

Sunbeam

VitaSteam Electronic

Programmable Food Steamer

Instruction Booklet
ST6820

Please read these instructions carefully
and retain for future reference.



Contents

Sunbeam's Safety Precautions	1
Features of your VitaSteam Electronic	2
An Introduction to Steam Cooking	4
Using your VitaSteam Electronic	5
For Best Results when Steaming	6
Guide to the Instant Steam Function	7
Guide to Water Levels	7
Guide to using the Steaming Trays	8
Guide to using the Rice Bowl	8
Care and Cleaning	9
Guide to Cooking Times	
Vegetables	10
Rice, Grain & Cereals	12
Fish & Seafood	13
Poultry	14
Eggs	15
Recipes	16

Important instructions – retain for future use.

تأكد من تفهم احتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich, dass die obenstehenden Sicherheitsmaßnahmen verstanden werden

Βεβαιώνετε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری بنکند که احتیاط‌های بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığından emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

Sunbeam's Safety Precautions

SAFETY PRECAUTIONS FOR YOUR SUNBEAM VITASTEAM ELECTRONIC.

- Ensure your steamer is used at least 50cm (half a metre) away from a gas flame or electric element.
- Do not operate the steamer on an inclined surface.
- Do not move or cover the steamer while in operation.

Sunbeam is very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- The temperature of accessible surfaces may be high when the appliance is operating.
- Never leave an appliance unattended while in use.

If you have any concerns regarding the performance and use of your appliance, please visit www.sunbeam.com.au or contact the Sunbeam Consumer Service Line. Ensure the above safety precautions are understood.

- Do not immerse the base of the steamer in water or any other liquid.
- Use your steamer well away from walls, curtains and cupboards that may be affected by steam.
- Do not use your steamer in confined spaces.
- Remove the cover away from you after steaming.

- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven.
- Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.
- Appliances are not intended to be operated by means of an external timer or separate remote control system.
- This appliance is intended to be used in household and similar applications such as: staff kitchen areas in shops, offices and other working environments; farm houses; by clients in hotels, motels and other residential type environments; bed and breakfast type environments.

Features of your VitaSteam Electronic

6 cup capacity rice bowl

The separate rice bowl cooks up to 6 cups of perfect, light and fluffy rice every time.

3 steaming trays

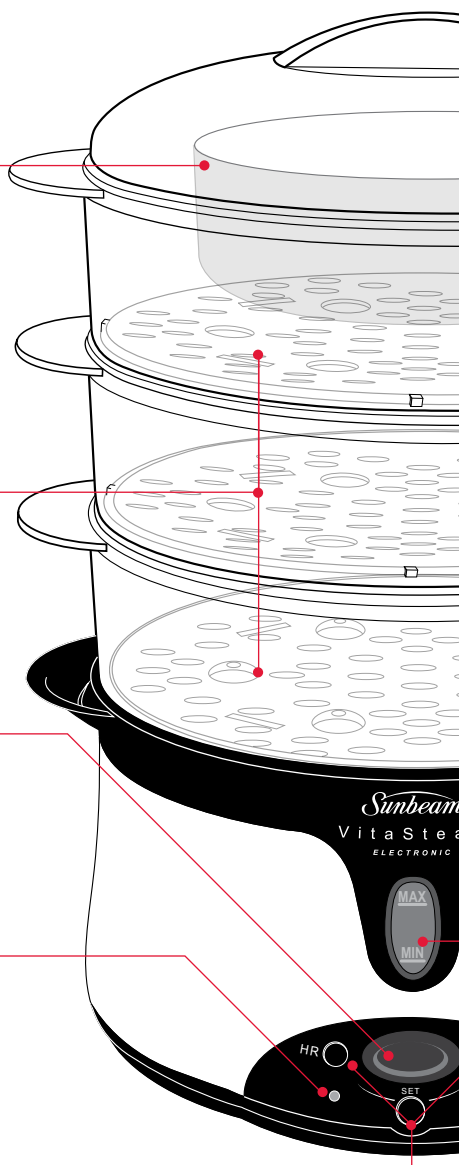
Enables you to cook your entire meal using one appliance. Steam seafood, poultry or other meats in the lower tray, then add the upper trays to steam nutritious vegetables. The steaming trays are shatter resistant to prevent breakage. The base of each tray can be removed to allow for larger food items.

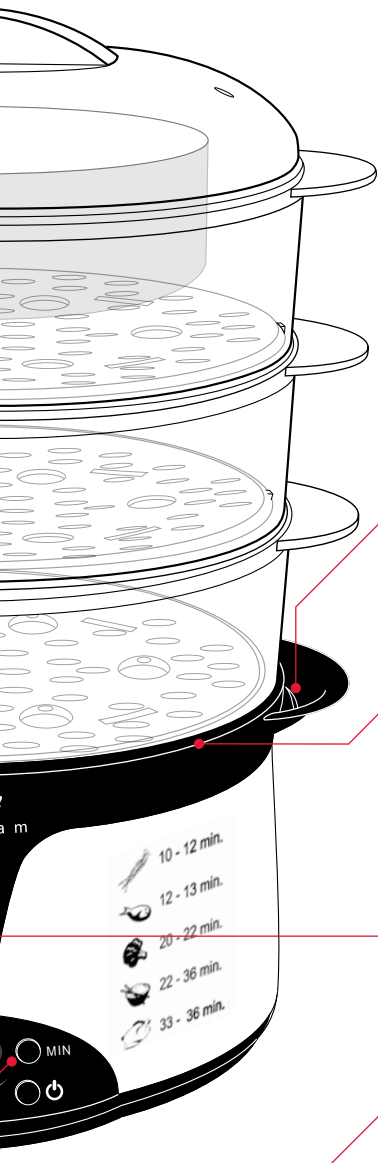
LCD screen

Digitally displays the remaining cooking time selected in Steamer mode, or the delay time in Timer mode.

ON/OFF light

Indicates when the appliance is steaming.





External water fill hole

Allows you to add water to the steamer without removing the steaming trays.

Removable drip tray

Collects the fats, juices and condensation during steaming, and is removable for easy cleaning. An instant steam sleeve built into the drip tray helps to generate steam in as little as 30 seconds.

Water level indicator

External water level indicator allows you to monitor the water level at all times.

Control panel

Allows you to preset the desired cooking time or program your steamer to delay start by setting the timer.

An Introduction to Steam Cooking

Congratulations on the purchase of your new Sunbeam VitaSteam Electronic food steamer. You will now be able to enjoy the benefits and convenience of steam cooking.

Steaming is one of the healthiest cooking methods available, as it requires no fats or oils. Steaming ensures that fruit and vegetables retain vitamins and minerals required for a balanced diet.

Meats such as chicken can be gently steamed to retain their flavour and tenderness, while the fats drain away.

Steaming is also gentle, as the food never comes in contact with the cooking liquid, ensuring that it retains its shape, colour and texture.

Using your VitaSteam Electronic

Before using your VitaSteam Electronic for the first time, wash the steaming trays, rice bowl, lid and drip tray in warm soapy water. Rinse and dry thoroughly. Operate the Steamer for 15 minutes using a solution of 1 tablespoon lemon juice and 2 cups water in the reservoir.

Note: You may notice a slight odour during this first operation. This is normal with many heating appliances and will not affect the performance of your Steamer.

1. Fill the water reservoir above the 'MIN' water level and no higher than the 'MAX' water level.

Note: Use only clean water in your VitaSteam Electronic. Do not use wine, stock or other liquids.


2. Place the removable drip tray in position.

Note: Do not operate the Steamer without the removable drip tray in place.

3. Place food to be steamed without sauce or liquid into the steaming trays and place on the power base. If steaming with sauce or liquid, use the rice bowl and place inside one of the steaming trays.

4. Replace the lid.

5. Insert the plug into a 230-240V power outlet and turn the power on.

6. To set the cooking time turn the unit on by pressing the Power button . 00:00 will appear on the LCD screen.

7. Press the 'SET' button once and the word 'STEAMER' will appear on the LCD screen. An automatic cooking time of 5 minutes will appear. To change this time use the 'MIN' (minutes) and 'HR' (hours) buttons to reach the desired cooking time. There is a maximum cooking time of 3 hours 59 minutes. Once the cooking time has been selected the unit will turn on automatically

after 5 seconds. The ON/OFF light will illuminate to let you know that steaming has commenced. Five beeps will sound when the selected time has elapsed and the Steamer will automatically switch to the Keep Warm function.

Note: If the water in the Steamer runs out before cooking has finished the unit will sound a continuing beep and the ON/OFF light will blink. See the section on the automatic boil dry sensor setting on page 6.


8. Using oven mitts or a cloth, remove the lid by tilting it away from you to ensure steam is safely released without scalding. Hold the lid over the steamer to allow the condensation to drain into the unit before removing completely. Remove the plug from the power outlet after use.

9. Carefully remove the steaming tray/rice bowl and serve the food.

Note: Use caution when handling the base of the unit and steaming trays/rice bowl as these will be hot.

Delay Start

You can delay the start of your cooking process by up to 30 minutes. This gives you time to get all your food ready in advance. The Steamer will start itself once the selected time has elapsed.

1. Turn unit on by pressing the Power button . 00:00 will appear on the LCD screen.

2. Press the 'SET' button once and the word 'STEAMER' will appear on the LCD screen. An automatic cooking time of 5 minutes will appear. To change this time use the 'MIN' (minutes) and 'HR' (hours) buttons to reach the desired cooking time. There is a maximum cooking time of 3 hours 59 minutes.

3. Press the 'SET' button again, and the word 'TIMER' will appear on the LCD screen. Press the 'MIN' (minutes) button until you reach the desired delay time. There is a maximum delay time of 30 minutes. Once the delay time has been selected the unit will turn on automatically after 5 seconds and the delay countdown will begin. Once the delay time has finished the Steamer will start the cooking process.

Keep Warm function

The Steamer is fitted with a Keep Warm function. Once the selected cooking time has elapsed the Steamer will beep 5 times. The unit will automatically go to the Keep Warm function where the Steamer will switch itself on and off releasing a small amount of

steam at a time to keep your food warm. The Steamer will stay in the Keep Warm function for up to 1 hour. After 1 hour the Steamer will beep 3 times and then turn off.

Automatic boil dry sensor setting

The Steamer is fitted with an automatic boil dry sensor which switches off the heating element if the base is accidentally switched on empty or boils dry. If this occurs a continuous beep will sound and the ON/OFF light will blink. If cooking, the timer will stop. Refill water through the external water fill holes and press the 'SET' button to recommence the cooking process. The timer will continue with the remaining cooking time left on the LCD screen.

For Best Results when Steaming

The cooking times stated in this booklet are a guide only. The steaming time required for specific foods is affected by the following:

- The size, quality and the temperature of the food to begin with.
- The degree to which you like your food cooked.
- The temperature of the water used for steaming.

To ensure you get the best results when using your VitaSteam Electronic, follow these simple tips: –

- Remove food promptly after the steaming cycle has completed. If food is left in the Steamer it will continue to cook slightly due to the accumulated steam in the unit, especially with the Keep Warm function.
- Avoid overlapping thicker foods or foods that will take longer to cook e.g. large cuts of meat or large pieces of seafood.
- Food should be arranged evenly in all steaming trays and in the rice bowls. Foods of uniform size will steam at a similar rate.

Guide to the Instant Steam Function

The VitaSteam Electronic features an Instant Steam function that will enable steam to be generated in as little as 30 seconds. For this feature to operate you must place the removable drip tray with instant steam sleeve in position.



The instant steam sleeve concentrates a small amount of water around the exposed heating element, quickly bringing it to boiling temperature to produce steam, rather than heating all of the water in the reservoir at once.

The instant steam sleeve has a small cut out in the bottom to allow water to flow into the contained water area.

For more efficient steaming we recommend that the appliance is always operated with the removable drip tray with instant steam sleeve in position.

Guide to Water Levels

Your VitaSteam Electronic relies on the water reservoir being full of water to operate. Fill the water reservoir with clean water only. See Figure 1. The water level must be between the 'MIN' (500ml) and 'MAX' (1000ml) markings.

When continuously cooking food with your Steamer ensure that the water level does not fall below the 'MIN' marking (500ml).

If this does occur your VitaSteam Electronic is fitted with an automatic boil dry sensor which will switch off the heating element. See previous page for more details.

The external water fill holes on both sides of the Steamer allow you to add water to the Steamer without removing the steaming trays. This is ideal for topping up water levels

when cooking for long periods and allows for continuous steaming. See Figure 2.



Figure 1

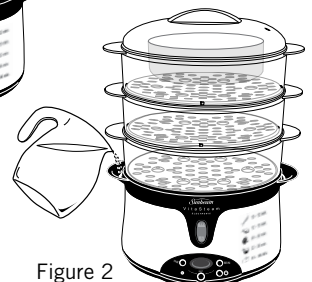


Figure 2

Guide to using the Steaming Trays

The VitaSteam Electronic comes with three steaming trays. The appliance can operate with all trays stacked on top of each other or with just one tray in position. See Figure 3. The base of each tray can also be removed to allow for larger food items. See Figure 4. Place the largest piece of food with the longest cooking time in the lowest steaming tray, then place on top of the removable drip tray and power base.

Then place the upper steaming trays on top for cooking rice or vegetables.

Note: Ensure bases are properly clicked into the sides of each tray before use.



Figure 3



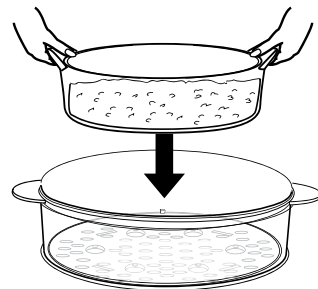
Figure 4

Guide to using the Rice Bowl

Rice should be cooked in the rice bowl provided, which has a capacity of up to 6 cups of cooked rice. The rice bowl must be placed in the top steaming tray with the lid on.

Both uncooked rice and water must be added to the rice bowl. Check the recommended quantities on Page 12. For perfect rice, ensure you rinse the rice properly with cold running water before cooking.

When handling the rice bowl use insulated pot holders/oven mitts to avoid burns from the hot steam.



Care and Cleaning

Before cleaning your Sunbeam VitaSteam Electronic, ensure the power is turned off at the power outlet and the plug removed.

Wash the rice bowl, steaming trays, drip tray and the lid in warm, soapy water, rinse and dry.

DO NOT wash in dishwasher as the hot water temperatures and harsh detergents may eventually warp and scratch these parts. **DO NOT** use abrasives or abrasive cleaners as these may also scratch the surfaces.

Wipe out the interior of the Steamer base with a warm, damp cloth or a small brush. Wipe the exterior of the base with a damp cloth or sponge. **DO NOT** use abrasives or abrasive cleaners as these may scratch the Steamer base.

Warning

NEVER IMMERSE THE BASE OF YOUR STEAMER IN WATER OR ANY OTHER LIQUID.

Important – Mineral Deposits

Mineral deposits may accumulate on the exposed heating element which can result in your Sunbeam VitaSteam Electronic switching off before the cooking cycle is complete.

To remove this build up use a wet scouring pad and rub over the surface of the heating element only, after each use.

Alternatively, prepare a solution of either:

- (i)-2 cups of water in which 1 teaspoon of cream of tartar has been dissolved; or
- (ii)-2 cups of water to which 1 tablespoon of lemon juice or white vinegar has been added.

Pour the solution into the reservoir, place the lid in position on the Steamer base and operate your Sunbeam VitaSteam Electronic for approximately 15 minutes. Remove the lid and clean as directed. If excess scale has built up, repeat this process.

Note:

If food with a strong odour, such as fish and cabbage has been steamed, the above procedure may be followed with the steaming trays or rice cooker bowl in position. This will ensure that the odour is not transferred to the next steaming cycle.

Vegetables – guide to cooking times

The following are some handy hints on steaming vegetables:

1. Before steaming, wash the vegetables thoroughly.
2. Cut off stems and peel if desired.
3. Cut vegetable to the desired size (smaller pieces steam faster than larger ones).
4. To retain the vegetables' flavours and nutrients, steam until just tender, but still slightly firm.
5. When steaming several different vegetables at once, place the largest and firmest in the Steamer first. Add other vegetables according to size during the steaming time.
6. If a sauce or liquid is to be prepared with the vegetables, use the rice bowl for steaming.
7. Frozen vegetables should not be thawed before steaming.

VEGETABLE	QUANTITY	APPROX TIME IN MINUTES
Artichokes - Globe	2 whole, tops trimmed	18
Asparagus	500g	12
Baby corn	125g, whole	10
Baby bok choy	350g bunch, cut in half lengthways	5
Beans - Green or Wax	500g, cut or whole	12
Beetroot	500g, whole with 3cm tops	38
Broccoli	500g	12
Broccolini	175g bunch, whole, ends trimmed	9
Brussel sprouts	500g	17
Cabbage	500g, coarsely shredded	12
Carrots	500g, sliced	17
Cauliflower florets	500g	17
Celery	1 bunch, thinly sliced	17
Chinese cabbage	Shredded into 1cm thick pieces	10
Choi sum	500g bunch, cut into equal lengths Steam stems 5 minutes then add leaves and steam for further 2 minutes	7
Corn on cob	3 to 5 cobs	20
Gai laan (Chinese broccoli)	Cut into 3 equal lengths Steam stems 5 minutes then add leaves and steam for further 3 minutes	8

Vegetables – guide to cooking times (continued)

VEGETABLE	QUANTITY	APPROX TIME IN MINUTES
Mushrooms	500g, whole	7
Onions	250g, thinly sliced	12
Parsnip	500g, peeled and sliced	12
Peas	500g, shelled	17
Peppers (capsicums)	500g, halved, seeds removed	7
Snow peas	100g, topped	3
Sugar snap peas	150g, topped	3
Potatoes		
1.-New	500g, whole (approx. 8)	28
2.-Red or White	500g, whole (approx. 3)	38
3.-Sweet	500g, cut into 3cm pieces	26
Pumpkin	500g, cut into 3cm pieces	26
Turnip	500g, cut into 3cm pieces	26
Zucchini	500g, sliced	7
Frozen Vegetables		
Green beans	500g	17
Lima beans	500g	17
Broad beans	500g	17
Broccoli (cuts)	500g, cuts	17
Brussel sprouts	500g	17
Carrots (sliced)	500g, sliced	17
Cauliflower	500g	17
Mixed vegetables	500g	17
Peas	500g	17
Corn on cob	500g	26

Rice, Grain & Cereals – guide to cooking times

The following are some handy hints on cooking rice in the rice bowl provided:

1. Wash rice well under cold running water, using a fine sieve.
2. Place rice and water into the rice bowl.
Place rice bowl in the top steaming tray.
3. Cover with the lid and set the timer.
4. For firmer rice, slightly decrease the amount of water specified in the rice bowl.
5. For softer rice, slightly increase the water quantity.

RICE, GRAIN AND CEREALS

VARIETY	RICE COOKER BOWL		APPROX TIME IN MINUTES
	Cups of Rice	Cups of Water	
Long Grain	1	1	22
Long Grain	2	2	30
Brown - Regular	1	1½	58

Note: Short/medium grain rices such as arborio and calrose are not recommended to be cooked in a steamer. These rices are best cooked by the absorption method.

OTHER GRAINS AND CEREALS

VARIETY	METHOD	APPROX TIME IN MINUTES
Oatmeal Regular	Place ½ cup oatmeal and 1 cup water into rice bowl. Place in the steaming tray, then put the lid on and set the timer.	17
Rolled Oats	Place 1 cup rolled oats and 1½ cups water into rice bowl. Place in the steaming tray, then put the lid on and set the timer.	17
Cracked Wheat (Burghul)	Place 1 cup cracked wheat and 1½ cups water into rice bowl. Place in the steaming tray, then put the lid on and set the timer.	26

Fish and Seafood – guide to cooking times

The following are some handy hints on steaming fish and seafood:

1. Place fish in the steaming tray.
2. If fish or seafood is to be poached or cooked in a sauce, use the rice bowl.
3. Add lemon wedges, herbs and seasoning before steaming, as desired.
4. Add butter or margarine after steaming, if desired.
5. Fish is cooked when it flakes easily with a fork and is opaque in colour.
6. Frozen fish may be steamed without defrosting, except for fillets which need to be defrosted and separated before steaming. Fillets are best steamed in a single layer.
7. When steaming frozen fish, extend the steaming time.
8. When steaming shellfish, discard any that do not open after cooking.

TYPE	QUANTITY	APPROX TIME IN MINUTES	SUGGESTIONS
Clams	500g	7	Clams will open when cooked.
Crabs	500g, Blue swimmer Cleaned & cut into quarters	10	Crab will turn reddish orange when cooked.
Fish			
1)-Fillet	500g,	12	Cook until fish flakes easily with fork. Season fish as desired with lemon juice, wine or herbs.
2)-Steak	2cm thick	17	
3)-Whole	500g - 750g	17	
Lobster, Whole	750g	17	Lobster will turn red when cooked.
Mussels	500g, fresh in the shell	12	Mussels will open when cooked.
Pippies	500g Rinse then soak for 2 hours in cold water. Drain and discard any that are already open before cooking.	10	Pippies will open when cooked.
Prawns			
Medium	500g, in the shell	12	Prawns will turn pink when cooked.
Large	500g, in the shell	12	
Scallops, shelled	500g	12	Steam just until hot and tender.
Scallops on the shell	12 Scallops Remove scallop from shell and rinse under water. Replace scallop on shell.	7	Arrange scallops over 3 steaming trays. Steam 5 minutes, scallops in the lowest tray will be cooked. Remove. Continue to steam remaining 2 trays of scallops for a further 2 minutes.

Poultry – guide to cooking times

To following are some handy hints on steaming chicken and poultry:

1. Select pieces of poultry of similar size for even cooking.
2. Arrange poultry in a single layer in the steaming tray, to facilitate even cooking.
3. The removal of fat and skin is recommended.
4. If some colour is desired, brown poultry well in a non-stick frypan before steaming.
5. Steam until well done. Check by piercing the thickest part of the poultry. If the juices run clear, it is cooked.

TYPE	QUANTITY	APPROX TIME IN MINUTES	SUGGESTIONS
Breast, on bone	250g (2 pieces)	38	Flesh side down.
Drumstick	500g (4 pieces)	33	Thickest part to outside of steaming tray.
Thighs, on bone	500g (4 pieces)	33	Thickest part to outside of steaming tray.
Poached breast, boneless	500g (2 pieces)	17	Poach in rice cooker bowl.
Chicken, whole	1.3kg	50	
Duck, pieces	500g (4-6 pieces)	47	
Quail, whole	500g (6 pieces)	22	Remove all visible fat.
Whole breast fillet	200g (1 side of breast)	38	

Eggs – guide to cooking times

The following are some handy hints for cooking eggs in the VitaSteam Electronic:

1. The Steamer is ideal for boiling, poaching or scrambling eggs.
2. Using the steaming tray, eggs may be cooked in the shell or cracked into individual size heatproof dishes.
3. Scrambled eggs may be prepared in the rice bowl.
4. Large eggs will require slightly longer cooking times.

VARIETY	QUANTITY	APPROX TIME IN MINUTES
Soft Boiled	1 - 8	7
Hard Boiled	1 - 8	12
Poached	1 - 6 Crack eggs into well greased ramekin dishes or small cups and place into Steamer. Cover and steam.	12
Scrambled	Beat together eggs and ¼ cup milk in rice bowl. Season with salt and pepper. Stir eggs 2-3 times during cooking.	17

Guide to recipes

The recipes in this book are a guide to the various types of food you can cook in your Sunbeam VitaSteam Electronic.

Each recipe specifies if the steaming tray or the rice bowl should be used.

Under each recipe title there is a note of the approximate cooking time required. This may not always produce food cooked to your personal taste (you may find the food over cooked or under cooked).

As you familiarise yourself with your Sunbeam VitaSteam Electronic you will be able to perfect the cooking times to suit your requirements and personal preferences.

Recipes

BREAKFAST

Breakfast Eggs

Serves: 4

Preparation: 10 mins

Cooking: 25 mins

- 8 cherry tomatoes, quartered
- 4 rashers bacon, fat trimmed, finely chopped
- 4 eggs

1. Scatter tomatoes equally among four 1 cup capacity ramekins. Top with bacon.
2. Crack an egg over tomato mixture. Cover with plastic wrap.
3. Place ramekins in steaming trays. Place lid on and set timer (10 mins).
4. Rotate trays and place lid on. Set timer for a further 15 mins.
5. Serve with rye toast.

Nutritional per serve: 10g fat; 713kJ;
3.5g sat fat; 0.3g fibre; 0.8g carbohydrate.

LIGHT MEALS AND SIDE DISHES

Chicken & Cashew Wontons

Makes: 26

Preparation: 15 minutes

Cooking: 12 minutes

- 1/3 cup unsalted raw cashew nuts
- 200g lean chicken mince

- 1 garlic clove, crushed
- 1/3 cup soy sauce
- 1 tablespoon oyster sauce
- 26 fresh flour wonton wrappers
- 3 teaspoons sesame oil
- 1 fresh red birds-eye chilli, thinly sliced

1. Place cashew nuts in a small frying pan over medium heat. Cook, stirring occasionally, for 1-2 minutes or until toasted. Remove from heat. Finely chop.
2. Combine nuts, chicken, garlic, 1 tablespoon soy sauce and oyster sauce in a large glass bowl.
3. Place half the wrappers on a clean work surface. Place 1 teaspoon of chicken mixture in the centre of each wrapper. Bring sides of wrapper up and pinch to form a pouch and enclose filling. Repeat with remaining wrappers and chicken mixture.
4. Arrange dumplings in steaming trays. Place lid on and set timer (10 mins).
5. Combine remaining soy sauce and oil in a small glass bowl. Add chilli. Serve dumplings with dipping sauce.

Nutritional per wonton: 1.6g fat; 216kJ;
0.3g sat fat; 0.2g fibre; 5g carbohydrate.

Recipes (continued)

Chicken Gow Gee

Makes: 24

Preparation: 15 minutes

Cooking: 12 minutes

¼ cup sliced dried shiitake mushrooms

200g lean chicken mince

1 tablespoon finely chopped, unsalted, roasted peanuts

1 garlic clove, crushed

1 green shallot, finely chopped

1 fresh long red chilli, deseeded, finely chopped

2 teaspoons hoisin sauce

24 fresh gow gee wrappers

1. Place mushrooms in small heatproof bowl. Cover with boiling water. Set aside to soak for 20 minutes or until softened. Drain well and finely chop.
2. Combine the mushrooms, chicken, nuts, garlic, shallot, chilli and sauce in a large glass bowl.
3. Place wrappers on a clean work surface. Place one heaped teaspoon of mixture in centre of one wrapper; brush edge with a little water. Pleat damp side of wrapper, pinch both sides together to seal. Repeat with remaining wrappers.
4. Arrange gow gees in steaming trays. Place lid on and set timer (12 mins).

Nutritional per gow gee: 0.8g fat; 195kJ; 1.3g sat fat; 0.5g fibre; 6.1g carbohydrate.

Pork, Chestnut & Basil Dim Sims

Makes: 26

Preparation: 15 minutes

Cooking: 10 minutes

500g lean pork mince

227g can water chestnuts, drained, finely chopped

1 cup stale breadcrumbs (made from day old bread)

1 egg, lightly beaten

½ cup sweet chilli sauce

2 tablespoons finely chopped fresh basil

1 garlic clove, crushed

2 tablespoons sesame seeds, toasted

1. Combine the pork, chestnuts, breadcrumbs, egg, 1 tablespoon of the sauce, basil and garlic in a large glass bowl. Roll tablespoon quantities into balls.
2. Arrange balls in steaming trays. Place lid on and set timer (10 mins).
3. Transfer balls to a serving platter. Sprinkle with sesame seeds. Serve with remaining chilli sauce.

NOTE: To make breadcrumbs for this recipe, place 2 slices of stale bread in a food processor and process until finely chopped.

Nutritional per serve: 1.8g fat; 157kJ; 0.3g sat fat; 0.8g fibre; 3.4g carbohydrate.

Recipes (continued)

Steamed Pork Buns

Makes: 6

Preparation: 20 minutes

(+ 4 hours marinating & 1 hour proving time)

Cooking: 30 minutes

400g pork midloin chops

¼ cup hoisin sauce

2 tablespoons salt-reduced soy sauce

3 teaspoons finely grated fresh ginger

1 teaspoon sesame oil

1 teaspoon Chinese five spice powder

1 garlic clove, crushed

1¼ cups plain flour

3 teaspoons caster sugar

2 teaspoons dried yeast

¼ cup warm milk

¼ cup lukewarm water

1½ tablespoons peanut oil

1. Place pork in a steaming tray. Place lid on and set timer (15 mins).
2. Transfer pork to a bowl. Set aside for 5 minutes or until cool enough to handle. Remove bone and shred meat. Place in a glass bowl along with soy sauce, hoisin sauce, ginger, oil, spice powder and garlic. Stir to combine. Cover with plastic wrap. Place in the fridge for 4 hours to allow the flavours to develop.
3. Meanwhile to make the dough, combine the flour, sugar and yeast in a large bowl. Make a well in the centre. Combine the milk, water and 1 tablespoon of the oil in a jug. Add to dry ingredients and stir to combine.
4. Turn dough out onto a lightly floured surface, knead for 5 minutes or until smooth. Use remaining oil to lightly grease

a large bowl. Place dough in bowl and turn to coat in oil. Cover with plastic wrap and place in a warm, draft-free place to prove for 30 minutes or until dough doubles in size.

5. Punch dough down with your fist, knead briefly on a lightly floured surface and cover with plastic wrap. Place in a warm draft-free area to prove for a further 30 minutes.
6. Shape dough into a 5 x 20cm log. Cut into six equal portions. Use a round 7cm pastry cutter as a guide to cut six discs from non-stick baking paper.
7. Flatten each dough portion. Place equal amounts of pork mixture on centre of dough and bring up side of dough to enclose. Roll into a ball. Place bun, seam-side down, on paper. Cut a small cross in top of each bun. Arrange in steaming trays. Place lid on and set timer (15 mins).

Nutritional per serve: 8g fat; 1080kJ;

1.8g sat fat; 2.3g fibre; 26g carbohydrate

Asparagus with Lemon Butter

Serves: 4

Preparation: 5 mins

Cooking: 12 mins

2 bunches asparagus

40g butter, melted (or 2 teaspoons olive oil)

2 tablespoons lemon juice

2 teaspoons finely chopped parsley

cracked black pepper

1. Arrange asparagus evenly in steaming tray. Place lid on and set timer (12 mins).
2. Transfer asparagus onto a serving platter. Drizzle over the combined melted butter, lemon juice, parsley and pepper. Serve.

Nutritional per serve: 8g fat; 422kJ;
5g sat fat; 2g fibre; 2.1g carbohydrate.

Cauliflower & Broccoli Bake

Serves: 6

Preparation: 10 minutes

Cooking: 45 minutes

400g cauliflower, cut into florets

400g broccoli, cut into florets

60g butter

1 brown onion, finely chopped

1 garlic clove, crushed

½ cup plain flour

2 teaspoons ground cumin

2 cups milk

¾ cup coarsely grated cheddar

pinch of sweet paprika

1. Arrange cauliflower in a steaming tray.
2. Arrange broccoli in another steaming tray. Stack trays and place lid on. Set timer (10 mins).
3. Preheat oven to 180°C. Melt butter in a medium saucepan over medium heat. Add onion and garlic and cook, stirring, for 1-2 minutes. Sprinkle over flour and cumin and cook, stirring, for a further 1-2 minutes or until mixture bubbles. Gradually stir in milk until mixture boils, thickens and is smooth. Remove from heat. Stir in half the cheese. Taste and season with salt and ground white pepper.
4. Transfer cauliflower and broccoli to a 20cm square ovenproof dish. Pour over sauce. Top with remaining cheese and paprika. Bake for 25 minutes or until golden. Serve.

Nutritional per serve: 3g fat; 329kJ; 2g sat fat;
1.7g fibre; 5g carbohydrate.

Recipes (continued)

Saffron Rice

Serves: 4

Preparation: 5 minutes

Cooking: 30 minutes

- 1 cup uncooked white rice
- 2-3 threads of saffron, or pinch saffron powder
- 1 small brown onion, finely chopped
- 1. Place rice into the rice cooker bowl.
Combine the saffron with 1 cup of water in a jug. Pour over rice and add the onion.
- 2. Position the rice cooker bowl in a steaming tray. Place lid on and set timer (30 mins).

Nutritional per serve: 0.2g fat; 767kJ;
0.05g sat fat; 0.7g fibre; 40g carbohydrate.

Minted Tabouli Salad

Serves: 4

Preparation: 10 minutes (+ 15 minutes cooling time)

Cooking: 20 minutes

- ¼ cup cracked wheat (burghul)
- 2 cups finely chopped fresh flat-leaf parsley
- 4 green shallots, ends trimmed, finely chopped
- ¼ cup mint leaves, finely chopped
- 250g punnet cherry tomatoes, halved
- 3 lemons, juiced
- 1 tablespoon olive oil
- 1. Place cracked wheat and ½ cup of water into the rice cooker bowl. Position the rice cooker bowl in a steaming tray. Place lid on and set timer (20 mins).
- 2. Transfer cracked wheat to a glass bowl. Set aside for 15 minutes to cool. Add remaining ingredients and stir to combine.

Nutritional per serve: 4.9g fat; 483kJ;
0.6g sat fat; 3.5g fibre; 11g carbohydrate.

MAIN MEALS

Cabbage Rolls

Makes: 12

Preparation: 20 minutes

Cooking: 40 minutes

6 large Savoy cabbage leaves, hard core removed, cut in half

1 brown onion, finely chopped

2 garlic cloves, crushed

500g lean veal mince

1½ cups vegetable or chicken stock

2 tablespoons tomato paste

½ cup long grain white rice

100g baby spinach leaves, shredded

½ cup finely grated parmesan

500ml store-bought tomato pasta sauce

1. Arrange cabbage leaves in steaming trays. Place lid on Steamer and set timer (20 mins).
2. Meanwhile, heat oil in a large frying pan over medium heat. Add onion and cook, stirring occasionally, for 3 minutes. Add garlic and veal and cook, stirring, for 5 minutes or until mince changes colour. Add stock, paste and rice and bring to the boil. Boil, uncovered, stirring occasionally, for 10 minutes. Remove from heat. Stir in spinach. Set aside for 5 minutes before adding the cheese. Stir until combined (rice will be slightly crunchy). Taste and season with freshly ground black pepper.
3. Place one cabbage leaf, stem-side up on a clean work surface. Spoon 2 tablespoon quantities of mince mixture onto centre. Fold in sides and roll up tightly to enclose filling and form a parcel. Repeat with remaining leaves and mince mixture.

4. Arrange rolls, side by side in steaming trays. Place lid on and set timer (20 mins).
5. While cabbage rolls are cooking, place sauce in a medium saucepan and stir over low heat until hot. Pour half the sauce over the base of a shallow ceramic dish. Top with cabbage rolls. Pour over remaining sauce. Serve.

Nutritional per roll: 4.8g fat; 613kJ;
2g sat fat; 3.2g fibre; 10g carbohydrate.

Recipes (continued)

Vietnamese Pork in Lettuce Cups

Serves: 4

Preparation: 15 minutes (+ 3 hours marinating time)

Cooking: 20 minutes

- 1 (160g) pork fillet
- 5cm piece fresh ginger, peeled, finely chopped
- 2 tablespoons fish sauce
- ½ bunch coriander, leaves picked
- 2 medium carrots, peeled, cut into matchsticks
- 6 green shallots, ends trimmed, cut into matchsticks
- 16 mint leaves, torn
- 2 fresh long red chillies, halved, deseeded, thinly sliced lengthways
- 1 tablespoon peanut or sesame oil
- 1 lime, rind finely grated, juiced
- 8 butter lettuce leaves, washed, dried lime wedges, to serve

1. Use a small sharp knife to score pork both sides three times. Place in a large glass bowl. Add the ginger and half the sauce and turn to coat. Cover with plastic wrap. Place in the fridge for 3 hours to marinate.
2. Place pork in steaming tray. Place lid on and set timer (20 mins).
3. Combine coriander, carrot, shallots, mint and chilli in a large glass bowl. Thinly slice pork across the grain and add to carrot mixture.
4. Combine remaining fish sauce with oil, rind and juice and add to carrot mixture. Gently toss to combine.
5. Serve pork in lettuce cups with lime wedges.

Nutritional per serve: 5.5g fat; 441kJ;
1.1g sat fat; 1.5g fibre; 3.1g carbohydrate

Sweet Potato Gnocchi with Coriander Pesto

Serves: 4

Preparation: 15 minutes

Cooking: 30 minutes

- 600g orange sweet potato (kumara), peeled, cut into 2cm pieces
- 1 cup plain flour
- 300ml light cream
- 1 garlic clove, crushed
- shaved parmesan, to serve

Coriander Pesto

- 1 bunch coriander, roots trimmed, chopped, washed, dried
- ½ cup salted roasted cashew nuts
- ½ cup finely grated parmesan
- ½ cup olive oil

1. Arrange sweet potato in steaming tray. Place lid on and set timer (20 mins).
2. Transfer to a large bowl. Add flour and a pinch of salt and mash until well combined and a dough forms. Turn out onto a lightly floured work surface. Divide into two equal portions. Roll each portion into a 40 cm long log. Use a small sharp knife to cut into 1cm-thick pieces. Place on a tray. Set aside for 15 minutes.
3. Meanwhile make the coriander pesto. Place the coriander, cashews and parmesan in the bowl of a food processor and process until combined. Add oil and process until a paste forms. Transfer to an airtight container and cover surface directly with plastic wrap (this will prevent discolouring).
4. Bring a medium saucepan of water to the boil over medium-high heat. Add gnocchi and cook for 7-10 minutes or until gnocchi rise to surface. Use a slotted spoon to transfer to a plate.

5. Place cream and garlic in a large frying pan over medium heat. Add ½ cup pesto and bring to the boil. Reduce heat to low. Add gnocchi and cook, shaking pan occasionally, for 5 minutes or until sauce thickens slightly. Spoon among serving bowls. Top with shaved parmesan. Serve.

NOTE: Pesto will keep in an airtight container in the fridge for up to one week.

Nutritional per serve: 32g fat; 2384kJ; 14g sat fat; 4.6g fibre; 52g carbohydrate

Salmon Ravioli with Lime Butter

Serves: 4

Preparation: 15 minutes

Cooking: 25 minutes

1 large (200g) desiree potato, peeled, cut into 2cm cubes

415g can red salmon, drained, bones removed, flaked

1 small red onion, finely chopped

1 tablespoon chopped fresh dill

1 garlic clove, crushed

40 fresh flour wonton wrappers

80g butter, cubed

2 bunches asparagus, ends trimmed, diagonally cut into 3cm lengths

1 tablespoon lime juice

4 fresh kaffir lime leaves, centre vein removed, shredded

1. Place potato in steaming tray. Place lid on and set timer (15 mins).
2. Transfer potato to a large bowl. Season with salt and use a fork to mash until smooth.
3. Add the salmon, onion, dill and garlic and stir to combine. Place half the wonton wrappers on a clean work surface. Top each with some salmon mixture. Brush edges with water and top with remaining wonton wrappers. Press edges to seal.
4. Arrange ravioli in steaming trays. Place lid on and set timer (10 mins).
5. Meanwhile, place butter in a large non-stick frying pan. Stir over low heat until melted. Add asparagus, lime juice and lime leaves and cook, stirring, for a further 1-2 minutes or until tender.
6. Add ravioli and gently toss to combine.

Nutritional per serve: 21g fat; 2099kJ; 11g sat fat; 4.6g fibre; 45g carbohydrate.

Recipes (continued)

Scallops with Chilli Ginger Dressing

Makes: 12

Preparation: 10 mins

Cooking: 5-7 mins

- 1 green shallot, ends trimmed, thinly sliced
- 1 garlic clove, crushed
- 1 tablespoon sweet chilli sauce
- 1 tablespoon lime juice
- 12 scallops, in half shell
- ½ fresh long red chilli, halved lengthways, deseeded, thinly sliced
- 3cm piece ginger, peeled, cut into matchsticks
- 12 fresh coriander leaves

1. Combine shallot, garlic, sauce and juice in a small glass bowl. Set aside.
2. Clean scallops and arrange in steaming trays. Top with chilli and ginger. Drizzle with sauce. Place lid on and set timer (5 mins).
3. Transfer scallops to a large serving platter. Top with coriander leaves. Serve.

Nutritional per scallop: 0.2g fat; 81kJ;
3.9g sat fat; 0.09g fibre; 0.6g carbohydrate.

Fish on Almond, Olive & Spinach Couscous

Serves: 4

Preparation: 10 minutes (+ 1 hour marinating time)

Cooking: 10 minutes

- 4 (640g) firm white fish fillets (such as ling, bream, flake, blue-eye trevella)
- 3 teaspoons ground cumin
- 2 garlic cloves, crushed
- 1½ cups couscous
- 20g butter, chopped
- 1½ cups boiling vegetable stock
- 60g baby spinach leaves, shredded
- ½ cup drained, sliced, stuffed green olives
- ⅓ cup slivered almonds, toasted
- lime or lemon wedges, to serve

1. Place fish, cumin and half the garlic in a glass bowl. Cover with plastic wrap and place in the fridge for 1 hour to allow the flavours to develop.
2. Arrange fish in steaming trays. Place lid on and set timer (10 mins).
3. Meanwhile, place couscous and butter in a heatproof bowl. Stir with a fork while pouring over the hot stock. Cover with plastic wrap and set aside for 5 minutes or until all the liquid is absorbed. Stir in remaining garlic, spinach, olives and shallots until combined.
4. Spoon couscous among serving plates. Top with fish. Sprinkle with almonds and serve with lime or lemon wedges.

NOTE: You can substitute Jasmine rice for couscous if desired. Cook rice in rice cooker bowl following directions in the Guide to cooking rice (Page 12).

Nutritional per serve: 18g fat; 2504kJ;
4.8g sat fat; 3.8g fibre; 59g carbohydrate.

Herb Salmon Cutlets

Serves: 4

Preparation: 10 minutes

Cooking: 25 minutes

- 2 (160g each) salmon cutlets
- 2 brown onions, halved, thinly sliced
- 1 lemon, rind grated, juiced
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon chopped fresh dill
- Mixed green salad, to serve

1. Arrange salmon in a steaming tray. Top with onion, rind, juice and herbs. Season with freshly ground black pepper.
2. Place lid on and set timer (25 mins). Serve with salad.

Nutritional per serve: 11g fat; 1092kJ;
2.53g sat fat; 0.93g fibre; 3.1g carbohydrate.

Lemon Chicken & Red Lentil Salad

Serves: 4

Preparation: 15 mins

(+ 2 hours marinating & 10 mins cooling time)

Cooking: 20 mins

- 2 single chicken breast fillets
- 2 tablespoons olive oil
- 2 garlic cloves, crushed
- 2 teaspoons finely grated lemon rind
- 1 cup dried red lentils
- 80g baby rocket leaves
- ½ cup chopped fresh flat-leaf parsley
- 1 small red onion, halved, thinly sliced
- ½ cup drained, sliced, stuffed green olives
- 2 tablespoons lemon juice

1. Use a small sharp knife to score chicken breast both sides three times. Place chicken in a glass dish. Combine 2 teaspoons of the oil with the garlic and rind in a small bowl. Brush all over chicken. Cover with plastic wrap and place in the fridge for 2 hours to marinate.
2. Meanwhile, cook lentils in a medium saucepan of salted boiling water for 5 minutes or until just tender. Drain. Rinse under cold water. Transfer to a large glass bowl.
3. Arrange chicken in steaming tray. Place lid on and set timer (20 mins). Transfer chicken to a chopping board and set aside for 10 minutes to cool. Shred and add to bowl with lentils.
4. Add remaining ingredients to chicken mixture and stir to combine. Taste and season with freshly ground black pepper. Serve.

Nutritional per serve: 17g fat; 1550kJ;
3g sat fat; 9g fibre; 21g carbohydrate.

Recipes (continued)

Soy Chicken & Omelette Salad

Serves: 4

Preparation: 10 minutes (+ 1 hour marinating time)

Cooking: 25 minutes

2 single chicken breast fillets

1/3 cup soy sauce

2 tablespoons lime juice

1 tablespoon sesame oil

2 garlic cloves, crushed

80g snow pea sprouts, chopped

2 medium carrots, peeled, coarsely grated

1 fresh long red chilli, thinly sliced

1 bunch asparagus, ends trimmed, cut in half crossways

1 bunch broccolini, ends trimmed, cut in half crossways

3 eggs, lightly beaten

4 green shallots, ends trimmed, finely chopped

1. Use a small sharp knife to score chicken both sides three times. Place in a glass dish. Pour over 1/4 cup of the soy sauce. Turn chicken to coat. Cover with plastic wrap and place in the fridge for 1 hour to marinate.
2. Combine remaining soy sauce along with juice, oil and garlic in a small bowl. Set aside.
3. Place the sprouts, carrot and chilli in a large serving bowl. Set aside.
4. Arrange the asparagus and broccolini in steaming trays. Place lid on and set timer (5 mins). Remove from trays and add to sprout mixture.
5. Drain chicken. Arrange in steaming tray. Place lid on and set timer (20 mins). Remove from tray. Set aside for 5 minutes. Shred. Add to sprouts.

6. Whisk eggs and shallots in a jug. Heat a small non-stick frying pan over medium heat. Add egg mixture and tilt pan to cover base. Cook for 1-2 minutes or until just set. Turn and cook for a further 1-2 minutes or until just set and golden underneath. Transfer to a chopping board. Roll omelette into a log. Thinly slice and add to salad in bowl. Drizzle with dressing. Gently toss to combine. Serve.

Nutritional per serve: 15g fat; 1187kJ;
0.07g sat fat; 5.1g fibre; 5.7g carbohydrate.

Lamb Biryani

Serves: 4

Preparation: 10 minutes

(+ 6 hours or overnight marinating time)

Cooking: 45 minutes

- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon garam marsala
- ½ teaspoon ground turmeric
- 3cm piece fresh peeled ginger, finely chopped
- 2 garlic cloves, crushed
- ⅓ bunch coriander, stems washed and finely chopped, leaves picked
- 500g diced lamb
- 1 cup basmati rice
- 1 cup light coconut milk
- 1 small brown onion, halved, finely chopped
- 40g ghee (clarified butter)
- ½ cup slivered almonds, toasted

1. Place combined spices in a small non-stick frying pan over low heat. Cook, stirring, for 30 seconds or until fragrant. Transfer to a large glass bowl.
2. Add the ginger, garlic, coriander stems and stir to combine. Add lamb and stir to evenly coat in spice mixture. Cover with plastic wrap and place in the fridge for 6 hours or overnight to marinate.
3. Place rice into the rice cooker bowl. Pour over milk and sprinkle with onion. Position the rice cooker bowl in steaming tray. Place lid on and set timer (25 mins).
4. Meanwhile, melt ghee in a large saucepan over medium heat. Add lamb mixture and cook, stirring occasionally, for 5 minutes or until browned and cooked through. Add rice, almonds and coriander leaves. Stir to combine. Taste and season with salt. Serve.

Nutritional per serve: 28g fat; 2392kJ;
17g sat fat; 3.2g fibre; 43g carbohydrate.

DESSERTS

Baileys Chocolate Soufflé

Serves: 4

Preparation: 10 minutes

Cooking: 15 minutes

- melted butter, to grease
- 125g good-quality dark chocolate, chopped
- ¼ cup caster sugar

- 4 eggs, separated plus 1 extra egg white
- 1 tablespoon Baileys Irish Cream liqueur
1. Brush the rice cooker bowl with melted butter to lightly grease.
2. Place chocolate in a heat proof bowl over a pan of simmering water (do not allow chocolate to touch water). Stir with a metal spoon until chocolate melts. Remove from heat and stir in sugar until dissolved.
3. Use an electric beater to beat the egg yolks and liqueur in a medium bowl until combined. Stir in the chocolate mixture.
4. Beat the egg whites, in a large clean, dry bowl using clean electric beaters until stiff peaks form. Use a large metal spoon to gently fold through one third of the egg whites into the chocolate mixture. Fold through the remaining egg whites.
5. Pour the chocolate mixture into the prepared rice cooker bowl. Cover the rice cooker bowl with a piece of non-stick baking paper.
6. Place rice cooker bowl into a steaming tray. Place lid on and set timer (15 mins).
7. Dust with icing sugar. Serve immediately with cream or ice cream and drizzled with extra Baileys.

Nutritional per serve: 12g fat; 1121kJ;
9g sat fat; 1.4g fibre; 34g carbohydrate.

Recipes (continued)

Banana Pudding

Serves: 4

Preparation: 10 minutes

Cooking: 45 minutes

60g butter, melted

½ cup firmly packed brown sugar

1 cup self-raising flour

¾ cup milk

1 overripe banana, mashed

1 egg

½ teaspoon ground cinnamon

vanilla ice cream or custard, to serve

1. Combine all ingredients in a large bowl and stir until smooth. Spoon into rice cooker bowl. Cover with plastic wrap.
2. Place in steaming tray. Place lid on and set timer (45 mins).
3. Serve with ice cream or custard.

Nutritional per serve: 12g fat; 1691kJ;
7g sat fat; 2.6g fibre; 63g carbohydrate.

Passionfruit Bread & Butter Pudding

Serves: 4

Preparation: 10 minutes (+ 5 mins standing time)

Cooking: 35 minutes

6 slices white bread, crusts removed,
diagonally cut in half

30g soft butter

300ml thin cream

4 passionfruit, halved, pulp removed

3 eggs

¾ cup caster sugar

1 teaspoon vanilla extract

icing sugar, to dust

vanilla ice cream, to serve

1. Spread half the bread with butter. Arrange bread, alternating buttered slices, standing upright, in rice cooker bowl.
2. Whisk together remaining ingredients in a large jug. Pour over bread in bowl. Stand for 5 minutes. Cover with plastic wrap. Position bowl in steaming tray. Place lid on and set timer (35 mins). Remove from steaming tray. Stand 5 minutes.
3. Dust with icing sugar. Serve warm with ice cream.

Nutritional per serve: 29g fat; 1953kJ;
17g sat fat; 3.9g fibre; 40g carbohydrate.

Steamed Christmas Pudding

Serves: 4

Preparation: 25 minutes

Cooking: 3 ½ hours

melted butter, to grease

500g mixed dried fruit

½ cup brown sugar, firmly packed

90g butter

⅓ cup sherry or brandy

½ teaspoon bicarbonate of soda

2 eggs, lightly beaten

1 cup self-raising flour

½ teaspoon mixed spice

1. Brush a 6 cup capacity pudding bowl with melted butter to grease. Combine the mixed fruit, brown sugar, butter and sherry in a medium saucepan. Place over medium heat and cook, stirring, for 5 minutes or until mixture boils. Remove from heat. Add bicarbonate of soda and stir to combine. Set aside for 5 minutes to cool.
2. Stir in eggs. Use a large metal spoon to fold through flour and spices until just combined.
3. Spoon mixture into prepared bowl. Cover with a double layer of foil and tie firmly with white unwaxed kitchen string to secure.
4. Position bowl in steaming tray. Place lid on and set timer (3 hours 20 mins).
5. Remove from tray. Remove from bowl. Cut into wedges to serve.

Note: The water levels will need to be refilled during the cooking time of this recipe.

Re-heat pudding by heating pudding in Steamer for 1 hour prior to serving. Serve with brandy custard.

Nutritional per serve: 18g fat; 3085kJ; 10g sat fat; 8.4g fibre; 32g carbohydrate

Sticky Date Pudding with Butterscotch Sauce

Serves: 4

Preparation: 10 mins

Cooking: 45 mins

¾ cup coarsely chopped, pitted fresh dates

¾ cup boiling water

½ teaspoon bicarbonate of soda

40g butter, chopped

½ cup brown sugar, firmly packed

1 egg

1 cup self-raising flour

Butterscotch sauce

½ cup brown sugar, firmly packed

⅔ cup light cream

40g butter

1. Place the dates and water in the bowl of a food processor and process until combined. Add soda and stand for 5 minutes.
2. Add butter, sugar, egg and flour and process until combined. Pour into rice cooker bowl. Cover with plastic wrap. Place in steaming tray. Place lid on and set timer (45 mins).
3. Meanwhile to make the sauce, combine the sugar, cream and butter in a medium saucepan and stir over low heat until butter melts and mixture combines.
4. Spoon pudding among serving bowls. Drizzle with sauce. Serve.

Nutritional per serve: 24g fat; 2666kJ; 15g sat fat; 4.3g fibre; 96g carbohydrate

Recipes (continued)

Vanilla Bean Crème Brûlée

Makes: 6

Preparation: 15 minutes (+ 6 hours or overnight chilling time)

Cooking: 50 minutes

2 cups pouring cream (35% fat)

½ cup caster sugar

1 vanilla bean, split

3 egg yolks

1½ tablespoons caster sugar, extra

1. Combine the cream, sugar and vanilla in a medium heavy based saucepan and stir over low heat until cream comes to a simmer. Remove from heat. Remove vanilla bean. Use a small sharp knife to scrape vanilla seeds back into cream.
2. Whisk the egg yolks in a heatproof jug until combined. Gradually add cream mixture while whisking until combined. Pour mixture through a fine sieve into a clean medium heavy based saucepan.
3. Cook cream mixture over low heat, stirring constantly, for about 10 minutes or until custard coats the back of a wooden spoon. Transfer to a jug.
4. Pour custard evenly among six ½ cup capacity ceramic ramekins. Cover each with plastic wrap. Place ramekins in steaming trays. Place lid on Steamer and set timer (35 mins), rotate steaming trays halfway through cooking.
5. Remove from steaming trays. Place ramekins on a tray. Place in fridge for 6 hours or overnight to set.
6. Remove ramekins from fridge. Remove plastic from ramekins and set aside for 30 minutes to come to room temperature.
7. Sprinkle each brûlée evenly with 1 teaspoon of sugar. Place under a preheated grill for 30 seconds to 1 minute or until sugar caramelises. Serve.

Nutritional per serve: 29g fat; 1794kJ; 18g sat fat; 0g fibre; 37g carbohydrate

Notes

Notes

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