

Breville

Avance

Programmable Meal Maker

Instructions for use
Includes recipes



Model SLC80

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	Page
Introduction	3
Breville recommends safety first	4
Know your Breville Avance Programmable Meal Maker	6
Operating your Breville Avance Programmable Meal Maker	7
Using the programmable temperature control settings	8
A beginner's guide to slow cooking	10
Hints and tips	13
Care and cleaning	14
Recipes	R2

Congratulations

on the purchase of your new Breville Avance Programmable Meal Maker.

Breville recommends safety first

We at Breville are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition, we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions:

Important safeguards for your Breville Avance Programmable Meal Maker.

- Carefully read all instructions before operating and save for future reference.
- Remove any promotional stickers or labels before using the Meal Maker for the first time.
- Do not place the Meal Maker near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water etc.
- Do not place the Meal Maker on or near a hot gas or electric burner, or where it could touch a heated oven. Use the Meal Maker well away from walls.
- When using the Meal Maker, provide adequate space above and on all sides for air circulation.
- Always ensure the Meal Maker is properly assembled before use.
- Never plug in or switch on the Meal Maker without having the removable crockery bowl placed inside the stainless steel housing.
- Use only the removable crockery bowl supplied. Do not use any other bowl inside the stainless steel housing.
- Do not place food or liquid in the stainless steel housing. Only the removable crockery bowl is designed to contain food or liquid.
- Never operate the Meal Maker without food and liquid in the removable crockery bowl.
- Always have the glass lid placed correctly into position on the removable crockery bowl throughout operation of the appliance unless stated in a recipe to have it removed.
- Do not touch hot surfaces. Use handles to move the Meal Maker and dry pot holders or oven mitts to remove the removable crockery bowl when hot.
- Do not place the removable crockery bowl when hot on any surface that may be affected by heat.
- Avoid sudden temperature changes. Do not place frozen or very cold foods into the removable crockery bowl when it is hot. Do not place removable crockery bowl when hot into cold water.
- Avoid scalding from escaping steam when removing the glass lid from the removable crockery bowl when hot by carefully lifting the lid, angled away from yourself.
- Do not allow water from the lid to drip into the stainless steel housing, only into the removable crockery bowl.
- Do not place anything, other than the lid, on top of the Meal Maker when assembled, when in use and when stored.
- Always switch the Meal Maker off, then switch off at the power outlet, then unplug and allow to cool, if appliance is not in use, before cleaning, before attempting to move the appliance, disassembling, assembling and when storing the appliance.
- Keep the stainless steel housing, removable crockery bowl and glass lid clean. Follow the cleaning instructions provided in this book.

Important safeguards for all electrical appliances

- Fully unwind the cord before use.
- To protect against electric shock, do not immerse cord, plug or stainless steel housing in water or any other liquid.
- Do not let the cord hang over the edge of a table or counter, touch hot surfaces, or become knotted.
- This appliance is not intended for use by young children or infirm persons without supervision.
- Young children should be supervised to ensure that they do not play with the appliance.
- It is recommended to inspect the appliance regularly. Do not use the appliance if power supply cord, plug or appliance becomes damaged in anyway. Return the entire appliance to the nearest authorised Breville service centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

Tempered glass 'Cook 'n' Look' lid

allows you to monitor food during cooking

Brushed stainless steel housing

'Cook and Serve'

removable crockery bowl

4.2 litre capacity

Cool touch handles

Wrap around element for even heating

Programme function keys

LED programme and timer display



Before first use

- Before first use remove all promotional stickers and labels.
- Wash the removable crockery bowl and glass lid in hot, soapy water, rinse and dry thoroughly.
- Ensure the interior of the stainless steel housing is clean and clear of any debris.

Operating instructions

- Before placing the removable crockery bowl in the stainless steel housing, ensure the exterior of the bowl is clean. This will ensure proper contact with the inner cooking surface.
- Place the prepared food into the removable crockery bowl, ensuring denser foods are spread evenly across the bottom of the bowl and not heaped to one side. Place the glass lid into position.
- Insert the removable crockery bowl into the stainless steel housing.
- Plug the Meal Maker into a 230/240V power outlet and switch the power on at the power outlet.
- Select the required setting using the programme function buttons (see detailed instructions on Page 8) or as recommended in the recipe section.
- When cooking is finished and the Keep Warm function is not required, press the On/Off button to switch off, switch off at the power outlet and then unplug.



ALWAYS LIFT AND REMOVE THE GLASS LID CAREFULLY AND ANGLED AWAY FROM YOURSELF TO AVOID SCALDING FROM ESCAPING STEAM.

Using the programmable temperature control settings

Switch on

Insert the power plug into the power point and switch on. Three red dot lights (High, Keep Warm, Low) will illuminate and flash on the display panel.

On/Off

Press the On/Off button (the 3 red lights will disappear) and FF will show on the display panel.

High setting

Press the Mode button once (the FF will disappear) and the red High dot light + 4 (hours) will show on the display. The up (+) and down (-) buttons can be used to change the number of hours from 2 up to 12. The Slow Cooker will then start the cooking process unless the Mode button is pressed again for another selection. The time display will decrease in 1 hour increments.

At the end of the High cooking time, the red High dot light will go out and the Keep Warm setting commences. The red Keep Warm dot light +4 (hours) will show on the display.

Low setting

Press the Mode button twice (the red High dot light disappears) and the red Low dot light +4 (hours) will show on the display. The up (+) and down (-) buttons can be used to change the number of hours from 2 up to 12.

The slow cooker will then start the cooking process unless the Mode button is pressed again for another selection. The time display will decrease in 1 hour increments.

At the end of the Low cooking time, the red Low dot light will go out and the Keep Warm setting commences. The red Keep Warm dot light +4 (hours) will show on the display.

Combine setting

Press the Mode button three times (the red Low dot light disappears) and the red High dot light + red Combine dot light + 4 (hours) will show on the display.

The slow cooker will then start the cooking process of 4 hours High and 4 hours Low. If you wish to change these times, follow Steps 2-4 before pressing the Mode Button for Combine setting. (Note: If the High cooking time is changed, the Low cooking time will show the same time. Use the up (+) and down (-) buttons to select the Low cooking time required.)

The display will show the Combine lights and the number of hours selected for the High setting. The time display will decrease in 1 hour increments.

At the end of the High cooking time, the High dot light will go out and the Low setting commences. The red Low dot light + number of hours selected will show on the display.

At the end of the Low cooking time, the Low dot light will go out and the Keep Warm setting commences. The red Keep Warm dot light + 4 (hours) will show on the display.

Keep Warm setting

The Keep Warm setting cannot be selected, it automatically commences after the High, Low or Combine settings are used. The Keep Warm time of 4 hours cannot be altered. To cancel the Keep Warm setting, press the On/Off button.

Low setting

The Low setting gently simmers food for an extended period of time without overcooking or burning. No stirring is required when using this setting. This setting is ideal for soups and dishes high in liquid.

High setting

The High setting is used when cooking dried beans or pulses and will cook food in half the time required for the Low setting. Some foods may boil when cooked on the High setting, so it may be necessary to add extra liquid. This will depend on the recipe and the amount of time in which it is cooked. Occasional stirring of stews and casseroles will improve the flavour distribution.

Combine setting

This setting is suitable for a variety of recipes. Use a combination of Low (for gentle simmering and flavour development) and High (to complete cooking process).

Keep Warm setting

The Keep Warm setting is used to keep cooked foods at serving temperature. It is not a cooking setting and should only be used after first cooking on the Low or High setting. It is not recommended to keep food on the Keep Warm setting for more than 4 hours.



A beginners guide to slow cooking

In years gone by, food cooked in large pots and allowed to simmer for hours was full of flavour, moist and tender. The Breville Avance Programmable Meal Maker is designed to produce these same results, whilst leaving you the time to do other things, making it perfect for today's busy lifestyles.

Here is a guide to help simplify the process of slow cooking, allowing you to obtain maximum satisfaction from your Meal Maker:

It's all in the timing

Always allow sufficient time for the food to cook. It is almost impossible to overcook in the Meal Maker particularly when using the Low setting.

Most of the recipes contained within this book can be cooked on the High or Low setting, however the cooking times will vary accordingly. Each recipe will give specific instructions indicating the appropriate setting and suggested cooking times.

Adapting cooking times

Your favourite traditional recipes can be adapted easily by halving the amount of liquid and increasing the cooking time considerably. The following is a guide to adjusting your favourite recipes:

Traditional recipe time	Meal Maker recipe time
15-30 minutes	4-6 hours on Low setting
60 minutes	6-8 hours on Low setting
1-3 hours	8-12 hours on Low setting

These times are approximate. Times can vary depending on ingredients and quantities in recipes.

Note

Reducing Quantities

Recipes in this instruction booklet have been developed to take full advantage of the large 4.2 litre capacity of the Meal Maker. Quantities can be reduced but the removable crockery bowl should not be less than half full. Cooking times should be recalculated and changed accordingly.

High humidity, altitude, cold tap water and ingredients and minor fluctuations may slightly affect the cooking times in the Meal Maker.

That's the idea

Adapting liquid amounts

When food is cooking in your Meal Maker, most moisture is retained. To allow for this when using traditional recipes it is advisable to halve the liquid content.

However, after cooking if the liquid quantity is excessive, remove the lid and operate the Meal Maker on the High setting for 30-45 minutes or until the liquid reduces by the desired amount. Alternatively, the liquid can be thickened by adding a mixture of cornflour and water.

Stirring the food

Little or no stirring is required when using the Low setting. However, occasionally stirring the food when using the High setting ensures even flavour distribution.

Preparing meat and poultry

Select the leanest cuts when purchasing meat. Trim the meat or poultry of any visible fat. If possible, purchase chicken portions without the skin. Otherwise, the slow cooking process will result in extra liquid from the fat.

For casserole-type recipes, cut the meat into cubes, approximately 2.5cm to 3cm. Slow cooking allows less tender cuts of meat to be used.

Suitable meat cuts for slow cooking

Beef	Beef chuck, skirt, round steak, boneless shin (gravy) beef, bone-in shin (Osso Bucco).
Lamb	Lamb shanks, drumsticks, (Frenched Shanks) neck chops, best neck chops, boned out forequarter or shoulder.
Veal	Diced leg, shoulder/forequarter chops and steaks, neck chops, knuckle (Osso Bucco).
Pork	Leg steaks, diced belly, diced shoulder, boneless loin chops.
Poultry	Skinless pieces (legs, thighs, Maryland).

Browning before slow cooking

Pre-browning meat and poultry, prior to slow cooking, seals in the moisture, intensifies the flavour and provides more tender results, whilst producing richer flavours in other food, such as onions, capsicums and leeks. Pre-browning may take a little extra time, and whilst not strictly necessary, the rewards are evident in the end results. Use a non-stick pan to reduce the amount of oil required.

Roasting

Roasting meats in the Meal Maker creates tender, flavoursome results that are easy to slice. The long, slow, covered cooking process breaks down and softens the connective and muscle tissue within the meat. Cheaper cuts of meat can be used to provide perfect results cooked by this method.

Meat will not brown during the roasting process, so for browner results seal in a frypan before roasting. Whole chickens roasted by this method will release a large amount of fat and liquid.

The addition of liquid is not required for roasting. Elevate the meat to be roasted on an inverted, heatproof saucer or plate. This will assist in keeping the surface of the meat dry and free from any fat released throughout the cooking process.

Suitable cuts for roasting

Beef	Blade, rump, rib roast, sirloin, fresh silverside, topside.
Lamb	Leg, mid loin, rack, crown roast, shank, shoulder, mini roasts.
Veal	Leg, loin, rack, shoulder/forequarter.
Pork	Loin, neck, leg (remove skin and fat), racks.

Pot roasting

The addition of liquid is required for pot roasting. Place sufficient liquid into the removable crockery bowl to cover up to a third of the meat. Meat will not brown during the pot roasting process. For browner results, seal in a frypan before pot roasting.

Suitable cuts for pot roasting

Beef	Beef topside, blade, silverside roasts, rolled brisket.
Lamb	Forequarter, shank, shoulder
Veal	Shoulder/forequarter.
Pork	Loin, neck.

Preparing vegetables

Vegetables should be cut into small even-sized pieces to ensure more even cooking. Frozen vegetables must be thawed before adding to other foods cooking in the Meal Maker.

When cooking vegetables and meat together in the Meal Maker, the vegetables cook at a slower rate than the meat. To gain the best results, position the vegetables on the base and sides of the Meal Maker and place the meat on top.

Preparing dried beans and pulses

If time permits, overnight soaking of dried beans and pulses is preferable. After soaking, drain and place in the Meal Maker and cover with sufficient water to reach double their volume. Cook beans on the High setting for 2-4 hours or until tender. Pre-soaked beans and pulses will cook a little faster.

- Always thaw frozen meat and poultry before cooking.
- Trim all visible fat from meat or poultry.
- Meat and poultry require at least 6-7 hours of cooking on Low setting.
- Ensure that the food or liquid to be cooked fills half or more of the removable crockery bowl.
- On completion of cooking, if there is too much liquid remove the lid, press the Mode button once for the High setting and cook for 35-40 minutes until the liquid reduces.

Do's

- Do ensure the removable crockery bowl is at room temperature when placing into the stainless steel housing prior to cooking.
- Do avoid extreme temperature changes to the crockery bowl and glass lid. Handle the removable crockery bowl and glass lid with care.
- Do use dry oven mitts when lifting the removable crockery bowl containing hot liquids.
- Do place the removable crockery bowl onto a heat proof placemat when serving from the bowl at the table.

Don'ts

- Do not place removable crockery bowl or glass lid into or under cold water while still hot.
- Do not use the removable crockery bowl or glass lid if chipped or cracked.
- Do not operate the Meal Maker without the removable crockery bowl in position.
- Do not place the hot removable crockery bowl onto a wet surface.
- Do not cook with frozen meats or poultry.

Never

- Place water or other liquids into the stainless steel housing of the Meal Maker.
- Immerse the stainless steel housing, cord or plug of the Meal Maker in water.
- Touch hot surfaces with bare hands.



ENSURE REMOVABLE CROCKERY BOWL IS CORRECTLY POSITIONED IN THE STAINLESS STEEL HOUSING BEFORE YOU COMMENCE COOKING.

- Before cleaning, press the On/Off button to switch 'off', switch off the Meal Maker at the power outlet and then unplug.
- Always allow the appliance to cool before cleaning.
- To remove stubborn, cooked-on foods in the removable crockery bowl, soften by filling with warm, soapy water and allow to soak for 20-30 minutes. Remove by lightly scrubbing with a soft nylon kitchen brush.
- The removable crockery bowl and glass lid can be washed in hot, soapy water using a mild household detergent. Rinse and dry thoroughly.
- Do not use abrasive cleaners, steel wool, or metal scouring pads as these can damage the surfaces.
- The removable crockery bowl and glass lid are dishwasher safe, however care should be taken not to chip or crack the bowl or lid.
- The stainless steel housing can be wiped over with a soft, damp cloth and then dried thoroughly.



DO NOT IMMERSE STAINLESS STEEL HOUSING OR POWER CORD IN WATER OR ANY OTHER LIQUID AS THIS MAY CAUSE ELECTROCUTION.

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Model SLC80 Issue 1/04

Breville

Recipes

Delicious recipes
Includes instructions for use

Soups	R3
Chicken	R6
Beef, pork, veal and lamb	R8
Vegetarian	R13
Desserts	R15
Accompaniments	R17

Creamy tomato and lentil Soup

MAKES
8 SERVES

- 2 tablespoons olive oil
- 2 medium Spanish onions, sliced
- 4 garlic cloves, crushed
- 3 teaspoons minced chilli
- 4 cups tomato puree
- 4 cups beef stock
- ½ cup tomato paste
- 1½ tablespoons brown sugar
- 1½ cups/300g red lentils
- 1¼ cups/330ml cream
- ⅓ cup sun-dried tomato pesto

1. Heat oil in a non-stick pan. Cook onion over a medium heat until golden brown. Add garlic and chilli, cook for 1 minute.
 2. Place onion mixture in the removable crockery pot. Stir in tomato puree, stock, tomato paste, brown sugar and lentils.
 3. Cover with lid and cook on Low 6-8 hours or High 4 hours.
 4. Stir in cream ½ hour before end of cooking. Replace lid and continue cooking.
 5. Ladle soup into serving bowls and top each serve with 2 teaspoons sun-dried tomato pesto.
- Serve hot with crusty bread.

Cajun kumera soup

MAKES
8 SERVES

- 2 tablespoons vegetable oil
- 8 bacon rashers, rind removed and chopped
- 2 large onions, sliced
- 1 tablespoon Cajun seasoning
- ½ teaspoon fennel seeds
- 4 garlic cloves, crushed
- 1½ kg kumera, peeled and diced
- 6 cups chicken stock
- 1 x 300g can red kidney beans, drained and rinsed
- Sour cream, for serving

1. Heat oil in a non-stick pan. Cook bacon and onion over a medium heat, until onion softens and is light golden brown. Add Cajun seasoning, fennel and garlic, cook for 1 minute.
2. Place kumera into the removable crockery pot. Add bacon mixture and stock. Cover with lid and cook on Low 6-8 hours or High 4 hours.
3. Stir the soup at 1 hour before the end of cooking to mash the kumera. Stir in the kidney beans. Replace the lid and continue cooking.
4. Ladle soup into serving bowls and top each serve with sour cream if desired. Serve hot.

Char-grilled capsicum and gnocchi soup

MAKES
8 SERVES

4 red capsicum, quartered
2 yellow capsicum, quartered
1 cup water
2 tablespoons olive oil
1kg chicken tenderloins, diced
2 onions, chopped
4 garlic cloves, crushed
2 tablespoons paprika
2 teaspoons caraway seeds
3 teaspoons cracked black pepper
¼ cup tomato paste
8 cups chicken stock
500g pre-packaged gnocchi
Sour cream, for serving
Chopped parsley, for serving

1. Place capsicum quarters, skin-side up under a hot grill until the skins blister. When cool peel away the skin and discard. Process capsicum flesh and water in a food processor or blender until smooth.
2. Heat oil in a non-stick pan. Add chicken pieces and cook over a medium heat until golden browned. Place chicken into the removable crockery pot.
3. Add onion to the non-stick pan, cook over a medium heat until soft. Stir in garlic, paprika, caraway seeds, pepper and tomato paste, cook for 1 minute. Add capsicum mixture and stir until heated through.
4. Pour combined mixture and stock over chicken in the removable crockery pot. Cover with lid and cook on Low 8-10 hours or High 4 hours.
5. Stir gnocchi into the soup 15-20 minutes before end of cooking. Replace the lid and continue cooking until gnocchi has risen to the top of the soup.
6. Ladle soup into serving bowls and top each serve with sour cream and parsley if desired. Serve hot.

Fiery three bean chowder

MAKES
8 SERVES

2 tablespoons oil
2 large onions, chopped
4 garlic cloves, crushed
2 small red chillies, finely chopped
1 tablespoon ground cumin
2 teaspoons ground coriander
½ cup tomato paste
1 x 400g canned tomatoes, chopped
4 cups vegetable stock
1 x 200g can diced capsicum, drained and rinsed
1 x 420g can corn kernels, drained
1 x 420g can butter beans, drained and rinsed
2 x 440g cans red kidney beans, drained and rinsed
1 x 125g can soya beans, drained and rinsed
Sour cream, for serving
Grated Cheddar cheese, for serving
Chopped Jalapeno peppers, for serving

1. Heat oil in a non-stick pan. Add onion and cook over a medium heat until soft. Stir in garlic, chillies, cumin and coriander, cook for 1-2 minutes. Add tomato paste and half the tomatoes. Stir, over a medium heat, until warmed.
2. Place tomato mixture into the removable crockery pot. Add remaining tomatoes, stock, capsicums, corn, butter beans, kidney beans and soya beans. Cover with lid and cook on Low 6-8 hours or High 3-4 hours.
3. Ladle soup into serving bowls. Top each serve with sour cream, cheese and jalapeno peppers if desired. Serve hot.

Barley soup with sugared parsnips

MAKES
8 SERVES

1 cup/200g pearl barley
8 cups chicken stock
2 tablespoons oil
2 large onions, finely chopped
4 garlic cloves, crushed
2 medium carrots, sliced
2 medium (400g) potatoes, peeled and chopped
2 celery sticks, sliced
2 bay leaves, halved
¾ cup milk
Pepper and salt, for seasoning
2 tablespoons butter
2 parsnips, cubed
1 teaspoon brown sugar
Chopped fresh mint, for serving

1. Place the barley with 3½ cups of the stock into the removable crockery bowl. Cover and cook on High 1-1½ hours or until just tender.
2. Heat oil in a non-stick pan. Add onion and garlic and cook over a medium heat until onion is soft.
3. Add onion mixture to the cooked barley in the removable crockery pot, stir in remaining stock, carrots, potatoes, celery, bay leaves and milk. Cover with lid and cook on Low 6-8 hours or High 3-4 hours.
4. Just before serving, melt butter in a non-stick pan. Cook parsnip for 1 minute, stir in sugar and cook until parsnip is golden brown and tender.
5. Season soup with salt and pepper, ladle soup into serving bowls and top with parsnip. Sprinkle with mint if desired. Serve hot.

Chicken with rosemary, lemon and garlic

MAKES
8 SERVES

- 1 tablespoon olive oil
- 2 tablespoons butter
- 2 kg chicken pieces, skin removed, bone in
- 1 cup white wine
- 1½ cups chicken stock
- ⅓ cup lemon juice
- 2 teaspoons cracked black pepper
- 3 small red chillies, finely chopped
- 2 teaspoons grated lemon rind
- 6 garlic cloves, halved
- ¼ cup chopped fresh rosemary

1. Heat oil and butter in a non-stick pan. Cook chicken over medium heat until golden brown.
2. Place chicken, wine, stock, lemon juice, pepper, chillies, lemon rind, garlic and rosemary in the removable crockery pot. Cover with lid and cook on Low 8-10 hours or High 4-5 hours.
3. Serve hot accompanied with oven-roasted potatoes, pumpkin and steamed green beans.

Chicken Cacciatore

MAKES
6 SERVES

- 2 tablespoons olive oil
- 12 small chicken drumsticks (skins removed)
- 2 large onions, sliced
- 4 garlic cloves, crushed
- 1 x 750ml Italian-style Tomato Cooking Sauce
- 20 Kalamata olives, pitted
- ½ cup white wine
- 1 cup chicken stock
- 125g button mushrooms, quartered
- 2 tablespoons fresh basil leaves chopped
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon sugar

1. Heat oil in a non-stick pan. Add chicken drumsticks in batches and cook over medium heat until lightly browned. Place chicken in the removable crockery pot.
2. Place onion and garlic into the non-stick pan and cook over medium heat, until onion is soft. Stir in tomato sauce, olives, wine, stock, mushrooms, basil, rosemary and sugar.
3. Pour combined mixture over the chicken in the removable crockery pot. Cover with lid and cook on Low 8-10 hours or High 4-5 hours.
4. Serve hot accompanied with crusty bread, pasta and salad of your choice.

Chicken with Mushrooms

MAKES
8 SERVES

- 2 tablespoons oil
- 2 kg chicken thigh fillets, diced
- 250g button mushrooms, sliced
- 2 small leeks, sliced
- 1 cup white wine
- 2 cups chicken stock
- 2 teaspoons cracked black pepper
- 1 teaspoon salt
- 2 tablespoons fresh lemon thyme, chopped
- 2 tablespoons plain flour
- ¾ cup cream
- ¾ cup sour cream

1. Heat oil in a non-stick pan. Add chicken in batches and cook over a medium heat until lightly browned. Place chicken in the removable crockery pot.
2. Top chicken with mushrooms, leeks, wine, stock, pepper, salt and lemon thyme. Cover with lid and cook on Low 8-10 hours or High 4-5 hours.
3. Stir in blended flour, cream and sour cream 1 hour before end of cooking. Replace lid and continue cooking.
4. Serve hot accompanied with steamed baby new potatoes and asparagus spears.

Burmese Chicken

MAKES
8 SERVES

- 2 tablespoons oil
- 2 large onions chopped or whole
- ¼ cup lemon grass stalks, finely sliced
- 2 bay leaves
- 2 small red chilli, finely chopped
- 8 garlic cloves, crushed
- 1½ tablespoons fresh ginger, grated
- 3 teaspoons ground turmeric
- ½ teaspoon ground cardamom
- 1 teaspoon ground cinnamon
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander seeds
- ½ teaspoon ground ginger
- 1 teaspoon salt
- 1 teaspoon cracked black pepper
- 2 kg chicken thigh fillets, diced
- 2 cups chicken stock
- Chopped fresh coriander, for serving**

1. Heat oil in a non-stick pan. Add onion and cook over medium heat until soft. Stir in lemon grass, bay leaves, chilli, garlic, ginger, turmeric, cardamom, cinnamon, cumin, coriander, ground ginger, salt and pepper, cook for 1 minute. Add chicken and stir to coat with onion mixture.
2. Place chicken mixture and stock into the removable crockery pot.
3. Cover with lid and cook on Low 8-10 hours or High 4 hours.
4. Serve hot sprinkled with coriander if desired and accompanied with steamed rice and Cucumber Raita.

Beef Rendang

MAKES
8 SERVES

2 tablespoons oil
2 kg lean gravy beef (shin), cubed
2 large onions, chopped
2 tablespoons ground cumin
2 teaspoons ground cinnamon
½ teaspoon ground cloves
2 strips of lemon rind
½ cup Rendang curry paste
2 cups beef stock
2 cups coconut milk
¼ cup lemon juice
1½ tablespoons tamarind pulp
¼ cup brown sugar

1. Heat oil in a non-stick pan. Add meat in batches and cook over medium heat until well browned. Drain on paper towel.
2. Add onion to the non-stick pan, cook until lightly browned. Stir in cumin, cinnamon, cloves, lemon rind and Rendang paste, cook for 1 minute. Pour in stock, stir and cook until just heated through.
3. Place meat and onion mixture into the removable crockery pot. Cover with lid and cook on Low 8-10 hours or High 4-5 hours.
4. Stir in coconut milk, lemon juice, tamarind pulp and brown sugar 1 hour before end of cooking. Replace lid and continue cooking.
5. Serve hot accompanied with steamed rice and re-packaged naan bread.

Gingered lamb curry

MAKES
8 SERVES

2 tablespoons oil
2 kg lean lamb, cubed
2 large onions, chopped
400g eggplant, diced
4 garlic cloves, crushed
¼ cup grated fresh ginger
2 small red chillies, finely chopped
2 teaspoons cracked black pepper
½ teaspoon salt
2 teaspoons ground turmeric
1 tablespoon green curry paste
1½ cups beef stock
2 cups coconut milk powder
2 cups boiling water

1. Heat oil in a non-stick pan. Add meat in batches and cook over a medium heat until well browned. Drain on paper towel.
2. Add onion to the non-stick pan, cook over medium heat until onion is golden brown. Stir in eggplant, garlic, ginger, chillies, pepper, salt, turmeric and curry paste, cook for 1 minute. Blend in stock.
3. Place meat and eggplant mixture into the removable crockery pot. Cover with lid and cook on Low 8-10 hours or High 4 hours.
4. Blend coconut milk powder and water, stir into meat mixture 1 hour before end of cooking. Replace lid and continue cooking.
5. Serve hot accompanied with steamed jasmine rice and salad.

Sweet orange pork

MAKES
8 SERVES

¼ cup oil
2 large Spanish onions, sliced
2 kg lean pork steaks, halved
¼ cup plain flour
400g kumera, peeled and diced
2 tablespoons butter
2 teaspoons ground cumin
2 teaspoons ground cardamom
½ teaspoon ground cloves
2 teaspoons ground cinnamon
1 teaspoon fennel seeds
½ cup brown sugar, firmly packed
2 tablespoons lemon juice
½ cup sweet sherry
2 cups orange juice
2 cups chicken stock
1 tablespoon grated orange rind

1. Heat half the oil in a non-stick pan. Add onion and cook over medium heat until golden brown. Remove onion from pan and set aside.
2. Coat the meat with flour, remove any excess. Heat remaining oil in the non-stick pan, cook meat in batches over a medium heat until lightly browned.
3. Place onion, meat and kumera into the removable crockery pot.
4. Melt butter in non-stick pan, stir in cumin, cardamom, cloves, cinnamon, fennel seeds, brown sugar, lemon juice, sherry, orange juice, stock and rind, cook over medium heat until heated through.
5. Pour spice mixture over the meat and vegetables in the removable crockery pot. Cover with lid and cook on Low 8-10 hours or High 4-5 hours.
6. Serve hot accompanied with buttered noodles and salad greens.

Lamb shanks in a tomato, pesto sauce

MAKES
6 SERVES

2 tablespoons olive oil
6 large French-cut lamb shanks, trimmed of fat
2 medium Spanish onions, sliced
400g button mushrooms, sliced
4 garlic cloves, crushed
1 x 800g can tomatoes, chopped
⅓ cup tomato paste
⅓ cup sun-dried tomato pesto
1 cup red wine
½ cup sweet sherry
4 beef stock cubes, crumbled
Fresh rosemary, chopped

1. Heat oil in a non-stick pan. Add lamb shanks 2-3 at a time, cook over medium heat until well browned. Drain on paper towel.
2. Add onion to the non-stick pan, cook until onion is soft. Stir in mushrooms and garlic, cook for 2-3 minutes. Add tomatoes, tomato paste, pesto, wine, sherry, stock cube and rosemary, stir and cook for 1-2 minutes.
3. Place shanks and tomato mixture in the removable crockery pot. Cover with lid and cook on Low 8-10 hours or High 4-6 hours.
4. Serve hot accompanied with mashed potatoes, char-grilled eggplant and zucchini.

Tagine of beef

MAKES
8 **SERVES**

- 2 tablespoons olive oil
- 2 kg lean gravy beef, cubed
- 2 large onions, sliced
- 6 garlic cloves, crushed
- ¼ cup Moroccan seasoning
- 1 tablespoon ground cinnamon
- 2 cups beef stock
- 2 strips lemon rind
- 2 cups tomato puree
- 1 cup dates, seeded and halved
- ⅓ cup honey
- ¾ cup fresh parsley, chopped
- ½ cup flaked almonds, toasted

1. Heat oil in a non-stick pan. Add meat in batches and cook over a medium heat until well browned. Drain on paper towel.
2. Add onion to the non-stick pan, cook until golden brown. Stir in garlic, Moroccan seasoning, cinnamon, stock, lemon rind and tomato puree.
3. Place meat and onion mixture in the removable crockery pot. Cover with lid and cook on Low 8-10 hours or High 4-5 hours.
4. Stir in dates and honey 1 hour before end of cooking. Replace lid and continue cooking.
5. Spoon Tagine into serving bowls, top with parsley and almonds.
6. Serve hot accompanied with steamed cous cous, baby carrots, cauliflower florets and green beans.

Corned silverside with balsamic plum gaze

MAKES
8 **SERVES**

- 2 kg lean corned silverside
- ¼ cup brown sugar
- 1½ tablespoons Balsamic vinegar
- 3 fresh mint sprigs
- 1 medium onion, peeled and studded with 4 cloves
- 2 medium carrots, peeled and roughly cut into chunks
- 3 cups water
- 8 peppercorns

Balsamic Plum Glaze

- ¾ cup beef stock
- ¼ cup plum jam
- 1½ tablespoons Balsamic vinegar
- 3 teaspoons sugar

1. Place meat, sugar, vinegar, mint, onion, carrot, water and peppercorns into removable crockery pot. Cover with lid and cook on Low 10-12 hours or High 6-7 hours.
2. To make Plum Glaze, place stock, jam, vinegar and sugar into a non-stick pan. Cook over a medium heat until mixture has reduced to a syrup consistency.
3. Remove meat, cover with foil and allow to stand for 10 minutes before slicing. Serve meat slices with plum glaze.
4. Serve hot meat slices with Balsamic Plum Glaze accompanied with boiled potatoes, stir-fried carrots, parsnips and snow peas.

Moroccan veal

MAKES
8 **SERVES**

- 2 tablespoons oil
- 2 kg lean veal leg, diced
- 1 large onion, sliced
- 4 garlic cloves, crushed
- 3 teaspoons ground ginger
- 2 teaspoons ground turmeric
- 3 teaspoons sweet paprika
- ½ teaspoon cayenne pepper
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander seeds
- 1 tablespoon ground cinnamon
- 4 cups beef stock
- 200g pitted prunes
- ⅓ cup honey
- 1 tablespoon grated orange rind
- ⅓ cup fresh mint, chopped

1. Heat oil in a non-stick pan. Add meat in batches and cook over a medium heat until well browned. Drain on paper towel.
2. Add onion to the non-stick pan, cook until golden brown. Stir in garlic, ginger, turmeric, paprika, pepper, cumin, coriander and cinnamon, cook for 1 minute. Blend in stock.
3. Place meat and onion mixture into removable crockery pot. Cover with lid and cook on Low 7-8 hours or High 4 hours.
4. Stir in prunes, honey and orange rind 1 hour before end of cooking. Replace lid and continue cooking.
5. Spoon into serving bowls, top with mint. Serve hot accompanied with steamed cous cous.

Easy Osso Bucco

MAKES
6 **SERVES**

- 12 lean veal shanks, 4cm thick
- ⅓ cup plain flour
- ¼ cup olive oil
- 1 x 750ml Italian-style tomato cooking sauce
- 1 cup white wine
- 2 teaspoons caster sugar
- 2 teaspoons cracked black pepper
- 2 teaspoons salt
- ⅓ cup fresh basil leaves chopped
- ½ cup pesto
- 1 tablespoon grated lemon rind

1. Coat the veal shanks with flour, remove any excess. Heat oil in a non-stick pan. Add 2 to 3 shanks at a time and cook over medium heat until lightly browned. Place browned shanks in the removable crockery pot. Repeat with remaining shanks.
2. Combine tomato sauce, wine, sugar, pepper, salt and basil. Pour over shanks in removable crockery pot. Cover with lid and cook on Low 8-10 hours or High 3-4 hours.
3. Combine pesto and lemon rind. Sprinkle pesto mixture over Osso Bucco just before serving.
4. Serve hot accompanied with pre-packaged gnocchi and steamed mixed green vegetables.

Lamb shanks with red lentils

MAKES
6 SERVES

1 cup/200g red lentils
2 cups beef stock
2 tablespoons oil
6 large French-cut lamb shanks, trimmed of fat
1 large onion, sliced
4 garlic cloves, crushed
1½ tablespoons Vindaloo curry paste
1 x 750ml Italian-style tomato cooking sauce
2 tablespoons lemon juice

1. Place lentils and stock into removable crockery pot. Cover with lid and cook on High 1-1½ hours or until tender.
2. Heat oil in a non-stick pan. Add the shanks two at a time and cook over medium heat until well browned. Drain on paper towel.
3. Add onion to the non-stick pan, cook until golden brown. Stir in garlic and curry paste, cook for 1 minute. Gradually stir tomato puree into onion mixture, cook until just warmed.
4. Place lamb shanks and tomato mixture into the removable crockery pot with lentils. Cover with lid and cook on Low 8-10 hours or High 4-6 hours.
5. Stir in the lemon juice just prior to serving.
6. Serve hot accompanied with pita bread, mango chutney and tomato and onion salad.

Chilli Con Carne

MAKES
8 SERVES

2 tablespoons oil
2 kg premium beef mince
¼ cup pre-packaged Chilli Con Carne seasoning mix
1 tablespoon fresh minced garlic
3 cups beef stock
½ cup tomato paste
1½ cup red wine
2 x 420g cans Mexican chilli beans
Sour cream, for serving

1. Heat oil in a non-stick pan. Add beef mince in batches and cook over a medium heat until well browned.
2. Place meat, chilli seasoning mix, garlic, stock, tomato paste, wine and undrained beans into the removable crockery pot. Cover with lid and cook on low 8-9 hours.
3. Spoon Chilli Con Carne into serving bowls, top with sour cream if desired.
4. Serve hot accompanied with potato wedges and avocado salad.

Chilli bean and vegetable combo

MAKES
8-10 SERVES

⅓ cup olive oil
400g baby eggplant, thickly sliced
2 large onions, chopped
6 garlic cloves, crushed
2 large red capsicum, chopped
1 x 750ml Italian-style tomato cooking sauce
½ teaspoon cayenne pepper
2 small red chillies, finely sliced
400g zucchini, sliced
300g kumera, peeled and cubed
1 x 420g can chick peas, drained and rinsed
1 x 750g can red kidney beans, drained and rinsed
½ cup fresh parsley, chopped

1. Heat half the oil in a non-stick pan. Add eggplant in batches and cook over medium heat until golden brown. Remove from pan and place in the removable crockery pot.
2. Heat remaining oil in non-stick pan, add onion, garlic and capsicum and cook until onion softens. Add tomatoes, cayenne pepper and chillies. Cook for 1 minute.
3. Place tomato mixture, zucchini, kumera, chick peas, kidney beans and parsley into the removable crockery pot. Cover and cook on Low 5-6 hours or High 2-3 hours.
4. Serve hot with crusty bread rolls.

Curried pumpkin with spinach

MAKES
8 SERVES

2 tablespoon oil
2 medium onions, sliced
4 garlic cloves, crushed
3 teaspoons fresh ginger, grated
3 small green chillies, finely sliced
1½ teaspoons ground coriander
1½ teaspoons ground cumin
1½ teaspoons brown mustard seeds
1½ teaspoons ground turmeric
2 cups coconut milk powder
2 cups boiling water
1kg pumpkin, peeled and chopped
10 English spinach leaves, shredded
10 curry leaves, torn
Toasted flaked almonds, for serving

1. Heat oil in a non-stick pan. Add onion and cook over medium heat until golden brown. Stir in garlic, ginger, chillies, coriander, cumin, mustard seeds and turmeric. Cook for 1 minute.
2. Pour blended coconut milk powder and water into the non-stick pan. Stir over a medium heat until all ingredients are well combined.
3. Place pumpkin in the removable crockery pot. Add the coconut milk mixture. Cover with lid and cook on Low 5-6 hours or High 3-4 hours.
4. Add spinach, curry leaves and kaffir leaves ½ hour before end of cooking. Stir well. Replace lid and continue cooking until spinach is soft.
5. Serve hot topped with flaked almonds and accompanied with Lebanese bread and salad of your choice.

Spicy mixed dahl

MAKES
8 **SERVES**

- 1 cup/200g yellow split peas
- 1 cup/200g red lentils
- 1 cup/200g brown lentils
- 4 cups vegetable stock
- 2 tablespoons oil
- 1½ tablespoons black mustard seeds
- 2 teaspoons brown mustard seeds
- 2 large onions, sliced
- 8 garlic cloves, crushed
- 2 tablespoons fresh ginger, grated
- 2 teaspoons ground cumin
- 1½ tablespoons ground coriander seeds
- 2 teaspoons ground turmeric
- 4 small red chillies, chopped
- 1 x 750ml Italian-style tomato cooking sauce
- 2 teaspoons cracked black pepper
- ⅔ cup cream
- ⅓ cup fresh coriander, finely chopped

1. Place yellow split peas, red and brown lentils, and stock into removable crockery pot. Cover with lid and cook on High 1-1½ hours or until just tender.
2. Melt ghee in a deep pan. Add black and brown mustard seeds and cook over low heat until they start to pop. Add onions, garlic and ginger, cook over medium heat until onion is light golden brown.
3. Stir in cumin, coriander, turmeric, and chillies. Cook for 1 minute. Add tomatoes, tomato puree, and pepper, stir and cook until just warmed.
4. Pour tomato mixture over lentils in the removable crockery pot. Cover with lid and cook on Low 8-9 hours or High 4-5 hours.
5. Stir in cream ½ hour before end of cooking. Replace lid and continue cooking.
6. Spoon into serving bowls, top with coriander.
7. Serve hot accompanied with steamed brown rice and Cucumber Raita.

Chick pea curry

MAKES
8 **SERVES**

- 1 cups/200g dried chick peas
- 4 cups vegetable stock
- 2 tablespoons vegetable oil
- 2 medium onions, finely chopped
- 2 teaspoons freshly grated ginger
- 4 garlic cloves, crushed
- 3 teaspoons garam masala
- 3 teaspoons ground cumin
- 3 teaspoons ground coriander
- 3 teaspoons sweet paprika
- ½ teaspoon chilli powder
- 1 teaspoon ground turmeric
- 2 teaspoons yellow mustard seeds
- 2 teaspoons salt
- 1 x 750ml Italian-style tomato cooking sauce
- ½ cup coconut cream

1. Place chick peas and stock into the removable crockery pot. Cover with lid and cook on High 2 hours or until tender.
2. Heat oil in a non-stick pan. Add onion and cook over medium heat until golden brown. Add ginger, garlic, garam masala, cumin, coriander, paprika, chilli powder, turmeric, mustard seeds and salt, cook for 1 minute. Stir tomato puree and coconut cream into onion mixture, cook until just warmed.
3. Pour combined mixture over the chick peas in the removable crockery pot. Cover with lid and cook on Low 6-7 hours or High 2-3 hours.
4. Serve hot accompanied with stir-fried mixed vegetables.

Lemon and lime delicious pudding

MAKES
8 **SERVES**

- 180g butter
- 1½ cups caster sugar
- ⅔ cup self-raising flour, sifted
- 1½ tablespoons grated lemon rind
- 1½ tablespoons grated lime rind
- ¼ cup lemon juice
- ¼ cup lime juice
- 4 x 60g egg yolks
- 1½ cups milk
- 4 x 60g egg whites
- Sifted icing sugar, for serving
- Thickened cream, for serving

1. Cream butter and sugar in a mixing bowl until light and fluffy. Fold in flour, lemon rind, lime rind, lemon juice and lime juice.
2. Combine egg yolks and milk, whisk into butter mixture. Beat egg whites until stiff peaks form, fold into batter.
3. Pour batter into lightly-greased pudding bowl. Ensure the pudding bowl is a suitable size and type to fit the removable crockery pot. Cover with aluminium foil and secure with kitchen string.
4. Place 1-2 cups water into the removable crockery pot. Add prepared pudding bowl. Cover with lid and cook on Low 5-6 hours. Check water level throughout the steaming process.
5. Spoon pudding onto serving plates, dust with icing sugar and a swirl of cream.
6. Pudding can be served hot or cold.

A 2.5 litre heatproof pudding bowl suitable to fit the shape of the removable crockery pot is required for this recipe

Note

Chocolate malt self-saucing pudding

MAKES
8 **SERVES**

- 1½ cups self-raising flour
- 1½ cups plain flour
- 1½ teaspoons baking flour
- ⅓ cup cocoa powder
- ⅓ cup malted milk powder
- 1½ cups caster sugar
- 1½ cups milk
- 3 x 60g eggs, lightly beaten

Sauce

- 150g dark chocolate, melte
- 3 cups hot water
- 2 tablespoons butter
- 1½ cups brown sugar, firmly packed
- ⅓ cup cocoa powder
- ¼ cup cornflour
- Water, for steaming
- Thickened cream, for serving
- Extra malted milk powder, for serving

1. Sift self-raising flour, plain flour, baking powder, cocoa and malted milk powder into a large mixing bowl. Stir in sugar. Combine milk and eggs. Stir into the flour mixture. Mix well. Pour batter into the lightly greased heatproof pudding bowl. Ensure the heatproof bowl is a suitable shape and type to fit the removable crockery pot. Set aside.
2. Stir chocolate, water and butter in a saucepan over a low heat until chocolate and butter melt.
3. Combine brown sugar, cocoa powder and cornflour in a mixing bowl. Pour in hot chocolate mixture. Mix well. Spoon Chocolate Sauce over batter in the heatproof pudding bowl. Cover with aluminium foil and secure with kitchen string.

- Place 1-2 cups water in the removable crockery pot. Add prepared pudding bowl. Cover with lid and cook on Low 5-6 hours. Check water level throughout the steaming process.
- Spoon pudding onto serving plates, drizzle with Chocolate Sauce and cream, dust with extra malted milk powder.
- Serve hot.

A 2.5 litre heatproof pudding bowl suitable to fit the shape of the removable crockery pot is required for this recipe

Note

Cucumber Raita

2 Lebanese cucumbers, peeled and finely chopped
250ml plain yoghurt
1 teaspoon cumin
1 teaspoon grated fresh ginger
Salt and pepper, if desired

- Combine all ingredients. Serve chilled.

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