

Sunbeam

Professional Wok

7.5 Litre Heat Wall Non-Stick Wok

Instruction/Recipe Booklet

WW7500

Please read these instructions carefully
and retain for future reference.



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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 یکنید کہ احتیاطهای بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenliğin 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 PROFESSIONAL WOK.

- Use well away from walls and curtains.
- Avoid using on metal surfaces e.g. sink, hotplate.

Sunbeam are 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.
- Close supervision is necessary when your appliance is being used near children or infirm persons.
- Never leave an appliance unattended while in use.
- Young children should be supervised to ensure that they do not play with the appliance.

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 touch cooking vessel whilst hot, use cool touch handles.
- If using a plastic spatula do not leave in cooking vessel when hot.
- Do not immerse removable probe in water.
- 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.
- For safety reasons and to avoid maintenance by unskilled persons, some appliances are 'sealed' using tamperproof screws. Such appliances should always be returned to the nearest Sunbeam Appointed Service Centre for adjustment or repair if required.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been dropped or 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.

Features of your Professional Wok

Glass Lid with adjustable steam vent

Allows you to view your food while cooking, and control moisture levels.

DuPont® Teflon Platinum with ScratchGuard™ Non-stick Coating

Safe to use with metal utensils. Up to 10 times more scratch-resistant than other non-stick coatings. See page 4.

2400 watt 'Heat-Wall' Element

The element wraps around the heavy duty base and side of wok providing superior heat distribution.

Quick Release Detachable Base

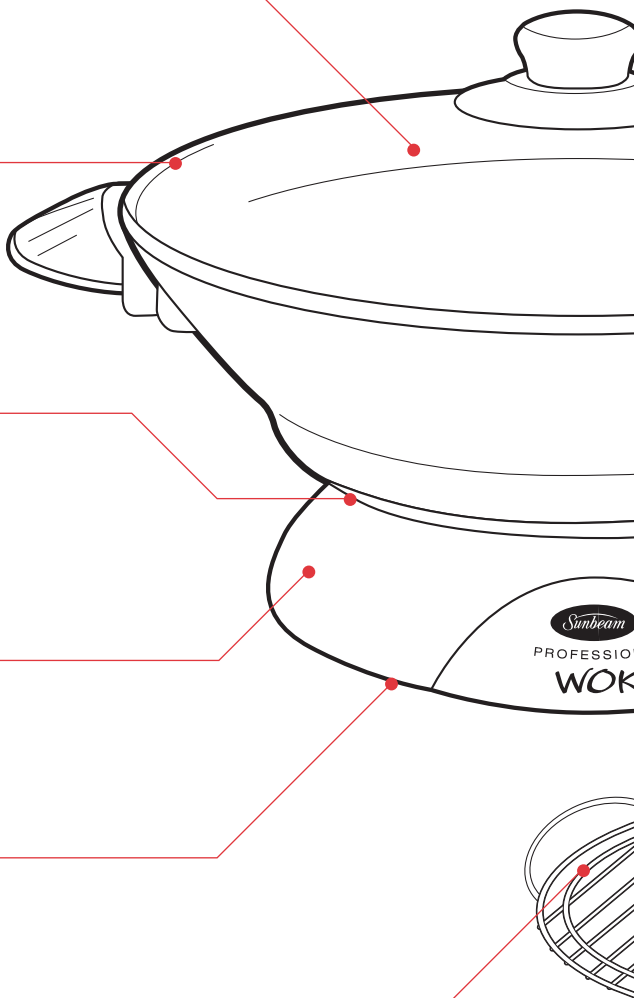
Quick-release detachable base allows for easy cleaning. Simply twist a half-turn and pull.

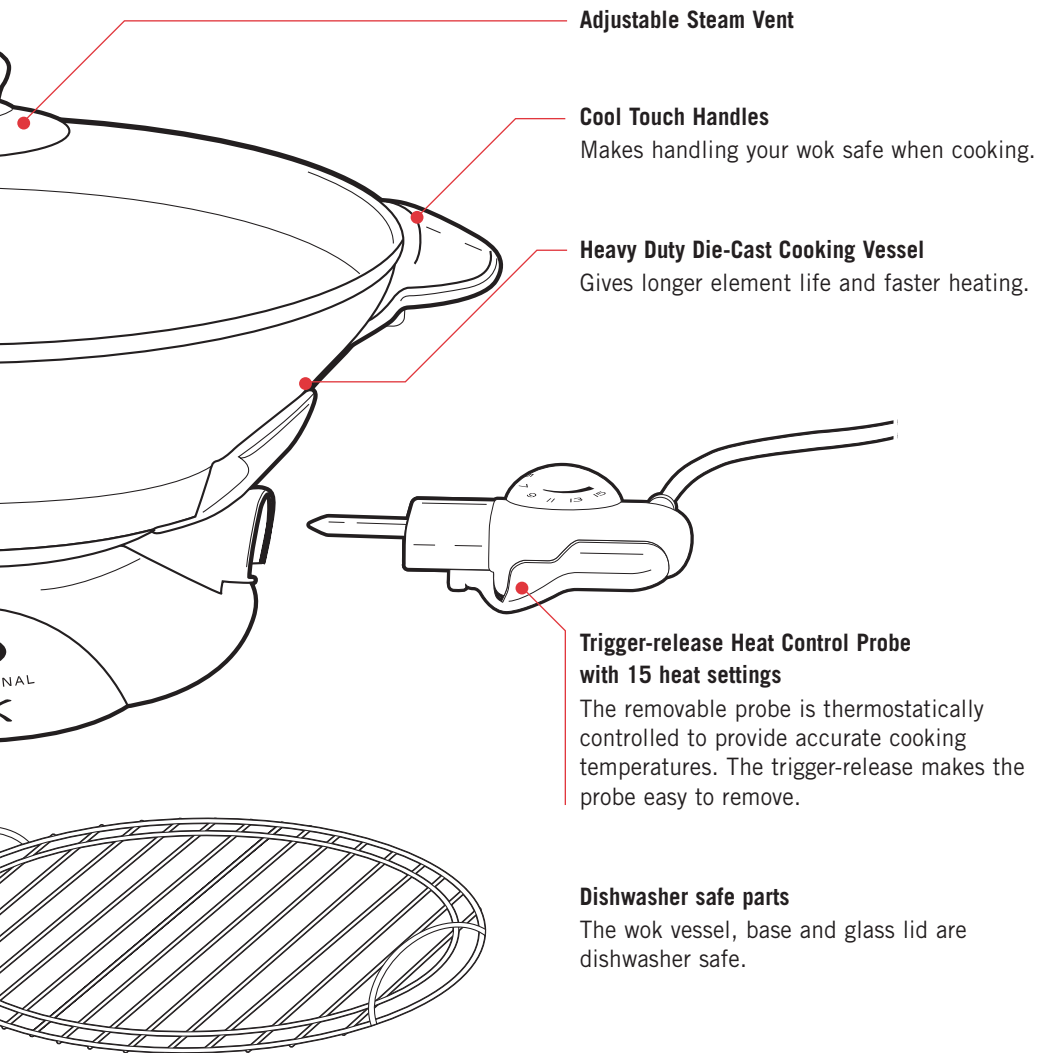
Non-Slip Feet

Non-slip rubber feet provides extra stability and prevents slipping.

Steaming Rack

Steaming rack allows you to steam foods in your wok.





Adjustable Steam Vent

Cool Touch Handles

Makes handling your wok safe when cooking.

Heavy Duty Die-Cast Cooking Vessel

Gives longer element life and faster heating.

**Trigger-release Heat Control Probe
with 15 heat settings**

The removable probe is thermostatically controlled to provide accurate cooking temperatures. The trigger-release makes the probe easy to remove.

Dishwasher safe parts

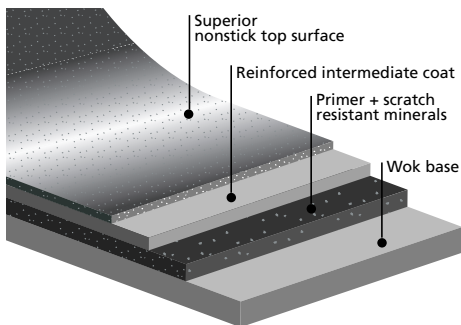
The wok vessel, base and glass lid are dishwasher safe.

Features of your Professional Wok

DuPont Teflon® - Platinum with ScratchGuard™ Non-Stick Coating

Your Sunbeam wok features DuPont's toughest non-stick coating produced to date - Platinum with ScratchGuard.

DuPont is the world leader in non-stick coatings with the introduction of Teflon dating back to 1938. Today more than 2 billion households have Teflon non-stick coated cookware.



Teflon Platinum is a premium 3 layer non-stick coating. It features special scratch resistant minerals causing metal utensils to slide over these particles without damaging the Teflon matrix.

This preserves the release properties of the non-stick coating during the life of the wok.

The end result is a non-stick coating that can be treated like ordinary cookware, enabling the use of metal utensils such as spatulas and spoons, but not sharp utensils.



So tough is the new Teflon Platinum coating that it is up to 10 times more scratch resistant than other non-stick coatings*.

The image shown here is an example of the performance of Teflon Platinum against an 'other' non-stick coating. Each surface has undergone 5 cycles of the DuPont In-House Abuse Test.

The Teflon Platinum only has some surface scuffing, whereas the 'other' non-stick coating has deteriorated badly.

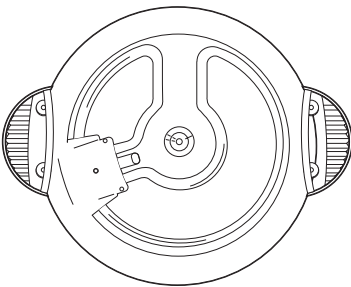


** The images shown here and performance claims are based upon the DuPont In-House Cooking Abuse Test used to evaluate scratch resistance and release properties of non-stick coatings.*

Features of your Professional Wok continued

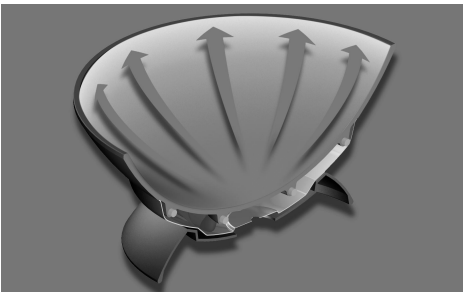
2400 Watt 'Heat-Wall' Element

Your Sunbeam Professional Wok features a special 2400 Watt 'Heat-Wall' element. This element wraps around both the bottom, and side of your wok wall providing superior cooking temperatures and heat distribution.



Completely cast-in element

The heat is quickly channelled from the base of the wok up the wall. This 'Heat-Wall' system creates the ideal wok cooking environment for fast and easy cooking.



Heat-Wall element channels heat upwards

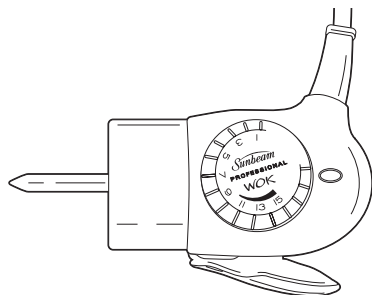
The 'Heat-Wall' element is completely cast into the heavy duty base. This increases the life of the element and provides faster heat distribution.

Trigger-Release Control Probe with 15 heat settings

The Heat Control Probe is thermostatically controlled with 15 settings to deliver perfect cooking control.

The indicator light switches 'on' when it is heating. When the wok has reached the desired temperature the indicator light switches 'off'. The indicator light will then cycle 'on' and 'off' as the thermostat maintains the set temperature.

The Heat Control Probe is ergonomically designed with a handy Trigger-Release. Simply hold the probe and squeeze the trigger with your thumb to remove it.

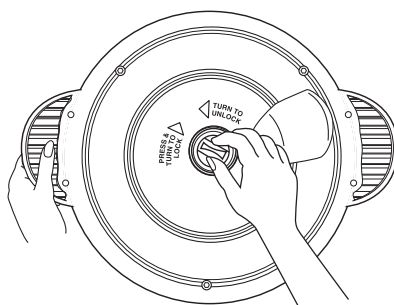


Heat control probe with trigger release

Quick Release Cook & Clean Base

Your Sunbeam Professional Wok features a quick release 'Cook & Clean' base.

This spring loaded mechanism enables the base to be quickly and easily removed from the wok cooking vessel. Simply turn the Wok upside down and twist the plastic knob a half turn anti-clockwise as shown in the illustration.



Quick-release cook and clean base

Using your Professional Wok

Before the First Use.

Ensure any stickers are removed from the product. Wash in warm soapy water, rinse thoroughly and dry your Wok and lid.

Do not immerse the Heat Control Probe in water or any other liquid.

Season the cooking surface by applying a thin coat of cooking oil and wiping over with paper towelling. Re-seasoning is recommended every few months.

1. Insert the Heat Control Probe into the socket of the Wok.
2. Plug the cord into a 230-240V power outlet and turn the power on.
3. Set the Heat Control Probe dial to the desired temperature setting, or the recommended temperature setting for your required recipe.

Allow 5 minutes for your wok to reach the temperature setting you have selected. The Wok is now ready to use.

Note: The thermostat light on the Heat Control Probe indicates the temperature at which the dial is set.

This light will remain on until the set temperature has been reached and then will cycle on and off throughout cooking. This will ensure that the Wok maintains the correct temperature.

Cooking Techniques

Various cooking methods can be used to make a variety of foods in your Sunbeam Wok.

Stir-Frying.

Stir-frying is a quick cooking method conducted over very high heat. The Wok should be hot before adding oil or any ingredients. Be sure to maintain maximum heat when stir-frying, by cooking food in small batches. Use a tossing motion to ensure the food is evenly exposed to the heat.

Tips When Stir-Frying.

- Meat should be cooked in batches, approximately 150g per batch. This prevents the temperature of the wok dropping too low and also preventing the meat from stewing. Once the meat is cooked, remove it from the wok and continue cooking vegetables, sauce and noodles. Then return the meat to the wok to heat through.
- Vegetables and meat should be cut into uniform shapes and sizes before starting, as stir-frying relies on quick cooking for best results.
- Slice meats into thin strips (about 5cm) so that they can cook quickly.
- If stir-frying marinated meat strips, drain off excess marinade as it tends to boil, which toughens the meat.
- Ensure the oil has been preheated to the correct temperature before cooking. The best oil to use is a canola or sunflower oil. Traditional Asian oils used include peanut or sesame oils.

- Stir-frying is done quickly, the less cooking time, the less chance there is for the meat to toughen or overcook. This also keeps the food crisp.
- Do not use the lid when stir-frying as stir-frying is a method of dry cooking and the steam droplets will toughen the meat.
- Serve stir-fried foods immediately to retain their crisp texture.

Shallow Frying.

Shallow frying is a method used to cook and crispen foods in a small amount of oil. The food is cooked at a lower temperature so that a brown crust forms on the underside. The food is then turned over to brown the other side. Usually 1 cup of oil is sufficient for shallow frying.

Deep Frying.

Deep fried food should be crispy on the outside and tender inside. The food should be coated with batter or breadcrumbs and placed in hot oil.

Tips When Deep Frying.

- Preheat the oil to the desired temperature before adding food. Do not cover the Wok with the lid when deep frying. This will prevent foaming or splattering of oil from condensation droplets.
- Wipe moisture from foods to avoid any splattering or foaming of oil.
- Do not fill the Wok with more than 8 cups of oil. For best results use a vegetable oil.

Cooking Techniques

- Cook food pieces a few at a time. This prevents lowering the oil temperature and food from having a soggy crust.
- Drain the food on paper towelling as soon as it is removed from the oil.
- Always allow the oil to cool before removing from the Wok.

Steaming.

Steamed foods are tender and juicy retaining most of their nutritional value. Most foods respond well to steaming, especially fish and seafood. Place food on the steaming rack provided and place in Wok over simmering water or stock. Cover with Wok lid.

Braising and Stewing.

The Wok can be used to make your favourite stews. The lid should be left on when stewing.

Braising is a variation to stir-frying where liquid is added at the end of stir-frying and the ingredients are left to simmer, usually uncovered.

Care and Cleaning

DuPont Teflon Platinum Non-stick Coating

Your wok features a special scratch- and abrasive-resistant non-stick coating that makes it safe to use metal utensils when cooking.

Regardless of this fact Sunbeam recommends that care is taken with the non-stick coating particularly when using metal utensils.

Do not use sharp objects or cut food inside the wok vessel. Sunbeam will not be liable for damage to the non-stick coating where metal utensils have been misused.

When cleaning the non-stick coating do not use metal (or other abrasive) scourers. After cleaning, dry the wok and lid thoroughly with a soft cloth before storing.

Always turn the power **OFF** and **REMOVE** the plug from the power point before cleaning. Remove the Control Probe from the socket of the Wok.

Heat Control Probe.

If cleaning is necessary, wipe over probe with a damp cloth.

Do not immerse the Control Probe in water or any other liquid.

Storage.

Store the probe carefully in a safe place. Do not knock or drop it as this can damage the probe.

If damage is suspected, return the Control Probe to your nearest Sunbeam Service Centre for inspection. Refer to the back of your instruction book for Service Centre listings.

Wok, Base and Glass Lid.

The Wok, base and lid are fully immersible and can be washed in warm soapy water using a mild household detergent and a soft washing sponge.

They can also be cleaned in the dishwasher.

We recommend to wipe the Wok vessel out after each use with a paper towel to maintain the seasoning of the non-stick coating. This will also improve the non-stick performance of your Wok.

Removing Stubborn Stains.

Should your Wok require additional cleaning of stubborn stains and build up, the following method is recommended:

Combine: 2 tablespoons bicarbonate of soda and 2 teaspoons water.

1. Pre-heat the Wok for approximately 1-1½ minutes on setting 3.
2. Turn the power OFF and remove the plug from the power point. Brush the above paste solution onto the non-stick surface, allow to stand for 1 hour.
3. Wash the Wok in warm soapy water using a mild household cleaner and a soft washing sponge.

Dry with a soft cloth before storing. Before using your Wok again, re-season the non-stick surface.

To Clean Steaming Rack.

Wash in warm soapy water using a mild household detergent. Rinse thoroughly and dry with a soft cloth before storing.

Recipes

ENTREES & APPETISERS

Spring Rolls

(Makes 20)

2 tablespoons oil
2 cloves garlic, crushed
1 tablespoon grated ginger
 $\frac{1}{4}$ cup canned bamboo shoots, finely chopped
350g chicken mince
3 tablespoons soy sauce
2 carrots, grated
100g mushrooms, sliced
6 cabbage leaves, finely shredded
100g rice noodles, soaked
20 Spring Roll wrappers
Oil for frying

1. Preheat Wok to setting 12. Heat oil and add garlic, ginger and bamboo shoots. Do not brown. Add chicken and soy sauce, stir fry for 3-4 minutes.
2. Add remaining ingredients and stir fry until the cabbage has wilted and is well cooked. Remove ingredients from the Wok and allow to cool.
3. Meanwhile, clean Wok and heat oil to setting 15 for deep frying.
4. Place a tablespoon of filling across corners of spring roll wrappers. Brush edges with a little water, tuck in ends, roll up the enclosed filling.
5. Deep fry spring rolls in batches of 5 until golden brown, 6-8 minutes.
6. Serve hot with favourite dipping sauces.

Garlic Prawns

(Serves 6)

1kg green king prawns, peeled
 $\frac{1}{2}$ cup olive oil
4 cloves garlic, peeled
1 tablespoon parsley, chopped
 $\frac{1}{2}$ teaspoon salt

1. Devein prawns. Place all ingredients in a bowl and marinade for 2 hours in refrigerator.
2. Preheat Wok on setting 12. Stir fry prawns until bright pink in colour. Remove garlic cloves and serve hot.

Honey & Soy Chicken Nibbles

(Makes 20)

10 chicken wings
2 tablespoons vegetable oil
2 cloves garlic, finely chopped
1 teaspoon finely grated fresh ginger
 $\frac{1}{2}$ cup soy sauce
 $\frac{1}{4}$ cup honey
 $\frac{1}{4}$ cup dry sherry
 $\frac{1}{2}$ teaspoon Chinese five spice powder
Pepper to taste

1. Remove and discard wing tips. Cut wings in half at the joint.
2. Heat oil in Wok on setting 12. Cook chicken until browned on all sides.
3. Combine the remaining ingredients and pour over chicken. Reduce heat to simmer on setting 2-3 and cook until sauce has thickened and chicken is cooked through.

Spicy Prawn Soup (Serves 4)

- 2 stems fresh lemongrass, chopped
- 2 fresh red chillies
- 1½ tablespoons grated fresh ginger
- 6 cups fish stock
- 500g uncooked prawns, shelled and deveined
- ¼ cup lime juice
- 1 tablespoon coriander, chopped

1. Blend lemongrass, chillies and ginger until finely chopped.
2. Pour stock into the Wok and bring to the boil on setting 15. Add chilli mixture and simmer, uncovered for 15 minutes.
3. Add prawns and lime juice and allow to simmer until prawns are cooked.
4. Serve with sprinkled coriander.

Fried Camembert (Serves 6)

- 2 x 125g camembert or brie cheese
- 4 eggs, lightly beaten
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 cups dried breadcrumbs
- Oil for deep frying

1. Preheat oil in Wok to setting 15.
2. Using a wet knife, cut cheese into small wedges. Combine salt, pepper and breadcrumbs.
3. Coat each wedge of cheese in egg and then breadcrumbs. Repeat this procedure twice. Place wedges in Wok and fry until golden brown.
4. Serve hot with Cranberry sauce.

MAIN MEALS

Crispy Lemon Chicken (Serves 6)

- 6 chicken breast fillets
- ½ cup lemon juice
- 1 tablespoon sugar
- 2 teaspoons soy sauce
- Oil for deep frying
- ½ cup cornflour
- ¼ cup chicken stock

1. Chop each chicken in half. Combine lemon juice, sugar and soy sauce. Pour over chicken and marinade in refrigerator for 30 minutes.
2. Drain chicken and reserve marinade.
3. Heat oil in Wok to setting 15. Coat chicken in cornflour and fry until golden brown. Drain chicken on absorbent paper.
4. Combined reserved marinade and 1 tablespoon cornflour with stock in clean wok and heat until thickened. Served over crispy lemon chicken.

Curried Prawns (Serves 6)

- 3 tablespoons oil
- 6 green onions, cut into 5cm pieces
- 2 medium onions, sliced
- 3 celery stalks, chopped
- ½ cup French beans
- 2 tablespoons curry powder
- 1kg uncooked prawns, shelled and deveined
- 2 cups chicken stock
- ¼ cup cornflour
- 2 tablespoons sherry
- ¼ cup cream

Curried Prawns cont.

1. Heat oil in Wok on setting 12. Add onions, celery, beans and curry. Stir fry until onions are tender. Reduce heat to setting 3.
2. Add prawns and stock. Stir through combined cornflour and sherry, stirring until thickened. Cook for 3 minutes and stir through cream. Serve with rice.

Thai Chicken Green Curry (Serves 4)

Curry Paste

- 5 green chillies
 - 1/2 stalk lemongrass, sliced
 - 1 tablespoon lime zest
 - 1 tablespoon chopped coriander
 - 2 cloves garlic
 - 6 éshallots, chopped
 - 1 1/2 teaspoons shrimp paste
 - 1 teaspoon ground tumeric
- Process all ingredients to a fine paste.
Set aside.

Chicken Curry

- 400g chicken breast, sliced
 - 850ml coconut milk
 - 2 tablespoons fish sauce
 - 2 tablespoons shredded kaffir lime leaves
 - 1 tablespoon chopped basil
1. Preheat Wok to setting 15. Add the chicken and gradually pour in the coconut milk. Stir for a few minutes, just until chicken is tender.
 2. Add the curry paste and reduce heat to setting 12. Stir and allow the mixture to thicken – about 10 minutes. Be careful that it does not burn.

3. Season with fish sauce and add lime leaves, chilli and basil just before serving. Serve on a bed of steamed rice.

Seafood Paella (Serves 5)

- 2 tablespoons oil
- 2 onions, chopped
- 1 clove garlic, crushed
- 1 1/2 cups chicken stock
- 250g fish cutlets, cut into pieces
- 1 tablespoon tumeric
- 1 1/2 cups cooked rice
- 425g can whole tomatoes
- 125g mussels
- 250g prawns, shelled and cut into pieces
- 1 green capsicum, cut into strips
- 1 red capsicum, cut into strips

1. Heat oil in Wok on setting 15. Bring oil, onion, garlic, chicken stock, fish pieces and tumeric to the boil and cook for 15 minutes.
 2. Reduce heat to setting 3 and stir in the cooked rice.
- Chop the tomatoes and add to the Wok with juice, mussels, prawns and capsicums. Simmer until liquid is absorbed, about 15 minutes and serve.

French Vegetable Casserole (Serves 4)

- 1 large eggplant
- 4 tablespoons oil
- 2 onions, finely sliced
- 2 cloves garlic, finely chopped
- 2 green capsicum, cut into strips
- 500g zucchini, sliced
- 4 medium ripe tomatoes, roughly chopped
- 1 tablespoon mixed herbs
- Pepper to taste

1. Slice eggplant, sprinkle with salt and allow to stand for 30 minutes. Wipe away moisture with absorbent paper. Cut into 2cm cubes. Heat oil in Wok on setting 12, sauté onion and garlic until onion is tender.
2. Add remaining ingredients and bring to the boil. Reduce heat to simmer on setting 2-3, cover and cook for 30 minutes.

Tomato, Onion and Zucchini Casserole (Serves 4)

- 2 tablespoons oil
- 2 onions, finely sliced
- 1 clove garlic, finely chopped
- 500g zucchini, sliced
- 3 large ripe tomatoes, roughly chopped
- 500g zucchini, sliced
- 3 large ripe tomatoes, roughly chopped
- 1 tablespoon Worcestershire sauce
- 1 tablespoon fresh chopped parsley
- 1 teaspoon dried basil
- Pepper to taste

1. Heat oil in Wok on setting 12. Add onion and garlic, sauté until onion is tender.
2. Add zucchini, tomatoes, Worcestershire sauce, parsley, basil and fresh ground pepper to taste, bring to the boil.
3. Reduce heat to simmer on setting 2-3, cover and cook until zucchini is tender.

STIR-FRIES

Chilli Beef (Serves 4)

- 2 tablespoons oil
- 500g topside steak, cut into thin strips
- 2 onions, cut into thin wedges
- 1 clove garlic, finely chopped
- 1 teaspoon grated fresh ginger
- 1 green capsicum, cut into thin strips
- 1 red capsicum, cut into thin strips
- 1 celery stalk, cut into diagonal strips
- 1 beef stock cube blended with 1 tablespoon hot water
- 2 tablespoons soy sauce
- 2 teaspoons brown sugar
- 2 green onions, chopped
- 1/4 cup roasted almonds

1. Heat oil in Wok on setting 15. Add meat and stir-fry in batches. Remove.
2. Reduce heat to setting 12. Add onions, garlic, ginger stir-fry until tender.
3. Add capsicum, celery, stock and sugar. Stir-fry for 2-3 minutes return beef to wok and mix to heat through. Garnish stir-fry with green onions and almonds.

Pork with Broccoli

(Serves 4)

- 2 tablespoons oil
- 500g pork fillet, sliced thinly
- Salt and pepper to taste
- 2 cloves garlic, crushed
- 2 teaspoons grated fresh ginger
- 3 carrots, sliced thinly
- 1 large head broccoli, chopped into florets
- 100g mushrooms, sliced
- $\frac{1}{3}$ cup soy sauce
- 125ml chicken stock
- 1 tablespoon cornflour
- 1 tablespoon sugar
- $\frac{1}{2}$ bunch chives, chopped

1. Heat half oil in Wok on setting 15. Add pork, seasoned with salt and pepper in batches until cooked. Remove from wok.
2. Heat remaining oil in wok and add garlic and ginger; cook for 1 minute. Add carrots, broccoli and mushrooms and stir fry for 1 minute.
3. Reduce heat to setting 12. Add soy sauce, combined stock, cornflour and sugar. Stir fry until carrots are tender, about 3-4 minutes.
5. Return pork to Wok and mix thorough to heat. Sprinkle with chopped chives and serve with rice.

Vegetarian

(Serves 4)

- 1 tablespoon oil
- $\frac{1}{4}$ cup soy sauce
- 1 onion, sliced
- 1 clove garlic, crushed
- 2 carrots, sliced diagonally
- 2 large heads broccoli, chopped into florets
- 1 red capsicum, cut into strips
- 1 green capsicum, cut into strips
- 100g baby corn
- 100g green beans
- $\frac{1}{4}$ cup orange juice
- 2 teaspoons cornflour
- $\frac{1}{2}$ green onion, chopped

1. Heat oil in Wok on setting 15. Add soy sauce, onion and garlic. Stir-fry 2-3 minutes.
2. Add remainder of vegetables and stir-fry for 4 minutes or until tender.
3. Add combined orange juice and cornflour, stir-fry for a further 3 minutes. Serve sprinkled with green onion.

Teriyaki Chicken

(Serves 4)

- 2 tablespoons oil
- 500g chicken breast fillets, sliced
- 1 small onion, thinly sliced
- 1 clove garlic, crushed
- 100g snow peas
- 1/2 cup water
- 2 tablespoons black bean sauce
- 2 tablespoons teriyaki sauce
- 1 bunch bok choy, sliced
- 1/2 cup bean sprouts

- 1.Heat half oil in Wok on setting 15. Add chicken in batches, stir-fry until tender. Remove from Wok.
- 2.Head remaining oil in wok on setting 15. Add onions and garlic and stir fry for 1 minute. Add snow peas, water and sauces. Stir fry for a further 1 minute.
- 3.Add bok choy and sprouts. Stir-fry until tender. Serve immediately.

Beef and Black Bean

(Serves 4)

- 2 tablespoons oil
- 500g beef steak, thinly sliced
- 2 cloves garlic, crushed
- 1 onion sliced
- 1 stick celery, sliced
- 1 tablespoon cornflour
- 1/4 cup black bean sauce
- 2 tablespoons teriyaki sauce

- 1.Heat oil in Wok on setting 15. Add combined beef and garlic in batches. Stir-fry until beef is tender. Remove.
- 2.Add the onion and celery to the Wok and stir-fry.
- 3.Add beef and combined cornflour and sauces, stir until mixture thickens slightly.

Spicy Calamari

(Serves 4)

- 500g calamari tubes
- 2 tablespoons oil
- 1 red pepper, sliced
- 2 teaspoons oyster sauce
- 1 teaspoon barbecue sauce
- 3 teaspoons soy sauce
- 1 vegetable stock cube
- 1 teaspoon cornflour
- 1/2 cup water

- 1.Score inside of calamari tubes in a diamond pattern. Cut in thick strips.
- 2.Heat oil in Wok on setting 15. Stir-fry calamari in batches until first tender, remove. Stir-fry pepper and add calamari, sauces, crumbled stock cube and blended cornflour and water. Stir fry until sauce boils and thickens slightly.

Noodles with Pork and Peanuts

(Serves 4)

- 2 tablespoons oil
- 3 teaspoons Thai red curry paste
- 500g pork fillets, sliced thinly
- 250g packet dry rice noodles
- 1 chicken stock cube
- 2 teaspoons fish sauce
- 2 tablespoons soy sauce
- 2 teaspoons cornflour
- 1/2 cup water
- 3 tablespoons chopped coriander

- 1.Heat 2 teaspoons oil in Wok on setting 15. Rub curry paste over pork and stir-fry pork until tender. Remove.
- 2.Add noodles to a large pan of boiling water until just tender, drain.
- 3.Add remaining oil to Wok, add noodles, stir-fry until hot.

4. Add crumbled stock cubes, sauces and combined cornflour and water, stir-fry until mixture boils and thickens slightly.
5. Add pork and coriander. Stir-fry for a further 1 minute or until heated through.

SIDE DISHES

Chinese Rice

- 2 tablespoons oil
 - 3 eggs, lightly beaten
 - 1 onion, finely chopped
 - 3 bacon rashers, finely chopped
 - $\frac{1}{2}$ cup frozen peas, thawed
 - 6 green onions, finely sliced
 - 3 cups cooked rice
 - 1 teaspoon grated fresh ginger
 - 2 teaspoons soy sauce
1. Heat oil in Wok on setting 15. Pour eggs into Wok, turn to cook other side. Remove from Wok and chop finely. Add onions and bacon, stir fry until onion is tender.
 2. Add peas, green onions, rice and egg, stir to combine. Stir ginger and soy sauce through rice.
 3. Cook until heated through.

Chinese Fried Vegetables

(Serves 6)

- 2 tablespoons oil
 - 1 onion, cut into wedges
 - 1 clove garlic, finely chopped
 - 1 turnip, cut into thin strips
 - 4 celery stalks, thinly sliced
 - 2 leeks, thinly sliced
 - 1 small cucumber, thinly sliced
 - 125g can bamboo shoots, drained
 - 125g mushrooms, sliced
 - 1 teaspoon grated fresh ginger
 - 1 teaspoon soy sauce
 - 1 teaspoon wine vinegar
 - 1 teaspoon sesame oil
1. Heat oil in Wok on setting 15, stir fry onion and garlic until onion is tender.
 2. Add all vegetables and stir-fry for 3-4 minutes, stirring constantly.
 3. Add ginger, soy sauce, vinegar and sesame oil. Cook for a further 2 minutes.

Garlic Potatoes

(Serves 6)

- 1.5 kg new potatoes, halved
- 2 tablespoons (40g) butter
- 1 tablespoon oil
- 2 cloves garlic, finely chopped
- 2 tablespoons fresh chopped chives

1. Boil potatoes until almost tender. Do not over cook. Drain.
2. Heat oil and butter in Wok on setting 12. Add garlic and sauté for 1 minute. Add potatoes and cook until golden brown, stirring throughout cooking.
3. Stir chives through potatoes just before serving.
4. Serve with sour cream if desired.

French Beans and Mushrooms

(Serves 4)

- 1 tablespoon (20g) butter or margarine
- 1 clove garlic, finely chopped
- 1 tablespoon lemon juice
- 500g French beans, trimmed
- 100g mushrooms sliced
- 2 tablespoons pine nuts

1. Heat butter or margarine in Wok on setting 12. Sauté garlic for 1 minute.
2. Add lemon juice and beans. Reduce heat to setting 3, cover and cook until beans are just tender.
3. Increase heat to setting 5, add mushrooms and pine nuts. Sauté until mushrooms are tender and pine nuts are browned.

Curried Nut Rice

(Serves 4)

- 2 tablespoons (40g) butter or margarine
- 1½ teaspoons curry powder
- 2 cups long grain rice
- 2½ cups chicken stock
- 125g slivered almonds
- 8 green onions, finely sliced

1. Heat butter in Wok on setting 15. Add curry and rice, cook for 2-3 minutes stirring constantly.
2. Add chicken stock and bring to the boil. Return heat to setting 4 to simmer, cover and cook until all liquid has been absorbed.
3. Add almonds and green onions, stir through rice and cook for a further 2-3 minutes.

DESSERTS

Banana Fritters

(Serves 6)

- ½ cup rice flour
- 1 cup plain flour
- 1½ tablespoons baking powder
- 1 teaspoon cinnamon
- 450mls water
- 6 medium bananas
- Oil for deep frying
- Icing sugar

1. Sift flours, baking powder and cinnamon in a bowl; gradually add enough water to form a smooth batter.
2. Preheat oil in Wok on setting 15.

- Cut bananas in half lengthways then in half crossways. Dip bananas in batter and gently drop into hot oil. Deep fry until lightly browned and crisp.
- Drain on absorbent paper, dust with icing sugar or alternatively serve hot with ice cream.

Deep Fried Scones (Serves 15)

30g butter or margarine
1-1½ cups self-raising flour
½ teaspoon salt
¾ cup milk
Raspberry jam
Oil for deep frying

- Using electric beater cream butter until soft. Add flour and salt and mix by hand until crumbly; gradually add milk.
- Turn mixture onto a floured board and knead lightly. Press dough out to a 1cm thickness; cut out rounds with a scone cutter.
- Make a small slit in each scone and fill with jam. Pinch together to close slit.
- Heat oil in Wok on setting 15. Fry scones until golden brown and drain on absorbent paper. Sprinkle with sugar if desired, and serve immediately.

Tropical Fruit Flambé (Serves 4)

60g butter
3 bananas
450g can pineapple pieces
¼ cup brown sugar
¼ teaspoon ground cinnamon
2-3 tablespoons rum
Whipped cream

- Heat wok to setting 12. Peel bananas, cut into 2.5cm slices. Place into frypan with drained pineapple. Sprinkle with sugar and cinnamon. Cook for 5 minutes.
- Add heated rum, turning fruit occasionally until warmed through and tender.
- Serve hot with cream or ice cream.

Peaches Jubilee (Serves 6)

800g can sliced peaches
2 teaspoons cornflour
2 tablespoons cold water
½ cup Kirsch or brandy

- Heat Wok to setting 15. Strain peach syrup into Wok and bring to the boil. Blend cornflour and water together and stir into peach syrup, cook until thickened.
- Add peaches and cook for 5 minutes. Pour in Kirsch, allow to heat for a few seconds. Serve with ice cream.

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