixture into chicken cavity.
3. Gently work butter under the skin of the chicken, making sure not to tear the skin.
4. Using kitchen twine, truss the chicken wings and drumsticks to the body of the chicken.
5. Finely chop rosemary and thyme leaves. In a bowl combine rosemary, thyme and oil. Gently rub over the skin, season generously with salt and pepper.
6. To assemble chicken on rotisserie, place one of the spikes onto the rotisserie rod about 6-7cm towards the squared off end of the rod. Lock in place with the thumbscrew.
7. Insert the rod evenly through the chicken; place the other spike onto the other end of rod. Spear the spikes into the chicken on either side so that they hold the chicken securely in place. Secure spikes with thumbscrews.

8. Preheat oven to 210°C using the BAKE setting. Place baking pan on the lower shelf to catch any drips.

9. Insert rotisserie rod into the compact oven using the rotisserie handle. Switch to ROTISSERIE setting. Cook for 1 hour and 20 minutes or until cooked. Set aside to rest for 10 minutes. Sprinkle chicken with parsley before serving.

# Other Meals

## Potato Gratin

Serves: 6-8

1kg Sebago potatoes, peeled, thinly sliced  
3 cloves garlic, crushed  
1 tablespoon olive oil  
1 teaspoon dried chilli flakes  
1 cup cream  
½ cup grated parmesan cheese  
Salt and freshly ground black pepper, to taste

1. Preheat oven to 210°C using the BAKE setting. Place wire rack on the bottom shelf in the raised position.
2. In a large bowl toss all ingredients until combined. Season with salt and pepper.
3. Lightly oil a 20cm x 20cm baking dish. Spread out slices of potato evenly, making sure most pieces are lying flat. Pour over remaining liquid. Cover with tinfoil.
4. Place in oven and bake for 1 hour or until the potato is tender. Remove tinfoil and sprinkle with parmesan cheese.
5. Change to grill setting. Grill until cheese is melted and golden brown about 3-4 minutes.

## Oven Baked Fish and Chips

Serves: 4

600g desire potatoes, cut into wedges  
¼ cup vegetable oil  
4 ling fillets or firm fleshed white fish  
½ cup plain flour  
2 eggs, lightly beaten  
2 cups fresh white bread crumbs  
Oil spray  
Salt and freshly ground black pepper, to taste

1. Preheat oven to 200°C using the BAKE setting. Place wire rack on the middle shelf in the sunken position.
2. In a large bowl toss potatoes in oil. Season with salt and pepper. Place on a lined baking tray and bake for 30-40 minutes or until crisp and golden brown. Set aside
3. Dip fish into flour, shake to remove excess flour. Dip into egg then bread crumbs.
4. Change the oven to GRILL setting. Place fish on rack and spray with oil. Place underneath grill for 4-5 minutes or until golden. Turn and cook for a further 3-4 minutes or until golden.
5. Serve fish and chips with a wedge of lemon and tartar sauce.

## Other Meals (continued)

### **Pumpkin, Spinach and Feta Tart**

Makes: 2

- 1 kg pumpkin, peeled, deseeded, cubed
- 4 cloves garlic
- 2 red onions, quartered
- ¼ cup olive oil
- 200g baby spinach
- 100g feta cheese, crumbled
- 2 sheets puff pastry
- 50g butter, melted
- Salt and freshly ground black pepper, to taste

1. Preheat oven to 180°C using the BAKE setting. Place wire rack on the middle shelf in the sunken position. Line baking tray with baking paper.
2. In a large bowl toss pumpkin, garlic and onion. Place on prepared tray and bake for 30 minutes or until golden and tender. Mix with spinach and feta. Season with salt and pepper. Allow to cool.
3. Place two sheets of puff pastry on a clean dry surface. Spread pumpkin mixture over pastry leaving a 2cm border. Brush exposed pastry with butter.
4. Bake for 20-30 minutes or until golden brown and crisp. Slice and serve with tomato passata and salad.

### **Sticky Maple Pork Ribs**

Serves: 3-4

- 12 pork spare ribs
- 4 cloves garlic, crushed
- ½ cup maple syrup
- ¼ cup apple juice
- 2 tablespoons soy sauce
- 2 tablespoons vegetable oil
- ½ teaspoon cinnamon

1. Mix all ingredients except ribs in a large bowl. Stir through ribs. Cover and refrigerate for 1 hour.
2. Preheat oven to 200°C using the BAKE setting. Place wire rack on the middle shelf in the raised position.
3. Place ribs into a roasting dish and cook for 1- ½ hours or until golden brown.

**TIP:** This is delicious served with coleslaw.

## Other Meals (continued)

### **Stuffed Chicken Breast wrapped in Pancetta**

Serves: 4

- 100g baby spinach
- 100g fresh ricotta
- ¼ cup grated parmesan cheese
- 1 tablespoon lemon zest
- 4 chicken breasts
- 8 slices pancetta
- Salt and freshly ground black pepper, to taste

1. Preheat oven to 210°C using the BAKE setting. Place wire rack on the bottom shelf in the raised position.
2. Place spinach in a large bowl and cover with hot water. Drain spinach and dry thoroughly with paper towel.
3. In a bowl combine spinach, ricotta, parmesan cheese and lemon zest. Season to taste with salt and pepper.
4. Make a small incision in the side of each chicken breast. Spoon in ricotta mixture.
5. Wrap each chicken breast in 2 pieces of pancetta.
6. Place chicken breasts on a lined baking tray and place in oven. Bake for 20-25 minutes or until chicken is cooked. Allow to rest for 10 minutes before serving.

### **Spicy Honey Chicken Wings**

Serves: 4-6

- 1.5 kg chicken wings
- ¼ cup hot chilli sauce
- ¼ cup olive oil
- 3 tablespoons honey
- 2 teaspoons salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander

1. Combine all ingredients in a large bowl except chicken. Toss through chicken. Cover and refrigerate for 2-3 hours.
2. Preheat oven to 200°C using the BAKE setting. Place wire rack on the bottom shelf in the raised position.
3. Spread chicken wings out over a lined baking tray. Place in oven and cook for 50 minutes- 1 hour or until golden brown and crisp. Serve hot.

## Other Meals (continued)

### **Parmesan Crumbed Baked Fish**

Serves: 4

- 1 cup fresh white bread crumbs
- 1/3 cup grated parmesan cheese
- ¼ cup olive oil
- ¼ cup fresh parsley, finely chopped
- 1 tablespoon lemon rind, finely grated
- 1 clove garlic, crushed
- 4 250g pieces ling or firm white fish
- Salt and freshly ground black pepper, to taste

1. Preheat oven to 210°C using the GRILL setting. Place wire rack on the middle shelf in the sunken position.
2. In a bowl combine bread crumbs, parmesan, oil, parsley, lemon and garlic. Season with salt and pepper.
3. Press the breadcrumb mixture onto the flesh side of the fish to form an even topping. Place on rack and grill for 15 minutes or until fish is cooked and topping is golden brown.

**TIP:** This topping is also great on chicken.

### **Spinach, Feta and Red Onion Quiche**

Serves: 6-8

- 1 sheet short crust pastry
- 4 eggs, beaten
- ¾ cup thickened cream
- ½ red onion, finely sliced
- 250g frozen spinach, defrosted, drained, chopped
- 150g feta cheese, crumbled
- Salt and freshly ground black pepper, to taste

1. Preheat oven to 180°C using the BAKE setting. Place wire rack on the bottom shelf in the raised position.
2. Press pastry into a 25cm fluted quiche loose bottomed tin. Cover and place in refrigerator to rest for 15 minutes.
3. Cover pastry with baking paper and fill with uncooked rice. Bake for 10 minutes. Gently remove baking paper and rice, bake for a further 5 minutes or until pastry is golden brown.
4. In a bowl combine all ingredients. Season with salt and pepper.
5. Pour filling into pastry lined tin. Place into oven and cook for 15-20 minutes or until golden brown and filling is set. This can be served hot or cold.

## Other Meals (continued)

### **Italian Toasted Sandwich**

Serves: 2

2 slices sourdough bread

1 tablespoon basil pesto

50g salami, sliced

¼ cup grated cheddar cheese

Fresh basil leaf, to garnish

Salt and freshly ground black pepper, to taste

1. Preheat oven to 210°C using the TOAST setting. Place wire rack on middle shelf in the raised position
2. Spread pesto over the sourdough. Top with salami and grated cheese.
3. Place toast on rack with the drip tray below. Place in oven and toast for 3-4 minutes or until the cheese is melted and golden. Serve hot.

**TIP:** These are also yummy with the addition of tomato.

# Roasts

## Roast Pork with Bacon and Sage Crumb

Serves: 6-8

150g bacon, chopped

7 fresh sage leaves, roughly chopped

1 egg, lightly beaten

1 onion, finely chopped

2 cloves garlic, crushed

2 ½ cups fresh white bread crumbs

¼ cup olive oil

2kg rolled pork loin, skin scored

Salt and freshly ground black pepper, to taste

1. Preheat oven to 210°C using the BAKE setting. Place the drip tray insert in the baking tray.
2. In a large bowl combine bacon, sage, egg, onion, garlic, bread crumbs and oil. Stir to combine. Season to taste with salt and pepper.
3. Remove string from pork. Dry thoroughly with paper towel. Rub skin generously with salt and pepper. Place the pork on drip tray insert.
4. Roast in the middle shelf of the oven for 30 minutes or until the skin is starting to crisp. Reduce temperature to 180°C and cook for a further 2 hours or until cooked.
5. While the pork is resting, press the bread crumb stuffing into a baking dish. Bake for 15-20 minutes or until golden brown.

## Roast Leg of Lamb

Serves: 6-8

5 sprigs fresh rosemary

2kg leg of lamb

4 cloves garlic, quartered

¼ cup olive oil

Salt and freshly ground black pepper, to taste

1. Preheat oven to 210°C using the BAKE setting.
2. Cut the rosemary sprigs into 16 2-3cm pieces.
3. With a sharp thin knife, make 16 small incisions into the flesh of the lamb. Push a piece of rosemary and garlic into each incision. Rub lamb with oil and season generously with salt and pepper.
4. Place lamb on tray and roast in the low shelf of the oven for 1- 1 ½ hours or until desired. Allow to rest in dish for 5-10 minutes before serving.

## Roasts (continued)

### **Pancetta Wrapped Roast Beef**      Serves: 6-8

1kg eye fillet beef

3 cloves garlic, sliced

¼ cup olive oil

2 tablespoons fresh rosemary, chopped

20 slices of pancetta

Kitchen twine

Salt and freshly ground black pepper, to taste

1. Preheat oven to 210°C using the BAKE setting. Place wire rack on the bottom shelf in the raised position.
2. In a small bowl combine garlic, oil and rosemary. Rub over beef. Season generously with salt and pepper.
3. Lay the pieces of pancetta on a flat surface until big enough to encase the beef. Place the beef in the middle of the pancetta. Fold the thinner end of the fillet under to form an even shape. Roll the beef in the pancetta and secure with kitchen twine at 3cm intervals. Wrap tightly in plastic wrap and refrigerate for 30 minutes.
4. Place beef on baking tray and place in oven. Roast on the low shelf in the oven for 30 minutes or until desired. Cover and allow to rest for 10-15 minutes. Serve hot.

# Sweets

## Chocolate Chip Cookies

- 125g butter, softened
- ½ cup firmly packed brown sugar
- ½ cup caster sugar
- 1 teaspoon vanilla extract
- 1 egg
- 1 ¾ cup self raising flour
- 1 cup chocolate chips

1. Preheat oven to 180°C using the BAKE setting. Place wire rack in the middle shelf in the sunken position. Lightly grease baking tray.
2. Beat butter, sugars and vanilla with an electric mixer until light and creamy.
3. Add egg and flour, mix well. Fold through chocolate chips.
4. Roll mixture into tablespoon sized balls and place onto baking trays press lightly with the back of a fork. Ensure that the cookies are well spaced to allow for spreading. Bake in oven on the middle shelf for about 8 -10 minutes or until golden. Cool on wire racks.

## Easy Carrot Cake

- 4 eggs
- 1 ½ cups caster sugar
- ¾ cup vegetable oil
- ½ cup buttermilk
- 2 teaspoons vanilla essence
- 2 cups grated carrots
- 2 cups plain flour, sifted
- 1 cup crushed pineapple, drained
- 1 cup walnuts, roughly chopped
- ½ cup shredded coconut
- ½ cup raisins
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1 teaspoon mixed spice
- ½ teaspoon nutmeg

1. Preheat oven to 180°C using the BAKE setting. Place wire rack on the bottom shelf in the raised position. Line a 20cm round cake pan with baking paper.
2. In a large bowl whisk together eggs, sugar, oil, buttermilk and vanilla.
3. Add remaining ingredients to the bowl and stir until well combined. Pour the mixture into the prepared pan and place in oven.
4. Bake for 35-40 minutes or until a skewer comes out clean from the centre of the cake. Allow cake to cool in pan for 10 minutes before turning out onto a wire rack to cool completely.

**TIP:** This cake is great with cream cheese icing.

## Sweets (continued)

### Banana Cake

125g butter, softened

½ cup brown sugar

½ cup caster sugar

2 eggs

1 ½ cups self-raising flour, sifted

½ teaspoon ground cinnamon

1 cup mashed banana

½ cup sour cream

¼ cup milk

1. Preheat oven to 180°C using the BAKE setting. Place wire rack on the bottom shelf in the raised position. Line a 20cm round cake pan with baking paper.
2. Using an electric mixer cream butter and sugars. Add eggs one at a time beating well after each addition. Fold through flour and cinnamon.
3. Add remaining ingredients stirring until just combined.
4. Pour the mixture into the pan. Bake for 35-40 minutes or until a skewer comes out clean from the centre of the cake. Allow cake to stand in pan for 10 minutes before turning onto a wire rack to cool completely.

### White Chocolate Raspberry Muffins

Makes: 12 each

2 cups plain flour

1 ½ teaspoons baking powder

1 cup caster sugar

2 eggs

1 cup milk

100g butter, melted

150g frozen raspberries

100g white chocolate, roughly chopped

1. Preheat oven to 190°C using the BAKE setting. Place wire rack on the bottom shelf in the raised position. Line a muffin tray with muffin cases.
2. Sift flour and baking powder into a large bowl. Add sugar.
3. Combine eggs, milk and butter in a separate bowl. Pour the liquid ingredients into the dry ingredients and stir until just combined. Fold through the raspberries and white chocolate.
4. Fill muffin cases with 2 heaped tablespoons of mixture. Bake for 15-20 minutes or until muffins are risen and firm. Place on wire rack to cool.

**TIP:** To prevent the raspberries from bleeding throughout the mixture, toss the frozen raspberries in enough flour to coat; gently fold through mixture.

# Notes

# Notes

# 12 Month Replacement Guarantee

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

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

Your Sunbeam 12 Month Replacement Guarantee naturally does not cover misuse or negligent handling and normal wear and tear.

Similarly your 12 Month Replacement Guarantee does not cover freight or any other costs incurred in making a claim. Please retain your receipt as proof of purchase.

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