

*Sunbeam*

# Multicooker Deep Fryer

## 5 litre non-stick electric cookware

Instruction Booklet

DF4500

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 أعلاه

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.

کار، یکنیز که احتیاط‌های بالا حتماً بـک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığından 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 DEEP FRYER.

- The MultiCooker Deep Fryer must only be used with the control probe provided.
- **WARNING:** The Control Probe must be removed before the frypan is cleaned and the Control Probe inlet must be dried before the MultiCooker Deep Fryer is used again. NEVER IMMERSE THE CONTROL PROBE IN WATER OR OTHER LIQUID.
- Never connect the fryer to the electricity supply without placing oil in the tank first.
- If using solid fat, remove the lid and the basket, cut the fat into pieces and place them directly into the tank. Do not melt solid fat in the frying basket as it may damage the appliance.
- Never operate the fryer with oil level below the

**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.

minimum mark or above the maximum mark.

- Do not touch any metal surfaces of the product while it is in use as they will be hot.
- Remove excess moisture and ice particles from food before deep frying.
- Check oil levels are correct before and during deep frying.
- Be careful when lifting lid during and after cooking. Steam can result in serious burns. Never place face over deep fryer.
- Never decant oil from deep fryer while still hot.
- Do not move deep fryer once it is in use.
- Only use the oils recommended in this instruction booklet.

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- 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 Multicooker

## Integrated knob & adjustable steam vent

Allows you to accurately control moisture levels during cooking.

## Stainless Steel deep fry basket

Deep fry basket with detachable handle.

This lightweight stainless steel deep fry basket is removable and has a 1.0kg food capacity for deep frying. It can also be used for cooking and draining spaghetti and other pasta.

## Dupont Teflon® Platinum Premium™

### Non-Stick Cooking Surface

Enables healthy fat-free cooking and simple wipe down cleaning.

Three layers of premium scratch and abrasive resistant non-stick coating. Safe to use with metal utensils. See page 5.



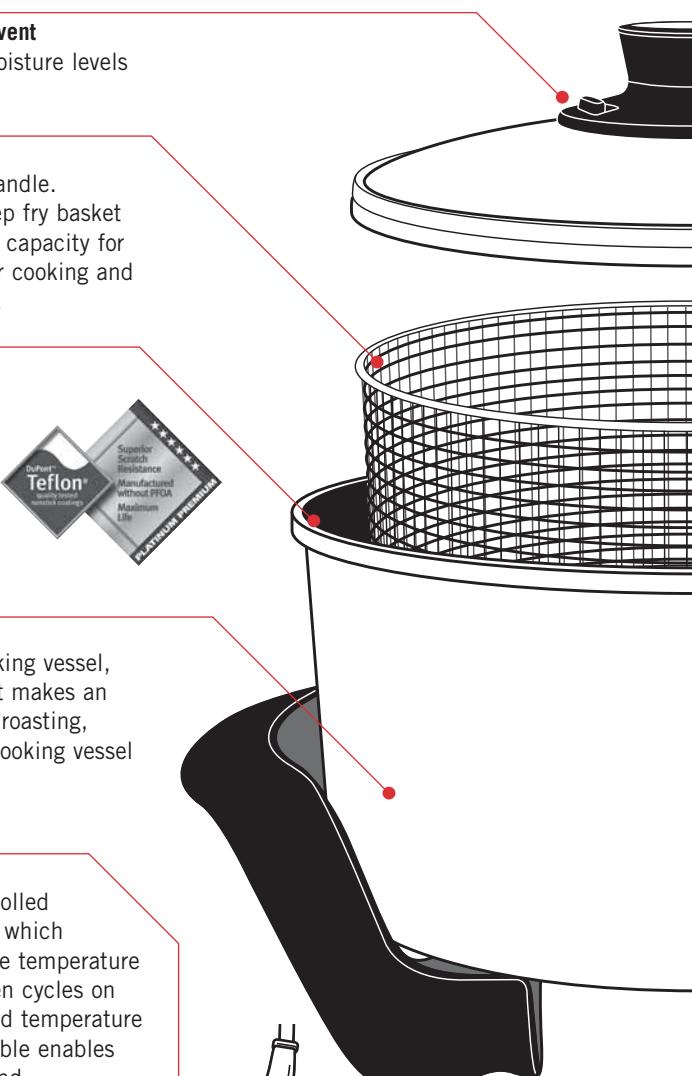
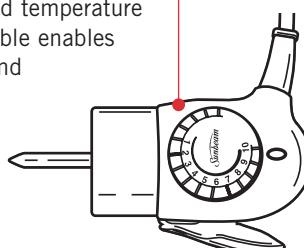
## Extra large cooking vessel

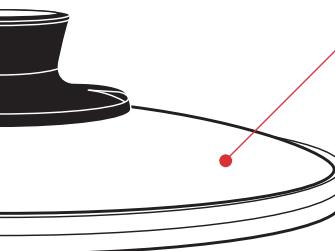
This 5 litre capacity non stick cooking vessel, not only allows you to deep fry, but makes an ideal saucepan as well for boiling, roasting, braising, stewing, soups etc. The cooking vessel is completely dishwasher safe and fully immersible.

## 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. Being removable enables the vessel to be fully immersible and dishwasher safe for easy cleaning.

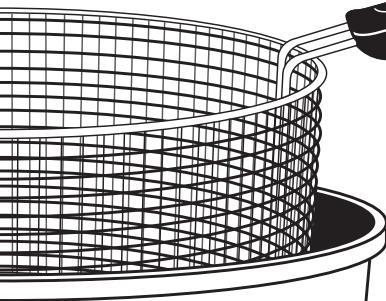
The trigger release lever makes removal of the probe easy.





#### **Glass lid**

The lid should be used when bringing water to the boil, simmering, soups and stews etc. NEVER USE THE LID WHEN DEEP FRYING.



#### **Basket handle**

Has a draining lever which rests securely inside the rim of the vessel to allow safe, hands-free draining of food. The basket handle folds inside the basket for easy storage.

#### **Draining lever**



#### **Cool Touch Handles**

#### **1600 watt die-cast element**

The 1600 watt element is completely cast into the heavy duty base for faster superior heating and a longer element life.

# An Introduction to Multicookers

## **Versatile**

Use as a deep fryer or electric saucepan.  
Boils, roasts, casseroles, braises, stir-frys and  
is great for deep frying.

## **Economical**

Cooks food quickly and uses less power than  
an ordinary oven or grill.  
The Trigger Release Control Probe has 10  
heat settings to give you total heat control.

## **Easy to clean**

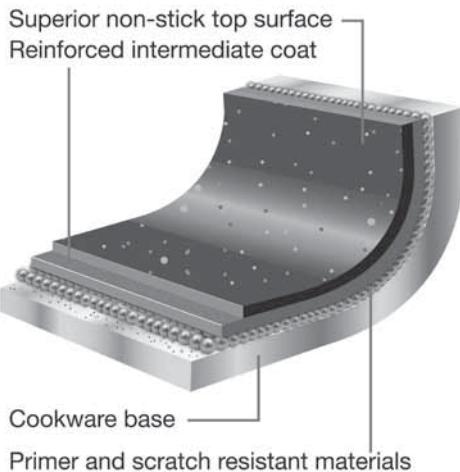
Features a fully sealed element, so that the  
frypan is dishwasher-safe and can be fully  
immersed in water.

# DuPont Teflon® Platinum Premium™ - Professional Use



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

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



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

Teflon® Platinum Premium™ is a superior 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 appliance.

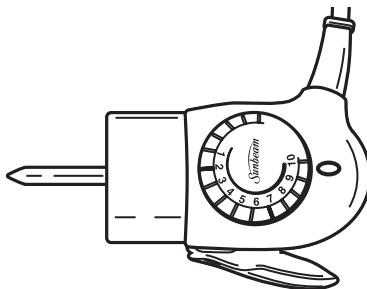
The result is a non-stick coating that can be treated like ordinary cookware, enabling the use of metal utensils. However, Sunbeam recommends that care is taken with the non-stick coating when using metal utensils. Do not use sharp objects or cut food inside the appliance. Damage caused to your appliance as a result of misuse of metal utensils will void your warranty.

# Temperature settings

## 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.

The trigger release makes removal of the probe easy.



The numbers on the dial represent the following approximate cooking surface temperatures. Preheat your multicooker on setting 7-8, then change to your desired setting.

Dial Setting	Celsius (approx)	Farenheight (approx)	Uses	Temperature
1	100°C		Keeping food warm and reheating	Low
2	110°C			
3	125°C	260°F	Simmering, sauteing and slow cooking	
4	140°C	285°F		
5	150°C	300°F	Boiling, pan frying and stir-frying	Medium
6	160°C	320°F		
7	175°C	350°F	Shallow frying, baking	
8	185°C	365°F		
9	200°C	390°F	Deep frying, searing and sealing,	
10	210°C	410°F	roasting	High

**Note:** The cooking surface temperatures given 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.

# Understanding your Sunbeam Multicooker

## Glass Lid

With the lid in place, the multicooker can be used as an oven, giving you the versatility to roast pieces of beef, lamb and chicken.

The lid also retains heat and moisture when simmering food such as casseroles.

Be careful when handling and lifting the hot lid during and after cooking as steam can result in burns.

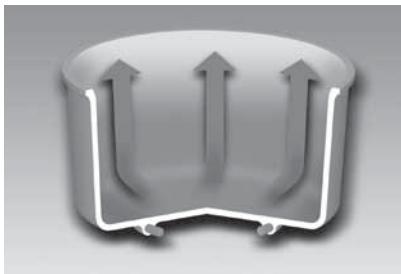
## Adjustable steam vent

The steam vent allows moisture to escape without losing too much heat. Keep the vent closed whenever cooking food where it is necessary to retain the heat and/or moisture.

The vent should be left open for a crispier result. When roasting chicken and meat, open the vent in the last 15 minutes of cooking to crisp.

## Cast-in element

The element is completely cast into the heavy duty base for faster superior heating and a longer element life.



# Using your Multicooker

## Before the first use

Wash, rinse and dry your Multicooker Deep Fryer, basket 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 Multicooker Deep Fryer.
2. Plug the cord into a 230-240V power outlet and turn the power on.
3. Preheat the Multicooker on setting 7-8 then set the Control Probe Dial to the desired temperature setting. Refer to page 6 for the temperature guide.

This light will remain on until the set temperature has been reached and then will cycle on and off throughout cooking, as the cooking temperature is maintained by the thermostat.

**Hint:** On initial heating of the Multicooker Deep Fryer, it is recommended that the temperature be allowed to cycle (the light glowing on and off) several times. This will help the cooking surface to adjust to a more accurate cooking temperature.

**Note:** The Multicooker Deep Fryer must only be used with the Control Probe provided.

## Saucepan cooking

The Multicooker is not just suitable for deep frying, but it has many other uses. Use the cooking vessel without the Deep Fryer Basket as a rice and a pasta boiler, for simmering soups and large stews, preparing spaghetti sauce and braising roasts.

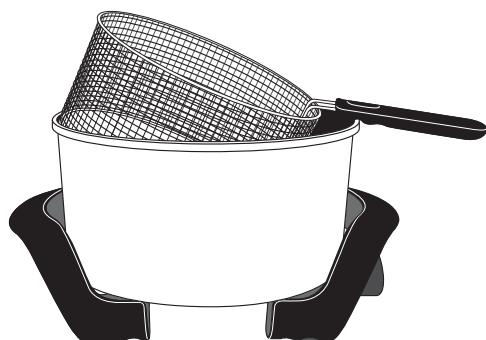
## Deep fry cooking

1. Place the deep fryer on a flat and stable surface away from any heating source and where it cannot be splashed with water.
2. Remove the lid. NEVER USE THE LID WHEN DEEP FRYING.

3. Pour good quality vegetable, nut or seed oil into the vessel until it reaches 'MAX' mark indicated on the inside of the non-stick vessel. (approx 2lt)

**Note:** Do not mix different types of oil.

4. Insert the plug into a 230-240 volt power outlet and turn the power on by using the on/off switch.
5. Heat the oil to the cooking temperature as recommended by the recipe. Rotate the dial on the temperature control probe to the temperature that you wish to cook the food.
6. Using the frying basket supplied, pull the handle backwards until it locks into position.
7. Place your food inside the basket, and gently lower the basket into the oil.
8. Cook your food for recommended time as per the recipe, or as desired.
9. When the food is cooked, (ensuring that the handle is locked in position) gently lift the basket directly out of the cooking vessel. Tilt the basket so that the draining lever rests securely on the inside rim of the cooking vessel. (see diagram below)
10. Remove hot food with tongs and drain on absorbent paper.



# Hints for perfect frying

1. Always use the best quality oil possible.  
We recommend corn, nut, seed or vegetable oils. Never use butter, margarine or olive oils.
2. Avoid mixing oils of different qualities or types.
3. Change the oil when it becomes brown or milky in colour.
4. Take into account the food to be cooked before setting the frying temperature. As a general guide precooked food will need a higher temperature than raw food, and the larger the individual items the lower the temperature should be.
5. Large pieces of food should not be deep fried, as they take too long to cook thus absorbing too much oil.
6. Fry small amounts at a time, adding too much at a time will decrease the oil's temperature and increase the chance that food will stick together.
7. Make sure that food is dry before frying, wet food will splatter.
8. Do not use the lid when deep frying

# Care and cleaning

## Vessel

Take care when handling the vessel and any metal surfaces whilst it is in use, as these will be hot.

Be careful when lifting the lid during and after cooking, as steam can result in serious burns. Never place face over deep fryer.

## Control Probe

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

**WARNING:** The Control Probe must be removed before the frypan is cleaned and the Control Probe inlet must be dried before the Multicooker Deep Fryer is used again.

NEVER IMMERSE THE CONTROL PROBE IN WATER OR OTHER LIQUID.

**Storage:** 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.

**WARNING:** Always wait for the fryer vessel and hot oil to cool down before emptying the vessel.

Drain off any oil, water or other liquid from the vessel and remove any food particles.

NEVER PUT COLD WATER INTO A HOT DEEP-FRYER

Allow the vessel to cool, add tepid water and let stand, if necessary, to soak and soften stubborn food particles.

## Washing the inside of the vessel

1. When cooled, remove any excess food particles.
2. When cooled, wash thoroughly in hot soapy water.

**Note:** Your cooking vessel is fully immersible in water and is also dishwasher safe.

3. Remove stubborn spots with a plastic washing pad or sponge.

**WARNING:** DO NOT USE STEEL WOOL OR COARSE SCOURING PADS. These will damage the non-stick cooking surface.

4. Rinse out in hot or boiling water to remove unseen fat particles.

## Washing the outside of the vessel

Wash grease and oil off the outside of the vessel with hot soapy water.

## Cleaning the basket

1. Remove excess food particles from the Deep Fry Basket.
2. Place in hot, soapy water in a sink. Steel wool or a mild abrasive may be used to remove stubborn food particles.
3. Rinse and dry thoroughly.
4. Alternately, place the basket in a dishwasher.

## Cleaning the lid

Wash the lid in hot, soapy water. Alternately, place the lid in a dishwasher.

# High Grade Non-Stick cooking surfaces.

Cooking on a non-stick surface minimises the need for oil, food does not stick and cleaning is easier.

To ensure you get the best results from your non-stick cooking surfaces, follow these simple instructions:

## **Before the first use**

“Season” the cooking surface by applying a thin coat of cooking oil and rub in with paper towelling. This will also be necessary after cleaning in a dishwasher.

Avoid using high settings (8-10), as any food which may burn on the non-stick surface may cause it to discolour.

Any discolouration that may occur will only detract from the appearance of the frypan and will 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 sponge.

**WARNING: DO NOT USE STEEL WOOL OR COURSE SCOURING PADS.**

These will damage the non-stick cooking surface.

**WASH AS DIRECTED, AND RE-SEASON THE MULTICOOKER DEEP FRYER BEFORE USING AGAIN.**

## **Dishwasher-safe**

Your Multicooker Deep Fryer is completely dishwasher-safe. The heating element is totally sealed so it is safe to fully immerse in water.

# Cooking with your Multicooker

## Shallow frying

Add only sufficient quantity of oil to cover the surface of the vessel. Preheat oil on dial setting 6-7 before adding food. Turn the food as you fry it, reducing heat if necessary. Remove the food with a slotted spoon or tongs, drain well and serve.

## Sauteing

This is a term which means foods are quickly fried and gently stirred in a small amount of hot butter, margarine or oil. Foods that are commonly sauteed are onions, mushrooms, garlic, capsicums and meats. Sauteing develops flavour. Preheat the vessel to dial setting 3-4 with oil and saute as desired.

## Boiling

Ideal for cooking vegetables where they are completely immersed in water which is brought to boiling point. Heat is regulated to continue the boiling action. Place the lid on the vessel unless stated in the recipe.

## Dry Frying

Preheat the cooker to dial setting 6-8 with a little butter, margarine or oil. Remove excess fat from meat and place it directly into the vessel. Turn the food to seal and brown both sides. It may be necessary to lower the setting after sealing to complete the cooking. When small amounts of butter, margarine or oil are used, tilt the vessel slightly to coat the entire surface.

## Reheating Foods

To keep foods hot or reheat foods, place the leftovers into the vessel and heat on setting 1-2. To prevent food drying out add a small amount of stock or water as required. Another way to heat leftovers is to wrap them in foil, seal and place in the vessel with the lid on. Heat on settings 3 or 4 for 5 to 10 minutes.

## Braising and Stewing

This is the ideal method for cooking tougher cuts of meat. First saute the food in butter or oil to develop the flavour. Then cover with stock, water or wine and cook for the suggested time and setting in the recipe. Always keep the lid on and the vent closed when braising or stewing.

## Deep Frying

- It is essential that foods to be deep fried are completely immersed in the frying medium. Select any frying medium you wish, but refined, deodorised vegetable oils are recommended. They can be used more than once without marked deterioration. Sunbeam also recommends peanut oil or solid vegetable shortening of reliable brands. Lard is the best of animal fats, but it tends to be very rich in flavour and odour. Dripping darkens quickly and is not completely satisfactory. DO NOT USE BUTTER OR MARGARINE FOR DEEP FRYING.
- Do not overfill the cooking vessel with oil or shortening. Allow at least 8cm from the top of the oil or shortening to the rim of the vessel. About 8 to 10 cups (2 to 2  $\frac{1}{2}$  litres) of oil or 2kg of shortening is ample. If more is used, boilovers may occur.
- Never leave oil or shortening at high frying temperatures for long periods of time. If cooking fried foods in batches, lower the temperature to setting 1-2 between frying sessions, as it helps to extend the life of the oil.
- NEVER PLACE THE LID ON THE VESSEL WHEN DEEP FRYING.

# Cooking with your Multicooker continued

## **Care of oils and shortenings**

- Strain after each use because food particles or sediments cause oil to darken, foam and lose its browning quality.
- Store in a cool place away from light.
- Renew oil frequently. We do not recommend the addition of new oil to old, as used oil breaks down the quality of the new oil.
- **DO NOT STORE OIL IN THE MULTICOOKER.**

## **To clarify oils and shortenings**

Oil or shortening will last longer if clarified regularly. For each 500g of shortening or 2 cups (500 ml) of oil, add one potato, peeled and cut into 5mm slices. Heat oil or shortening gradually. When it ceases to bubble and the potatoes are well browned, strain the oil through several thicknesses of muslin or cheesecloth placed over a strainer. Set aside to cool. When ready to use, discard any sediment left at the bottom of the bowl.

## **Hints for frying**

- Vary time and temperature to suit taste, size and quantity of foods.
- Do not heat more oil or shortening than required.
- Dry foods thoroughly on absorbent paper before adding to hot oil, or before dipping into frying batter, to avoid excess spattering.
- Use tongs or a long-handled slotted spoon to gently lower food into hot oil. To avoid spatter burns, never drop foods from fingers.
- Do not overcrowd the frying basket. It is better to cook about half a basketful at a time.
- Batter-covered foods such as doughnuts are best cooked one layer at a time.

- Wait for indicator light to go OFF before frying next batch. Skim off any food particles.
- Have absorbent paper handy for draining foods.

## **Boiling vegetables**

- Prepare vegetables (see pages 14-16).
- Add enough water to the vessel to barely cover vegetables.
- Bring water to a rapid boil on setting 5-6.
- Add vegetables and return to the boil.
- Cover, unless stated in recipe or chart.
- Reduce setting to 2 (or gentle boil) and cook for the suggested cooking time (see pages 14-16).
- Drain vegetables.

**Note:** Vegetable stock may be used as a base for sauces.

## **To blanch vegetables for freezing**

- Prepare vegetables and plunge into boiling water.
- Boil rapidly for 1 to 10 minutes (depending on vegetable).
- Remove and cool vegetables quickly by placing in iced or running cold tap water.
- Leave approximately 2.5 cm space before sealing.
- Label, date and freeze.

The following pages give basic preparation and cooking directions for boiling steaming or sauteing a wide selection of vegetables.

# Vegetable Cooking Hints

## Asparagus

Scrub stalks gently with a vegetable brush to remove soil. Snap off woody end and scrape white part with knife to remove outer layer of stalk.

**Boil:** Tie asparagus into bundles of 8-10 with string and place upright into vessel. Add water to almost cover stalks, 1 teaspoon each sugar and salt. Simmer for 5-10 minutes. Tips will cook in steam.

## Beans (green)

Wash well. Remove tops and tails. If necessary, remove 'strings' with vegetable peeler. Cut diagonally down centre into desired lengths or leave whole.

**Boil:** Follow basic boiling directions and cook for approx. 5 to 10 minutes.

## Broad beans

If young, may be cooked whole with top and tails removed. If mature remove from pods.

**Boil:** Follow basic boiling directions for 10-15 minutes or until tender.

## DRIED BEANS e.g. Red, Kidney, Haricot, Soya, Lima

Wash beans well, cover with cold water. Allow to soak overnight.

**Boil:** Bring beans and water in which they have been soaked to the boil. Cover, and simmer for 40 mins to 1 hour. Add salt and continue to simmer for a further hour or until tender.

## Broccoli

Soak in cold water, drain and rinse well under running water. Remove woody sections of stalks and coarse leaves. Split lower sections of stalk lengthwise.

**Boil:** Follow basic boiling directions, cook for 5-10 minutes or until tender.

## Brussel Sprouts

Remove coarse outer leaves and wash well. Trim and cut a slit lengthwise on bases.

**Boil:** Follow basic boiling directions, adding a pinch of sugar. Cook for 15 minutes or until tender.

## Cabbage

Remove coarse outer leaves. Wash cabbage well, under cold running water. Shred or cut into wedges leaving some of the core on each wedge to keep leaves in place.

**Boil:** Place prepared cabbage into vessel with salt and a little water if insufficient is on cabbage. Cover, cook for 10-15 minutes depending on size and quantity.

**Saute:** Cover surface of vessel with butter, margarine or oil and saute mushrooms on Simmer to 1 for 3-5 minutes. Season and serve.

## Capsicums (peppers) red or green

Wash well. Cut around long stem. Remove stem with seeds attached, cut away white membrane, rinse. Follow recipe regarding cutting.

**Saute:** Cover surface of vessel with butter or margarine, or oil, and saute capsicum on Simmer to 1 for 5 minutes, stirring frequently to coat and brown evenly.

## Carrots

Wash and scrub with vegetable brush, scrape and peel thinly. Trim tops and tails, cut into desired shapes.

**Boil:** Follow basic boiling directions and cook for 5-10 minutes or until just tender.

# Vegetable Cooking Hints continued

## Cauliflower

Remove outer leaves leaving young leaves close to head. Trim base. Wash under cold running water. Cut into halves or break into flowerettes.

**Boil:** Follow basic boiling directions, and cook for approx. 10 minutes or until tender. To keep cauliflower white, cook in half milk and water to almost cover cauliflower.

## Chokoes

Peel under running water. Halve and remove seeds. Cut into quarters.

**Boil:** Follow basic boiling directions and cook for 10-15 minutes or until tender.

## Corn – Cob

Remove husks and 'threads from cob and trim tip and base. Wash under running water.

**Boil:** Follow basic boiling directions. Simmer for 10-15 minutes.

## Corn Kernels

Hold cob upright on chopping board, with sharp knife, cut down near core, removing kernels from cob.

**Boil:** In 1 ½ -1 cup boiling salted and sugared water. Cook for 8-10 minutes.

## Eggplant (Aubergine)

Wash and remove stems. Follow recipe regarding cutting.

**Shallow or Deep Fried:** Coat with batter, flour, or crumb and fry according to basic frying directions.

**Saute:** Cover surface of vessel with butter, margarine or oil and saute mushrooms on Simmer to 1 for 3-5 minutes. Season and serve.

## Mushrooms

Wipe mushrooms with damp cloth. Trim stems or remove if necessary.

DO NOT peel unless necessary. Leave whole or slice. Keep stalks and peelings for flavouring sauces, soups.

**Saute:** Cover surface of vessel with butter, margarine or oil and saute mushrooms on Simmer to 1 for 3-5 minutes. Season and serve.

## Onion

Trim tops and roots and peel under cold water. Use as required.

**To Blanch:** See basic blanching directions.

**Saute:** Quickly in hot butter, margarine or oil

**Boil:** Follow basic boiling directions, add to soups, casseroles or stews.

## Parsnips

Wash well, trim top and bottom. Peel thinly and cut as desired. Chop into cubes for soups, casseroles or stews.

**Parboil:** For 5-7 minutes, cook and use in salads.

## Peas

Wash pea pods; shell.

**Boil:** Place peas into small amount boiling, salted water. Add sugar and mint (if desired). Cook uncovered for 10 minutes.

# Vegetable Cooking Hints continued

## Potatoes

Wash well. If potatoes are to be cooked in their jackets, scrub skin well with vegetable brush. Remove "eyes" or peel and cut as desired, e.g. slices, thick strips, cubes. After preparation place into cold water to prevent discolouration.

**Boil:** Follow basic boiling directions and cook for approx. 20 minutes or until tender. Serve whole, mashed or cold for potato salad.

**Deep Fried:** Heat oil on dial setting 10 (see notes on deep frying, pages 8 - 9 ). Cook until golden and drain.

## Pumpkin

Wash pumpkin, slice and remove seeds and membranes. Remove skin if desired. N.B. (Skins are easy to remove after cooking). Cut slices in half if large.

**Boil:** Follow basic boiling directions and cook for 15 minutes or until tender.

## Spinach

Wash well in cold water. Trim leaves from stalks. N.B. Stalks may be used in Chinese cookery or cooked in milk until tender.

**Cooking:** If desired place leaves in vessel and add salt. DO NOT add water. Cover and simmer for 5-10 minutes. Drain and chop spinach. Add butter, salt and pepper (if desired).

## Swedes and Turnips

Remove tops and roots. Wash well, peel thickly. Follow recipe regarding chopping.

**Boil:** Follow basic boiling directions and cook for 20-25 minutes, depending on size. Add to soups, casseroles and stews.

## Tomatoes

Wash well and dry. Cut as desired. To peel tomatoes, see hints page 13.

**Saute:** Cover surface of vessel with butter, margarine or oil and saute mushrooms on Simmer to 1 for 3-5 minutes. Season and serve.

## Zucchini and Marrow

Wash vegetables, trim ends and halve. Remove seeds from marrow and cut as desired. Slice zucchini in half or lengthwise or slice diagonally.

**Boil:** Follow basic boiling directions and boil for 10 minutes.

**Saute:** Cover surface of vessel with butter, margarine or oil and saute mushrooms on Simmer to 1 for 3-5 minutes. Season and serve.

# Cooking Information

## Setting and cooking times

These are given as a guide for best results. However, vary the temperature and cooking times to suit the foods prepared and the personal tastes of your family.

Omission or addition of ingredients to the recipes will alter the suggested cooking times, and adjustments should be made accordingly – your own imagination will personalise these recipes.

Many recipes in your files or cookbooks are perfectly suitable for cooking in this appliance. Check first to see if there is a similar recipe in this book, then follow accordingly.

## Measurements

All cup and spoon measurements are level. Recipes have been tested using Australian Standard Metric Cup and Spoon

Measurements. Australian Standard

Metric measuring utensils are available at large departmental stores. There are four measuring spoons: tablespoon, teaspoon, half teaspoon and quarter teaspoon. Also there are four fractional metric measuring cups: full, half, third and quarter, for measuring dry ingredients. As well there is a metric cup and a litre measure for liquid measurement.

metric cup is equivalent to 250 ml

tablespoon is equivalent to 20 ml

teaspoon is equivalent to 5 ml

## Ingredients

Most ingredients in this book are given in volume (cups and spoons). Ingredients such as meat, butter and margarine are given by weight (kilograms or grams).

Chicken sizes are given in metric numbers. Packets of butter or margarine may be divided by length and width with sufficient accuracy for cookery. It is essential to

thoroughly thaw frozen foods unless otherwise stated in recipes in a refrigerator prior to cooking. Just before cooking, wipe off excess moisture with paper towelling. DO NOT RE-FREEZE THAWED FOODS BEFORE COOKING.

## Abbreviations used in this book

g	gram
kg	kilogram
ml	millilitre
pkt	packet

## HANDY HINTS

### **Au Gratin Topping**

Melt 60g butter on dial setting 5-6 in cooking vessel. Add 1 cup fresh white breadcrumbs and stir until browned. Sprinkle over white sauce mixtures.

### **Blanching Tomatoes**

Half fill cooking vessel with water and bring to the boil on dial setting 5-8. Add 2-3 tomatoes and boil for 1 minute. Using a slotted spoon lift tomatoes from water. Plunge into iced water, drain and peel.

### **Browning Coconut**

Heat the cooking vessel to dial setting 4-8. Add coconut and stir continuously until evenly browned. Turn power OFF and remove coconut immediately.

### **Cooking Pastas (Macaroni, spaghetti, vermicelli, noodles etc.)**

Fill the cooking vessel two thirds full with water; add salt. Bring to the boil on dial setting 4-8. Add pasta and boil for 10-15 minutes or until tender. Drain well in a colander. Do not rinse. Add butter if desired and toss. Note: 1 tablespoon oil added to the water whilst cooking helps to keep the pasta separate.

# Cooking Information continued

## To Cook Rice

Fill the cooking vessel two thirds full with water; add salt. Bring to the boil on dial setting 5-10. Add rice and boil for 10-15 minutes, or until tender. Drain and rinse under cold water. Add butter and toss.

## Variations;

1. Add 1½ cup chopped shallots which have been sauteed in 30g butter.
2. Add 1½ teaspoon tumeric whilst cooking.

## Heating or Scalding Milk

For hot chocolate, desserts, custards, puddings or where hot or scalded milk is required, set control dial setting 3-4. Add milk and bring to the desired temperature.

## Melting Chocolate

Roughly chop chocolate and add to cooking vessel. Set control between dial setting 2-4. When chocolate has almost melted, turn power OFF. Chocolate will completely melt using 'stored heat'.

## Reconstituting Dried Fruit

Place dried fruit into a bowl and cover with cold water. Soak for several hours. Transfer fruit and water to cooking vessel. Set control to dial setting 3-4. Cover with lid. Simmer for 15-20 minutes, or until tender. Add sugar 5 minutes before end of cooking time, if desired.

## Roasting And Baking Meats

You will find it quite convenient to cook joints of 2-3 kg in the cooking vessel. When roasting meat, chickens, rabbits, etc., you will find that two or three small pieces may be put in side by side if required. Use only a small quantity of oil, up to ¼ cup, to prevent meat from sticking. Heat the vessel to dial setting 8-10, place the meat in and turn it to brown and seal on all sides. Veal or fat

free fillets of meat may require a little more oil, while lamb and fatty cuts can be cooked in their own fat. If excess fat accumulates in the vessel, it is advisable to spoon this out during cooking. After browning, set the control to 10 to achieve a sizzling action whilst the light is ON. Only fat, not juice should accumulate whilst roasting. Moisture in the fat indicates the necessity to increase the temperature. Turn the meat two or three times during cooking and add vegetables three-quarters to one hour before anticipated serving time. If necessary, change temperature to 6 for crisp, brown vegetables. To obtain crisp pork crackling, it is necessary to increase the temperature to 8-10.

## Roasting Nuts

Heat ¼ cup oil in cooking vessel on dial setting 4-10 and add dry blanched nuts. Stir continuously until browned. Drain on absorbent paper and sprinkle with salt.

# Cooking definitions

**Baste** To moisten meat, poultry or fish with their own juices while they are being cooked.

## Blanch

- To remove skins from vegetables, fruits and nuts.
- To pre-cook vegetables or fruits before freezing.

**Blend** To combine two or more ingredients, usually a powder and a liquid, to form a smooth paste.

**Boil** To cook in water, held at boiling point.

**Bouquet Garni** A selection of herbs, usually sprigs of parsley, thyme, rosemary, a bayleaf, peppercorns, which are tied in muslin; the bag is placed in with the food being cooked and removed on completion of cooking.

**Caramellise** To melt sugar slowly until it turns golden brown.

**Coat** To cover entire surface of food with ingredients, e.g. coating cutlets with seasoned flour, egg and breadcrumbs.

**Croutons** Bread shapes which are fried or toasted.

**Dripping** Residue remaining in pan after meat or poultry is cooked.

**Flake** To separate food into small pieces with a fork.

**Garnish** To decorate food, usually with something edible.

**Marinade** To tenderise and add flavour to meat, fish or poultry. The food is placed in a mixture of oil, wine, vinegar and herbs.

**Marinate** To allow food to stand in marinade.

**Parboil** To boil until partially cooked.

**Preheat** To have appliance or oven at desired setting or temperature before adding food.

**Puree** To place cooked food in a blender or through a fine sieve to form a thick smooth mixture.

## Reduce

- To simmer a liquid until it diminishes and becomes concentrated.
- To reduce temperature.

**Saute** To cook or lightly fry food quickly in a small amount of hot fat or oil, stirring frequently.

**Scald** To heat liquids to a temperature just below boiling point.

**Seasoned Flour** Add desired seasonings to flour, when coating meat for frying or making casseroles and stews.

**Shred** Cut food into thin strips.

**Simmer** To keep food at a constant temperature just below boiling point.

# Recipes for your Multicooker

All the recipes have been specifically created and tested by the Sunbeam Test Kitchen for the MultiCooker Deep Fryer. We hope you enjoy using your Multicooker.

## Soups, Sauces, Stocks

### **Béchamel Sauce**

Makes: 2 ½ cups

1 onion

4 cloves

2 ½ cups milk

45g butter

¼ cup plain flour

Salt and freshly ground white pepper, to taste

1. Stud onion with cloves.

2. Place pan on setting 4. Add onion and milk. Allow milk to gently simmer for 10 minutes. Strain.

3. Add butter to the pan. Add flour and stir until a thick paste. Slowly add milk to the pan and stir until combined.

4. Increase to setting 5. Bring to the simmer and stir constantly until thickened. Season to taste with salt and pepper.

### **Sweet and Sour Sauce**

Makes: 2 ½ cups

¼ cup sunflower oil

1 red capsicum, seeds removed, diced

1 onion, cut into wedges

1 carrot, sliced, cooked

½ cup fresh pineapple, cubed

¼ cup caster sugar

1 tablespoon dry sherry

1 tablespoon soy sauce

1 tablespoon tomato sauce

1 tablespoon white vinegar

½ cup water

2 tablespoons cornflour

Salt and freshly ground black pepper, to taste

1. Preheat pan on setting 3 for 2 minutes.

2. Add oil, capsicum, onion and carrot. Cook for 5 minutes or until tender.

3. Add pineapple, sugar, sherry, soy sauce, tomato sauce and white vinegar.

4. Increase to setting 5. Bring to a simmer.

5. In a separate bowl combine water and cornflour. Slowly add to the pan, stirring until sauce has thickened. Season to taste with salt and pepper. Serve.

# Soups, Sauces, Stocks continued

## **Spicy Barbeque Sauce**

Makes: 2 cups

45g butter

1 onion, finely chopped

1 teaspoon freshly grated ginger

1 tablespoon plain flour

1 cup tomato sauce

½ cup water

⅓ cup white vinegar

2 tablespoons brown sugar

1 tablespoon American mustard

2 teaspoons Worcestershire sauce

¼ teaspoon ground allspice

¼ teaspoon chilli sauce

Salt and freshly ground black pepper, to taste

1. Preheat pan on setting 2 for 2 minutes.

2. Add butter, onion and ginger to pan. Cook for 2-3 minutes or until tender. Add flour and stir for 1 minute or until a paste has formed.

3. Add remaining ingredients. Increase to setting 5. Bring to the simmer and cook for 15 minutes or until thickened.

## **Pumpkin Soup**

Serves: 4-6

30g butter

1 onion, chopped

750g pumpkin, peeled, seeds removed, chopped

2 ½ cups chicken stock

1 teaspoon ground nutmeg

Salt and freshly ground black pepper, to taste

Sour cream and chives, to serve

1. Preheat pan on setting 4 for 2 minutes.

2. Add butter and onion to pan. Cook for 2-3 minutes or until softened.

3. Add pumpkin, chicken stock and nutmeg to the pan. Cover. Simmer for 10- 15 minutes or until pumpkin is tender. Allow soup to cool.

4. Process soup until smooth. Season with salt and pepper.

5. Reheat soup before serving. Serve with sour cream and freshly chopped chives.

# Soups, Sauces, Stocks continued

## French Onion Soup

Serves: 6

60g butter

6 onions, peeled, chopped

6 cups beef stock

2 tablespoons brandy

6 slices French bread

½ cup grated gruyere cheese

Salt and freshly ground black pepper, to taste

1. Preheat oven to 180C.

2. Preheat pan to setting 4 for 2 minutes.

3. Add butter and onion to pan. Cook for 15 minutes or until onions are caramelized.

4. Add stock and brandy. Cover. Simmer for 15-20 minutes or until slightly thickened. Season to taste with salt and pepper.

5. Place bread on a baking tray. Cover evenly with grated cheese. Cook for 2-3 minutes or until cheese has melted.

6. Serve soup with a slice of cheesy bread.

## Basic Chicken Stock

Makes: 6 cups

1 chicken carcass

5 cups water

2 carrots, chopped

2 stalks celery, chopped

2 onions, quartered

4 bay leaves

1. Place all ingredients in pan and bring to the boil on setting 5. Reduce heat to simmer and cook for a further 1- 1 ½ hours.

2. Strain stock. Discard solids.

**TIP:** freeze chicken stock in ½ cup portions in the freezer. This prevents having to defrost large quantities.

# Main Meals

## **Garlic Prawns**

Serves: 6-8

1kg green king prawns, shelled, deveined

½ cup olive oil

4 cloves garlic, crushed

Salt and freshly ground black pepper, to taste

1. Combine all ingredients in a small bowl.

2. Preheat pan to setting 10 for 2 minutes.

Add prawns and cook for 3-4 minutes or until cooked. Season to taste with salt and pepper. Serve.

## **Spaghetti Bolognese**

Serves: 6

2 tablespoons olive oil

2 onions, chopped

2 stalks celery, chopped

2 cloves garlic, crushed

125g button mushrooms, chopped

750g beef mince

1 tablespoon tomato paste

440g can whole tomatoes

1 bay leaf

1 tablespoon freshly chopped flat-leaf parsley

1 teaspoon dried oregano leaves

1 teaspoon dried basil leaves

¼ teaspoon ground nutmeg

Salt and freshly ground black pepper, to taste

Cooked spaghetti, grated parmesan cheese, to serve

1. Preheat pan on setting 4 for 2 minutes.

2. Add oil and onion, celery, garlic and mushrooms to pan. Cook for 4-5 minutes or until softened.

3. Add mince to the pan and cook for a further 5 minutes or until cooked. Add all remaining ingredients to the pan. Cover. Simmer for 15-20 minutes or until thickened. Season to taste with salt and pepper.

4. Serve over spaghetti and top with grated parmesan cheese.

## Main Meals continued

### Chilli Con Carne

Serves: 6

2 tablespoons olive oil

2 onions, chopped

2 cloves garlic, crushed

1 green capsicum, seeds removed, sliced

1 kg beef mince

2 x 310g can kidney beans, drained, rinsed

440g can whole tomatoes

1 bay leaf

1 teaspoon caster sugar

1 teaspoon chilli powder

½ teaspoon dried basil leaves

Salt and freshly ground black pepper, to taste

Sour cream, to serve

1. Preheat pan on setting 4 for 2 minutes.

2. Add oil, onion, garlic and capsicum to pan.  
Cook for 4-5 minutes or until tender.

3. Increase to setting 6. Add mince to the pan and cook for 4-5 minutes or until cooked.

4. Add remaining ingredients to the pan.  
Bring to a simmer. Reduce to Setting 3.  
Allow to simmer for 40 minutes, stirring occasionally. Season to taste with salt and pepper.

5. Serve in a bowl with a dollop of sour cream.

### Party Time Tacos

Serves: 16-20

1 tablespoon olive oil

1 onion, chopped

1 clove garlic, crushed

1 kg beef mince

2 x 440g can chopped tomatoes

1 tablespoons ground cumin

1 tablespoon dried oregano

1 tablespoon Mexican chilli power

Salt and freshly ground black pepper, to taste

16 taco shells, warmed

Grated cheese, lettuce, chopped tomato, chopped onion and sour cream, to serve

1. Preheat pan on setting 4 for 2 minutes.
2. Add oil, onion and garlic to pan. Cook for 2-3 minutes or until tender.
3. Add mince to pan and cook for a further 5 minutes or until browned.
4. Add tomato, cumin, oregano and chilli powder to the pan.
5. Increase to setting 6. Bring to a simmer and cook for a further 20 minutes or until thickened. Season to taste with salt and pepper.
6. Serve tacos with mince and toppings.

**TIP:** This recipe can be made with chicken or pork mince.

## Main Meals continued

### **Sweet and Sour Mince**

Serves: 6

90g butter

1 green capsicum, seeds removed, sliced

1 red capsicum, seeds removed, sliced

1 onion, chopped

1 clove garlic, crushed

750g beef mince

400g fresh pineapple, peeled, chopped

1/4 cup white vinegar

2 tablespoons tomato sauce

1 tablespoon grated fresh ginger

1 tablespoon soy sauce

1 tablespoon corn flour

1 cup water

1 cup frozen peas, thawed

Salt and freshly ground black pepper, to taste

Rice, to serve

1. Preheat pan on setting 4 for 2 minutes.
2. Add butter, capsicums, onion and garlic to pan. Cook for 4-5 minutes or until tender.
3. Add mince to pan and cook for a further 5 minutes or until browned.
4. Add pineapple, vinegar, tomato sauce, ginger and soy sauce to the pan. Stir to combine.
5. In a separate bowl combine water and cornflour. Stir to make a paste. Add to the pan and bring to a simmer for 10 minutes or until thickened.
6. Stir through peas. Season to taste with salt and pepper. Serve over rice.

**TIP:** Chicken or pork mince can be used in this recipe.

### **Spaghetti Marinara**

Serves: 4-6

30g butter

1 onion, chopped

1 clove garlic, crushed

440g can chopped tomatoes

2 tablespoons tomato paste

1/4 cup white wine

1/4 cup fish stock

500g fresh scallops

500g prawns, peeled, deveined

Salt and freshly ground black pepper, to taste

Cooked spaghetti and parsley, to serve

1. Preheat pan on setting 4 for 2 minutes.
2. Add butter, onion and garlic to pan. Cook for 3-4 minutes or until tender.
3. Add chopped tomatoes and tomato paste. Bring to a simmer. Add wine and simmer for 3-4 minutes.
4. Add stock, scallops and prawns. Cook for 5 minutes or until seafood is cooked. Season to taste with salt and pepper.
5. Serve over spaghetti and top with fresh parsley.

**TIP:** Any type of seafood can be used in this recipe. Mussels and clams go especially well.

## Main Meals continued

### **Normandy Chicken**

Serves: 4

40g butter

2 tablespoons olive oil

4 chicken marylands

1 onion, chopped

1 clove garlic, crushed

3 rashers bacon, rind removed, chopped

2 tablespoons plain flour

2 cups sweet apple cider

2 apples, peeled, cored, chopped

$\frac{1}{3}$  cup thickened cream

2 tablespoons freshly chopped flat-leaf parsley

Salt and freshly ground black pepper, to serve

Rice, to serve

1. Preheat pan on setting 9 for 2 minutes.
2. Add butter and oil to the pan. Add chicken and cook for 3-4 minutes or until browned. Remove from pan.
3. Reduce heat to setting 4. Add onion, garlic and bacon. Cook for 3-4 minutes or until tender.
4. Add flour to the pan and stir to form a paste. Slowly add the cider, stirring constantly until combined. Add apples and simmer for 20 minutes or until sauce has thickened and chicken is cooked.
5. Stir through cream and parsley. Season to taste with salt and pepper. Serve over rice.

### **Fried Rice**

Serves: 4-6

2 tablespoons olive oil

1 clove garlic, crushed

1 teaspoon freshly grated ginger

4 cups cooked white rice

1  $\frac{1}{2}$  cups chopped cooked chicken

4 long green shallots, sliced

2 tablespoons soy sauce

2 eggs, beaten

Salt and freshly ground black pepper, to taste

1. Preheat pan on setting 6 for 2 minutes.
2. Add oil to the pan. Add garlic and ginger and cook for 1 minute or until fragrant.
3. Add rice, chicken and shallots. Stir to combine.
4. Add soy sauce and eggs. Stir constantly until eggs are cooked. Season to taste with salt and pepper. Serve.

## Main Meals continued

### **Chinese Fried Vegetables**

Serves: 6

1/4 cup vegetable oil

4 stalks celery, sliced

2 carrots, peeled, sliced

1 cucumber, sliced

125g can bamboo shoots, drained

125g shitake mushrooms, chopped

1 cup fresh bean sprouts

2 tablespoons soy sauce

1 teaspoons freshly grated ginger

1 teaspoon rice wine

1 teaspoon sesame oil

Salt and freshly ground black pepper, to taste

1. Place oil in pan. Preheat on setting 6 for 2 minutes.
2. Add celery, carrots, cucumber, bamboo, mushrooms and bean sprouts. Cook for 3-4 minutes or until tender.
3. Add remaining ingredients and cook for a further 2-3 minutes. Season to taste with salt and pepper. Serve.

# Desserts and Sweets

## **Choux Pastry**

125g butter  
1 1/4 cups cold water  
1/2 teaspoon salt  
1 1/4 cups plain flour  
4 eggs

1. Preheat oven to 220C. Place pan on setting 5.
2. Add butter, water and salt. Bring to a simmer. Add flour and stir constantly until dough forms a ball that cleaves the side of the pan.
3. Turn power off and allow to cool for 5 minutes.
4. Add eggs one at a time to the pan, stirring well between each addition.
5. Spoon/ pipe mixture onto a lined baking tray in desired shape. Bake for 20-30 minutes depending on size.

## **Jamaican Bananas**

Serves: 4-6  
125g butter  
1/2 cup brown sugar  
1/2 cup orange juice  
8 bananas, peeled  
1/2 cup dark rum  
Ice cream, to serve  
1. Place pan on setting 5.  
2. Add butter, sugar and orange juice. Stir until sugar has dissolved.  
3. Add bananas to the pan. Cook for 5-6 minutes or until softened. Place bananas in serving dish.  
4. Turn pan to setting 10. Add rum and carefully ignite. Pour sauce over bananas. Serve with vanilla ice-cream.

## Desserts and Sweets recipes continued

### **Golden Syrup Dumplings**

Makes: 24

#### Dumplings:

1 cup self raising flour

1 tablespoon milk

1 teaspoon lemon rind

30g butter, diced

1 egg

#### Sauce:

1 ½ cups water

¼ cup brown sugar

2 tablespoons golden syrup

1 teaspoon lemon juice

20g butter

1. Dumplings: In a large bowl combine all ingredients and stir to form a firm dough. Shape into 1 tablespoon sized balls. Set aside.

2. Sauce: Place pan on setting 5. Add all sauce ingredients to pan. Bring to a simmer and stir until sugar has dissolved. Gently add dumplings to the pan and cook for 15 minutes. Serve.

### **Chocolate Fudge**

410g can evaporated milk

1 ¾ cups caster sugar

500g dark chocolate, roughly chopped

1. Grease and line a slice pan with baking paper.
2. Place pan on setting 10.
3. Add milk and sugar. Bring to a boil. Reduce to setting 6. Allow to simmer for 3 minutes, stirring constantly.
4. Turn heat off and add chocolate, stirring until smooth.
5. Pour into prepared pan and refrigerate until firm. Cut into slices.

## Desserts and Sweets recipes continued

### Toffee Apples

Makes 20

20 small red apples

20 wooden skewers

1 kg caster sugar

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

$\frac{1}{4}$  cup white vinegar

$\frac{1}{4}$  teaspoon cream of tartar

Red food colouring

1. Lightly grease two baking trays.
2. Insert a wooden skewer into the base of each apple.
3. Combine sugar, water, vinegar and cream of tartar in the pan. Place pan on setting 5 and stir constantly until sugar has dissolved.
4. Allow mixture to simmer, undisturbed for a further 15 minutes or until a golden colour.
5. Add a few drops of food colouring to the toffee until a desired colour is achieved.
6. Holding the wooden skewer, dip the apple quickly into the toffee before placing on prepared tray. Repeat with remaining apples. Allow to set before serving.

### Creamy Caramel Sauce

125g butter

1  $\frac{1}{2}$  cups brown sugar

2 egg yolks

$\frac{1}{2}$  cup cold water

$\frac{1}{4}$  teaspoon vanilla essence

1. Place pan on setting 3.
2. Add butter and sugar to the pan. Stir until butter has melted.
3. Combine egg yolks and water. Whisk until well combined.
4. Add egg yolk mixture to the pan. Increase to setting 5. Bring sauce to the simmer for 5 minutes. Add vanilla. Serve.

# Cooking with your Deep Fryer

## The Perfect Chip.

- For perfect fries and wedges old potatoes are ideal. The potato should be low starch, waxy variety i.e. chats, new potato or desiree potatoes.
- Make sure that the chips are cut evenly to guarantee even cooking.
- The cut chips should be rinsed under running water until the water runs clear. This removes excess starch from the potatoes, starch burns at high temperatures.
- Dry on kitchen towel before frying.
- Shake the basket at short intervals to encourage even browning and to prevent chips from sticking together.
- Homemade fries are double cooked. The first fry blanches the chips so that they cook through. The second fry colours the chips and gives them a crisp crust. Use the table below as a guide.
- Cooking times will vary depending on the size of your fries or chips and the variety of the potato used.

### Hints for cooking the perfect frozen chip.

- Do not defrost frozen precooked chips. For the best results they should be taken directly from the freezer to the fryer.
- Heat oil to the maximum setting, 8-10.
- Place up to 1kg frozen chips into the fryer basket and lower into the hot oil for 1 - 2 minutes to seal.
- Lift the basket out and rest the drainage lever inside the rim of the cooking vessel. Allow the oil to heat up again.
- Lower the basket again and fry the chips for a further 3 - 4 minutes until golden brown. The time required will depend on the size and cut of the chip, and personal taste.
- Allow chips to drain for a moment before removing from the basket and seasoning.

	Temperature Control settings	Time for first fry (blanch)	Temperature Control Settings	Time for second fry - Max temp
Thin fries - french fries	8	5 min	10	5 min
Thick chips	8	7-8 min	10	7-8 min
Wedges	8	10 min	10	10 min

- Allow oil to heat up to 2nd temperature before re-immersing the basket in the hot oil.

# Deep fry cooking with home battered food.

This method allows for the fact that if wet batter is placed in the basket prior to cooking the food may stick to the basket.  
**THIS METHOD OF COOKING REQUIRES EXTREME CARE.**

1. Follow steps 1 - 6 only from the deep fry cooking instructions on page 8.
2. Place the frying basket into the vessel with the heated oil.
3. Coat the food in batter (see recipes on page 35) and allow it to drain slightly to get rid of the excess coating.
4. Very carefully, slowly lower the coated food into the hot oil, using a suitable implement or tongs.

This allows the batter to become solid and prevents it sealing to the mesh of the basket.

**Note:** Remember to take care as the oil may spit as the food is added.

5. You can now follow the deep fry cooking instructions from steps 8-10 on page 8.

# Frying times and temperatures

## Fish and Seafood

Type	Maximum Qty	Temperature Control settings	Approx. time (min)	Suggestions
PRAWNS				
Fresh	600g	8-10	5-7	Crumb/batter
Frozen	600g	8-10	3-5	Fry frozen
FISH				
Small pieces	400g	8-10	3-5	Crumb/batter
Fresh fillets	600g	8-10	7-10	Crumb/batter
Frozen fillets	600g	8-10	5-7	Fry frozen
CALAMARI				
Fresh	500g	8-10	5-7	Crumb/batter
Frozen	500g	8-10	3-5	Fry frozen

## Meat and Poultry

Type	Maximum Qty	Temperature Control settings	Approx. time (min)	Suggestions
Fresh chicken portions				
SMALL	400g	8-10	15-20	Crumb or batter
LARGE	600g	8-10	20-30	Crumb or batter
Chicken or Veal Schnitzel				
FRESH	250g	8-10	5-10	Crumb
FROZEN	250g	8-10	3-8	Crumb

## Frying times and temperatures continued

### Vegetables

Type	Maximum Qty	Temperature Control settings	Approx. time (min)	Suggestions
Beans	200g	8-10	2-4	Tempura
Bok Choy	150g	8-10	2-4	Tempura (ind. leaves)
Broccoli / Cauliflower	250g	8-10	3-5	Tempura or batter
Eggplant (slices)	150g	8-10	4-6	Batter
Mushrooms whole button	200g	8-10	3-5	Batter
Onion Rings	150g	8-10	3-5	Batter
Potatoes				
French Fries	500g	8-10	4-6	
Chips	500g	8-10	5-10	
Wedges	500g	8-10	10-15	

Always blanch potato chips at a lower temp; setting 8. Then brown at maximum temp; setting 10.

# Recipes for your Deep Fryer

All the recipes have been specifically created and tested by the Sunbeam Test Kitchen for the Multicooker Deep Fryer. We hope you enjoy using your Sunbeam Deep Fryer.

## For perfect batter:

1. Always sift all dry ingredients, then add liquids. Mix until smooth
2. Keep your batter as cold as possible (it will be crispier)
3. Coat food in seasoned flour before batter as the batter will stick to the food better
4. Fry until golden brown
5. Always use the deep fry 'cooking with home battered food technique', see page 34 for more information

## Tempura Batter

- 1 cup soda water
- ½ cup plain flour
- ¼ cup rice flour
- 1 teaspoon bicarbonate soda
- 1 egg

**TIP:** it is important for this batter to remain very cold.

## Beer Batter

- 1 cup cornflour
- 1 cup plain flour
- ¾ cup cold beer
- ½ cup cold water
- ½ teaspoon baking powder
- 2 eggs

## Easy Crispy Coating

- 1 tablespoon water
- 1 cup cornflour
- 1 egg

Salt and freshly ground black pepper, to taste

1. Beat egg with water. Season flour with salt and pepper.
2. Dip food in egg mix and then coat with flour.
3. Deep fry at setting 8-10 depending on size of foodstuff, until crispy.

## Sweet Fritter Batter

- 1 cup self raising flour
- ⅔ cup milk
- 1 tablespoon caster sugar
- 1 egg
- 20g butter, melted

## Recipes for your Deep Fryer continued

### **Prawn Cutlets**

750g green king prawns, peeled, deveined  
½ cup plain flour  
1 egg, lightly beaten  
2 cups fresh breadcrumbs  
Lemon wedges, to serve  
Salt and freshly ground black pepper, to taste  
1. Coat prawns in flour, eggs then breadcrumbs. Shake off excess crumbs.  
2. Heat oil to setting 8-10. Fry cutlets for 4-5 minutes or until golden and brown.  
3. Drain. Season to taste with salt and pepper. Serve immediately with lemon wedges.

### **Deep fried Pork Balls**

Makes: 14  
500g pork mince  
2 tablespoons corn flour  
2 tablespoons plain flour  
1 tablespoon soy sauce  
1 teaspoon garlic salt  
1 egg, lightly beaten  
Salt and freshly ground black pepper  
1. Combine all ingredients in a large bowl. Continue to mix pork until sticky. Season to taste with salt and pepper.  
2. Form mixture into 2 tablespoon sized balls.  
3. Heat oil to setting 8-10. Place pork balls in the basket in batches. Lower into the oil and cook for 8-10 minutes or until cooked and golden. Serve.

## Recipes for your Deep Fryer continued

### Calamari

Serves: 2-3

500g squid, washed, cleaned

½ cup plain flour

1 egg, lightly beaten

1 cup dried breadcrumbs

Tartare sauce and lemon wedges, to serve

1. Cut the squid tubes into 1cm rings.
2. Coat all of the squid in flour, egg and breadcrumbs.
3. Heat oil to settings 8-10. Fry the squid until cooked and golden brown.
4. Drain and serve immediately with tartare sauce and lemon wedges.

### Dim Sims

125g green prawns, peeled, deveined

500g pork mince

1 onion, finely chopped

½ cup chopped bamboo shoots

½ cup chopped water chestnuts

1 tablespoon sherry

1 tablespoon soy sauce

Salt and freshly ground black pepper, to taste

125g wonton wrappers

1. Finely mince prawns and combine with pork.
2. Add remaining ingredients to the pork mixture. Season to taste with salt and pepper.
3. Place 1 teaspoon of pork mixture into the centre of each wonton wrapper. Gather the sides of the wrapper up and around the filling, leaving a small opening at the top.
4. Heat the oil to setting 8-10. Deep fry in batches for 4-5 minutes or until golden and cooked.
5. Drain and serve.

## Recipes for your Deep Fryer continued

### **Spring Rolls**

Makes: 24

500g green prawns, peeled, deveined

500g pork mince

230g can water chestnuts, drained, finely chopped

125g brown mushrooms, finely chopped

1 green capsicum, seeds removed, finely chopped

1 onion, finely chopped

½ small head of cabbage, finely shredded

2 tablespoons dry sherry

2 tablespoons soy sauce

1 teaspoon caster sugar

½ teaspoon ground ginger

Salt and freshly ground black pepper, to taste

24 spring roll wrappers

1 egg, lightly beaten

1. Finely chop prawns and combine with pork.

2. Add water chestnuts, mushrooms, capsicum, onion, cabbage, sherry, soy, sugar and ginger. Mix well to combine.

3. Place 2 tablespoons pork mixture in the corner of a spring roll wrapper. Roll wrapper folding in the sides to encase the filling.

4. Brush egg on the end of the wrapper to seal.

5. Heat oil to setting 8-10. Deep fry until golden brown, about 5 minutes.

6. Drain and serve.

### **Minted Pea Wontons**

Makes:

3 potatoes, diced

125g wontons wrappers

2 tablespoons vegetable oil

1 onion, finely chopped

2 cups peas

1 teaspoon ground cumin

¼ cup freshly chopped mint

Salt and freshly ground black pepper, to taste

1. Boil diced potato until just cooked. Drain.

2. Preheat pan to setting 4 for 2 minutes.

3. Add oil, onion, peas and cumin to the pan. Cook for 3-4 minutes or until tender. Add Mint and potato. Stir to combine. Season to taste with salt and pepper.

4. Place 2 teaspoons of mix into each wonton wrapper and bring edges together. Seal with a light brush of water.

5. Heat the oil to setting 8-10. Deep fry in batches for 4 minutes or until golden and cooked.

6. Drain and serve.

## Recipes for your Deep Fryer continued

### **Southern Fried Chicken**

Serves: 4-6

½ cup plain flour

½ teaspoon hot paprika

750g chicken drumsticks

1 egg

¼ cup milk

1 cup dried breadcrumbs

Salt and freshly ground black pepper, to taste

1. In a large bowl combine flour and paprika.

Season to taste with salt and pepper.

2. Lightly beat eggs and milk together.

3. Coat drumsticks in seasoned flour. Dip each drumstick into egg mixture and coat in breadcrumbs.

4. Heat the oil to setting 8-10. Place chicken in the basket and slowly lower into the hot oil. Cook for 10-15 minutes or until cooked and golden.

### **Shallot and Sesame Puffs**

Makes: 8

2 sheets ready rolled shortcrust pastry

1 tablespoon vegetable oil

1 teaspoon freshly grated ginger

12 green shallots, sliced

1 clove garlic, crushed

½ cup sesame seeds

2 tablespoons oyster sauce

1 egg yolk, beaten

Salt and freshly ground black pepper, to taste

1. Preheat pan on setting 3 for 2 minutes.

2. Add oil, ginger shallots and garlic. Cook for 2-3 minutes or until cooked. Add sesame seeds and oyster sauce. Season to taste with salt and pepper. Set aside.

3. Cut each pastry into 8 squares. Place 1 tablespoon of shallot mixture into the middle of each piece of pastry. Glaze edges of pastry with egg yolk. Bring the corners of the pastry together and pinch to seal.

4. Glaze the outside of the parcels with remaining yolk.

5. Heat the oil to setting 8-10. Add parcels and cook for 3-4 minutes or until puffed and golden.

## Recipes for your Deep Fryer continued

### **Meatballs**

Makes: 12

750g beef mince

1 onion, finely chopped

½ cup fresh breadcrumbs

2 tablespoons freshly chopped flat-leaf parsley

2 teaspoons Worcestershire sauce

1 teaspoons dried mixed herbs

1 egg, lightly beaten

Salt and freshly ground black pepper, to taste

1. Place all ingredients into a large bowl and mix to combine. Season to taste with salt and pepper.
2. Form mixture into 1 tablespoon sized balls. Refrigerate for 1 hour.
3. Heat the oil to setting 8-10. Fry for 6-8 minutes or until golden and cooked.

### **Felafel**

1 ½ cups dried chickpeas, washed, soaked overnight

2 cloves garlic

1 egg

1 onion

½ cup besan flour

¼ cup freshly chopped flat-leaf parsley

1 tablespoon ground cumin

1 tablespoon lemon juice

1 teaspoon chilli powder

Salt and freshly ground black pepper, to taste

1. Place chickpeas in a large saucepan. Bring to a simmer and cook for 1 hour. Drain.
2. Place the cooled chickpeas and remaining ingredients in a food processor. Pulse until smooth. Season to taste with salt and pepper.
3. Shape felafel into 1 tablespoon sized balls.
4. Heating oil to setting 8-10. Add felafel balls in batches and cook for 3-4 minutes or until golden and cooked. Serve.

## Recipes for your Deep Fryer continued

### Corn Fritters

Makes: approximately 12

300g can corn kernels, drained

$\frac{3}{4}$  cup self-raising flour

1 egg

$\frac{1}{3}$  cup milk

Salt and freshly ground black pepper, to taste

1. Place flour and corn in a bowl. Pour over wet ingredients and whisk until smooth. Season to taste with salt and pepper.
2. Heat the oil on setting 8-10. Drop spoonful's of batter into oil. Cook for 3-4 minutes or until cooked.

### Apple Fritters

Serves: 4

1 cup self-raising flour

$\frac{2}{3}$  cup milk

1 tablespoon caster sugar

20g butter, melted

1 egg

2 apples, peeled, core removed, sliced

$\frac{1}{2}$  cup plain flour

1. In a bowl combine flour, milk, sugar, butter and egg. Whisk until smooth.
2. Dust apples rings with flour. Dip into batter.
3. Heat the oil on setting 8-10. Slowly lower the apple slices into the hot oil. Cook for 3-4 minutes or until cooked and golden. Serve hot.

**TIP:** these fritters are great sprinkled with cinnamon sugar.

## Recipes for your Deep Fryer continued

### **Strawberry Stack**

Serves: 4

12 wonton wrappers

1 cup thickened cream

2 tablespoons icing sugar

½ teaspoons vanilla essence

250g strawberries, hulled

Icing sugar, to serve

1. Heat oil on setting 8-10.
2. Fry wonton wrappers in batches for 12 minutes or until golden and crisp. Drain on absorbent towel.
3. Place cream icing sugar and vanilla essence in the bowl of an electric mixer. Whisk until soft peaks.
4. Once the wonton wrappers have cooled layer with cream and strawberries. Dust with icing sugar before serving.

### **Family Doughnuts**

Makes: 20

20g butter, softened

½ cup caster sugar

2 tablespoons golden syrup

⅔ cup milk

2 cups self raising flour

½ teaspoon ground cinnamon

¼ cup cinnamon sugar

1. In a small bowl combine butter, sugar and golden syrup. Mix together until creamy.
2. Slowly add milk. Once combined fold through flour and cinnamon.
3. Turn out onto a lightly floured work surface and roll out to 1cm thick. Cut with a doughnut cutter.
4. Heat oil to setting 8-10. Lower the doughnuts, in batches, into the hot oil. Cook for 3-4 minutes or until golden and cooked. Serve sprinkled in cinnamon sugar.

# Troubleshooting

Problem	Possible Cause	Solution
Strong Smell	<ul style="list-style-type: none"><li>• Oil has gone bad</li><li>• The correct oil is not being used</li></ul>	<ul style="list-style-type: none"><li>• Replace oil</li><li>• Use only high quality oil. Do not mix oils of a different quality or type.</li></ul>
Oil overflowing	<ul style="list-style-type: none"><li>• Fryer is filled above the maximum level</li><li>• Wet food placed in hot oil.</li><li>• Stated quantities exceeded.</li></ul>	<ul style="list-style-type: none"><li>• Check oil level on the inside of fryer.</li><li>• Dry food first</li><li>• Do not fry food above the weight indicated.</li></ul>
Food is not browning	<ul style="list-style-type: none"><li>• Cooking temperature is too low.</li><li>• Basket is overloaded.</li><li>• Oil is not hot enough.</li></ul>	<ul style="list-style-type: none"><li>• Adjust the dial to the correct cooking temperature.</li><li>• Do not fry food above the stated quantities and weights</li><li>• Faulty temperature control. Consult Service Centre.</li></ul>
Chips are sticking together	<ul style="list-style-type: none"><li>• Food not washed thoroughly before placed in the oil</li></ul>	<ul style="list-style-type: none"><li>• Wash potatoes thoroughly and dry before frying.</li></ul>

# 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.

The benefits given to you by this guarantee are in addition to your other rights and remedies under any laws which relate to the appliance.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law and under the New Zealand Consumer Guarantees Act.

In Australia you are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Should your appliance require repair or service after the guarantee period, contact your nearest Sunbeam service centre.

For a complete list of Sunbeam's authorised service centres visit our website or call:

## **Australia**

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

**1300 881 861**

Units 5 & 6, 13 Lord Street  
Botany NSW 2019 Australia

## **New Zealand**

[www.sunbeam.co.nz](http://www.sunbeam.co.nz)

**0800 786 232**

26 Vestey Drive, Mt Wellington  
Auckland, New Zealand

## Need help with your appliance?

Contact our customer service team or visit our website for information and tips on getting the most from your appliance.

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Or call 1300 881 861

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ABN 45 000 006 771

Units 5 & 6, 13 Lord Street

Botany NSW 2019 Australia

Unit 3, Building D

26 Vestey Drive

Mt Wellington Auckland

New Zealand

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