

KAMBROOK

THE SMARTER CHOICE



Essentials 12" Square Frypan

KEF125

Instruction Booklet

Important

Please retain your instruction book for future use.

In the event that you need some assistance with your Kambrook appliance, please contact our Customer Service Department on 1300 139 798 (Australia) or 0800 273845 (New Zealand). Alternatively, visit us on our website at www.kambrook.com.au or www.kambrook.co.nz

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Kambrook Recommends Safety First

IMPORTANT: Please retain your instruction book for future use.

At Kambrook, we believe that safe performance 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.

Important Safeguards For Your Kambrook Essentials 12" Square Frypan

- Carefully read all instructions before operation and save for future reference.
- Remove and safely discard any packaging material and promotional stickers before using the Square Frypan for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover that is fitted to the power plug of the Square Frypan.
- Do not place the Square Frypan near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water.
- Keep the Square Frypan clear of walls, curtains and other heat or steam sensitive materials. Minimum 200mm distance.
- Do not place on or near a gas burner, electric element or in or near a heated oven.
- Do not use on a sink drain board.
- Always insert temperature control probe into probe socket before inserting power plug into power outlet and switching on appliance. Ensure the probe socket is completely dry before inserting the temperature control probe.
- The Square Frypan must be used with the temperature control probe provided. Do not use any other probe or connector.
- To protect against electric shock, do not immerse power cord or temperature control probe in water or any other liquid, or allow moisture to come in contact with these parts.
- Ensure the Temperature control probe has cooled before removing from the appliance.
- Always remove temperature control probe before cleaning the appliance.
- If using plastic utensils, do not leave them in the Square Frypan when hot.
- Do not place hot glass lid under cold water.
- Always have the glass lid positioned correctly on the Square Frypan throughout operation of the appliance unless stated in the recipe to have it removed.
- The glass lid has been specially treated to make it stronger, more durable and safer than ordinary glass, however it is not unbreakable. If struck extremely hard, it may break or weaken and could at a later time shatter into many small pieces without apparent cause.
- Extreme caution must be used when the appliance contains hot oil or other liquid. Do not move the appliance during cooking. Allow the Square Frypan to cool before removing oil or other liquid.
- Do not touch hot surfaces. Use the handles for lifting and carrying the Square Frypan.
- Do not leave the appliance unattended when in use.
- The appliance is not intended to be operated by means of an external timer or a separate remote control system.

- Always turn the temperature control probe to 'minimum position', then switch off at the power outlet and allow probe to cool, then remove the probe and unplug, if the appliance is to be left unattended.
- Keep the appliance clean. Refer to care and cleaning (page 8).
- Do not place anything on top of the Square Frypan when the lid is in position, when in use and when stored.

Important Safeguards For All Electrical Appliances

- Carefully read all instructions before operating the appliance and save for future reference.
- Remove and safely discard all packaging material and promotional labels before using the appliance for the first time.
- Fully unwind the power cord before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock, do not immerse the power cord, power plug or appliance in water or any other liquid, unless it is recommended in the cleaning instructions.
- The 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.
- It is recommended to inspect the appliance regularly. Do not use the appliance if the power supply cord, plug, connector or appliance becomes damaged in anyway. Return the entire appliance to the nearest authorised Kambrook Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Kambrook Service Centre.
- This appliance is for household use only. Do not use this appliance for other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. **Misuse may cause injury.**
- 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.
- Always turn the appliance to the OFF position, switch off at the power outlet and unplug at the power outlet when the appliance is not in use.
- Before cleaning, always turn the appliance to the OFF position, switch off at the power outlet, unplug at the power outlet and remove the power cord, if detachable, from the appliance and allow all parts to cool.
- Do not place this appliance on or near a heat source, such as hot plate, oven or heaters.
- Position the appliance at a minimum distance of 20cm away from walls, curtains and other heat or steam sensitive materials and provide adequate space above and on all sides for air circulation.



WARNING: Do not operate the Square Frypan on an inclined surface. Do not move the Square Frypan while it is switched on.

Your Square Frypan

1. Removable temperature control probe, thermostatically controlled with 10 settings
2. Easy-clean, non-stick cooking surface for fat free cooking
3. Glass lid with stainless steel rim
4. 12" x 12" square frypan
5. Extra deep - 72mm
6. Steam vent
7. Cool Touch lid handle



Using Your Square Frypan

Before First Use

Before first use, wash, rinse and dry your frypan and lid. Season the cooking surface by applying a thin coating of cooking oil with paper towelling.



WARNING: Do not immerse the power cord, plug or temperature control probe in water or any other liquid.

Ensure that the frypan socket is fully dry before inserting the temperature control probe.

Plug the cord into a 230V or 240V power outlet and then turn the power on.

Set the temperature control probe to the desired temperature setting. Refer to the table below.

The temperature light on the temperature control probe will switch off automatically when the temperature selected has been

reached. The light will cycle 'ON' and 'OFF' during the cooking cycle indicating that the selected temperature is being maintained.

Do not use metal utensils, as these will scratch the non-stick cooking surface.

Only use wooden or good quality plastic utensils to stir or serve food.

Do not leave plastic cooking utensils in contact with the hot frypan surface while cooking.

NOTE: This frypan must be used with the temperature control probe provided. Do not use any other probe or connector.

The Glass Lid

The glass lid enables you to monitor your cooking without removing the lid and losing heat.

Dial Setting	Uses	Temp. Guide
Min – 4	Slow cooking casseroles, keeping food warm, simmering sauces, basting, bolognese sauce.	Simmer/Low
4 – 8	Cooking steaks, sausages, bacon, eggs, pikelets, roast vegetables, pancakes, roasting joints, crumbed food, toasted sandwiches, popcorn.	Medium/High
8 – 10	Sealing steaks and roasts, boil rice, stir-fry.	High

Care, Cleaning and Storage

Care

- Do not leave plastic cooking utensils in contact with the hot frypan surface while cooking.
- Do not use metal utensils on the non-stick coating of the frypan. Only use wooden or good quality plastic utensils to stir or serve food.
- Before cleaning, switch the frypan to 'minimum position' and unplug from the power outlet. Remove the temperature control probe when cooled, from the probe socket of the appliance.

Cleaning

Temperature Control Probe

- If cleaning is necessary, wipe the temperature control probe over with a slightly damp cloth. Ensure it is completely dry before use.

NOTE: Never immerse the temperature control probe, plug or cord in water or any other liquid.

Non-stick cooking surface

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

Any discolouration that may occur on the non-stick surface may detract from the appearance of the frypan but will not affect the cooking performance.

Do not use metal (or other abrasive) scourers when cleaning the non-stick coating. Wash with hot soapy water. Remove stubborn spots with a soft plastic washing pad or nylon washing brush. Rinse and dry thoroughly.

NOTE: To clean the interior and exterior surface and glass lid 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 2 tablespoons bicarbonate of soda and 1 cup water.

Pour into the frypan, place the lid on and simmer for 5-10 minutes.

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

Glass lid

Wash the lid in warm soapy water using a soft cloth or sponge, rinse and dry thoroughly.

Dishwasher safe

Your frypan and glass lid are dishwasher safe for easy cleaning. Remove the probe and power cord before placing the frypan into the dishwasher.

NOTE: Before inserting the temperature control probe into the probe socket, ensure the interior of the socket is fully dry. To do this, shake out any excess water, then wipe the interior of the socket with a dry cloth.

Storage

Store the frypan upright with the lid in position.

Store the temperature control probe carefully. Take care not to knock or drop the probe as this can cause damage. If damage is suspected, return the temperature control probe with the frypan to your nearest Kambrook Service Centre for inspection.

TIP: For convenient storage of the temperature control probe, line the frypan with 2 sheets of kitchen paper and place the probe on the kitchen paper. This will ensure the probe and plug do not scratch the non-stick surface.

Cooking With Your Square Frypan

Stir-Frying

Recommended temperature
probe setting 8 – 10.

An energy efficient and healthy way of cooking foods. The benefit of this cooking method is its speed and the flavour of the foods. The non-stick cooking surface on your frypan 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 frypan before adding any ingredients, allow the temperature light to cycle 'ON' and 'OFF' several times. This will allow the frypan 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 leg, butterfly or medallion steaks or fillet
Veal	Eye of loin, fillet, round, rump or topside

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

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

If cooking large batches, remove each batch when cooked and allow the frypan to reheat before stir frying the next batch. By cooking in small batches the heat of the frypan remains constant, ensuring the meat doesn’t stew and toughen.

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

Do not overfill the frypan. If necessary cook vegetables in batches as well 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.

Sauté

**Recommended temperature
probe setting 8 – 10.**

Used for sauteing onions, garlic, spices, curry, pastes, herbs, vegetables, meat and seafood.

Shallow Frying

**Recommended temperature
probe setting 6 – 8.**

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

Use approx 1 cup of oil, or sufficient oil so that half the food is immersed.

Preheat the oil before adding food. When using oil, never cover with the lid during heating or cooking, as this will cause condensation to drip into the oil and result in bubbling and splattering.

Do not move the frypan during heating or cooking.

Wipe moisture from foods to avoid splattering.

Cook a few pieces at a time to ensure crispness.

Drain cooked foods on paper towels to reduce greasiness.

Never leave your frypan unattended or unsupervised while shallow frying.

Allow oil to cool before removing from frypan.

Vegetable or canola oil is recommended for frying.

NOTE: Deep frying is not recommended as the frypan has a large surface area and shallow sides, this results in heat loss and possible oil overflow.

Cooking With Your Square Frypan continued

Pan Frying

Recommended temperature probe setting:

Searing - 8 - 10.

Medium heat - 6 - 8.

Used for cooking meats, fish, seafood, eggs, chicken, sausages.

Preheat frypan. When heated, add a small amount of oil, which prevents the food from sticking.

The frypan's non-stick coated surface allows you to reduce the amount of oil when cooking.

Alternatively brush whole meat cuts eg. steak, chicken breast, fish fillets with small amount of oil before pan-frying rather than adding oil directly to the pan.

When cooking meats, seal each side for approx. 1 - 2 minutes on setting 10. Once both sides are sealed, reduce heat to setting 6 - 8 to cook through to the desired doneness.

Slow Cooking (braising)

Recommended temperature probe setting 1 - 4.

The 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.

Always brown and seal meat on setting 10 before reducing heat to simmer.

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

Cook for approx 1½ - 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).

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

NOTE: As the frypan is thermostatically controlled, it will cycle 'ON' and 'OFF' during the cooking process.

Roasting

Recommended temperature
probe setting 4 – 10.

Meat and Poultry

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

The frypan's domed lid provides ample room for larger joints of meat and poultry.

Preheat the frypan, on setting 10. Fattier joints of meat require no oil. Use only a small amount for less fatty joints.

Brown and seal the meat on all sides. Position the lid.

After browning, turn the dial to setting 4 – 6, cooking the meat as desired.

Turn the meat during cooking.

Once the meat is cooked, set aside and cover with foil, whilst the gravy is prepared from the juice in the frypan.

Vegetables

Cut into even sized pieces.

Add to the frypan 40 – 65 minutes before serving.

For crisper vegetables, remove the meat and increase the heat for the last few minutes of cooking.

Roasting Times

The following times are for dishes that are well done. To suit your personal taste, these times can be reduced.

Recommended roasting times (well done)

Pork	30 – 40 minutes/500g after browning
Veal	30 – 40 minutes/500g after browning
Lamb	25 – 30 minutes/500g after browning
Chicken	25 – 30 minutes/500g after browning
Beef	25 – 30 minutes/500g after browning

NOTE: As the frypan is thermostatically controlled, it will cycle 'ON' and 'OFF' during the cooking process.

Cooking With Your Square Frypan continued

Toasting Sandwiches

Recommended temperature
probe setting 8.

Up to four sandwiches can be toasted at once in the frypan. Choose fillings which will hold together and not spill out of the sandwich.

Preheat the frypan.

Butter the pieces of bread well and place the sandwich in the frypan with the buttered sides on the outside.

Cook for approx 3 – 4 minutes on each side, depending on the depth of colour desired.

NOTE: Temperature setting will depend on filling.

Boiling - Pasta/Rice

Recommended temperature
probe setting 10.

Using no more than 8 cups boiling water to 1 cup pasta/rice.

Cooking time approx 8 – 12 minutes.

Cooking times will vary with the usage of different types of rice and pasta.

Always bring water to the boil covered. Add ½ teaspoon salt and 1 tablespoon of oil to the water to assist with cooking, and to prevent the rice and pasta from sticking.

Cook the rice or pasta uncovered, stirring occasionally to prevent sticking.

Reduce to a lower setting if water boils too quickly.

Recipes

Recipes

Orange Pikelets

Makes approximately 15

1 cup self raising flour
2 teaspoons sugar
1 egg
2 teaspoons of melted butter or margarine
Rind of 1 orange
½ cup milk

1. Sift the flour into a bowl and add sugar. Make a well in the centre and break in the egg. Add the cooled butter, orange rind and almost all the milk.
2. Beat lightly with a wooden spoon until the mixture is smooth adding extra milk if the mixture is too thick.
3. Heat the frypan on a low heat, setting 4 – 6.
4. Add spoonfuls of the pikelet mixture to the pan, cook until bubbles break the surface. Turn the pikelets over to cook the second side. Remove and serve hot or cold with butter, honey or lemon butter.

Basic Omelette

Serves 4

6 eggs
6 teaspoons water
Salt and pepper, to taste
1½ tablespoons butter or margarine

1. Lightly beat eggs and water together in a bowl. Season to taste. Heat butter in the frypan on, setting 4 – 6.
2. Pour mixture into the frypan and cook until set. If using a filling, place over half of the omelette and fold the omelette in half. Remove to a heated serving plate.
3. Serve immediately.

Serving (filling) suggestions: Cooked bacon pieces and shallots, sliced mushrooms, tossed fresh herbs.

Pancake Mixture

Makes 10 – 12

1 cup plain flour
1 egg
30g melted butter or margarine
1¼ cups milk
Butter for frying

1. Sift flour into a bowl and make a well in the centre.
2. Pour in the beaten egg and butter and add the milk gradually until the batter is smooth and free of lumps. Stand in a cool place for 1 hour before using.
3. Lightly grease the frypan and heat on setting 4 – 6. Pour in sufficient batter to make 2 pancakes at a time and cook until just browned. Turn and brown the other side. Repeat until all the batter is used. Fillings may be sweet or savoury.

Serving Suggestions:

Basic pancakes are delicious served with the following:

- * Maple syrup
- * Lemon juice and sugar
- * Raspberry sauce - made with pureed raspberries, sugar to taste and Grand Marnier

Chilli Con Carne

Serves 4

2 tablespoons oil
1 onion, sliced
1 clove garlic, crushed
1 green capsicum, sliced
500g beef mince
1 x 300g can red kidney beans, drained
2 teaspoons chilli powder
1 x 440g can tomatoes
¼ teaspoon oregano
Salt and pepper, to taste

1. Heat the oil in the frypan on high heat setting, 8 – 10.
2. Saute the onion, garlic and green capsicum until tender. Add the mince and brown well.
3. Add the remaining ingredients and reduce heat setting to 4 – 6 and simmer for 20 minutes.

Serving suggestion:

Serve with taco shells, grated cheese, sour cream and chopped tomatoes.

Pork Fillets with Dark Plum Sauce

Serves 4

1kg pork fillets
1/3 cup soy sauce
2/3 cup tomato sauce
¼ cup hoi sin sauce
¼ cup oil
1 x 825g can dark red plums
½ cup hoi sin sauce (extra)
1 tablespoon brown sugar

1. Trim any fat or sinew from the pieces of pork and make 2 – 3 deep vertical cuts in each portion without cutting right through. Lay the pork pieces side-by-side in a shallow container.
2. Mix the soy, tomato and hoi sin sauce with the oil, and pour over the pork.
3. Cover and marinate for 30 minutes.
4. Drain plums and reserve syrup for sauce. Remove the stones and roughly slice the flesh.
5. Drain marinade from pork and pat dry with paper towelling.
6. Brown the pork fillets on high heat, setting 8 for approx. 10 minutes.
7. Reduce heat setting to 6, cook for a further 20 minutes or until tender.
8. Baste occasionally with left over marinade during cooking. Remove from pan and cover with foil to keep warm.
9. Simmer plums in the frypan on a medium heat setting 6 – 8 with extra hoi sin sauce, brown sugar and reserved plum syrup for 15 – 20 minutes, stirring often to make a thick syrupy mixture. Return pork to pan and heat through.

Serving suggestion:

Serve with plum sauce, boiled rice and steamed bok choy.

Vegetable Hash Browns

Serves 4

2 potatoes, peeled and grated
1 zucchini, grated
2 eggs, lightly beaten
½ cup vegetable oil
1 carrot, peeled and grated
1 tablespoon poppy seeds
Freshly ground black pepper (as desired)

1. Place potatoes, carrot, zucchini, poppy seeds and eggs in a bowl. Add black pepper and mix well.
2. Add the oil to the frypan, and heat on setting 4 – 6.
3. Place spoonfuls of mixture in pan and flatten slightly. Cook for 4 – 5 minutes each side or until golden.

Beef and Red Wine Casserole

Serves 4

750g diced lean beef (round, chuck or gravy beef)

1 tablespoon oil

8 small (pickling) onions

2 teaspoons crushed garlic

2 lean bacon rashers, chopped

250g whole button mushrooms

$\frac{3}{4}$ cup red wine

$\frac{1}{4}$ cup steak sauce

1. Heat a little of the oil in the frypan on setting 10. Fry onions, garlic and bacon for 1 – 2 minutes. Remove and put aside.
2. Heat a little more oil on setting 10. Brown beef in small batches, removing each batch before adding the next.
3. Return beef and onion to pan. Add remaining ingredients, stirring to combine.
4. Cover and simmer gently on setting 2 to 4 for 1½-2 hours. Stir occasionally. Season to taste.
5. Serve with steamed rice or pasta and steamed vegetables.

Stir-Fry Chicken with Oyster Sauce

Serves 4

600g chicken breast or thigh fillets, prepared as 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

$\frac{1}{3}$ cup oyster sauce

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

Serving suggestion:

Serve with steamed rice.

Caramelised Onion Sausages

Serves 8

2 tablespoon vegetable oil
10 thick beef sausages
4 tablespoons olive oil
2 onion, diced
6 garlic cloves, minced
3 tablespoons brown sugar
40gms butter
6 tablespoons plain flour
2 cups beef stock
2 teaspoon mint, chopped
2 teaspoon rosemary, chopped

1. Pour vegetable oil into the frypan, place settings dial on setting 8 and cook sausages with the lid on until crisp and golden.
2. Transfer sausages to paper towel and slice into 2cm pieces, place back into pan and cook centres until crispy. Set aside. Wipe pan out with paper towel.
3. Place olive oil, onion and garlic into the frypan and cook until golden brown.
4. Turn the settings dial to setting 6 and add the brown sugar and butter, stirring until thick.
5. Add the flour and stir for 2 minutes. Pour the stock in gradually, letting the mix absorb the liquid.
6. Add the herbs and sausages and simmer for 7minutes with the lid on.
7. Serve with green beans and mashed potato.

Lentil Dahl

Serves 8

60gms butter
2 tablespoon rice bran oil
2 onion, diced
4 garlic cloves, minced
2 teaspoon ginger, minced
1 teaspoon cumin seeds
1 teaspoon fennel seeds
1 teaspoon cardamom, ground
1 teaspoon allspice, ground
5 cups vegetable stock
2 cup red lentils, washed

1. Place butter and oil into the frypan on setting 6 until butter is melted.
2. Add the onion, garlic, ginger and spices and cook until golden and aromatic.
3. Stir through the lentils on setting 4 for 1 minute.
4. Turn the settings dial to setting 3, pour the vegetable stock over the lentils and gently stir.
5. Place the glass lid onto the frypan and simmer, stirring regularly.
6. Serve with greek yogurt, lime juice and pappadums.

Sweet and Sour Pork

Serves 8

1 cup plain flour
800gms pork strips
2 cup vegetable oil
2 tablespoon peanut oil
1 teaspoon sesame oil
2 onion, diced
2 garlic clove, minced
2 teaspoon ginger, minced
2 small capsicum, sliced
2 carrot, sliced
1 cup caster sugar
½ cup vinegar
4 tablespoons soy
2 tablespoon tomato sauce
2 tablespoon sweet chilli sauce
2 tablespoon cornflour

1. Place the flour into a bowl and stir through the pork until fully coated.
2. Pour half the oil into the frypan on setting 8. When pan is heated, add the pork in two different lots using the second amount of oil. Place the cooked pork on paper towel to drain. Wipe the pan out with paper towel.
3. Place the oils into the frypan on setting 6, add the onion, garlic and ginger and fry until golden brown.
4. Stir the capsicum, carrot, sugar, vinegar, soy, tomato sauce and chilli through until combined, turn the settings dial to 4 and simmer, stirring constantly.
5. Mix the cornflour with 2 tablespoons of water and pour into the pan, cook for 1 minute and then add the pork.
6. Serve with fluffy rice and fresh cut shallots.

Mushroom Risotto

Makes 8 serves

2 medium onion, diced
2 clove garlic, minced
2 tablespoon olive oil
2 cup Arborio rice, washed
½ teaspoon allspice
2 teaspoon lemon rind
5 cups vegetable stock
2 teaspoon salt
300g mushrooms, sliced
1 cup parmesan, grated

1. Place onion, garlic and olive oil into the frypan and fry for 3 minutes on setting 6, stirring occasionally.
2. Add the rice, allspice and lemon rind stirring constantly for 3 minutes.
3. Turn the settings dial to 3 and add one cup of stock and cook for 2 minutes, add a further 1 cup and simmer for 7 minutes, then add a further ½ cup.
4. After 5 minutes, stir the salt, mushrooms and parmesan through. Place the lid on top and leave for 8 minutes.
5. Serve with extra parmesan cheese.

Homemade Baked Beans

Makes 8 serves

2 medium onion, sliced
2 clove garlic, minced
3 tablespoons olive oil
3 tablespoon brown sugar
1 T balsamic vinegar
6 roma tomatoes, diced
4 cups canned kidney beans, rinsed
4 bay leaves
2 cup stock
Parmesan cheese, to serve
Parsley, chopped, to serve
Crusty bread, to serve

1. Place onion, garlic and olive oil into frypan and fry for 3 minutes on setting 6, stirring occasionally.
2. Add the brown sugar and balsamic, cook for 2 minutes.
3. Turn the dial up to setting 7 and add the tomatoes, stirring frequently over 5 minutes.
4. Turn the dial down to setting 4 and add the beans, bay leaves and stock.
5. Put the lid on and simmer for 10 minutes, stirring regularly. Serve with parmesan cheese, parsley and crusty bread.

Notes

Ruled lines for writing notes.

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