

*Sunbeam*

POACH & BOIL™

EC1300

User Guide



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## 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 یکنید کہ احتیاطهای بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşılığundan 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 EGG COOKER.

- Ensure the steam vent faces away from you at all times.
- Avoid injuries from the egg piercer.

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**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. Even after use, the heating element surface is subject to residual heat.
- Use your egg cooker on a flat, level surface.
- To prevent damage to the appliance, do not use concentrated cleaning agents when cleaning, use a soft cloth and mild detergent.
- Never leave an appliance unattended while in use.
- Do not use an appliance for any purpose other than its intended use. Any misuse of this product may lead to potential injury.
- 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.

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

# Features of your Sunbeam Poach & Boil™

**Cover**

Fits neatly over eggs during cooking.

**Egg rack**

Boil 1 to 6 eggs at one time, to your desired firmness.

**Non-stick heating vessel**

Provides an easy to clean surface.

**On light**

Indicates the unit is operating.

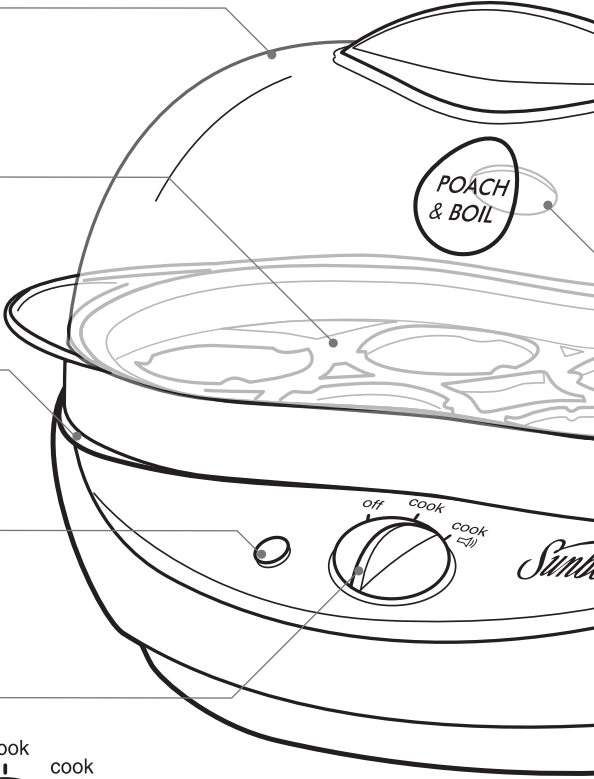
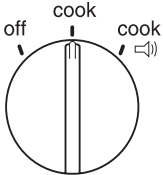
**Operating dial**

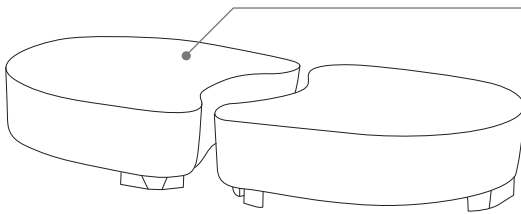
The settings are: **off**

**cook** – cooks without ready buzzer sounding.

**cook** – cooks with ready buzzer sounding

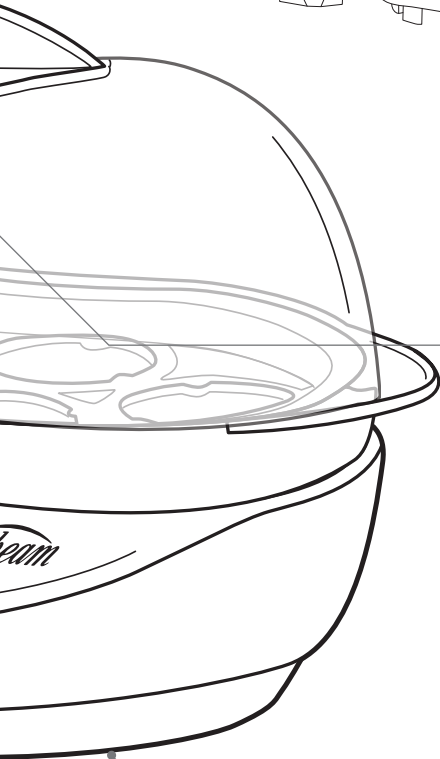
**Ready buzzer** – Buzzer sounds to indicate eggs are ready.





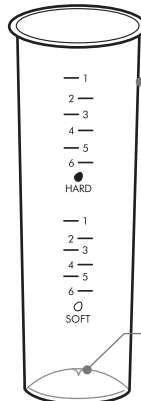
**Poaching trays**

Poach 1 or 2 eggs at a time. Also ideal for cooking plain or savoury omelettes.



**Steam vent**

Allows steam to escape during the cooking process.



**Measuring cup**

Accurate amounts of water can be measured to boil or poach eggs to desired firmness.

**Egg piercer (underneath)**

Piercing eggs prevents them cracking during cooking.

**Cord storage**

Stores cord neatly and conveniently.

# Boiling Eggs

## Before the first use

Wipe over the heating vessel with a damp cloth. Wash the plastic parts in warm soapy water, rinse and dry.

## Boiling Eggs

Up to 6 eggs can be cooked at one time.

1. Using the measuring cup, measure the amount of water required and pour into the heating vessel. Use cold tap water.

Eg. For 2 soft eggs, refer to the section marked  $\circ$ <sub>SOFT</sub> on the measuring cup and fill the cup to the line marked 2. For 3 hard boiled eggs, refer to the section marked  $\bullet$ <sub>HARD</sub> on the measuring cup and fill to the line marked 3. See figure 1.

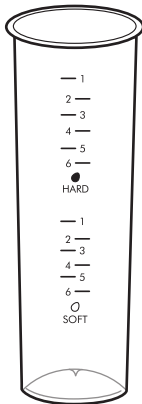


Figure 1

2. Eggs have an air pocket in the large end of the shell and they can crack during cooking as the air expands from the heat. Thus piercing eggs prevents them from cracking during cooking.


Pierce the large end of the egg using the egg piercer which is on the underside of

the measuring cup. To do this, simply place the large end of the egg against the egg piercer and press the piercer into the egg.

**Important:** Avoid injuries from the egg piercer.

3. Position the egg rack over the heating vessel and place the eggs in the egg rack with the large ends facing down.
4. Place the cover over the eggs.

**Important:** Ensure the steam vent faces away from you.

5. Insert the plug into a 230–240 volt AC power outlet and turn the power on.
6. To commence cooking, turn the dial to 'cook', or to 'cook  if you wish the buzzer to sound when cooking has completed.

Approximate cooking times are as follows:

Soft	7 minutes
Medium	10 minutes
Hard	12 minutes

These cooking times are a guideline only. Times will vary depending on the number of eggs cooked, the size and the temperature of eggs being used.

The measures on the measuring cup are based on eggs used at room temperature. Standard (59g) eggs have been used.

**Note:** You may need to add more water for refrigerated or larger eggs.

Also eggs will be firmer if more water is used and softer if less is used. You will quickly learn to adjust the water level to boil eggs just the way you want.

# Poaching Eggs & Savoury Omelettes

## Poaching Eggs & Savoury Omelettes

One or two eggs or omelettes may be cooked at one time.

1. Using the measuring cup, measure the amount of water required and pour into the heating vessel. Use cold tap water.

    Eg. If poaching eggs, fill to the line on the measuring cup marked POACH & STEAM.

    If making savoury omelettes, fill to the line on the measuring cup marked OMELETTE.


2. Position the egg rack over the heating vessel.

3. Grease the poaching trays well with butter, margarine, vegetable oil or oil spray.

4. Break an egg into each tray, or if cooking omelettes, pour omelette mixture into trays and place trays onto the egg rack. Place cover on.

**Important:** Ensure the steam vent faces away from you.

5. Insert the plug into a 230–240 volt AC power outlet and turn the power on.

6. To commence cooking turn the dial to 'cook', or to 'cook ' if you wish the buzzer to sound when cooking has completed.

### Approximate cooking times are as follows:

Poached Eggs 1 or 2	4 minutes
Omelette	10 minutes

The volume of water needed for poaching eggs or cooking omelettes is marked on the measuring cup.

Poached eggs and omelettes will be firmer if more water is used and softer if less is used. You will quickly learn to adjust the water level to poach eggs or have your omelettes exactly the way you like them.

The table below shows the measures from the measuring cup. Use these measures if you misplace your measuring cup. This table also appears on the underside of your egg cooker.

**Note:** Less water is required if more eggs or larger eggs are being used.

NO. OF BOILED EGGS	WATER QUANTITIES		
	SOFT	MED.	HARD
1 egg	53ml	83ml	110ml
2 eggs	47ml	78ml	100ml
3 eggs	43ml	72ml	93ml
4 eggs	39ml	66ml	87ml
5 eggs	34ml	57ml	80ml
6 eggs	30ml	51ml	75ml
POACHED or STEAMING			
1 or 2 poached eggs		35ml	
1 or 2 savoury omelettes		63ml	

# Care and Cleaning

## **After each use**

Turn the power off and unplug from the power outlet.

## **To clean the plastic parts**

Wash the cover, egg rack, and poaching trays in warm soapy water, rinse and dry thoroughly.

**Note:** Do not clean any parts in a dishwasher as the high temperatures reached may distort the plastic.

## **To clean the heating vessel**

Wipe over with a damp cloth. Do not use harsh abrasives as these will scratch the non-stick surface.

After cleaning the heating vessel, rub a small amount of vegetable or cooking oil into the non-stick surface. This allows easier removal of mineral deposits that exist normally in water.

**Important:** Do not immerse the unit in water or any other liquid.

Care is required when handling the egg piercer on the measuring cup.

# Egg Tips

Eggs are nature's contribution to 'fast food'. Conveniently packaged, simple to use and inexpensive.

They are an extremely nutrient-dense food, providing vitamins, minerals, protein and fats, with the standard size egg containing only 300KJ.

A nutritious, balanced meal can be made in under 10 minutes by serving a boiled or poached egg with toast and orange juice.

Dressed up or served plainly, an egg always tastes and looks great.

- When purchasing, avoid cracked or broken eggs and check the 'best by' date on the carton.
- Store eggs in the refrigerator with the pointed side down in their carton. This reduces the risk of damage, slows down moisture loss and prevents eggs from absorbing odours from strong smelling foods.
- If a recipe specifies using eggs at room temperature, simply remove them from the refrigerator 30 minutes before using.
- To test for freshness, place an egg in a bowl of cool water. If it sinks, it is fresh – if it floats, throw it out.
- Piercing the large end of the egg with the egg piercer on the underside of the measuring cup prevents it from cracking during cooking, with the added bonus of making it easier to peel.
- Chill hard boiled eggs in cold water immediately after cooking to prevent blue discolouration around the yolk.
- Hard boiled eggs are much easier to slice if they are cold. If you don't have an egg slicer, use a sharp, thin-bladed knife, dipping into cold water every few slices.
- Refrigerated as soon as they cool, boiled eggs will keep for up to 1 week.



**Hot Surfaces  
Do Not Touch**

This symbol indicates, temperature of accessible surfaces may be high when the appliance is operating and for some time after use.

# Recipes

## **Porcini Mushroom Omelette**

6g dry porcini mushrooms

2 eggs, beaten

2 tablespoons thickened cream

2 tablespoons chopped red onion

1. Place porcini mushrooms into a small bowl, pour over boiling water to just cover. Allow to hydrate for 5 minutes; drain and chop finely.
2. Combine all ingredients and mix well.
3. Pour evenly into the two, well greased poaching trays.
4. Cook as directed for savoury omelettes

## **Parmesan Omelette**

2 eggs, beaten

2 tablespoons grated parmesan cheese

2 tablespoons cream, milk or water

2 tablespoons chopped red onion

1. Combine all ingredients and mix well.
2. Pour evenly into the two, well greased poaching trays.
3. Cook as directed for savoury omelettes.

## **Egg White Omelette**

2 rashers short cut bacon, fat trimmed & chopped

3 medium button mushrooms, sliced

2 egg whites

2 tablespoons grated low fat cheddar

1 tablespoon chopped chives

1. Heat a non-stick frying pan over medium heat; add bacon and cook 1-2 minutes or until golden & crispy.
2. Add sliced mushrooms and cook 1-2 minutes or until softened. Remove from heat and cool slightly.
3. Beat egg whites until soft peaks form; fold through cheddar and chives.
4. Pour evenly into the two, well greased poaching trays.
5. Cook as directed for poaching.
6. Allow omelette to stand for 1 minute before removing lid.
7. Serve omelette topped with mushroom and bacon.

## Recipes continued

### **Eggs Benedict**

3 egg yolks

1 tablespoon lemon juice

1 tablespoon water

125g butter, melted

Salt & pepper

4 eggs

2 English muffins, toasted

4 slices ham or bacon, grilled

1. Place egg yolks, lemon juice and water in a heatproof bowl over a saucepan of simmering water.
2. Whisk mixture until it thickens and is well combined.
3. Gradually add melted butter; whisking continuously until sauce is smooth and thick. Do not allow sauce to boil or it will separate.
4. Remove from heat and season to taste.
5. Poach eggs according to directions.
6. Top toasted muffin with grilled ham/bacon and poached egg.
7. Drizzle over warm hollandaise sauce.

### **Eggs Florentine**

20g butter

1 clove garlic, chopped

150g baby spinach leaves

Squeeze of lemon juice

4 eggs

4 thick slices sourdough, toasted

Salt & pepper

1. Heat butter in a large frying pan over medium heat, add garlic and cook 1 minute.
2. Add spinach and cook until just wilted; add lemon juice.
3. Poach eggs according to directions.
4. Top toasted sourdough with wilted spinach and poached egg; season with salt and pepper.

## Recipes continued

### **Tuna Nicoise Salad**

100g baby salad leaves  
200g baby green beans, blanched  
2 ripe medium tomatoes cut into wedges  
3 medium Desiree potatoes, boiled & cut into thick chunks  
2 tablespoons olive oil  
2 tablespoons lemon juice  
1 x 185g can Tuna Slices in Olive Oil  
4 hardboiled eggs, quartered  
½ cup pitted Kalamata olives  
4 anchovies split lengthwise (optional)  
Salt and pepper

1. Scatter salad leaves over a large serving platter.
2. Combine beans, tomatoes and potatoes in a mixing bowl. Whisk together olive oil and lemon juice and pour half the dressing over vegetables; toss until evenly coated.
3. Spoon onto serving platter and top with tuna slices, eggs, olives and anchovies.
4. Drizzle over remaining dressing and season with salt & pepper.

### **Caesar Salad**

4 rashers bacon, chopped (optional)  
2 eggs  
1 small onion, chopped  
¼ cup chopped fresh herbs, (parsley, basil, chives)  
1 tablespoon Dijon mustard  
3 anchovies chopped (optional)  
100mls olive oil  
1 tablespoon lemon juice  
Salt & pepper  
1 large Cos lettuce, roughly chopped  
75g croutons  
50g shaved parmesan

1. Heat a frying pan over medium heat, add bacon and cook 2-3 minutes or until bacon is golden and crispy. Remove and set aside.
2. Cook eggs according to directions to a soft boiled stage; remove and plunge into chilled water to arrest cooking.
3. Combine runny eggs, onion, herbs, mustard and anchovies in a food processor and process until mixed. With motor still running, slowly drizzle in olive oil. Mixture will thicken.
4. Stir in lemon juice and season to taste.
5. Mix together lettuce and half the croutons, parmesan and dressing. Place onto a serving platter.
6. Top with remaining croutons and parmesan and drizzle over remaining dressing.

# Notes

# Notes

# 12 Month Replacement Guarantee

This Sunbeam product is covered by a 12 month replacement or repair warranty, which is in addition to your rights under the Australian Consumer Law (if your product was purchased in Australia) or New Zealand Consumer Guarantees Act (if your product was purchased in New Zealand).

Should you experience any difficulties with your product during the warranty period, please contact our customer service line for advice on 1300 881 861 in Australia, or 0800 786 232 in New Zealand.

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## Australia

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## New Zealand

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0800 786 232  
Unit 3, Building D,  
26 Vestey Drive,  
Mt Wellington  
Auckland  
New Zealand

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Upon receipt of your claim, Sunbeam will seek to resolve your difficulties or, if the product is defective, advise you on how to obtain a replacement or refund.

To assist us in managing warranty claims, we recommend you register your product as soon as practicable after purchase by creating a MySunbeam account on our website and uploading a copy of your original receipt.

In order to make a claim under our warranty, you must have the original proof of purchase documentation for the product and present it when requested (if not already uploaded to our website).

Should your product develop any defect within 12 months of purchase because of faulty materials or workmanship, we will replace or repair it, at our discretion, free of charge. A product presented for repair may be replaced by a refurbished product of the same type rather than being repaired. Refurbished parts may be used to repair the product.

Our replacement or repair warranty only applies where a defect arises as a result of faulty material or workmanship during the warranty period. Your warranty does not cover misuse or negligent handling (including damage caused by failing to use the product in accordance with this instruction booklet), accidental damage, or normal wear and tear.

Your warranty does not:

- cover freight or any other costs incurred in making a claim, consumable items, accessories that by their nature and limited lifespan require periodic renewal (such as filters and seals) or any consequential loss or damage; or
- cover damage caused by:
  - power surges, power dips, voltage supply problems, or use of the product on incorrect voltage;

- servicing or modification of the product other than by Sunbeam or an authorised Sunbeam service centre;
- use of the product with other accessories, attachments, product supplies, parts or devices that do not conform to Sunbeam specifications; or
- exposure of the product to abnormally corrosive conditions; or

- extend beyond 3 months if the product is used in commercial, industrial, educational or rental applications.

**The benefits given to you by our warranty are in addition to other rights and remedies under law in relation to the product.**

**In Australia our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.**

**Our goods also come with guarantees that cannot be excluded under the New Zealand Consumer Guarantees Act.**

If your warranty claim is not accepted, we will inform you and if requested to do so by you, repair the product provided you pay the usual charges for such repair. You will also be responsible for all freight and other costs.

Should your product require repair or service after the warranty period, contact your nearest Sunbeam service centre. For a complete list of Sunbeam's service centres, visit our website or call our customer service line for advice on 1300 881 861 in Australia, or 0800 786 232 in New Zealand.

## Need help with your appliance?

Contact our customer service team  
or visit our website for information  
and tips on getting the most from  
your appliance.

Australia | visit [www.sunbeam.com.au](http://www.sunbeam.com.au)  
phone 1300 881 861  
mail Suite 1, Level 1, 13 Lord Street,  
Botany NSW 2019 Australia.

New Zealand | visit [www.sunbeam.co.nz](http://www.sunbeam.co.nz)  
phone 0800 786 232  
mail Level 6, Building 5,  
Central Park,  
660–670 Great South Road,  
Greenlane, Auckland.

Newell Australia Pty Ltd | ABN 68 075 071 233.

Sunbeam is a registered trade mark.

Poach & Boil is a trade mark of Sunbeam Corporation.

Made in China to Sunbeam's specification.

Due to minor changes in design or otherwise,

the product you buy may differ slightly from the one shown here.

Approved by the appropriate electrical regulatory authorities.

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04/20