



Catler®

MULTI CHEF

400 SERIES

CLASS GRADE TOOLS

Instruction Booklet
MULTI CHEF



RC 4010

MULTI CHEF

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Congratulations

on the purchase of your new Multi Chef RC 4010.

CATLER RECOMMENDS SAFETY FIRST

At Catler we 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

READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE

- Remove and safely discard any packaging material and promotional labels before using the appliance for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this multi cooker.
- Do not place the multi cooker near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water and other substances.
- Position the lid so that the steam vent is directed away from you. Lift and remove the lid carefully to avoid scalding from escaping steam.
- Always ensure the multi cooker is properly assembled before use. Follow the instructions provided in this book.
- Always operate the multi cooker on a stable and heat resistant surface.
- Use the removable cooking bowl supplied with the multi cooker. Do not use any other bowl inside the multi cooker housing.
- Do not use a damaged or dented removable cooking bowl. If damaged or dented, replace bowl before using.
- Do not operate the multi cooker on a sink drain board.
- Do not place anything on top of the lid when assembled, when in use and when stored.
- Do not touch hot surfaces. Use the handle for lifting and carrying the multi cooker.
- Do not use chemicals, steel wool, metal scouring pad or abrasive cleaners to clean the outside of the multi cooker housing or cooking bowl as these can damage the housing or the coating of the cooking bowl.
- Keep the multi cooker clean. Follow the cleaning instructions provided in this book.
- Never plug in or switch on the multi cooker without having the removable cooking bowl placed inside the multi cooker housing.
- Do not place food or liquid in the multi cooker housing. Only the removable cooking bowl is designed to contain food or liquid.
- Never operate the multi cooker without food and liquid in the removable cooking bowl.
- Do not touch hot surfaces, use oven mitts to remove the lid and or removable cooking bowl. Lift and remove the lid carefully and away from yourself to avoid scalding from escaping steam.
- Do not allow water from the lid to drip into the multi cooker housing, only into the removable cooking bowl.
- Do not leave the multi cooker unattended when in use.
- Extreme caution must be used when the multi cooker contains hot food and liquids. Do not move the appliance during cooking.

- The temperature of accessible surfaces will be high when the multi cooker is operating and for some time after use
- Do not place anything, other than the lid, on top of the multi cooker when assembled, when in use and when stored.
- Always insert the connector end of the power cord into the appliance inlet before inserting power plug into the power outlet and switching on appliance. Ensure the appliance inlet is completely dry before inserting the connector end of the power cord.
- To prevent scratching the non-stick surface of the removable cooking bowl, always use wooded or plastic utensils.
- Always position steam vent on lid away from yourself to avoid scalding from escaping steam.
- Ensure the removable cooking bowl is correctly positioned in the multi cooker base before you commence cooking.
- The appliance connector must be removed before the multi cooker is cleaned and that the appliance inlet must be dried before the multi cooker is used again.
- To prevent damage to the multi cooker do not use alkaline cleaning agents when cleaning, use a soft cloth and mild detergent.
- Always have the glass lid placed correctly into position on the appliance throughout operation of the appliance unless states in the recipe to have it removed.
- The glass lid has been specially treated to make it stronger, more durable and safer than ordinary glass, however it is not unbreakable. If struck extremely hard, it may break or weaken, and could at a later time shatter into many small pieces without apparent cause.



DO NOT USE THIS APPLIANCE WITH PROGRAMMER, TIMER OR ANY OTHER APPLIANCE THAT IS ENABLE TO SWITCH ON THE APPLIANCE AUTOMATICALLY.



USE ONLY THE ACCESSORIES SUPPLIED OR INTENDED TO BE USED WITH THIS APPLIANCE.

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Fully unwind the power cord before use.
 - Connect only to 230V or 240V power outlet.
 - Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
 - To protect against electric shock, do not immerse the power cord, power plug or appliance in water or any other liquid or allow moisture to come in contact with the part, unless it is recommended in the cleaning instructions.
 - The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
 - Children should be supervised to ensure that they do not play with the appliance.
 - It is recommended to regularly inspect the appliance. To avoid a hazard, do not use the appliance if power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorized Catler service centre for examination and/or repair.
 - Any maintenance other than cleaning should be performed at an authorised Catler Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. Misuse may cause injury.
 - The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.
 - Always turn the appliance to the OFF position, switch off at the power outlet and unplug at the power outlet when the appliance is not in use.
 - Before cleaning, always turn the appliance to the OFF position, switch off at the power outlet, unplug at the power outlet and remove the power cord, if detachable, from the appliance and allow all parts to cool.
 - Do not place this appliance on or near a heat source, such as hot plate, oven or heaters.
 - Position the appliance at a minimum distance of 20cm away from walls, curtains and other heat or steam sensitive materials and provide adequate space above and on all sides for air circulation.



**FULLY UNWIND THE CORD BEFORE USE.
DO NOT OPERATE THE APPLIANCE ON AN INCLINED SURFACE.
DO NOT MOVE THE APPLIANCE WHILE IT IS SWITCHED ON.
THE POWER PLUG WHEN PLUGGED MUST REMAIN ACCESSIBLE FOR EASY REMOVING.
ENSURE THE APPLIANCE IS FULLY COOLED BEFORE CLEANING AND STORING.**

SAVE THESE INSTRUCTIONS



BEFORE STARTING TO COOK, CLEAN THE BOTTOM OF THE INNER POT AND THE SURFACE OF THE HEATING PLATE.



TO ENSURE THE POT IS SITTING FLAT ON THE HEATING PLATE, TURN THE POT CLOCKWISE AND ANTI CLOCKWISE INSIDE THE RICE COOKER.



THE POT MUST BE PROPERLY POSITIONED INSIDE THE RICE COOKER OR THE UNIT WILL NOT WORK AND MAY BECOME DAMAGED.



**WARNING
FOR HOUSEHOLD USE ONLY.
DO NOT IMMERSE IN WATER.**



**FULLY UNWIND THE CORD BEFORE USE.
SAFE THESE INSTRUCTIONS.**

KNOW YOUR MULTI CHEF RC 4010



- A. Tempered domed glass lid**
With steam vent. Dishwasher safe.
- B. Removable non-stick cooking bowl**
Prevents risotto and rice from sticking.
- C. Cool-touch handles**
- D. Removable power cord (not shown)**
For convenient serving at the table and storage.
- E. RISOTTO setting**
- F. SAUTÉ|SEAR setting**
- G. RICE|STEAM setting**
Large 10 scoop capacity cooks up to 20 scoops of cooked rice.

- H. LOW SLOW COOK setting**
Gently simmers food for an extended period of time.
- I. HIGH SLOW COOK setting**
Simmers food quicker for when time is a constraint.
- J. KEEP WARM**
Automatically switches on after each setting (except sauté).
- K. START|CANCEL button**
- L. Stainless steel steaming tray**
Ideal for vegetables, seafood and poultry.
- M. Rice scoop and serving spoon**

OPERATING YOUR MULTI CHEF RC 4010

BEFORE FIRST USE

Before first use, remove all packaging material and promotional labels and wash the non-stick removable cooking bowl, stainless steel steaming tray and glass lid in hot soapy water, rinse and dry thoroughly.

HOW TO MAKE RISOTTO

SAUTÉ|SEAR setting

1. Ensure exterior of the removable cooking bowl is clean before placing it in the housing (this will ensure proper contact with the inner cooking surface).
2. Plug power cord into a 230V or 240V power outlet. The START|CANCEL button and RISOTTO button surround will illuminate in white.
3. Press the SAUTÉ|SEAR button, the button surround will illuminate in white. Press the START|CANCEL button to activate the setting, the button surround will illuminate red.
4. Cover with lid and allow to pre-heat for approximately 2-3 minutes (do not preheat for longer than 5 minutes).
5. Add oil/butter and allow to heat/melt for approximately 1 minute.
6. If using chicken or seafood in the recipe, sear in small batches, cover with lid and stir occasionally until food is cooked. Remove from cooking bowl.
7. Add extra oil/butter to cooking bowl if necessary or if recipe states. Allow to heat for approximately 1 minute.
8. Add ingredients such as onions and garlic. Sauté, cover with lid if necessary and stir occasionally for about 4 to 5 minutes or until cooked to desired brownness.
9. Stir in Arborio or carnaroli rice and mix well. Sauté for approximately 2-3 minutes, stirring occasionally.
10. Pour in wine (if using) and cook uncovered until rice has absorbed all liquid and alcohol has evaporated, stirring frequently.

11. Press the START|CANCEL button to stop the SAUTÉ|SEAR setting.
12. Refer to step 1 in the RISOTTO setting section below.

RISOTTO Setting

1. Follow steps 1-11 in the SAUTÉ|SEAR setting section above.
2. Add stock or water and stir well. Cover with lid and press the RISOTTO button, then press the START|CANCEL button to activate the setting. The START|CANCEL button surround will illuminate red and cooking will commence.
3. Allow to cook until the ready beeps sound and the multi cooker automatically switches to the KEEP WARM setting. This will take approximately 20-30 minutes depending on the recipe.
4. Remove lid and stir well using the serving spoon provided. At this stage remaining ingredients can be added i.e., butter, parmesan cheese, herbs, salt and pepper.
5. The multi cooker will remain on the KEEP WARM setting for 30 minutes before switching OFF. However, risotto is best served as soon as possible after completion of cooking.

There may be occasions when the multi cooker switches to the KEEP WARM setting or switches off before cooking is complete.

If this occurs, simply press the desired cooking button, then press the START|CANCEL button. The START|CANCEL button surround will illuminate red and the selected setting will be activated. This is a safety mechanism to prevent overheating due to certain cooking conditions.

NOTE

Allow the risotto to rest in the KEEP WARM setting for 5 or 10 minutes to finish cooking.

TIP

For optimum risotto results, we recommend you stir once after 15-20 minutes in the RISOTTO setting.

TIP

HOW TO MAKE RICE

RICE|STEAM setting

1. Use the multi cooker rice scoop provided to measure the required quantity of rice (refer to cooking tables - page 18). Always measure level scoops, not heaped (Fig 1).

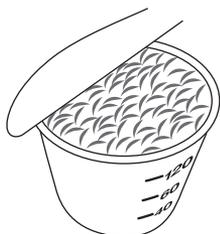


Fig. 1

The multi cooker rice scoop is not a standard metric measuring cup.

1 multi cooker rice scoop is equal to 150g of uncooked rice and 180ml of water.

(1 Australian standard metric measuring cup is equal to 200g of uncooked rice) If your multi cooker rice scoop is lost or misplaced, use another cup but maintain the same cooking ratios and ensure you do not exceed the 10 scoop maximum line in the removable cooking bowl:

White Rice = 1 scoop rice + 1 scoop water (using the multi cooker rice scoop)

Brown Rice = 1 scoop rice + 1½ scoops water (using the multi cooker rice scoop)

NOTE

2. Place measured rice into a separate bowl and wash with cold water to remove any excess starch. The rice is ready for cooking when water runs clear from the rice. Drain well.
3. Ensure the exterior of the removable cooking bowl is clean before placing it in the housing (this will ensure proper contact with the inner cooking surface) (Fig 2).



CAUTION!

1. Before starting to cook, clean the bottom of the inner pot and the surface of the heating plate.
2. To ensure the pot is sitting flat on the heating plate, turn the pot clockwise and anti clockwise inside the rice cooker.
3. The pot must be properly positioned inside the rice cooker or the unit will not work and may become damaged.

To reduce the risk of electric shock, cook only in the removable inner pot.
DO NOT IMMERSE THE COOKER IN WATER.

Fig. 2

4. Add the washed rice to the removable cooking bowl, ensuring rice is spread evenly across the bottom of the bowl and not heaped to one side (Fig 3).

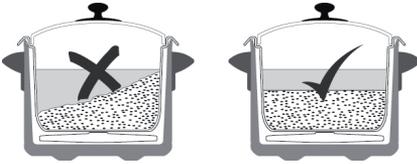


Fig. 3

5. Add water using the following ratios:
White Rice = 1 scoop rice: 1 scoop water
Brown Rice = 1 scoop rice: 1½ scoops water
6. Place the glass lid into position.
7. Plug power cord into 230V or 240V power outlet. The START|CANCEL button and RISOTTO button surround will illuminate in white.
8. Press the RICE|STEAM button, then press the START|CANCEL button to activate the setting. The START|CANCEL button surround will illuminate red and cooking will commence.
9. When cooking is complete, the ready beeps will sound and the multi cooker will automatically switch to the KEEP WARM setting.
10. Open the lid and turn the rice over with the serving spoon provided. Replace the lid and allow the rice to stand for 10-15 minutes before serving. This allows any excess moisture to be absorbed, resulting in a fluffier rice texture.

After using the RICE setting the appliance will automatically switch to the KEEP WARM setting for up to 5 hours.

NOTE

Do not remove the glass lid until ready to serve (except for when turning over rice after cooking is complete or as suggested in the recipes).

NOTE

To stop the KEEP WARM setting, unplug the power cord.

NOTE

IMPORTANT

- **Always place liquid into the removable cooking bowl before pressing the START|CANCEL button.**
 - **Do not interfere with the automatic selector control during operation.**
 - **To prevent scratching the non-stick surface of the removable cooking bowl, always use wooden or plastic utensils.**
 - **Ensure the removable cooking bowl is correctly positioned in the appliance base before you commence cooking.**
-
- **Before removing the non-stick cooking bowl from housing, always ensure the power cord is unplugged. Always ensure appliance is switched off at the power outlet and power cord is unplugged.**
 - **Always use heat protective gloves or oven mitts when removing the lid and the non-stick cooking bowl from the appliance.**
 - **Always position steam vent on lid away from yourself to avoid scalding from escaping steam.**
 - **Always lift and remove the lid carefully, angling it away from yourself to avoid scalding from escaping steam.**
 - **To ensure continued protection against risk of electric shock, connect to properly grounded outlets only.**
 - **Cook only in removable non-stick cooking bowl.**
 - **Do not use a damaged or dented removable cooking bowl. If damaged or dented, replace bowl before using.**

WARNING

HOW TO SLOW COOK

SEAR setting

Searing in the multi cooker may take a little extra time and whilst not strictly necessary, the rewards are evident in the end result. The cooking bowl keeps the heat stable and uniform allowing the meat to brown and form an even crust. Plus searing seals in the moisture, intensifies the flavour and provides more tender results.

1. Ensure exterior of the removable cooking bowl is clean before placing it in the housing (this will ensure proper contact with the inner cooking surface).
2. Plug power cord into a 230V or 240V power outlet. The START|CANCEL button and RISOTTO button surround will illuminate in white.
3. Press the SAUTÉ|SEAR button, the button surround will illuminate white. Press the START|CANCEL button to activate the setting, the button surround will illuminate red.
4. Cover with lid and allow to pre-heat for approximately 2-3 minutes (do not preheat for longer than 5 minutes).
5. Add oil/butter and allow to heat/melt for approximately 1 minute with the lid on.
6. Always sear meat and poultry in small batches. Cover with lid and cook, stirring occasionally until food is evenly browned. Remove from cooking bowl. When finished searing, proceed to the Slow Cook Settings section below.

Slow Cook Settings

The multi cooker has two slow cook settings: Low and High. Use the recommended guidelines below to determine cooking time and heat settings and use recipes in this instruction book. Dishes can be prepared well in advance and cooking time regulated so that food is ready to serve at a convenient time.

A general rule of thumb for most slow cooked meat and vegetable recipes is:

Setting Cooking Time

LOW: 6-7 hours

HIGH: 3-4 hours

Your favourite traditional recipes can also be easily adapted to this slow cooker. Simply halve the amount of liquid and increase the cooking time.

These cooking times are approximates only and times can vary depending on ingredients, quantities in recipes and whether the cooking bowl and its ingredients are hot from searing.

NOTE

As a guide meats such as chicken or small pieces of meat will have best results when cooked on high for 3-4 hours. Larger pieces of meat such as lamb shanks will have best results when cooked on low for 6-7 hours.

Cooking Times (with Searing)

When the SAUTÉ|SEAR setting is used prior to slow cooking, cooking times will be shortened slightly. Check for doneness intermittently during cooking.

Low or High Slow Cook Settings

1. Add all ingredients into the cooking bowl, ensuring denser foods are spread evenly across the bottom of the bowl and not heaped to one side and the liquid level is between MIN and MAX markings on the bowl.
2. Place the glass lid into position.
3. Press the LOW SLOW COOK OR HIGH SLOW COOK button, then press the START|CANCEL button to activate the setting. The START|CANCEL button surround will illuminate red and cooking will commence.

4. Allow to cook until the ready beeps sound. The unit then automatically switches to KEEP WARM setting.
5. The multi cooker will remain on the KEEP WARM setting for 5 hours before switching OFF.

The Catler Multi Chef is designed specifically for flavour layering. A technique professional chefs use to enhance and deepen the taste of meals by using the same pan for browning onions, searing meats and creating casseroles, curries, soups and bolognaise. For this reason, we have now developed a SLOW COOK with a SAUTÉ|SEAR setting to caramelize vegetables and sear meats before commencing the slow cooker function. Following is a guide to help simplify the process of slow cooking, allowing you to obtain optimum results from your multi cooker. We have also included helpful hints for successful slow cooking. For recipes, go to recipe section in this instruction book.

Preparing meat and poultry

Select the freshest cuts when purchasing meat. Trim the meat or poultry of any visible excess 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 4cm to 5cm. Slow cooking allows less tender cuts of meat to be used. The bones can be left in meat or poultry. This imparts a good flavour and helps to keep the meat tender during cooking.

Suitable meat cuts for slow cooking

Beef chuck, skirt, round steak, boneless shin (gravy) beef, bone-in-shin (osso bucco), tri tip.

Lamb shanks, drumsticks (frenched shanks), neck chops, boned out forequarter or shoulder.

Veal diced leg, shoulder/forequarter chops and steaks, neck chops, knuckle (osso bucco).

Pork leg steaks, diced belly, diced shoulder, boneless loin chops.

Chicken pieces bone in (thigh cutlets/ drumsticks).

Chicken thigh fillets.

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 multi cooker.

RICE COOKING TABLES

The rice scoop provided with your multi cooker is used in the following tables.

The multi cooker rice scoop is not a standard metric measuring cup.

1 multi cooker rice scoop is equal to 150g of uncooked rice and 180ml of water.

(1 Australian standard metric measuring cup is equal to 200g of uncooked rice) If your multi cooker rice scoop is lost or misplaced, use another cup but maintain the same cooking ratios and ensure you do not exceed the 10 scoop maximum line in the removable cooking bowl:

White Rice = 1 scoop rice + 1 scoop water (using the multi cooker rice scoop)

Brown Rice = 1 scoop rice + 1½ scoops water (using the multi cooker rice scoop)

NOTE

White Rice

Uncooked white rice (multi cooker rice scoops)	Cold tap water (multi cooker rice scoops)	Cooked rice – approx. (Multi cooker rice scoops)	Cooking time – approx. (Minutes)
2	2	5	10-12
4	4	9	12-15
6	6	15	15-20
8	8	16	20-25
10	10	27	25-30

Brown Rice

Uncooked white rice (multi cooker rice scoops)	Cold tap water (multi cooker rice scoops)	Cooked rice – approx. (Multi cooker rice scoops)	Cooking time – approx. (Minutes)
2	3	5	25-30
4	6	10	30-40
6	9	15	40-45

Due to the additional water needed to cook brown rice, some starchy water bubbles may rise to the lid while cooking.

NOTE

RICE VARIATIONS

Savory rice

Prepare rice in the multi cooker as specified, substituting all the water with the same quantity of chicken, beef, fish, or vegetable stock.

Sweet rice

Prepare rice in the multi cooker as specified substituting half the water with apple juice, orange juice or pineapple juice. Cooking rice with milk or cream is not recommended as it will burn onto the bottom of removable cooking bowl.

Saffron rice

Add ¼ teaspoon of saffron powder or 2 saffron threads to every 2 cups of water. Use the white rice cooking tables. Mix well.

Arborio rice

Arborio rice is short round-grained pearly rice often used for Italian risotto cooking. Use the brown rice cooking tables.

Jasmine rice

Jasmine rice is fragrant long grain rice. Use the white rice cooking tables.

Basmati rice

Basmati rice is an aromatic long grain rice. Use the white rice cooking tables.

Wild rice

It is not recommended to cook wild rice alone in the multi cooker as it requires a substantial amount of water. It is possible to cook wild rice as a blend with white or brown rice.

-
- *Add a little extra water for fluffier rice and a little less water for firmer rice.*
 - *Some rice varieties may require more water for cooking, such as wild rice blends, Arborio rice or short grain rice. Follow the directions on the packet or use the brown rice cooking table.*

TIP

Quinoa

Quinoa is an ancient South American grain that is high in protein with fluffy, creamy and slightly crunchy texture. Use the brown rice cooking tables.

Sushi

Sushi rice is short grained rice used in Japanese cooking. Use the brown rice cooking tables.

STEAMING

Steamed foods retain most of their nutritional value when cooked in the multi cooker. Foods may be steamed by placing food in the stainless steel steaming tray over stock or water and covering with the glass lid. Keep the glass lid on while steaming food unless the recipe or chart specifically states to remove the lid. By removing the lid unnecessarily steam is lost and the cooking time will be extended.

1. Measure 3 rice scoops or more of water or stock and pour into the removable cooking bowl. Use up to a maximum of 6 rice scoop cups of water.
2. Place food to be steamed directly into the stainless steel steaming tray and insert into the removable cooking bowl. (Refer to the Steaming Charts on pages 20-22 for approximate cooking times).
3. Place removable cooking bowl with the steaming tray into housing and cover with the glass lid.
4. Plug power cord into a 230V or 240V power outlet. The START|CANCEL button and RISOTTO button surround will illuminate in white.
5. Press the RICE|STEAM setting then press the START|CANCEL button to activate

Hints and tips for steaming vegetables

- Smaller pieces will steam faster than larger pieces.
- Try to keep vegetables to a standard size to ensure even cooking.
- Fresh or frozen vegetables may be steamed.
- If steaming frozen vegetables, do not thaw.
- The size and shape of vegetables, as well as personal taste, may call for adjustments to the cooking time. If softer vegetables are required, allow extra cooking time.
- Do not allow water or stock to reach the stainless steel tray. The steaming will not be effective.

Always lift and remove the lid carefully, angling it away from yourself to avoid scalding from escaping steam.

the setting. The START|CANCEL button surround will illuminate red and cooking will commence.

6. When steaming is complete, the ready beeps will sound and the multi cooker will automatically switch to the KEEP WARM setting.
7. If no further steaming is required, press the START|CANCEL button to cease operation and turn the multi cooker off at the power outlet and then unplug power cord. Allow to cool before cleaning.

Keep the glass lid on while steaming food unless the recipe or chart specifically states to remove the lid. (By removing the lid unnecessarily, steam is lost and the cooking time will be extended.)

NOTE

Do not let the removable cooking bowl boil dry during steaming.

NOTE

Hot liquid can be added during the steaming process.

NOTE

WARNING

VEGETABLES	PREPARATION & TIPS	QUANTITY	COOKING TIME
Artichoke	remove hard outer leaves & stalk	2 medium	30-35
Asparagus	trim, leave as spears	2 bunches	12-14
Beans	top and tail, leave whole	250g	13-15
Beets	trim, do not break skin	300g	12-13
Bell Peppers	cut into strips	3 medium	14-16
Broccoli	cut into florets	250g	8-10
Brussel Sprouts	cut a cross in the base	375g	17-19
Cabbage	large pieces	500g	10-12
Carrots	cut into strips	3 medium	14-16
Celery	slice into strips	3 stalks	5-6
Chickpeas	soak for 12 hours	1 cup dried	40-45
Corn	whole corn cobs	2 small cobs	20-22
Mushrooms	whole, unwashed	300g	8-10
Onions	peeled, leave whole	6 medium	20-25
Snow peas	topped and tailed	250g	4-5
Peas	fresh, peeled frozen	250g 250g	8-10 4-5
Potatoes	all purpose, whole	4(150-180g each)	35-40
Potatoes	new, whole	6 (125g each)	25-30
Sweet Potato	cut into pieces	300g	20-25
Pumpkin	cut into pieces	300g	20-25
Spinach (English)	leaves and stems cleaned	½ bunch	5
Squash (baby)	topped and tailed	350g	8
Turnips	peeled, sliced & cut to 50g pieces	350g	15-17
Zucchini	sliced	350g	6

Hints and tips for steaming fish and seafood

- Season fish with fresh herbs, onions, lemon etc. before cooking.
- Ensure fish fillets are in a single layer and do not overlap.
- Fish is cooked when it flakes easily with a fork and is opaque in color.

TYPE	SUGGESTIONS AND TIPS	COOKING TIME (MINUTES)
Fish	Steam until opaque and easy to flake. A cutlet is cooked when the centre bone is able to be easily removed	8-10
– fillets		15-20
– whole		12-14
– cutlets		
Lobster – tails	Remove underside of shell	18-20
Mussels – in shell	Steam until just opened	12-14
Clams	Steam until just opened	8-10
Prawns	Steam until pink	8-10
- in shell		
Scallops	Steam until opaque	4-6

Hints and tips for steaming poultry

- Select similar sized pieces of poultry for even cooking.
- For even cooking results arrange poultry in a single layer.
- Remove visible fat and skin.
- To obtain a browned appearance, sear the chicken before steaming.
- Check poultry is cooked by piercing the thickest part. The poultry is cooked when the juices run clear.

TYPE	SUGGESTIONS AND TIPS	COOKING TIME (MINUTES)
Breast fillet	Place skin side up	20-25
Drumstick	Place thickest part to outside of the steaming tray	30-35
Thigh fillet	Place thickest part to outside of the steaming tray	18-20

Hints and tips for steaming dumplings

- Fresh or frozen dumplings and savoury buns can be steamed.
- Place small pieces of baking paper, or cabbage or lettuce leaves, under the dumplings to avoid sticking to the steaming tray.

TYPE	SUGGESTIONS AND TIPS	COOKING TIME (MINUTES)
BBQ pork or chicken buns	Cook from frozen	10-12
Dumplings – frozen	Separate before cooking	8-10
Dumplings – fresh		5-6

KEEP WARM setting

The multi cooker will automatically switch to the KEEP WARM setting once the RICE, RISOTTO and SLOW COOK settings have finished cooking. It will keep KEEP WARM for up to 5 hours on the RICE and SLOW COOK settings and up to 30 minutes on the RISOTTO setting.

CARE & CLEANING

Unplug the power cord from the power outlet.

Allow all parts to cool before removing the removable cooking bowl. Wash the removable cooking bowl, stainless steel steaming tray and glass lid in hot, soapy water, rinse and dry thoroughly.

It is not recommend that any parts of your multi cooker are washed in a dishwasher as harsh detergents and hot water temperatures may stain or distort the removable cooking bowl and accessories. Do not use abrasive cleaners, steel wool, or metal scouring pads as these can damage the non-stick surface.

The housing can be wiped over with a damp cloth and then dried thoroughly.

To prevent damage to appliance do not use alkaline cleaning agents when cleaning, use a soft cloth and a mild detergent.

If rice has cooked onto the bottom of the removable cooking bowl, fill the bowl with hot, soapy water and leave to stand for approximately 10 minutes before cleaning.

NOTE

The appliance connector must be removed before the multi cooker is cleaned and that the appliance inlet must be dried before the multi cooker is used again.

To prevent damage to the multi cooker do not use alkaline cleaning agents when cleaning, use a soft cloth and mild detergent.

Do not use chemicals, steel wool, metal scouring pad or abrasive cleaners to clean the outside of the multi cooker housing or cooking bowl as these can damaged the housing or the coating of the cooking bowl.

Do not immerse housing or power cord in water or any other liquid as this may cause electrocution.

WARNING

TROUBLESHOOTING

PROBLEM	WHAT TO DO
The multi cooker suddenly switches off.	<ul style="list-style-type: none">• Ensure power plug is connected properly to the appliance and to power outlet.• The appliance has been stressed or has overheated due to cooking conditions. Push the desired cooking button and then the START CANCEL button to reset and continue cooking. Allow a few minutes for appliance to reheat and continue cooking.
The multi cooker has switched to KEEP WARM setting before cooking is complete.	<ul style="list-style-type: none">• Press the START CANCEL button to reset. Then, select the desired cooking method to continue cooking.

Recipes



RECIPES

CREAMY TOMATO AND LENTIL SOUP

Serves 4-6

- 1 tablespoon olive oil
- 1 large red onion, sliced
- 2 cloves garlic, crushed
- 1 small red chilli, seeds removed and finely chopped
- 2 tablespoons tomato paste
- 3 cups tomato passata
- 4 cups chicken stock
- 2 teaspoons brown sugar
- $\frac{3}{4}$ cup red lentils
- 1 cup Greek yoghurt
- Salt and freshly ground pepper
- 2 tablespoons chopped coriander

1. Press the SAUTÉ|SEAR button and then the START|CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
2. Remove lid, add oil and heat for 1 minute further.
3. Add onion, garlic and chilli, cover with lid, cook for 3-4 minutes, stirring occasionally or until onion has softened.
4. Add tomato paste and cook for a further minute. Stir in passata, stock, sugar and lentils. Cover with lid.
5. Press the SLOW COOK HIGH BUTTON and cook for 3-4 hours or SLOW COOK LOW BUTTON and cook for 6-7 hours.
6. Stir through yoghurt and season with salt and pepper to taste.

Serve sprinkled with chopped coriander.

CHICKEN CACCIATORE

Serves 4-6

- 1 tablespoon olive oil
- 2kg chicken pieces (skin removed)
- 1 medium onion, sliced
- 2 cloves garlic, crushed
- 1 cup tomato passata
- $\frac{1}{2}$ cup pitted Kalamata olives
- $\frac{1}{4}$ cup white wine
- $\frac{1}{2}$ cup chicken stock
- 200g button mushrooms, halved
- 2 teaspoons chopped fresh rosemary
- 2 teaspoons sugar
- Salt and freshly ground black pepper
- $\frac{1}{4}$ cup chopped fresh basil

1. Press the SAUTÉ|SEAR button and then the START|CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
2. Add oil and heat for 1 minute.
3. Add chicken in batches, and cook until lightly browned; remove and set aside. Drain off any excess oil and reheat removable cooking bowl for another 1 minute.
4. Add onion and garlic and cook for 3-4 minutes, stirring occasionally, or until softened.
5. Stir in tomato passata, olives, wine, stock, mushrooms, rosemary and sugar.
6. Return chicken to removable cooking bowl and submerge in sauce and vegetables. Cover with lid.
7. Press the SLOW COOK HIGH BUTTON and cook for 3-4 hours.
8. Season to taste and stir through chopped basil.

CHICKEN WITH ROSEMARY, LEMON AND GARLIC

Serves 4-6

1 tablespoon olive oil
2kg chicken pieces, skin removed
1 onion, chopped
3 cloves garlic, sliced
1 teaspoon grated lemon rind
1 teaspoon cracked black pepper
1 tablespoon fresh chopped rosemary
½ cup white wine
½ cup chicken stock
2 tablespoons lemon juice
Salt and freshly ground black pepper

1. Press the SAUTÉ|SEAR button and then the START|CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
2. Add oil and heat for 1 minute.
3. Add chicken in batches, and cook until lightly browned. Remove and set aside.
4. Add onion, garlic, lemon rind, pepper and rosemary. Cover and cook, stirring occasionally until softened.
5. Stir in wine and simmer for 2-3 minutes to cook off alcohol. Add stock, lemon juice and return chicken to the removable cooking bowl and submerge in the sauce.
6. Cover with lid. Press the SLOW COOK HIGH BUTTON and cook for 3-4 hours.
7. Season to taste and serve hot accompanied with oven-roasted potatoes, pumpkin and steamed green beans.

LAMB SHANK RAGU

Serves 4

2 tablespoons olive oil
¼ cup plain flour
6 small lamb shanks, frenched
1 onion, chopped
2 cloves garlic, crushed
1 carrot, diced
1 large stick celery, diced
bbb cup tomato paste
½ cup red wine
400g can diced tomatoes
½ cup chicken or beef stock
1 bay leaf
Salt and freshly ground black pepper

1. Press the SAUTÉ|SEAR button and then the START|CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
2. Add oil and heat for 1 minute.
3. Coat lamb shanks in flour, shaking of excess and cook until lightly browned; remove and set aside.
4. Add onion, garlic, carrot and celery and cook for 3-4 minutes, stirring occasionally, or until softened.
5. Stir in tomato paste and cook for a further 1 minute.
6. Add wine and bring to the boil; simmer for 1-2 minutes, scraping up any of the sediment in the base of the bowl.
7. Return shanks to removable cooking bowl and pour over tomatoes, stock and bay leaf; mix well to coat.
8. Cover with lid. Press the or SLOW COOK LOW BUTTON and cook for 6-7 hours.
9. Season with salt and pepper and serve immediately with mashed potato

FRAGRANT LAMB CURRY

Serves 4-6

2 tablespoons vegetable oil
1.5kg lamb leg, diced into 5cm cubes
1 large onion, sliced
2 cloves garlic, crushed
2cm knob ginger, finely chopped
1 tablespoon ground coriander
1 tablespoon ground cumin
1 tablespoon curry paste
1 teaspoons ground turmeric
½ teaspoon ground cloves
5 cardamom pods
1 cinnamon stick
1 cup water or chicken stock
½ cup plain yoghurt
bbb cup chopped coriander to serve
Salt and freshly ground black pepper

1. Press the SAUTÉ|SEAR button and then the START|CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
2. Add half the oil and heat for 1 minute.
3. Add lamb in small batches and cook until lightly browned; remove and set aside.
4. Add remaining oil and onion and garlic and cook for 3-4 minutes, stirring occasionally, or until softened.
5. Stir in spices and cook for 1 minute.
6. Return lamb to removable cooking bowl and add stock; mix well.
7. Cover with lid. Press the SLOW COOK HIGH BUTTON and cook for 3-4 hours or SLOW COOK LOW BUTTON and cook for 5-6 hours.
8. Stir through yoghurt and coriander. Season to taste with salt and pepper. Serve with steam rice.

EASY OSSO BUCCO

Serves 4

6 × 4cm thick Osso Bucco (Veal shanks)
2 tablespoons plain flour
2 tablespoons olive oil
⅓ cup white wine
400g can diced tomatoes
2 teaspoons caster sugar
Salt and freshly ground black pepper

Gremolata

4 cloves garlic, finely chopped
Finely grated rind of 1 lemon
½ cup chopped fresh parsley

1. Press the SAUTÉ|SEAR button and then the START|CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
2. Add oil and heat for 1 minute.
3. Coat osso bucco in flour, shaking off excess and cook in small batches until lightly browned. Remove and set aside.
4. Add wine and bring to the boil; simmer for 1-2 minutes, scraping up any of the sediment in the base of the bowl.
5. Return osso bucco to removable cooking bowl and add tomato, sugar, salt and pepper.
6. Cover with lid. Press the SLOW COOK LOW BUTTON and cook for 6-7 hours.

Serve sprinkled with gremolata

To achieve even cooking, stir curry half way through cooking time.

NOTE

TEX-MEX BEEF AND BEANS

Serves 4-6

1½ cups dried red kidney beans, soaked overnight in cold water
2 tablespoons oil
1.3kg chuck steak cut into 5cm cubes
2 large onions, sliced
3 cloves garlic, chopped
1 tablespoon ground cumin
2 teaspoons chilli powder
2 teaspoons dried oregano flakes
400g can diced tomatoes
½ cup beef stock
1 green capsicum cut into large pieces
Salt and freshly ground black pepper
Sour cream, guacamole, grated cheddar cheese to serve

1. Drain beans and rinse well; drain again and set aside.
2. Press the SAUTÉ|SEAR button and then the START|CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
3. Add a little of the oil and heat for 1 minute.
4. Add meat in batches and cook for 2-3 minutes or until just browned. Remove and repeat with remaining meat and oil.
5. Add remaining oil and fry onion and garlic until softened but not browned.
6. Stir in spices, tomatoes, stock, capsicum, and return beef to removable cooking bowl.
7. Cover with lid. Press the SLOW COOK HIGH BUTTON and cook for 3-4 hours or SLOW COOK LOW BUTTON and cook for 5-6 hours.
8. Shred beef with fork and return to dish. Season to taste with salt and pepper.

Serve with a dollop of sour cream, guacamole and grated cheese.

BOLOGNESE SAUCE

Serves 4

2 tablespoons olive oil
1 large onion, chopped
2 cloves garlic, crushed
1kg beef or pork mince
⅓ cup tomato paste
½ cup red wine
1 large carrot, grated
400g can diced tomatoes
1 teaspoon dried oregano
1 bay leaf
½ cup beef stock or water
Salt and freshly ground black pepper
¼ cup chopped fresh basil

1. Press the SAUTÉ|SEAR button and then the START|CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
2. Add oil and heat for 1 minute.
3. Add onion, garlic and cook for 3-4 minutes, stirring occasionally, or until softened.
4. Add mince in batches, making sure to break up the lumps while the meat is cooking.
5. Stir in tomato paste and cook for a further 1 minute. Add wine and bring to the boil; simmer for 1-2 minutes to cook off the alcohol.
6. Stir in carrot, tomato, oregano, bay leaf and stock.
7. Cover with lid. Press the SLOW COOK HIGH BUTTON and cook for 3-4 hours.
8. Season to taste with salt and pepper and stir through basil just before serving.

SPICY MIXED DHAL

Serves 4-6

- 1 tablespoon oil
 - 1 tablespoon black mustard seeds
 - 1 large red onion, sliced
 - 4 cloves garlic, crushed
 - 4cm piece ginger, grated
 - 1 tablespoon ground coriander
 - 2 teaspoons ground turmeric
 - 2 small red chillies, chopped
 - ½ cup yellow split peas
 - ½ cup red lentils
 - ½ cup brown lentils
 - 3 cups vegetable stock
 - 3 tomatoes, chopped
 - Sea salt to taste
 - Juice of half a lemon
 - 2 tablespoons chopped coriander
 - Plain thick yoghurt to serve
1. Press the SAUTÉ|SEAR button and then the START|CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
 2. Add oil and heat for 1 minute.
 3. Add mustard seeds and cook until they start to pop. Add onion, garlic and ginger and cook 5-6 minutes, stirring occasionally, until onion is light golden.
 4. Stir in spices, chilli, lentils, stock and tomatoes. Cover with lid. Press the SLOW COOK HIGH BUTTON and cook for 3-4 hours or SLOW COOK LOW BUTTON and cook for 4-6 hours.
 5. Season with salt and stir through lemon juice and chopped coriander.

Serve with yoghurt.

RISOTTO MILANESE

Serves 4-6

- 1 tablespoon olive oil
- 40g butter
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 350g Arborio or Canaroli rice
- 1 cup white wine
- 4 cups hot chicken stock
- Salt and freshly ground black pepper
- ½ cup grated parmesan cheese

SAUTÉ|SEAR setting

1. Press the SAUTÉ|SEAR button and then the START|CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
2. Remove lid, add oil and half of the butter, heat for 1 minute or until melted.
3. Add onion and garlic, cover with lid, cook for 3 - 4 minutes, stirring occasionally, until onion has softened.
4. Add rice, mix well, cover with lid, cook for 2 - 3 minutes or until rice is glossy.
5. Stir in wine, cover and simmer for 2-3 minutes or until wine has been absorbed.

RISOTTO Setting

1. Stir in chicken stock, mixing well. Cover with lid and press the RISOTTO button and then the START|CANCEL button.
2. When it has automatically switched to the WARM setting, which will take about 20 - 30 minutes, remove lid and stir through remaining butter and half the parmesan.

Serve immediately topped with parmesan

RISOTTO AL A FUNGHI

Serves 4-6

- 2 tablespoons oil
- 30g butter
- 6 to 8 eschallots, finely chopped
- 400g assorted mushrooms, sliced
- 350g Arborio or Carnaroli rice
- ½ cup dry white wine
- 6 cups vegetable or chicken stock
- ½ cup grated pecorino or parmesan cheese
- 1 tablespoon chopped fresh sage
- Salt and freshly ground pepper

SAUTÉ|SEAR setting

1. Press the SAUTÉ|SEAR button and then the START|CANCEL button. Heat removable cooking bowl for 3 minutes.
2. Remove lid, add oil and butter, heat 1 minute or until butter has melted.
3. Add chopped eschallots, cover with lid and cook, stirring occasionally for 3- 4 minutes or until eschallots have softened.
4. Add mushrooms, cover with lid and cook for 3 minutes or until mushrooms have softened slightly.
5. Add rice, mix well, cover with lid and cook for 2 - 3 minutes, stirring occasionally.
6. Stir in wine, and cook uncovered for 2-3 minutes or until all the wine is absorbed.

RISOTTO Setting

1. Stir in stock, cover with lid and press the RISOTTO button and then the START|CANCEL button.
2. When it switches to the WARM setting, which will take about 20 - 30 minutes, remove the lid and stir through grated pecorino cheese and chopped sage
Season to taste with salt and pepper

Serve immediately.

A variety of mushrooms can be used for this recipe i.e.; Swiss Brown, Portobello, shiitake, field, oyster etc.

NOTE

CHICKEN RISOTTO WITH PESTO & ROCKET

Serves 4-6

- 30g butter
- 300g chicken breast fillet, thinly sliced
- 1 tablespoon oil
- 1 large onion, finely chopped
- 3 cloves garlic, finely chopped
- 350g Arborio or Carnaroli rice
- 5 cups chicken stock
- bbb cup pesto
- ¼ cup grated parmesan cheese
- 50g baby rocket leaves
- Extra bbb cup grated parmesan cheese

SAUTÉ|SEAR setting

1. Press the SAUTÉ|SEAR button and then the START|CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
2. Remove lid, add half of the butter, heat for 1 minute or until melted.
3. Add half the chicken, cover with the lid and cook for 3 - 4 minutes.
4. Remove lid, stir and cook for a further 3 - 4 minutes or until chicken is lightly browned and cooked through. Remove from removable cooking bowl and keep warm. Repeat with remaining chicken, remove and set aside.
5. Heat remaining butter and oil until butter is melted. Add onion and garlic, cover with lid, cook for 3 - 4 minutes, stirring occasionally, until onion has softened.
6. Add rice, mix well, cover with lid, cook for 2 - 3 minutes or until rice is glossy.

RISOTTO Setting

1. Stir in chicken stock, mixing well. Cover with lid and press the RISOTTO button and then the START|CANCEL button.
2. When it has automatically switched to the WARM setting, which will take about 20 - 30 minutes, remove lid and stir through cooked chicken, pesto, parmesan cheese and rocket.

Serve immediately with extra freshly grated parmesan

PRAWN AND ASPARAGUS RISOTTO

Serves 4-6

40g butter

400g medium green prawns, peeled and deveined

1 tablespoon oil

1 onion, finely chopped

1 small bulb of fennel, halved and thinly sliced

350g Arborio or carnaroli rice

½ cup dry white wine

5½ cups chicken or light fish stock

½ teaspoon ground white pepper

1 bunch asparagus, trimmed and thinly sliced diagonally

2 tablespoon fresh lemon juice

Finely grated rind of 1 lemon

Sea salt to taste

SAUTÉ|SEAR setting

1. Press the SAUTÉ|SEAR button and then the START|CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
2. Remove lid, add 10g of the butter, heat for 1 minute or until melted.
3. Add prawns, cover with the lid and cook for 4 - 5 minutes or until prawns are cooked. Remove and set aside to keep warm.
4. Add oil and 20g of the butter to removable cooking bowl. Heat 1 minute or until butter has melted.

5. Add onion and sliced fennel; cover with lid, and cook for 6 -7 minutes, stirring occasionally, until fennel is tender.
6. Add rice, stir well, cover with the lid; cook for 3 minutes, stirring occasionally.
7. Remove lid, stir in wine and cook uncovered for 2 -3 minutes, stirring occasionally until all wine is absorbed.

RISOTTO Setting

1. Stir in chicken stock and pepper, mixing well. Cover with lid and press the RISOTTO button and then the START|CANCEL button.
2. When it has automatically switched to the WARM setting, which will take about 20-30 minutes, remove lid and stir through asparagus slices and remaining 10g of butter. Cover with lid and leave on WARM setting for 5 minutes.
3. Stir through lemon juice, lemon rind and season with salt.

Serve immediately with prawns

THYME, BARRAMUNDI AND PEA RISOTTO

Serves 4-6

20g butter
1 tablespoon oil
2 leeks, washed and thinly sliced
2 cloves garlic, finely chopped
300g Arborio or carnaroli rice
1 cup dry white wine
4 cups chicken or fish stock
400g fresh barramundi fillets cut into 3cm cubes
250g fresh peas or frozen peas, thawed
1 teaspoon finely grated lemon rind
1 tablespoon fresh lemon juice
2 tablespoons chopped fresh parsley
Salt and ground white pepper
Lemon wedges to serve

SAUTÉ|SEAR setting

1. Press the SAUTÉ|SEAR button and then the START|CANCEL button. Heat removable cooking bowl for 3 minutes with lid on.
2. Remove lid, add butter and oil, heat for 1 minute or until butter has melted.
3. Add leeks and garlic cover with lid, cook, stirring occasionally for 4 - 5 minutes, or until leeks have softened.
4. Add rice, mix well, cover with lid and cook, stirring occasionally for 2 - 3 minutes or until rice is glossy.
5. Stir in wine, cook uncovered for 2 - 3 minutes or until all the wine is absorbed.

RISOTTO Setting

1. Stir in stock, cover with lid and press the RISOTTO button and then the START|CANCEL button. Cook for 18 - 20 minutes, stirring occasionally or until most of the liquid has been absorbed.
2. Remove the lid and stir through barramundi pieces. Cover with the lid.
3. When the cooker has automatically switched to WARM setting, which will

take about 5 - 10 minutes, remove lid and stir through peas, lemon rind, lemon juice and chopped parsley. Season to taste with salt and pepper.

Serve immediately with wedges of lemon

Any type of firm white boneless fish fillets can be used in this recipe.

NOTE

TURKISH PILAF

Serves 4-6

2 tablespoons olive oil
1 red onion, finely chopped
2 cloves garlic, finely chopped
1 teaspoon cardamom pods, finely crushed
1 teaspoon ground cumin
½ teaspoon ground black pepper
1 teaspoon ground turmeric
1 bay leaf
pinch salt
450g Basmati rice, washed and well drained
4 cups chicken or vegetable stock
½ cup shelled pistachio nuts, chopped
1 cup dried apricots, chopped
¾ cup currants
¼ cup chopped coriander leaves

SAUTÉ|SEAR setting

1. Press the SAUTÉ|SEAR button and then the START|CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
2. Remove lid, add oil, heat 1 minute.
3. Add onion, garlic, spices and salt. Cover with lid and cook, stirring occasionally for 3- 4 minutes, or until onion has softened slightly and spices are fragrant.
4. Add washed rice, stir well, cover with lid and cook for 2- 3 minutes, stirring occasionally.

RICE|STEAM setting

1. Stir in stock, cover with lid and press the RICE|STEAM button and then the START|CANCEL button.
2. When the cooker has automatically switched to the WARM setting, which should take about 15 - 20 minutes, remove lid and discard the bay leaf.
3. Stir in pistachio nuts, apricots, currants and coriander. Serve hot or warm.

SUSHI RICE

600g short grain sushi rice, washed and drained

4 cups water

2 tablespoons rice vinegar

2 tablespoons caster sugar

½ teaspoon salt

Extra tablespoon of rice vinegar for rolling

RICE|STEAM setting

1. Place washed rice and water into the removable cooking bowl. Cover with lid.
2. Press the RICE|STEAM button and then the START|CANCEL button.
3. When the cooker has automatically switched to the WARM setting, which will take about 10 - 15 minutes, allow to stand covered on the WARM setting for 10 minutes
4. Remove lid and spoon rice into a large shallow dish, set aside.
5. Heat vinegar, sugar and salt in a small saucepan over a low heat until sugar dissolves. Sprinkle vinegar mixture over rice and mix well. Allow rice to cool completely before using.

Some sushi recipes require the rice to be shaped by hand. To do this combine 1 tablespoon rice vinegar with ¼ cup water. Use this mixture to keep hands wet while shaping rice.

TIP

SUSHI ROLLS

6 sheets Nori seaweed

Prepared Sushi Rice(see recipe)

Wasabi paste, to taste

Add any combination of fillings such as:

Smoked salmon, thinly sliced

Japanese pickled ginger and vegetables

Finely sliced cucumber

Sashimi salmon or tuna

Avocado

Shredded carrot

Cooked prawns

Finely shredded lettuce

Mayonnaise

1. Place a sheet of seaweed, shiny side down on a sheet of baking paper or a bamboo rolling mat.
2. Spread a portion of the rice over a two third of the Nori sheet, leaving a border.
3. Spread a very thin layer of wasabi paste in a narrow line down the centre of the rice. Top with a selection of fillings.
4. Using the paper or mat as a guide, roll up the Nori sheet firmly to enclose the filling. Press to seal the edges.
5. Place the roll seam side down on a chopping board and using a very sharp knife, cut the roll into small portions.
6. Repeat with remaining Nori sheets and filling.
7. Cover and refrigerate until ready to serve.

Serve as soon as possible after preparing.

ROASTED PUMPKIN & QUINOA SALAD

Serves 4-6

3 tablespoons olive oil

400g pumpkin, peeled and cut into 1.5cm cubes

2 rice scoops quinoa

3 rice scoops chicken stock

4 green onion, finely sliced

3-4 dried figs

50g baby spinach leaves

2 tablespoons lemon juice

SAUTÉ|SEAR setting

1. Press the SAUTÉ|SEAR button and then the START|CANCEL button. Heat removable cooking bowl for 3 minutes with lid on.
2. Remove lid, add half the oil, heat 1 minute.
3. Add pumpkin, cover with the lid and cook for 3-4 minutes, stirring occasionally, until softened and lightly golden. Remove and set aside

RICE|STEAM setting

1. Add quinoa and stock, mix well, cover with the lid. Press the RICE|STEAM button and then the START|CANCEL button.
2. When Rice has automatically switched to the WARM setting, which will take about 10 - 15 minutes, remove lid and fluff up with a fork and cool completely. Place cooked quinoa into a large salad bowl and toss through cooked pumpkin, figs and baby spinach leaves.
3. Whisk lemon juice and remaining oil and season with salt and pepper. Drizzle over salad and serve immediately.

TROPICAL MANGO RICE

Serves 4 -6

275g short grain white rice, washed and drained

1 cup mango nectar

1 cup water

450g can sliced peaches, drained, juice reserved

2 teaspoons finely grated lime rind

270ml can coconut cream

¼ cup passionfruit pulp

1 tablespoon cinnamon sugar

1. Place washed rice, mango nectar, water and reserved peach juice (set peach slices aside) into the removable cooking bowl, mixing well. Cover with lid.
2. Press the RICE|STEAM button and then the START|CANCEL button.
3. When the cooker has automatically switched to the WARM setting, stir through lime rind, coconut cream and passionfruit pulp. Cover with lid and stand for 10 minutes on WARM setting.

Serve warm with reserved peaches and sprinkle with cinnamon sugar

STEAMED WHOLE FISH WITH GINGER & GREEN ONIONS

Serves 2

300-400g whole snapper or bream, cleaned and scaled

2cm piece fresh ginger, peeled and cut into thin strips

1 lime, sliced

1 cup coriander sprigs

3 cups water

2 tablespoons soy sauce

1 tablespoon peanut oil

3 green onions, finely sliced

1. Wash and dry the fish. Cut 2 slits at a 45° angle through each side of the fish. Place some of the ginger and a slices of lime into each slit.
2. Place the coriander into the cavity of fish. Place fish into steaming tray.
3. Pour 3 cups of water into the removable cooking bowl. Place steaming tray into removable cooking bowl, cover with lid.
4. Press the RICE|STEAM button and then the START|CANCEL button.
5. Steam fish for about 15 minutes or until flakes when tested with a fork.
6. Remove fish from steaming tray and place onto a serving platter.
7. Combine soy sauce, oil and shallots, pour over fish and serve immediately.

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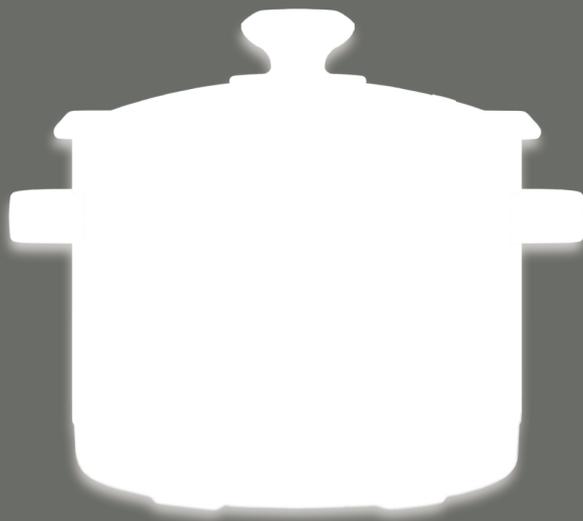
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