

WWM7100DF

Sunbeam

DIAMONDFORCE™
PROFESSIONAL WOK
7.5L

User Guide



*Matrix shown on product is for illustrative purposes only

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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

Βεβαιώσετε 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 بکنید کہ احتیاط‌های بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığından emin olunuz

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

Sunbeam's Safety Precautions

SAFETY PRECAUTIONS FOR YOUR SUNBEAM DIAMONDFORCE™ WOK.

- Use well away from walls and curtains.
- Avoid using on metal surfaces e.g. sink, hotplate.
- Use caution when cooking foods such as chicken as the skin may pop during cooking.
- 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 control probe in water.
- Use only the supplied temperature control probe Type 910, Model TC0710 with this wok.
- Remove the control probe before cleaning the cooking vessel.
- After cleaning the cooking vessel ensure that the control probe inlet area is completely dry before using again.

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.
- 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.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.

- Children should be supervised to ensure that they do not play with the appliance.
- The temperature of accessible surfaces may be high when the appliance is operating.
- Never leave an appliance unattended while in use.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven.
- Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.
- Appliances are not intended to be operated by means of an external timer or separate remote control system.
- This appliance is intended to be used in household and similar applications such as: staff kitchen areas in shops, offices and other working environments; farm houses; by clients in hotels, motels and other residential type environments; bed and breakfast type environments.



**Hot Surface
Do Not Touch**

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

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

Ensure the above safety precautions are understood.

Features of your Sunbeam DiamondForce™ Professional Wok

Glass lid with steam vent

Allows you to monitor your cooking progress and control moisture levels during cooking.

DiamondForce™ non-stick cooking surface

The DiamondForce™ coating advantage with advanced non-stick performance provides superior food release, requiring little to no oil when cooking food and easy wipe clean up.

2400 watt 'heat-wall' element

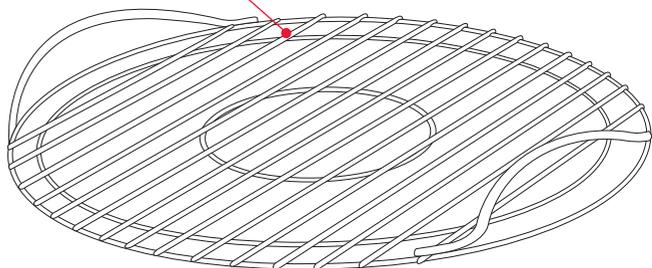
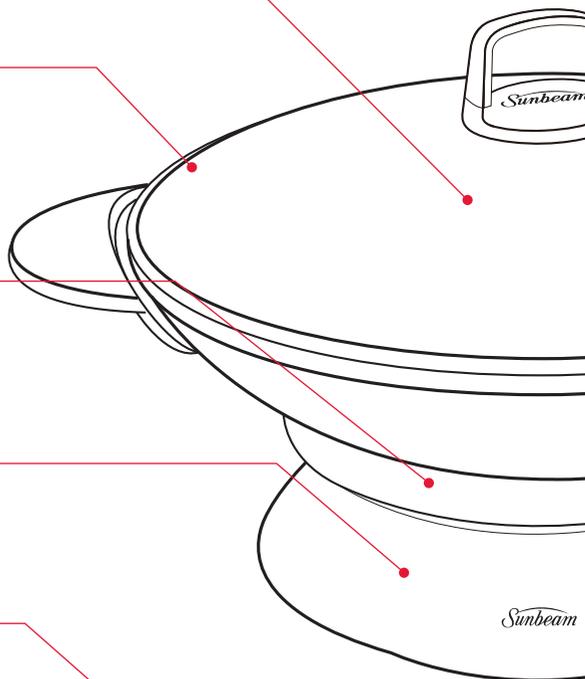
The element wraps around the heavy duty base and sides of the wok providing superior heat distribution over the entire cooking surface.

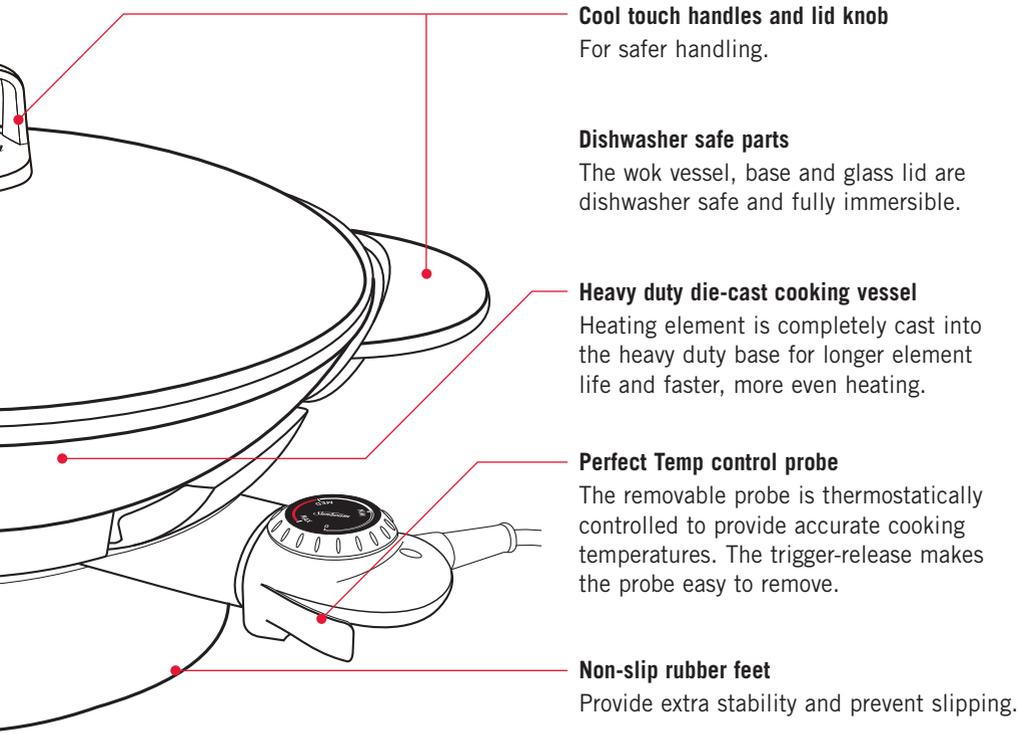
Detachable 'cook and clean' base

Quick release for easy cleaning. Simply turn to unlock the release the dial underneath the base.

Steaming rack

Ideal for steaming fish, vegetables or dumplings for fast, healthy, fat-free cooking.





Cool touch handles and lid knob

For safer handling.

Dishwasher safe parts

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

Heavy duty die-cast cooking vessel

Heating element is completely cast into the heavy duty base for longer element life and faster, more even heating.

Perfect Temp control probe

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

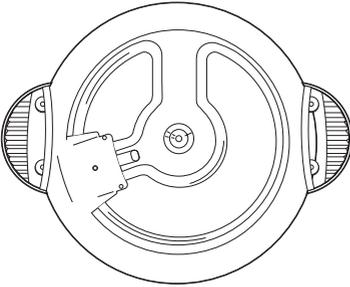
Non-slip rubber feet

Provide extra stability and prevent slipping.

Parts & Accessories

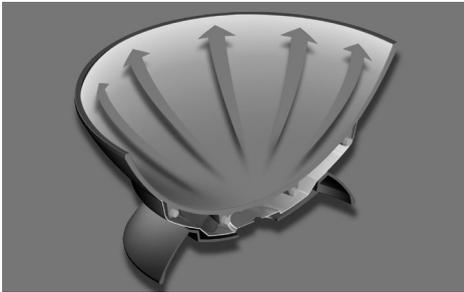
2400 Watt 'Heat-Wall' Element

Your Sunbeam Professional Wok features a special 2400 watt 'heat-wall' element. This element wraps around the base and side walls of your wok 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

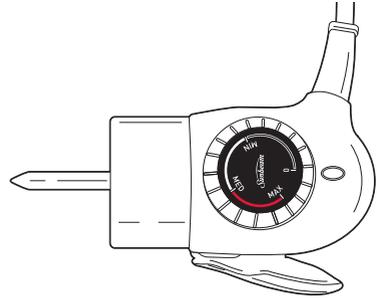
The 'heat-wall' element is completely cast into the heavy duty base. This increases the life of the element and provides faster heat distribution.

Trigger-Release Control Probe

The heat control probe is thermostatically controlled 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

Usage Instructions

Before First Use

Before using your Wok for the first time, remove all packaging and promotional materials from the product and control probe.

With the control probe detached, wash with warm soapy water using a mild household detergent.

Rinse thoroughly and dry. Make sure the interior of the probe inlet is fully dry.

Note: Do not immerse the heat control probe in water or any other liquid.

Using your Wok

1. Place on a flat, level, heat-resistant surface.
2. Insert the control probe fully into the probe inlet of the wok.
3. Plug the cord into 230-240V power outlet and turn the power on.
4. Set the control probe dial to the desired heat 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 control probe indicates the temperature at which the dial is set. The light will remain on until the set temperature has been reached and then will cycle on and off throughout the cooking. This will ensure that the wok maintains the correct temperature.

5. After you have completed cooking, turn the power OFF and unplug from the power outlet.

Note: Ensure the cord is kept well away from the wok when in use.

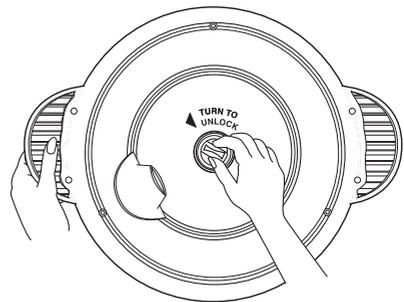
Caution: Do not touch the wok when in use. Avoid touching hot surfaces. Take care when removing food from the wok. Do not transport the wok when it is hot.

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.

Detachable Cook & Clean Base

Your Sunbeam Professional Wok features a quick release detachable '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 turn the release dial anti-clockwise as shown in the illustration below.



Quick-release 'cook and clean' base

Care & Cleaning

Use heat-resistant plastic or wooden or silicone utensils when cooking on the wok. Avoid using sharp or metal objects as these will scratch the non-stick surface. Do not cut food on top of the cooking surface. Do not leave plastic utensils in contact with the cooking surface while in use.

To clean after use

Always turn the power off and remove the plug from the power outlet and the control probe from the probe inlet before cleaning. Allow the Wok to cool before cleaning.

DiamondForce™ non-stick coating

When the wok has cooled down, you may wipe using a paper towel to remove residue on the wok. With the control probe detached, wash with warm soapy water using a mild household detergent. Rinse thoroughly and dry the wok with a soft cloth before storing. Make sure the interior of the probe inlet is fully dry. After cleaning, dry the wok with a soft cloth before storing.

Heat Control Probe

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

Important: Do not immerse the control probe in water or any other liquid. Store the control probe carefully. Do not knock or drop it as this can damage the probe.

Storage

Store the control 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.

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.

For added convenience, they can also be cleaned in the dishwasher. Do not place the control probe in the dishwasher.

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 MIN heat setting.
2. Turn the power OFF and remove the plug from the power outlet. 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.

To Clean Steaming Rack

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

Temperature Guide

The settings on the dial represent the following temperatures approximately.
Pre-heat your wok on MAX setting then change to your desired setting.

DIAL SETTING	CELCIUS (approx)	USES	TEMPERATURE
MIN	50°C - 70°C	Keeping food warm	LOW
MIN/MED	80°C - 105°C	Simmering, slow cooking	
MED	120°C - 140°C	Pan frying	MEDIUM
MED/MAX	150°C - 175°C	Shallow frying, roasting	
MAX	190°C - 210°C	Searing and sealing	HIGH

Note: The temperature settings are a guide only and may require adjustment to suit various foods and individual tastes. When the dial is set to a MIN setting, it is quite normal for food to stop and start bubbling, as the thermostat maintains the selected temperature.

Cooking Guide

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

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 prevents the meat from stewing.
- Slice meats into thin strips (about 5cm long) 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.
- 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.

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 foods should be crispy on the outside and tender on the inside. The food should be coated with batter or breadcrumbs and placed in a larger quantity of 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.
- Food should be fried in batches, a few pieces at a time. This prevents the oil temperature from dropping too low and also prevents a soggy crust from forming on food.

Steaming

Steamed foods are tender and juicy, retaining most of their nutritional value. Place food on the steaming rack provided and place in wok over simmering water or stock. Cover with glass lid.

Note: The liquid should only be just simmering. If the heat is too high it may cause the liquid to bubble up over the food. MIN heat setting should be sufficient.

Stewing and Braising

The wok can be used on a low heat to make your favourite stews and casseroles. The lid should be left on when stewing.

Recipes

All recipes have been specifically created and tested by the Sunbeam Test Kitchen for the Professional Wok. We hope you enjoy using your Sunbeam Professional Wok.

Arancini - Cheese Filled Risotto Balls

Makes: 24

Preparation: 20 minutes

Cooking: 45 minutes

2 cups chicken stock
½ cup water
1 tablespoon olive oil
1 small brown onion, chopped finely
1 clove garlic, crushed
¾ cup arborio rice
2 tablespoons finely chopped fresh basil
2 tablespoons finely grated parmesan
40g mozzarella cheese, cut into 1cm pieces
¼ cup dry breadcrumbs
Vegetable oil, for deep frying

1. Combine stock and water in large microwave safe jug. Microwave on HIGH (100%) for 1 minute.
2. Heat wok on MED setting. Add oil and cook onion and garlic until softened. Add rice and 1 cup of combined stock and water mixture, cook, stirring occasionally until mixture is absorbed. Continue adding stock mixture in batches until liquid is absorbed after each addition. Cooking time should be about 30 minutes.

Note: Heat setting may need to be varied during cooking.

3. Stir in basil and parmesan. Place mixture into a large bowl to cool. Clean wok for deep frying.
4. Roll level tablespoons of risotto into balls, press a piece of cheese into the centre and roll to enclose. Coat balls in breadcrumbs
5. Heat oil on MIN/MED setting until hot.

Note: See tips on deep frying in a wok on page 7.

6. Deep fry balls in batches for 1-2 minutes or until golden brown and heated through; drain on paper towelling.

Vegetarian Curry Puffs

Makes: 54

Preparation: 30-40 minutes

Cooking: 15-20 minutes

2 teaspoons vegetable oil
1 medium brown onion, chopped finely
2 cloves garlic, crushed
1 tablespoon mild curry paste
2 medium (350g) potatoes, peeled and finely diced
1 small (140g) carrot, finely diced
2 tablespoons mango chutney
2 tablespoons water
½ cup frozen peas
6 sheets ready rolled puff pastry
1 egg, beaten lightly
Peanut oil, for deep frying
Sweet chilli sauce, to serve

1. Heat wok on MED setting. Add oil, onion and garlic, stir until onion has softened.
2. Stir in curry paste and cook until fragrant. Reduce heat to MIN/MED setting, stir in potatoes, carrots and mango chutney; cover and cook, stirring occasionally until the potatoes are tender. Add water if mixture is too thick. Stir through peas cover and cook for a further 2-3 minutes. Transfer mixture to heatproof bowl and allow to cool. Clean wok for deep frying.
3. Using an 8cm pastry cutter, cut 9 rounds from each sheet of pastry.
4. Place a heaped teaspoon of mixture into the centre of rounds; brush edges with a little egg. Fold rounds in half and pinch edges together to seal.
5. Heat oil on MED/MAX setting until hot.

Note: See tips on deep frying in a wok on page 7.

6. Deep fry curry puffs in batches for 3-4 minutes or until golden brown. Drain on paper towelling.
7. Serve with sweet chilli sauce.

Tip: Prepared curry puffs can be frozen and thawed again for frying. Recipe can also be halved for a smaller quantity.

Recipes

Steamed Pork Buns

Makes: 6

Preparation: 20 minutes (+ 1 hour proving time)

Cooking: 10 minutes

200g Chinese style BBQ pork

¼ cup hoi sin sauce

1 tablespoon salt-reduced soy sauce

1 garlic clove, crushed

½ teaspoon sesame oil

¼ teaspoon Chinese five spice powder

Dough

1 ¼ cups plain flour

2 tablespoons caster sugar

2 teaspoons dried yeast

¼ cup warm milk

¼ cup lukewarm water

1 ½ tablespoons vegetable oil

1. To make the dough, combine the flour, sugar and yeast in a large bowl. Make a well in the centre. Combine the milk, water and 1 tablespoon of the oil in a jug. Add to dry ingredients and stir to combine.
2. Turn dough out onto a lightly floured surface; knead for 5 minutes or until smooth. Use remaining oil to lightly grease a large bowl. Place dough in bowl and turn to coat in oil. Cover with plastic wrap and place in a warm, draught-free place to prove for 30 minutes or until dough doubles in size.

3. Meanwhile, trim any fat from pork and finely chop meat. Combine sauces, garlic, oil and spice in a bowl; stir through pork and set aside.
4. Punch dough down with your fist, knead briefly on a lightly floured surface and cover with plastic wrap. Place in a warm draught-free area to prove for a further 30 minutes.
5. Use a round 7cm pastry cutter as a guide to cut six discs from non-stick baking paper. Shape dough into a 5 x 20cm log. Cut into six equal portions.
6. Flatten each dough portion. Place equal amounts of pork mixture on centre of dough and bring side of dough up to enclose. Roll into a ball. Place bun, seam-side down, on paper. Cut a small cross in top of each bun. Arrange buns on steamer rack.
7. Pour approximately 2 cups of water into the base of the wok. Place steamer rack into wok. Cover with lid and turn wok onto MIN setting. Once water starts to simmer, cook buns for 10 minutes or until dough is cooked.

Tip: Chinese BBQ pork can be bought from some Asian food stores.

Recipes

Thai Fish Cakes

Serves: 4-6 as an entrée

Preparation: 15 minutes

Cooking: 20 minutes

500g red fish fillets
2-3 tablespoons red curry paste
1 teaspoon sugar
2 tablespoons fish sauce
2 egg whites
½ cup thinly sliced snake beans
2 kaffir lime leaves, shredded
Peanut oil, for deep frying

Dipping Sauce

½ cup white sugar
½ cup water
½ cup white vinegar
1 large red chilli, thinly sliced
1 tablespoon chopped fresh coriander
1 tablespoon finely chopped roasted peanuts

1. Remove any bones from fish and roughly chop.
2. Combine fish, red curry paste, sugar, fish sauce and egg whites into a food processor. Process until mixture is combined.
3. Place mixture into a bowl and stir through beans and lime leaves.
4. Heat oil in wok on MED/MAX setting until oil is hot.

Note: See tips on deep frying in a wok on page 7.

5. Using two dessertspoons carefully drop spoonfuls of fish mixture into the oil – about 6-7 at a time. Cook fish for 2-3 minutes until cooked through. Drain on paper towelling and repeat with remaining mixture.
6. Serve with dipping sauce.

Dipping sauce: Combine sugar, water and vinegar into a small saucepan. Stir over a low heat until sugar dissolves. Increase heat and simmer mixture for 5 minutes. Remove from heat and allow to cool. Stir through chilli, coriander and nuts.

Spring Rolls

Makes: 20

Preparation: 40 minutes

Cooking: 20 minutes

100g glass (bean thread) noodles, soaked
6 dried shitake mushrooms
1 tablespoon peanut oil
2 cloves garlic, crushed
1 tablespoon grated fresh ginger
¼ cup canned bamboo shoots, thinly sliced
350g chicken or pork mince
2 tablespoons kecap manis
1 large carrot, grated
3 green onions, thinly sliced
1 cup finely shredded Chinese cabbage
20 medium spring roll wrappers
Peanut oil, for deep frying

1. Soak noodles in cold water for about 20 minutes or until softened; drain well. Using scissors, cut noodles into short strands. Soak mushrooms in boiling water for 10 minutes or until soft. Drain and thinly slice.
 2. Preheat wok to MED setting. Heat oil and add garlic, ginger and bamboo shoots. Do not brown. Add chicken and sauce, stir-fry for 3-4 minutes.
 3. Add remaining ingredients and stir-fry until the cabbage has just wilted. Remove ingredients from the wok and allow to cool.
 4. Meanwhile, clean wok and heat oil to MED/MAX setting for deep frying.
 5. Place 2-3 tablespoons of the filling near one corner of each wrapper. Lightly brush edges of each wrapper with a little water, tuck in ends and roll up to enclose filling.
- Note:** See tips on deep frying in a wok on page 7.
6. Deep fry spring rolls in batches for 3-4 minutes or until golden brown. Drain on paper towelling.
 7. Serve hot with favourite dipping sauces.

Recipes

Honey Chilli Chicken Wings

Serves: 4-6

Preparation: 10 minutes

Cooking: 15 minutes

- 1.2kg chicken wings
- 1/3 cup plain flour
- Salt and pepper
- Peanut oil, for deep frying
- Green onions, to serve

Honey Chilli sauce

- 1 tablespoon peanut oil
 - 1 tablespoon grated fresh ginger
 - 2 tablespoons honey
 - 2 teaspoons cornflour
 - 1 tablespoon water
 - 2 tablespoons shao hsing cooking wine
 - 2 tablespoons sweet chilli sauce
 - 2 tablespoons lemon juice
 - 2 teaspoons soy sauce
1. Cut wings in half and trim tips. Coat chicken in flour that has been seasoned with salt and pepper.
 2. Heat oil in wok on MED/MAX setting.
- Note:** See tips on deep frying in a wok on page 7. Always use caution when deep frying foods such as chicken as the skin may pop during cooking.
3. Fry wings in batches until golden and just cooked through. Drain on paper towelling. Cover and keep warm.
 4. Turn wok off and allow oil to cool before carefully removing oil from wok and wipe clean. Heat wok on MED setting; add 1 tablespoon of fresh oil to the wok. Add ginger and cook for 1 minute. Add honey and cook for a further minute. Combine remaining ingredients and add to wok. Stir until sauce boils and thickens.
 5. Add chicken and stir until chicken is well coated and warmed through. Garnish with thinly sliced green onions.

Tip: Shao Hsing is a Chinese cooking wine and is available from Asian supermarkets. If unavailable then recipe can be substituted with sweet sherry.

Sang Choy Bao

Serves: 4 as an entrée

Preparation: 10 minutes

Cooking: 8 minutes

- 3 green onions
- 1 tablespoon peanut oil
- 1 clove garlic, crushed
- 1/2 teaspoon grated fresh ginger
- 6 fresh shitake mushrooms, chopped finely
- 10 water chestnuts, chopped finely
- 350g lean chicken or pork mince
- 4 lettuce leaves, to serve
- 2 teaspoons sesame seeds, toasted

Sauce

- 1 tablespoon shao hsing cooking wine
 - 1 tablespoon light soy sauce
 - 1 tablespoon oyster sauce
 - 1 tablespoon hoisin sauce
 - 1 teaspoon sesame oil
 - 1 teaspoon white sugar
1. Separate white and green parts of onions. Finely chop the white parts and thinly slice the green. Keep separate and set aside.
 2. Heat wok on MED setting; add oil and cook garlic, ginger, mushrooms, water chestnuts and white parts of green onions and cook, stirring frequently for 1 minute.
 3. Add mince and cook 3-4 minutes or until golden and crumbly.
 4. Combine sauce ingredients in a separate bowl, mix well. Pour into chicken mince and stir-fry 3 minutes or until chicken mince is cooked and sauce has thickened. Stir through green parts of green onions.
 5. Spoon into lettuce cups, sprinkle with sesame seeds and serve immediately.
- Tip:** Shao Hsing is a Chinese cooking wine and is available from Asian supermarkets. If unavailable then recipe can be substituted with sweet sherry.

Recipes

Chicken Laksa

Serves: 4

Preparation: 15 minutes

Cooking: 10 minutes

- 3-4 tablespoons laksa paste
- 1 clove garlic, crushed
- 2 cups chicken stock
- 2 cups coconut milk
- 300g cooked chicken, roughly chopped
- 150g store bought fried tofu (optional)
- 250g rice vermicelli noodles, cooked and drained
- 100g bean sprouts
- ½ cup fresh coriander leaves
- ⅓ cup packaged fried shallots

1. Heat wok on MED setting. Add paste and garlic and stir fry for 1-2 minutes or until fragrant. Add stock and coconut milk and simmer, stirring occasionally for 3-5 minutes.
2. Add chicken and tofu to liquid and cook until heated through.
3. Divide warm noodles among four bowls. Ladle liquid with chicken and tofu among the bowls. Top with bean sprouts, coriander leaves and fried shallots.

Tip: Fried shallots are available from asian grocers and some good supermarkets.

Rendang Daging – Spicy Coconut Beef Curry

Serves: 6

Preparation: 30 minutes

Cooking: 1 ½ hours

- 1.5kg chuck steak
- ⅓ cup desiccated coconut
- 1 teaspoon ground coriander
- ¼ teaspoon ground turmeric
- 4 kaffir lime leaves, shredded
- 400ml coconut milk
- 2 tablespoons fish sauce
- Sea salt

Curry Paste

- 8 dried long red chillies
- 4 cloves garlic, roughly chopped
- 8 eschalots, roughly chopped
- 1 lemon grass stalk, white only, sliced
- 2cm piece fresh ginger, peeled, roughly chopped
- 2cm piece fresh galangal, peeled, roughly chopped
- pinch sea salt

1. To make curry paste, remove stem and seeds from chillies, soak chillies in hot water until just softened; roughly chop. Place all curry paste ingredients in a food processor and process to a smooth paste; add a little water if necessary.
2. Trim fat from beef and cut into 3cm pieces.
3. Heat wok on MIN/MED setting; lightly toast coconut, stirring, until lightly golden; remove from heat and allow to cool. Once cool, process in a food processor to a fine powder.
4. Heat wok on MED setting; add curry paste, coriander, turmeric and lime leaves and cook, stirring, for about 5 minutes or until fragrant.
5. Add beef and stir until browned. Add desiccated coconut, coconut milk and fish sauce into the wok and stir to combine.
6. Reduce heat to MIN setting and simmer, stirring occasionally for about 1 ½ hours or until beef is tender and sauce is a rich brown colour and has thickened. Season with salt.

Tip: If the sauce has thickened too much before the meat is tender then add 2-3 tablespoons of water and reduce again.

Recipes

Mongolian Lamb

Serves: 4

Preparation: 15 minutes + marinating time

Cooking: 10 minutes

- 800g lamb backstraps, sliced
- 3 cloves garlic, crushed
- 1 tablespoon cornflour
- ¼ cup dark soy sauce
- ⅓ cup shao hsing cooking wine
- 1 tablespoon oil
- 1 medium brown onion, sliced
- 1 green capsicum, sliced
- 1 tablespoon sugar
- 1 teaspoon sesame oil
- 4 green onions, thinly sliced

1. In a large bowl, combine the lamb, garlic, cornflour, soy sauce and wine. Mix well to combine; refrigerate for 1 hour.
2. Strain liquid from lamb and reserve liquid. Heat wok on MAX setting. Add oil and cook lamb in small batches, until browned; set aside.
3. Add onion and capsicum to wok and stir fry for 1 minute. Return lamb to wok with sugar, sesame oil and reserved liquid.
4. Cook until sauce thickens and lamb has warmed through. Serve with green onions.

Tip: Shao Hsing is a Chinese cooking wine and is available from Asian supermarkets. If unavailable then recipe can be substituted with sweet sherry.

Japanese Stir-Fry Pork

Serves: 4

Preparation: 10 minutes + marinating time

Cooking: 5-7 minutes

- 700g pork fillet
- 2 tablespoons mirin
- 2 tablespoons vegetable oil
- 1 onion, sliced
- 1 clove garlic, crushed
- 1 carrot, sliced
- 150g sugar snap peas
- ¼ cup teriyaki sauce
- Rice, to serve

1. Trim any fat from pork and thinly slice. Place pork in a small glass bowl and stir through mirin. Cover and refrigerate for 2-3 hours.
2. Remove pork from refrigerator, stir through 1 tablespoon of the oil and allow to sit at room temperature for 20 minutes.
3. Heat wok on MAX setting. Stir fry pork in batches until browned; set aside.
4. Reduce heat to MED setting. Add remaining oil to wok; add onion and cook for 1 minute, add garlic and carrot and cook for a further 2-3 minutes. Add pork, sugar snap peas and teriyaki to wok and stir fry for 1-2 minutes or until pork is cooked and vegetables are just tender. Do not over cook.
5. Serve with rice.

Recipes

Chinese Style Tofu and Green Vegetables

Serves: 4

Preparation: 10 minutes

Cooking: 5-7 minutes

- 300g firm tofu
 - 2 tablespoons peanut oil
 - 1 onion, sliced
 - 2 cloves garlic, crushed
 - 2 small zucchini, sliced
 - 3 bok choy, trimmed and quartered
 - 100g enoki mushrooms, ends trimmed and pulled into small bunches
 - 2 tablespoons oyster sauce
 - 1 tablespoon sweet chilli sauce
 - 1 tablespoon light soy sauce
1. Cut the tofu into 2 thick slices and pat dry with paper towelling.
 2. Heat oil in the wok on MED setting; cook tofu one piece at a time until golden on both sides; drain on paper towelling. Cut each slice into 6 pieces.
 3. Add onions to wok and stir fry for 1 minute. Add garlic and cook for a further minute. Add the zucchini and bok choy and cook for 1-2 minutes or until the zucchini starts to soften.
 4. Add the mushrooms and the sauces and cook for a further 1 minute. Stir through the tofu and serve immediately.

Banana Fritters

Serves: 4

Preparation: 10 minutes

Cooking: 5 minutes

- ½ cup plain flour
 - ¼ cup cornflour
 - 2 teaspoons sugar
 - 1 egg
 - ½ cup cold water
 - 4 medium bananas
 - Vegetable oil, for deep frying
 - Icing sugar for dusting
 - Ice cream, to serve
1. Sift flours and sugar into a large bowl. Make a well in the centre and whisk through combined egg and water.
 2. Heat oil on MED/MAX setting until hot.
Note: See tips on deep frying in a wok on page 7.
 3. Cut bananas in half lengthways. Dip halves, one at a time, into batter. Carefully lower banana halves into oil in batches. Fry for 1-2 minutes or until golden. Drain on paper towelling.
 4. Serve fritters dusted with icing sugar and serve with ice cream.

Recipes

Cinnamon Doughnuts

Makes: 14

Preparation: 20 minutes + proving time

Cooking: 10 minutes

- 2 teaspoons dry yeast
- 1 ¼ cups buttermilk or milk, warmed
- ¼ cup caster sugar
- 4 cups plain flour
- 1 teaspoon salt
- ¼ cup light olive oil
- 2 eggs, lightly beaten
- Vegetable oil, for deep frying

Cinnamon sugar

- 1 cup caster sugar
- 2 teaspoons ground cinnamon

1. In a small bowl, whisk the yeast into the warmed buttermilk with 1 tablespoon of the sugar. Mix well and stand in a warm place for 10 minutes or until the mixture begins to bubble.
2. Sift the remaining sugar, flour and salt into a large bowl. Make a well in the centre and mix through the oil, eggs and yeast mixture. Mix to a soft dough.
3. Place mixture onto a lightly floured surface and knead dough for about 10 minutes or until dough is smooth and elastic.
4. Place dough in a bowl; cover, and stand in a warm place for about 40 minutes or until dough has doubled in size.

5. Turn dough onto a lightly floured surface and knead again for about 5 minutes or until smooth and elastic. Roll dough out to a 1 cm thickness for a thinner donut or to a 1 ½ cm thickness for a thicker donut. To cut doughnuts use either a doughnut cutter or a 9cm cutter and a 3cm cutter. Place doughnuts onto a tray lined with baking paper and cover with plastic wrap, stand in a warm place for about 20 minutes.

6. Heat oil in wok on MED/MAX setting.

Note: See tips on deep frying in a wok on page 7.

7. Cook doughnuts, in batches, turning once during cooking, until golden in colour.
8. Drain doughnuts on paper towelling then toss in cinnamon sugar mixture.

Tip: To make jam filled doughnuts, use a 7cm cutter only. Once fried, toss with caster sugar only and pipe some sieved jam into the centre of the doughnuts. Makes about 20.

Troubleshooting

Problem	Potential Cause	Solution
Overcooked / Undercooked Foods	<ul style="list-style-type: none">• Incorrect temperature	<ul style="list-style-type: none">• You may have to adjust the time and temperature to desired taste. Refer to "Temperature Setting Guide" section.
Burning Smell	<ul style="list-style-type: none">• The temperature on your control probe is too high. Adjust temperature accordingly.	<ul style="list-style-type: none">• Refer to "Temperature Setting Guide" section.
Heating elements do not stay ON	<ul style="list-style-type: none">• Heating elements will cycle ON and OFF to maintain proper heat	<ul style="list-style-type: none">• The thermostat light on the control probe indicates the temperature at which the dial is set. The light will remain on until the set temperature has been reached and then will cycle on and off throughout the cooking. This will ensure that the frypan and skillet maintains the correct temperature. On the initial heating of the frypan and skillet, it is recommended that the temperature be allowed to cycle (the light cycling on and off) several times. This will help the cooking surface to adjust to a more accurate cooking temperature.

**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.

Australia

www.sunbeam.com.au
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New Zealand

www.sunbeam.co.nz
0800 786 232

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, on our Sunbeam website and uploading a copy of your original receipt. View the Support section of the Sunbeam website.

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.

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