

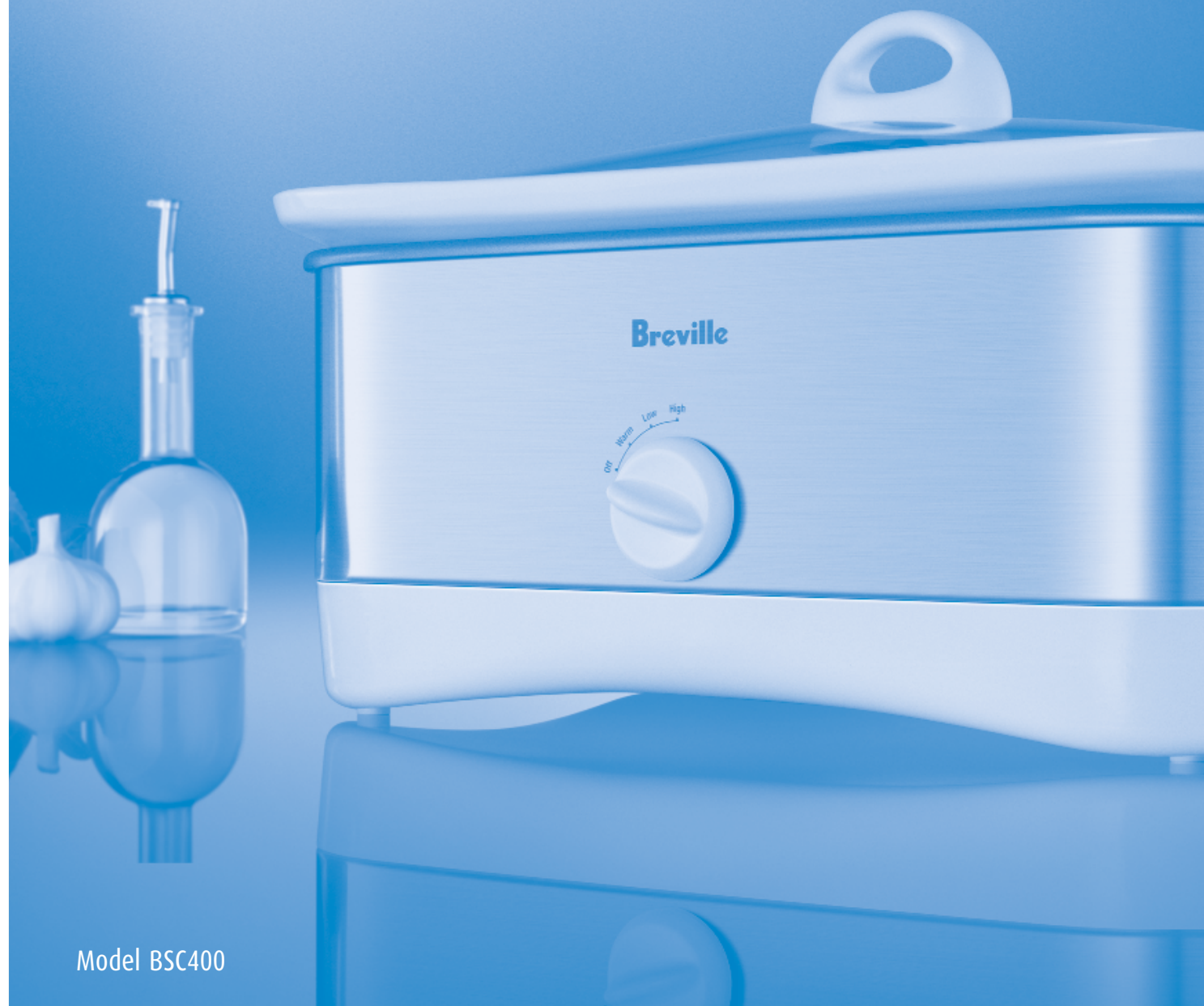
Breville

Banquet™ Meal Maker

Slow cooks moist and tender meals

Instructions for use

Includes recipes



Model BSC400

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Congratulations

on the purchase of your new Breville Banquet™ 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 you Breville Banquet Meal Maker

- Carefully read all instructions before operating and save for future reference.
- Do not immerse appliance, cord or power plug in water or any other liquid.
- Do not place the Banquet Meal Maker near the edge of a bench or table during operation or when in use. Ensure the surface is level, clean and free of water.
- Remove any promotional stickers and packaging material before using the Banquet Meal Maker for the first time.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven. Use the Meal Maker at least 20cm away from walls and curtains.
- Do not use on metal surfaces, for example, a sink drain board.
- Always insert the connector end of the power cord into appliance inlet before inserting power plug into power outlet and switching on appliance. Ensure the appliance inlet is completely dry before inserting the connector end of the power cord.
- Never plug in or switch on the Meal Maker without having the removable crockery bowl placed inside the stainless steel housing.
- Do not place food or liquid into stainless steel housing. Only the removable crockery bowl is designed to contain food or liquid.
- Ensure that the food or liquid to be cooked fills half or more of the removable crockery bowl.
- Extreme caution must be used when the appliance contains hot food and liquids. Do not move the appliance during cooking.
- Always turn the Temperature Control Dial to the OFF position, switch off at power outlet, unplug at the power outlet and remove the connector end from the appliance inlet before moving the appliance or removing the removable crockery bowl at the end of cooking.
- Do not touch hot surfaces. Use handles to move Meal Maker and dry pot holders or oven mitts to remove the removable crockery bowl.
- Do not place the removable crockery bowl when hot on any hot surface that may be affected by heat.
- Lift and remove the glass lid carefully and angled away from yourself to avoid scalding from escaping steam. Do not allow water from the lid to drip into the stainless steel housing, only into the removable crockery bowl.
- Avoid sudden temperature changes. Do not place frozen or very cold foods into the removable crockery bowl when it is hot. Do not place the removable crockery bowl into refrigerator, freezer or cold water when it is hot.
- Do not use the removable crockery bowl in a conventional oven. Do not place the removable crockery bowl onto a heated gas or electric burner.
- Do not use a damaged or cracked removable crockery bowl. Replace before using.
- Always turn the Temperature Control Dial to the OFF position, switch off at power outlet, unplug at the power outlet, remove the connector end from the appliance inlet and allow all parts to cool before disassembling for cleaning.
- Keep the appliance clean. Follow the cleaning instructions provided in this book.

Important safeguards for all electrical appliances

- Unwind the cord before use.
- Do not let the cord hang over the edge of a table or bench, touch hot surfaces or become knotted.
- This appliance is not intended for use by young children or infirm persons unless they have been adequately supervised by a responsible person to ensure that they can use the appliance safely.
- 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, connector 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 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.

Know your Breville Banquet Meal Maker

Tempered domed glass cook 'n' look lid
allows you to monitor food during cooking

Cool touch handles

Wrap around element
for even heating

Control dial
with off, low, high and keep warm settings



Dishwasher safe 'Cook and Serve'
removable crockery bowl

Extra large 6.5 litre capacity

Removable cord

Before the first use

Before first use, remove all promotional labels and packing materials. Wash the removable crockery bowl and glass lid in hot, soapy water, rinse and dry thoroughly. Wipe the inside and outside of the stainless steel housing with a soft, damp cloth, then dry thoroughly.

Operating instructions

1. 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. Insert the removable crockery bowl into the stainless steel housing, then 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.
2. With the Temperature Control Dial turned to the OFF position, insert the connector end of the power cord into the appliance inlet, plug the power cord into a 230/240V power outlet and switch the power on at the power outlet.
3. Turn the Temperature Control Dial to the desired setting, or as recommended in the recipe section.
4. When cooking is complete, turn the Temperature Control Dial to the OFF position, switch off at the power outlet, remove the power plug and then the connector end from the appliance inlet.

Important

- Always use the Meal Maker on a dry, level surface.
- Never operate without food and liquid in the removable crockery bowl.
- Never operate without the removable crockery bowl positioned in the stainless steel housing.
- Always have the glass lid firmly in position on the removable crockery bowl throughout the operation of the appliance unless where stated in a recipe to have it removed.
- Always use 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 hot surface that may be affected by heat.

Using the temperature control settings

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.

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.

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.

In years gone by, food cooked in large pots, and allowed to simmer for hours, was full of flavour, moist and tender. The Breville Banquet Meal Maker is designed to produce these same results, whilst leaving you 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 Settings, however the cooking times will vary accordingly. Each recipe will give specific instructions indicating the appropriate settings 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

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

Note

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, stirring the food when using the High setting ensures even flavour distribution.



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

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 being formed from the fat as it melts. 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	Veal Diced Leg, Shoulder/Forequarter Chops and Steaks, Neck Chops, Knuckle (Osso Bucco).
Pork	Pork Leg Steaks, Diced Belly, Diced Shoulder, Boneless Loin Chops.

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. 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	Beef Blade, Rump, Rib Roast, Sirloin, Fresh Silverside, Topside.
Lamb	Lamb Leg, Mid Loin, Rack, Crown Roast, Shank, Shoulder, Mini Roasts.
Veal	Veal Leg, Loin, Rack, Shoulder/Forequarter.
Pork	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, Roller Brisket.
Lamb	Forequarter, Shank, Shoulder.
Veal	Shoulder/Forequarter.
Pork	Loin, Neck.

Preparing vegetables

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

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.

Hints and tips

- 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, turn the Temperature Control Dial to 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 removable 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 removable crockery bowl at the table.

DONT'S

- 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 a 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 base, cord or plug of the Meal Maker in water or any other liquid.
- Touch hot surfaces with bare hands.

Care and cleaning

- Before cleaning the Meal Maker switch the Temperature Control Dial to OFF, switch off at the power outlet, unplug from the power outlet and remove the connector end of the power cord from the appliance inlet.
- Always allow the Meal Maker 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 crockery bowl or lid.
- The stainless steel housing can be wiped over with a soft, damp cloth and then dried thoroughly.



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



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

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Due to continual improvements in design or otherwise, the product you purchase may differ slightly from the one illustrated in this booklet.

Model BSC400 Issue 1/05

Breville

Recipes

Delicious recipes

Includes instructions for use



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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 bowl. 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
- 1½kg 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 seeds and garlic, cook for 1 minute.
 2. Place kumera into the removable crockery bowl. 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.

Measurements used are Australian Standard Metric Cups and Spoons

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 bowl.
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 bowl. 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 bowl. 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 bowl, 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.

Chunky fish chowder

MAKES
6-8 **SERVES**

2 large leeks, trimmed, cleaned and sliced
4 medium potatoes, peeled and cubed
1½kg white boneless fish fillets, cubed
1litre chicken stock
1 cup milk
Salt and pepper, if desired
300ml cream
1 teaspoon ground nutmeg
½ cup finely chopped shallots

1. Place prepared leeks, potatoes and fish into the removable crockery bowl.
2. Combine chicken stock and milk, season to taste and pour over vegetables and fish.
3. Cover with lid and cook on Low 6-8 hours or High 4 hours.
4. Stir in cream and nutmeg ½ hour before end of cooking. Replace lid and continue cooking.
5. Ladle soup into serving bowls and top each serve with a light sprinkle of shallots.

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 bowl. Cover with lid and cook on Low 8-10 hours or High 4-5 hours.

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 bowl.
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 bowl. Cover with lid and cook on Low 8-10 hours or High 4-5 hours.

Serve hot accompanied with crusty bread, pasta and salad of your choice.

Chicken with mushrooms

MAKES
8 **SERVES**

- 2 tablespoons oil
- 2kg 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.

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
- 2kg 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 bowl.
3. Cover with lid and cook on Low 8-10 hours or High 4 hours.

Serve hot sprinkled with coriander if desired and accompanied with steamed rice and Cucumber raita.

2 whole chickens

MAKES
6-8 SERVES

- 2 large onions
- 2 small bouquet garni (parsley, sage, dill)
- 2 x 1 – 1.5kg chickens
- 4 tablespoons prepared pesto

1. Place 1 onion and 1 bouquet garni into each chicken cavity. Carefully ease the skin away from chicken breast and rub 2 tablespoons pesto between the meat and the skin. Carefully replace the skin. Truss both chickens individually with wetted kitchen string.
2. Place suitable sized trivets (or two heat proof upturned saucers) into the removable crockery bowl. Place a chicken onto each trivet.
3. Cover with lid and cook on Low 6-8 hours or High 4 hours or until cooked and the juices run clear. Please Note: Some chickens roasted by this method may release a large amount of fat and liquid.
4. At end of cooking, carefully remove each chicken from the removable crockery bowl. Remove the kitchen string, onions and bouquet garni and discard.

BOUQUE GARNI

Combine a small selection of herbs, suitable to the food being cooked, and tie with kitchen string. Remove at the end of cooking and discard.

One large chicken can be cooked by this method – cook on Low 5-6 hours or High 3 hours or until cooked and the juices run clear.

Note

Beef rendang

MAKES
8 SERVES

- 2 tablespoons oil
- 2kg 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 bowl. 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.

Serve hot accompanied with steamed rice and pre-packaged naan bread.

Tagine of beef

MAKES
8 SERVES

- 2 tablespoons olive oil
- 2kg 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 bowl. 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.

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 bowl. 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.

Serve hot meat slices with Balsamic plum glaze accompanied with boiled potatoes, stir-fried carrots, parsnips and snow peas.

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
 ⅓ 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 bowl. Cover with lid and cook on low 8-9 hours.
3. Spoon Chilli Con Carne into serving bowls, top with sour cream if desired.

Serve hot accompanied with potato wedges and avocado salad.

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 bowl. 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.

Serve hot accompanied with steamed jasmine rice and salad.

Lamb shanks in a tomato, pesto sauce

MAKES
8 **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 bowl. Cover with lid and cook on Low 8-10 hours or High 4-6 hours.

Serve hot accompanied with mashed potatoes, char-grilled eggplant and zucchini.

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 bowl. 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 bowl 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.
- Serve hot accompanied with pita bread, mango chutney and tomato and onion salad.

Lamb korma curry

MAKES
8 SERVES

- 2kg leg of lamb, boned and trimmed
- 2 tablespoons ghee (or butter)
- 2 tablespoons oil
- 4 onions, peeled and sliced
- 3 cloves garlic, crushed
- 1 tablespoon finely grated ginger
- ¼ cup coconut milk
- ¼ cup natural yoghurt
- 1 teaspoon chilli powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground cardamom
- 2 teaspoons salt
- 4-5 curry leaves
- 1-1½ litres water
- Fresh coriander sprigs, for serving**

1. Cut lamb into 2.5cm cubes.
2. Heat ghee and oil in a large frypan, add lamb in batches and brown well.
3. Place cooked lamb into removable crockery bowl.
4. Add onion to frypan and cook until golden brown, stir in garlic and ginger, cook 1-2 minutes.
5. Remove frypan from heat and stir in remaining ingredients. Pour mixture over lamb in removable crockery bowl. Stir well.
6. Cover with lid and cook on Low 6-8 hours or High 4 hours or until cooked.

Serve hot garnished with sprigs of coriander, with freshly steamed rice and pappadums.

Sweet orange pork

MAKES
8 SERVES

- ¼ cup oil
- 2 large Spanish onions, sliced
- 2kg 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 bowl.
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 bowl. Cover with lid and cook on Low 8-10 hours or High 4-5 hours.

Serve hot accompanied with buttered noodles and salad greens.

Pork with kumera

MAKES
6 SERVES

- 2kg pork neck
- 2 tablespoons olive oil
- 3 cloves garlic, crushed (optional)
- 4 medium brown onions, peeled and quartered
- 4 bacon rashers, rind removed, chopped
- 3 medium kumera or sweet potato, peeled
- 2 cups (500ml) vegetable stock
- 1 x 375ml can beer
- 2 tablespoons plain flour
- ¼ cup vegetable stock
- Freshly ground black pepper, if desired**

1. Truss pork with wetted kitchen string to maintain an even shape.
 2. Heat oil in a large frypan, add pork neck and brown well.
 3. Place browned pork into removable crockery bowl.
 4. Add garlic, onion and bacon to frypan and cook 1-2 minutes. Cut kumera into 4cm slices, add to frypan and cook 1-2 minutes.
 5. Add cooked ingredients to removable crockery bowl, pour in stock and beer.
 6. Cover with lid and cook on Low 6-8 hours or High 4 hours or until cooked.
 7. Remove pork and kumera, cover with foil. Blend flour and stock, season if required, and stir into remaining liquid in removable crockery bowl. Select High setting and cook uncovered until liquid thickens and reduces.
 8. Remove string from pork and slice.
- Serve hot pork slices with kumera and bacon and onion sauce.

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
 1/2 teaspoon cayenne pepper
 2 teaspoons ground cumin
 2 teaspoons ground coriander seeds
 1 tablespoon ground cinnamon
 4 cups beef stock
 200g pitted prunes
 1/3 cup honey
 1 tablespoon grated orange rind
 1/3 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 bowl. 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
 1/3 cup plain flour
 1/4 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
 1/3 cup fresh basil leaves chopped
 1/2 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 bowl. Repeat with remaining shanks.
2. Combine tomato sauce, wine, sugar, pepper, salt and basil. Pour over shanks in removable crockery bowl. 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.

Serve hot accompanied with pre-packaged gnocchi and steamed mixed green vegetables.

Chilli bean and vegetable combo

MAKES
8-10 **SERVES**

1/3 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
 1/2 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
 1/2 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 bowl.
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 bowl. Cover and cook on Low 5-6 hours or High 2-3 hours.

Serve hot with crusty bread rolls.

Curried pumpkin with spinach

MAKES
6-8 **SERVES**

2 tablespoon oil
 2 medium onions, sliced
 4 garlic cloves, crushed
 3 teaspoons fresh ginger, grated
 3 small green chillies, finely sliced
 1 1/2 teaspoons ground coriander
 1 1/2 teaspoons ground cumin
 1 1/2 teaspoons brown mustard seeds
 1 1/2 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 bowl. 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 1/2 hour before end of cooking. Stir well. Replace lid and continue cooking until spinach is soft.

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 bowl. 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 bowl. 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.
- Serve hot accompanied with steamed brown rice and Cucumber raita.

Chick pea curry

MAKES
6-8 **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 bowl. 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 bowl. Cover with lid and cook on Low 6-7 hours or High 2-3 hours.

Serve hot accompanied with stir-fried mixed vegetables.

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

1. Combine all ingredients.
- Serve chilled.

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 bowl. Cover with aluminium foil and secure with kitchen string.
4. Place 1-2 cups water into the removable crockery bowl. 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.

Pudding can be served hot or cold.

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

Note

Individual christmas puddings

MAKES
6 **SERVES**

100g butter, softened
 ½ cup brown sugar
 1 tablespoon golden syrup
 2 x 60g eggs
 1½ cups (375g) self-raising flour, sifted
 1 teaspoon cinnamon
 1/3 cup milk
 1/3 cup brandy
 ½ cup (100g) mixed dried fruit
 ½ cup (100g) finely chopped dates

1. Cream butter, sugar and golden syrup, beat in eggs one at a time. Fold in flour, cinnamon, milk, sherry and fruits.
2. Spoon mixture into 6 x 1-cup well-greased and base-lined heat-proof containers, allowing 1cm from the top for rising. Cover each container with 1 round of greaseproof paper and 2 rounds of foil cut sufficiently wide to overlap the container. Secure the paper and foil around the container using kitchen string.
3. Place suitable sized trivet in removable crockery bowl and place prepared containers onto trivet. Carefully pour in sufficient water to come half way up the sides of the pudding containers.
4. Cover with lid and cook on Low 4-6 hours or High 2-3 hours. Maintain water level by adding boiling water if required.
5. At end of cooking, carefully remove each pudding container, wipe dry and remove string, paper and foil.
6. Turn out puddings by inverting onto individual serving plates, serve hot with brandy custard and fresh dates.

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, melted
 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 bowl. 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.

4. Place 1-2 cups water in the removable crockery bowl. 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, 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 bowl is required for this recipe.

Note

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