

Sunbeam

DiamondForce™ Banquet Frypan

The perfect helper when you're entertaining
or cooking wholesome family meals



Effortless
Entertaining

All recipes were made in the FPM40000DF Sunbeam DiamondForce™ Banquet Frypan



DiamondForce™ non-stick coating

A unique, diamond-infused coating that is 2xmore durable* than traditional non-stick for advanced cooking performance. The advanced non-stick coating provides easy wipe clean up and superior food release for when cooking sticky sauces.



Cast-in heating element

Powered by a cast-in heating element, the DiamondForce™ Banquet Frypan is controlled by a thermostat to ensure accurate cooking temperatures and fast heat up – it also keeps your food warm while you're busy entertaining.



Deep cooking surface

It's deep cooking surface is ideal for whipping up family sized meals and liquid-based dishes. Roast, braise, sear or reheat – the sky's the limit.

*Scratch tested vs traditional non-stick coating



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Serve on the banquet frypan for that extra wow factor, with seasonal berries such as blueberries, strawberries, and cherries.

French Toast

INGREDIENTS

- 1 cup milk
- ½ cup cream
- 6 eggs, lightly whisked
- ½ cup caster sugar
- 1 tsp vanilla extract
- Pinch of nutmeg
- 12 x 2cm-thick slices Vienna loaf bread (2 loaves)
- Selection of fresh berries

TO SERVE

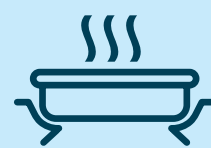
- Maple syrup
- Mascarpone

PREP TIME



5 mins

COOK TIME



6 mins

SERVES



3-6

STEPS

1. Combine the milk, cream, egg, sugar, vanilla extract and nutmeg in a bowl.
2. Pre-heat the Sunbeam DiamondForce™ Frypan on MIN/MED. Dip each bread slice, 1 at a time, in the egg mixture and place into the frypan. Cook for 2-3 minutes each side or until golden brown. Transfer to serving plates or serve in the frypan.
3. Serve with fruits, maple syrup and mascarpone.

Citrus Infused Fritters

WITH RASPBERRY COMPOTE



PREP TIME



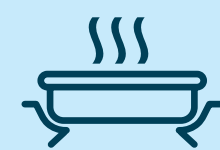
7 mins

SERVES



6

COOK TIME



8 mins



For those with an extra sweet tooth, add icing sugar on top to serve

INGREDIENTS

2 cups plain flour
2 Tbsp sugar
2 tsp baking powder
1 tsp salt
2 large eggs, whisked
1 cup milk
40g butter, melted
Zest of 2 lemons

BERRY COMPOTE

450g frozen raspberries
¼ cup lemon juice
1 Tbsp sugar
1 tsp vanilla extract

TO SERVE

250g mascarpone
1 Tbsp soft icing sugar mixture
Fresh mint for garnish
1 tsp vanilla extract

STEPS

1. For the berry compote - Add all ingredients to a bowl and fold through until well combined.
2. Pre-heat the Sunbeam DiamondForce™ Frypan to MIN/MED. Cook the compote for 2 minutes, stirring continually. Remove from the frypan, place in a bowl and refrigerate until required.
3. For the fritters – fold together the dry ingredients in a medium bowl, pour in the combined eggs, milk, butter, and lemon zest. Mix using a spoon until just combined, do not over mix.
4. Pre-heat the Sunbeam DiamondForce™ Frypan to MIN/MED. Using two dessert spoons, dollop 6 spoonful of mixture into the frypan. Cook for approximately 3 minutes, turn over and cook a further 3 minutes or until the fritters are firm to the touch and golden brown. Remove from pan.
5. Repeat the same process with the remaining fritter mix.
6. To serve – place two fritters on a serving plate, place a dollop of mascarpone on the center of the fritters and then ladle a serving of the berry compote over the mascarpone and the fritters.
7. Garnish with a sprinkling of icing sugar and fresh mint.

Salmon Fillets

WITH UDON NOODLES

PREP TIME



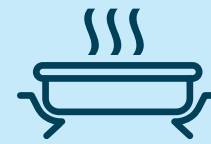
10 mins

SERVES



4-6

COOK TIME



15 mins

INGREDIENTS

4 portions (approx. 800g)
salmon fillets, skin-off, cut into
3cm cubes

3 tsp sesame oil

3 tsp soy sauce

3cm piece fresh ginger, peeled
and grated

440g udon noodles

2 Tbsp peanut oil

1 large brown onion, cut into
wedges

1 bunch broccolini, cut into 3cm
pieces

1 red capsicum, thinly sliced

150g snow peas, de-stringed

3 Tbsp rice wine vinegar

3 Tbsp mirin

1 Tbsp soy sauce, extra

STEPS

1. Combine sesame oil, soy sauce and ginger in a medium bowl. Add salmon and coat well. Set aside for 10 minutes.
2. Prepare noodles according to packet directions. Set aside.
3. Heat ½ of the peanut oil in the Sunbeam DiamondForce™ Frypan on MIN/MED heat and cook salmon cubes for 4 minutes, 1 minute on each side. Remove from pan, set aside.
4. Add the remaining peanut oil to the pan and cook onion, broccolini and capsicum. Toss in the snow peas and cook for 1 more minute.
5. Return the salmon to the pan with the noodles, pour over the vinegar, mirin and extra soy sauce, fold all ingredients together gently. Cook for 30 seconds.
6. Remove from pan and garnish with sesame seeds and spring onions.



Did you know you can keep your food warm whilst serving your dish? Simply put on MIN heat and serve

TO SERVE

3 spring onions, thinly sliced

2 tsp black sesame seeds or
nigella seeds



Nasi Goreng

PREP TIME



20 mins

SERVES



4-6

COOK TIME



10 mins

INGREDIENTS

- 5 cups white long-grain rice, cooked and cooled
- 2 ½ Tbsp kecap manis (sweet soy sauce)
- 1 Tbsp dark soy sauce
- 1 Tbsp sweet chilli sauce
- ¼ cup peanut oil
- 4 eggs, lightly beaten
- 1 brown onion, thinly sliced
- 1 tsp sambal olek
- 3 garlic cloves, finely chopped
- 1 carrot, peeled, finely chopped
- 1 chicken breast, thinly sliced
- 300g green prawns, peeled, deveined, tail left on
- 3 green onions, thinly sliced
- ¼ small Chinese cabbage, finely shredded

TO SERVE

- ⅓ cup fried shallots
- Thinly sliced red chilli

STEPS

1. Combine kecap manis, soy sauce and sweet chilli sauce in a jug. Set aside.
2. Heat the Sunbeam DiamondForce™ Frypan on MEDIUM heat. Add half the oil and swirl to coat. Add half of the beaten egg to the pan and swirl to form a thin omelet. Cook for 30 seconds or until egg sets. Roll into a log and remove from the pan and slide onto a board. Repeat with remaining egg. Slice the omelette into 2cm thick pieces and set to one side.
3. Heat remaining oil in the frypan. Add onion, sambal olek, garlic and carrot. Cook for 2 minutes stirring continually. Add chicken and cook a further 2 minutes or until chicken is sealed. Add prawns and cook for 2 minutes or until prawns turn pink. Reduce heat to MIN/MED.
4. Add rice, soy mixture, green onions and cabbage. Cook for 3 to 4 minutes, stirring continually or until rice is heated through. Toss through half the sliced omelette.
5. Spoon nasi goreng onto serving plates. Top with remaining sliced omelette. Sprinkle with fried shallots. Serve with sliced chillies.



Serve with
Fried shallots and
thinly sliced red chilli

Green Coconut Chicken Curry

PREP TIME



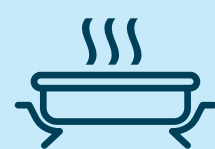
10 mins

SERVES



6

COOK TIME



25 mins

INGREDIENTS

4 large chicken breasts, thinly sliced

½ tsp salt and pepper

2 Tbsp canola oil

1 onion, sliced

2 zucchinis, sliced

2 cloves garlic, crushed

1 Tbsp minced fresh ginger

400ml can coconut milk

2 Tbsp Thai green curry paste

3 Tbsp chopped fresh coriander

2 Tbsp lime juice

1 Tbsp soy sauce

3 cups cooked jasmine rice



STEPS

1. Pre-heat the Sunbeam DiamondForce™ Frypan on MEDIUM heat. Season the chicken with salt and pepper. Add half of the oil to the frypan. Cook the chicken stirring occasionally until white in colour, remove and set to one side.
2. Add remaining oil to frypan, sauté the onion, zucchini, garlic and ginger for 3 minutes. Pour in coconut milk and curry paste, stir to combine.
3. Return chicken to the frypan, stir to combine well. Reduce temperature to just above MINIMUM and place lid on. Simmer for 20 minutes, stirring occasionally.
4. Just before serving, add coriander, lime juice and soy sauce. Serve over rice.



Pumpkin Gnocchi

WITH MUSHROOMS
& BLUE CHEESE

PREP TIME



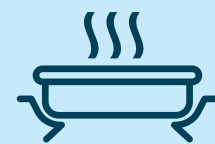
8 mins

SERVES



4-6

COOK TIME



6 mins

INGREDIENTS

- 2 x 500g pkt. pumpkin gnocchi (pre-made)
- 2 Tbsp extra virgin olive oil
- 2 garlic cloves, crushed
- 1 bunch sage, leaves picked and chopped
- 2 Tbsp pumpkin seeds
- 350g mushrooms, sliced
- 1 leek, finely sliced
- 300ml thickened cream
- salt and pepper
- 60g baby spinach leaves
- 150g blue cheese, roughly sliced

STEPS

1. Cook gnocchi according to packet directions.
2. Heat oil in the Sunbeam DiamondForce™ Frypan on MIN/MED heat. Add garlic, sage leaves, pumpkin seeds and cook for 1 minute.
3. Add the mushrooms and leek to the frypan and cook until brown stirring continually. Pour in the cream and stir through, add the drained gnocchi and reduce heat to MIN. Simmer for 2 minutes. Season to taste.
4. Fold through spinach and place the blue cheese on top of the gnocchi, allow to melt slightly just before serving.





Family Favourite Chicken Alfredo

PREP TIME



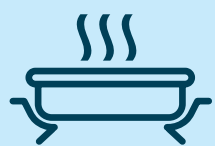
5 mins

SERVES



8

COOK TIME



30 mins

INGREDIENTS

80g butter, cut into cubes

1.7kg chicken thighs, cut into 2cm pieces

6 cloves garlic, crushed

4 cups thickened cream

700g fettuccini, cooked

2 cups grated parmesan cheese

2 Tbsp lemon juice

Salt and white pepper, to taste

STEPS

1. Melt butter in the Sunbeam DiamondForce™ Frypan on MIN/MED heat.
2. Add the chicken, in batches and cook for 5 minutes or until golden and cooked. Add the garlic and cook for 1 minute.
3. Add cream to the frypan. Reduce heat to MINIMUM and simmer with the lid on for 5 minutes, or until the cream has thickened slightly.
4. Add the cooked pasta to the sauce with the parmesan cheese and lemon juice. Cook, stirring for 1 minute. Season to taste with salt and pepper.
5. Top with extra parmesan cheese and garnish with micro sorrel. Serve.



Extra parmesan cheese and micro sorrel to serve





Serve with a side of steamed peas, broccolini, gravy and mint jelly.

PREP TIME



10 mins

SERVES



4-6

COOK TIME



1 hour
25 mins

Family Lamb Roast

INGREDIENTS

- 2.5kg leg of lamb
- 6 garlic cloves, quartered
- 4 sprigs rosemary, cut into small pieces
- 2 Tbsp olive oil
- Sea salt and fresh cracked pepper
- 2 red onions, quartered
- 400g pumpkin, skin on, cut into chunks
- 400g sweet potato, peeled, cut into thick slices
- 1 bunch baby carrots, peeled

STEPS

1. Using a knife, score 2cm interval incisions across the top of the lamb. Insert garlic and rosemary into the slots, rub the top with oil and season with salt and pepper.
2. Heat the Sunbeam DiamondForce™ Frypan to MED/MAX heat. Add lamb, rosemary side down and sear until golden brown. Turn lamb over, add onions, skin side down, reduce heat to MED setting, place lid on and cook for 60 minutes.
3. Check lamb and remove if cooked; Place lamb on a chopping board cover with aluminium foil and allow to rest. Remove onions when soft. Add other vegetables and cook for a further 25 minutes, or until cooked.
4. Return cooked vegetables and lamb to fry pan and serve at the table.
5. Serve with a side of steamed peas, broccolini, gravy and mint jelly.

Note: Guideline for temperature inside cooked lamb, using a cooking thermometer: medium rare 65°C – 70°C; medium well 70°C.

Monday Night Meatballs

INGREDIENTS

1.5kg lean beef mince
1 cup packaged breadcrumbs
3 eggs
2 Tbsp Worcestershire sauce
2 tsp dried basil
2 tsp dried oregano
4 cloves garlic, crushed
Salt and freshly ground black pepper
2 Tbsp olive oil

SAUCE

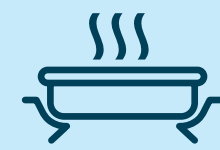
1 onion, roughly chopped
1 green capsicum, roughly chopped
1 red capsicum, roughly chopped
4 garlic cloves, finely chopped
2 x 800g tin tomatoes
2 tsp dried oregano or 1 Tbsp
2 tsp dried basil
1 beef stock cube
Season with sea salt and freshly cracked pepper
500g cooked casarecce pasta, or your favourite pasta

PREP TIME



10 mins

COOK TIME



40 mins

SERVES



6-8

STEPS

1. Combine meatball ingredients; roll into 18 balls (100g each)
2. Heat half of the oil in the Sunbeam DiamondForce™ Frypan on MEDIUM heat. Cook meatballs, in batches, until browned all over. Remove from pan.
3. Heat remaining oil in frypan on MEDIUM heat; cook onions, stirring until translucent. Add capsicums, stirring occasionally and cook until tender, add garlic and cook for 1 minute, add tin tomatoes, oregano, basil and stock cube. Season with salt and pepper, stir and cook for 10 minutes. Reduce heat to MIN/MED.
4. Return meatballs to the pan and cook, covered, for a further 15 minutes or until the meatballs are cooked through.
5. Stir through the cooked pasta. Season with sea salt and freshly cracked pepper.
6. Garnish with parmesan cheese and fresh basil, serve with crusty bread.



You can reheat leftovers by setting probe to MIN heat





Minestrone

INGREDIENTS

1 Tbsp olive oil
2 onions, diced finely
6 cloves garlic, crushed
3 carrots, diced finely
4 celery stalks, diced finely
700g bacon, chopped
2 x 800g can chopped tomatoes
1.75Lt. chicken stock

2 zucchinis, roughly chopped
2 cups orecchiette pasta
2 x 400g can cannellini beans, rinsed and drained
Sea salt and freshly ground black pepper
Serve with shaved parmesan and roughly chopped parsley

PREP TIME



5 mins

COOK TIME



40 mins

SERVES



8-10

STEPS

1. Heat oil in the Sunbeam DiamondForce™ Frypan on MIN/MED heat. Cook onion and garlic until translucent. Add carrot, celery and bacon and cook, stirring occasionally for 5 minutes.
2. Add the tomatoes and stock and bring the soup to the boil. Reduce heat to MINIMUM setting and cook, covered for 20 minutes.
3. Add the zucchini and pasta, season with salt and pepper. Place the lid on the frypan and cook, for a further 15 minutes, or until the pasta is al dente. Add the beans and a little extra water if necessary.
4. Serve hot with shavings of parmesan and roughly chopped parsley.

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*Don't forget to
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