

**KAM BROOK**

# Essentials Wok



## Kambrook Safety

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

### **READ ALL INSTRUCTIONS THOROUGHLY BEFORE ACTIVATING THE APPLIANCE AND RETAIN THEM FOR FUTURE REFERENCE.**

Ensure that the power source to be used is the same as the voltage requirements of the product.

Always attach temperature control probe to the appliance first before connecting to power source.

Unplug from power outlet when not in use. Always remove cord from appliance before moving.

Place the appliance on a dry, level surface.

Do not leave appliance where children can touch hot surfaces.

Do not touch hot surfaces. Use handles for lifting and carrying the appliance and knob for lifting lid.

Avoid operating the appliance on metal surfaces.

DO NOT IMMERSE the power cord or temperature probe in any form of liquid.

At no times should the appliance be left unattended during food preparation.

Do not attempt to move the appliance whilst hot, allow vessel and contents to cool before removing oils.

Keep clear of walls, curtains and other heat sensitive materials. Minimum 200mm distance.

The appliance is not intended for use by young children or infirm persons without supervision.

Young children should be supervised to ensure that they do not play with the appliance.

Power cord must never be operated when touching hot surfaces, when knotted, or when allowed to hang from the edge of bench tops.

Do not place on or near a hot gas burner, electric element, or in a heated oven.

Suitable for domestic use only. Not intended for use in moving vehicles or boats. Do not use outdoors.

The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

**Do not operate the appliance if the cord, plug or appliance itself becomes frayed or damaged. Return the entire appliance to the nearest authorised Kambrook Service Centre for examination, replacement or repair.**

**Please call 1800 800634 for service centre details.**

# FEATURES OF YOUR KAMBROOK ESSENTIALS WOK



**1. 2200 Watt Die-cast Butterfly Element** for fast heating and superior, even heat distribution.

**2. Non-Stick Cooking Surface**  
The non-stick cooking surface on your wok means foods won't stick and less or no oil can be used when cooking. As with all non-stick surfaces only plastic or wooden utensils should be used, so the surface isn't scratched. Regular high heat cooking may discolour the non-stick surface, this is normal and will not affect the performance or life of the non-stick coating.

**3. Removable Temperature Control Probe** with 10 heat settings for accurate temperature control.

**4. Glass Lid** with an adjustable steam vent. Easy to view food while cooking. Retains heat and moisture when slow cooking foods such as curries or casseroles.

**5. Quick Release Removable Base** for easy cleaning. This also allows the wok to fit easily into a dishwasher or sink. The Wok is dishwasher safe.

## Using Your Essentials Wok

**Before first use:** It is recommended you remove any promotional labels and wash your wok and lid in hot soapy water. Rinse and thoroughly dry. The base is removable for easy cleaning.

**Do not immerse the cord and/or temperature control probe in water or any other liquid.**

'Season' the cooking surface by applying a thin coat of cooking oil and rub in with paper towelling.

1. Insert the temperature control probe into the control probe socket on the appliance. Plug into a 230/240 volt power point and switch 'ON'. Always insert the temperature control probe into the appliance first, then plug into mains power outlet.
2. Turn the temperature control knob to the desired setting. Refer to page 3 for temperature guide. The heating 'ON' light will illuminate. The thermostat light on the control probe indicates the temperature at which the dial is set.  
*This light will remain on until the set temperature has been reached and then cycle on and off throughout cooking, as the cooking temperature is maintained by the thermostat.*
3. When cooking is completed, turn temperature control knob to minimum position before switching off at the power point. Unplug from power point. Leave temperature control probe connected to the appliance until cool.

*Note: This wok must be used with the temperature control probe provided. Do not use any other temperature control probe or connector.*

*Tip: When stir-fry cooking, a high heat is required, set temperature dial to Setting 10 and allow thermostat light on temperature probe to cycle on and off several times. This will allow the cooking surface to adjust to a more accurate cooking temperature.*

## Variable Temperature Control Probe

DIAL SETTING	USES	TEMPERATURE GUIDE
1 – 4	Keeping food warm, Slow cooking sauces Simmering	Low Heat/ Slow Cook
5 – 7	Curries, casseroles, pasta, rice, browning nuts Steaming foods	Medium Heat
8 – 10	Shallow frying, Sealing meat, Stir-frying	High Heat

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

**⚠ WARNING: NEVER IMMERSE THE TEMPERATURE CONTROL PROBE OR CORD IN WATER OR ANY OTHER LIQUID.**

### Cooking Techniques

#### Stir-Frying

*Recommended heat setting – 8 to 10 for stir-frying meat. 8 for vegetables and seafood*

Is an energy efficient and healthy way of cooking foods. The benefit of this method is its speed and the flavour result.

The non-stick cooking surface on your wok also means that less oil is required for cooking. The cooking action for stir frying is a continual tossing motion to ensure the food is evenly exposed to the heat and cooks quickly and evenly in a couple of minutes.

Stir-frying should be carried out using a high heat setting.

Preheat your wok before adding any

ingredients, allow the temperature light to cycle 'on' and 'off' several times. This will allow the wok to reach an even high temperature.

Stir-frying is a dry heat cooking method and is best suited to tender cuts of meat. Timing is a key factor when cooking meat as over cooking will give a tough, dry result. Cooking times depend on the size and thickness of the cut, as the bigger the cut, the more time is needed.

#### Recommended cuts for stir-frying

Beef	Lean Beef strips prepared from rump, sirloin, rib eye, fillet,
Chicken	Lean chicken strips prepared from breast fillets, tenderloins, thigh fillets
Lamb	Lean lamb strips prepared from fillet, lamb leg steaks, round or topside mini roasts, eye of loin.
Pork	Lean pork strips prepared from fillet.
Veal	Eye of loin, fillet, round, rump or topside

## Stir-fry tips

Buy meat strips from your butcher or supermarket, or prepare meat strips from recommended cuts listed above by removing any fat and slicing thinly across the grain (across direction of meat fibres). Slicing across the grain ensure tenderness. Cut into very thin strips, approx 5 – 8cm in length. Partially freeze meat (approx 30 minutes) to make slicing easier.

Stir- fry meat strips in small batches (approx 200 – 300g) to stop meat shedding its juice and ‘stewing’, resulting in tougher meat.

When adding meat strips to the wok, the strips should sizzle.

Stir-fry meat strips for 1 – 2 minutes. Any longer will toughen meat.

Remove each batch when cooked and allow wok to reheat before stir-frying the next. By cooking in small batches the heat of the wok remains constant, ensuring the meat doesn't stew and toughen.

A small amount of oil can be added mixed through the meat strips before adding to the wok, along any other flavouring such as garlic, ginger and chilli. A little sesame oil can also add flavour. Mixing the meat with the oil rather than heating it separately in the wok eliminates using too much.

Drain off thin marinades from meat strips before stir-frying to prevent stewing and spatter.

Stir-fry vegetables before meat in a little oil (or sprinkling of water) until vivid in colour.

This brief cooking time will keep vegetables crisp.

3 minutes	2 minutes	1 minute
Onion, quartered	Snow peas	Minced garlic
Broccoli, flowerettes	Capsicum, sliced	Minced chilli Minced ginger
Carrots, sliced	Zucchini, sliced	Shallots, chopped
Soaked Chinese dried Mushrooms	Water chestnuts	Bean sprouts
	Bamboo shoots	

Peanut oil is traditionally used for stir-fry Asian style dishes. However other oils such as vegetable, canola, sunflower and light olive may be used.

Do not over fill the wok. If necessary cook in batches and reheat at the end of stir-frying. If using this method remember to under cook slightly so reheating will not spoil the finished dish.

Serve stir-fried foods immediately to retain their crisp texture.

## Shallow Frying

*Recommended temperature  
probe setting 8 to 10*

Used to crispen and cook foods in a small amount of oil. The foods may have already been cooked.

Use approximately 1 cup of oil.

## Steaming

*Recommended temperature  
probe setting 3 to 6*

Steamed foods are tender and juicy and retain most of their nutritional value. To steam foods using your wok follow

the following procedure:

1. Add approx 2 cups of water or stock to wok. Place into the wok. Liquid should not cover the rack.
2. Preheat wok on heat setting 3 – 4 until liquid simmers.
3. Place foods to be steamed on a steaming rack.
4. Cover wok with lid and simmer until food is cooked to your liking.

### Steaming tips

If using a metal rack take care not to scratch the non-stick surface.

Do not allow the water or stock to touch the rack or food.

Check liquid level occasionally. Add more hot water if further steaming is required.

Always lift the lid away from you to avoid the head of steam under the lid.

### Slow Cooking (braising)

*Recommended temperature  
probe setting 2 to 4*

Your wok is ideal for slow cooking curries and casseroles. Slow cooking method is ideal for less tender cuts of meat. Timing does not depend on the size of the cut as much as the connective tissue (gristle and sinew) which need long slow cooking to soften it. Never use tender cuts of meat for moist heat cooking. First of all it is a waste of money. Secondly, the long cooking will make meat shrink and toughen.

### Recommended cuts for slow cooking (braising)

Beef	Diced blade (boneless), chuck, round, shin, silverside
Chicken	Diced thigh, leg
Lamb	Diced forequarter
Veal	Diced shoulder
Pork	Diced forequarter

### Slow cooking tips

Cut meat into 3cm cubes. Trim off any fat.

Use a medium to low heat setting.

Cook for approx 1 ½ – 2 hours stirring occasionally.

Add soft or quick cooking vegetables such as mushrooms, tomatoes, beans or corn in the last half hour of cooking.

Thicken towards end of cooking by stirring in a little cornflour blended with water, or plain flour blended with margarine or butter. Alternatively, coat meat in plain flour before frying (extra oil may be needed) .

### Glass Lid

Wash the lid in warm soapy water using a soft sponge, rinse and dry thoroughly. The glass lid is dishwasher safe.

### Dishwasher Safe

Your Wok is dishwasher safe for easy cleaning. The heating element is completely sealed so it is safe to immerse in water. The removable wok base and glass lid are also dishwasher safe.

*Note: After washing in the dishwasher re-season the cooking surface with oil and a paper towel, as the dishwasher is more abrasive than hand washing.*

**Storage:** Store the Control Probe carefully. Do not knock or drop it as this can damage the probe. If damage is suspected, call the Kambrook Customer Service line on 1800 800634 for service details.

*Tip: For convenient storage of the temperature control, line the wok bowl with 2 sheets of kitchen paper and place the probe on the kitchen paper. This will ensure the probe and plug does not scratch the non-stick coating.*

### **Non-stick Surface**

Cooking in a non-stick wok minimises the need for oil, food does not stick and cleaning is easier. Any discolouration that may occur will only detract from the appearance of the wok and not affect the cooking performance.

To clean interior and exterior surface:

Wash in hot soapy water. Remove stubborn spots with a plastic washing pad or nylon washing brush.

Removing discolouration of the non-stick surface.

Combine: ½ cup of lemon juice with 2 cups water. Pour into wok, place lid on with the vent closed, and simmer for 5 – 10 minutes.

Clean in a well-ventilated area and avoid breathing the vapours. Wash as directed, and re-season the wok before using again. In some instances this may not remove all the staining.

### **Removable Wok Base**

To remove the base for cleaning turn the wok upside down. Turn knob on base anti-clockwise to release.

Do not place the wok base in the dishwasher

*Caution – This Wok should never be operated without the wok and base fully assembled and locked into place. Note: Take care when the glass lid is hot.*

*Do not place hot lid under cold water or on cold surfaces. This may cause the lid to break.*

### **Care and cleaning**

Do not use metal utensils, as these will scratch the non-stick cooking surface. Only use wooden or plastic utensils to stir or serve food.

Do not leave plastic cooking utensils in contact with the hot wok surface while cooking. Before cleaning switch the wok 'Off' and unplug from the power point. Remove the temperature control probe from the socket.



## Recipes

### Mongolian Lamb

Serves 4 – 6

750g lean lamb strips  
3 teaspoons oil  
4 medium onions, quartered  
1 teaspoon crushed garlic  
3 shallots, chopped  
1 teaspoon minced chilli  
2 teaspoon cornflour  
2 tablespoons light soy sauce  
1 tablespoon oyster sauce  
½ cup chicken stock

1. Heat oil in wok on setting 10. Stir-fry lamb in two batches, 2 – 3 minutes, remove. Set aside. Stir-fry onions, garlic, shallots and chillies, 2 minutes.
2. Blend cornflour with soy sauce, oyster sauce and stock. Return lamb strips to pan. Stir in cornflour mixture, cook 2 – 3 minutes or until slightly thickened.

Serve with rice

### Chicken and Tomato Risotto

Serves 4

60g butter  
2 tablespoons olive oil.  
1 Spanish onion, chopped  
1 ½ cups arborio rice  
5 cups chicken stock  
1 teaspoon crushed garlic  
2 tomatoes chopped  
1 tablespoon chopped basil  
½ cup freshly grated Parmesan cheese  
Freshly ground black pepper

1. Melt butter and heat oil in wok on setting 10. Stir-fry onion and garlic, 2 minutes. Add rice. Stir rice through until

butter has covered all grains.  
Stir through stock. Bring to the boil, continually stirring.

2. Reduce to a simmer on a setting 3 – 4 until rice is creamy (not gluggy, but cooked). Stir through remaining ingredients. Serve.

### Tangy Citrus Stir – Fry

Serves 4 – 6

2 teaspoons cornflour  
⅓ cup orange juice  
¼ cup lemon juice  
2 tablespoons dry sherry  
1 tablespoon oil  
500g chicken (breast or thigh) fillets, or pork fillets, cut into thin strips  
375g sliced mixed vegetables

1. Mix cornflour, orange and lemon juice, sherry and set aside.
2. Heat half the oil in wok on setting 10. Stir-fry meat in two batches for approx. 3 – 4 minutes. Remove.
3. Add vegetables and stir-fry on setting 6 for 3 – 4 minutes or until just tender. Add 1 tablespoon water, cover and steam for 2 minutes.
4. Remove lid, increase heat to setting 10 and stir in the sauce. Bring to the boil and toss until the vegetables are coated with sauce. Return meat to wok. Toss through until well combined.

Serve with rice.

### **Stir-Fry with Oyster Sauce**

600g chicken or lean beef strips  
1 tablespoon oil  
2 tablespoons slivered almonds  
1 teaspoon minced ginger  
1 teaspoon minced garlic  
2 carrots, thinly sliced  
1 red or green capsicum, thinly sliced  
2 small sticks celery, thinly sliced  
2 shallots, chopped  
200g snow peas, trimmed  
½ cup oyster sauce

1. Heat half the oil in wok on setting 10. Stir-fry almonds, ginger and garlic 1 minute. Add chicken or beef strips, stir-fry a further 2 – 3 minutes. Remove.
2. Heat remaining oil in wok on setting 10. Stir-fry vegetables 1 – 2 minutes. Return almonds, ginger, garlic and chicken strips. Stir in oyster sauce, allow to heat through 2 – 3 minutes.

Serve with steamed rice.

### **Sesame Chicken Stir-Fry**

Serves 4 – 6

500g chicken fillets, strips  
1 tablespoon honey  
1 tablespoon soy sauce  
2 teaspoons sesame seeds  
1 tablespoon oil  
2 eggs, lightly beaten  
100g snow peas  
1 red capsicum, cut into strips  
1 carrot, julienned

1. Cut fillets into strips and place into a glass bowl with honey, soy sauce and sesame seeds. Allow to marinate for 30 minutes.
2. Heat half the oil in wok on setting 6 – 8,

add lightly beaten egg and fry until set and golden brown. Remove from wok and cut into thin strips.

3. Heat remaining oil in wok on setting 6 – 8. Add chicken and stir-fry for 2 – 3 minutes. Add remaining ingredients and stir-fry for a further 3 – 4 minutes. Return egg to the wok, toss through.

Serve with rice

### **Honey Chicken**

Serves 4

500g chicken thigh fillets, cubed  
oil, for cooking  
1 egg white, lightly beaten  
½ cornflour  
2 onions, thinly sliced  
1 green capsicum, cubed  
2 carrots, cut into batons  
100g snow peas, sliced  
¼ cup honey  
2 tablespoons toasted almonds

1. Heat 1 ½ tablespoons oil in wok on setting 10. Dip half of the chicken in egg white, then lightly dust with the cornflour.
2. Stir-fry on setting 10 for 4 – 5 minutes or until chicken is golden brown and just cooked. Remove and drain on paper towels. Repeat with remaining chicken, then remove all chicken from wok.
3. Reheat 1 tablespoon oil in wok on setting 8. Stir-fry onions for 3 – 4 minutes. Add capsicum and carrot and stir-fry for 3 – 4 minutes. Add snow peas and cook a further 2 minutes.

4. Add honey and toss vegetables until well coated. Return the chicken to wok and toss until well heated through and coated in honey. Season with salt and pepper. Serve immediately sprinkled with almonds.

### **Stir-Fry Combination Vegetables**

Serves 4

- 1 tablespoon oil
  - 2 small onion, cut into thin wedges
  - 1 teaspoon minced garlic
  - 2 teaspoon minced ginger
  - 1 red capsicum, seeded and cut into strips
  - 125g button mushrooms
  - 100g snow peas (optional)
  - 100g baby corn, halved
  - 1 stick celery, sliced diagonally
  - 200g broccoli, cut into flowerettes
  - 1 tablespoon soy sauce
  - 1 tablespoon hoisin sauce
  - 2 teaspoons sugar
  - 3 shallots, sliced diagonally
1. Heat oil in wok on setting 10. Add onion and stir-fry for 3 – 4 minutes. Reduce heat to setting 8. Add garlic, ginger and vegetables and toss continuously until well combined. Stir-fry for 2-3 minutes. Add 1 tablespoon water, cover and cook for 1– 2 minutes.
  2. Increase heat to setting 10. Stir in soy and hoisin sauces, sugar and shallots, tossing constantly until well combined with and coating all vegetables.
- Serve with stir-fried hokkien noodles.

### **Beef and Spinach Stir-Fry**

Serves 4

- 500g lean beef strips
  - $\frac{1}{4}$  cup sweet chilli sauce
  - 2 tablespoons soy sauce
  - 1 teaspoon minced garlic
  - 2 teaspoons minced ginger
  - 1 tablespoon sherry
  - 1 tablespoon oil
  - 2 onions, cut in wedges
  - 500g English spinach leaves, shredded
1. Combine beef, chilli sauce, soy, garlic, ginger and sherry. Cover and refrigerate for at least 2 hours.
  2. Drain the meat. Heat half the oil in wok on setting 10. Stir-fry meat in two batches, remove each batch before adding the next. Remove and set aside.
  3. Heat remaining oil in wok on setting 10. Stir-fry onion for 2 – 3 minutes. Return meat to wok.
  4. Just before serving, toss through spinach until it is just wilted.
- Serve immediately with rice

## Lamb and Noodle Stir-Fry

Serves 4

500g lamb strips

1 teaspoon sesame oil

1 teaspoon vegetable oil

2 teaspoons crushed garlic

2 teaspoon chopped chilli

300g stir-fry vegetables

1 pkt hokien noodles

1 tablespoon fish sauce

½ cup mint leaves, shredded

1. Add oils, garlic and chilli with lamb strips and mix.
2. Heat wok on setting 10. Stir-fry strips in small batches, 1 – 2 mins. Remove from wok.
3. Add vegetables to wok with a sprinkling of water. Cook stirring constantly 2 – 3 mins. Remove.
4. Add noodles to wok. Heat, stirring constantly. Add fish sauce and brown sugar.
5. Return lamb strips and vegetables, stirring until well heated. Add shredded mint leaves.



**KAMBROOK**

**12 MONTH**

**REPLACEMENT WARRANTY**

KAMBROOK warrants the purchaser against defects in workmanship and material, for a period of 12 months from the date of purchase (3 months commercial use).

Guarantee and purchase receipt for this product are to be retained as proof of purchase and must be presented if making a claim under the terms of the KAMBROOK guarantee.

KAMBROOK reserves the right to replace or repair the appliance within the warranty period.

Warranty does not apply to any defect, deterioration, loss or injury or damage occasioned by, or as a result of the misuse or abuse, negligent handling or if the product has not been used in accordance with the instructions. The guarantee excludes breakages and consumable items such as kneading blades.

This warranty is void if there is evidence of the product being tampered with by unauthorised persons.

If the product includes one or a number of accessories only the defective accessory or product will be replaced.

In the event of KAMBROOK choosing to replace the appliance, the guarantee will expire at the original date, ie. 12 months from the original purchase date.

In Australia, this KAMBROOK Guarantee is additional to the conditions and guarantees which are mandatory as implied by the Trade Practises Act 1974 and State Territory legislation.

**For service, spare parts or product information in Australia,** please call KAMBROOK on the customer Service Line (free call) 1800 800 634.

**For service, spare parts or product information in New Zealand,** please call KAMBROOK New Zealand, Greenmount, Auckland Phone 09 271 3980 Fax 0800 288 513. For spare parts phone 09 271 3980.

If claiming under this guarantee the product must be returned to freight prepaid.

YOUR PURCHASE RECORD (Please complete)

Attach purchase receipt here.

DATE OF PURCHASE \_\_\_\_\_

MODEL NUMBER \_\_\_\_\_

SERIAL NUMBER (If applicable) \_\_\_\_\_

PURCHASED FROM \_\_\_\_\_

Please don't return purchase record until you are making a claim

# KAMBROOK

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