

Classic Range Electric Fryware

Instruction/Recipe Booklet

This book covers the use and care of the following Sunbeam Electric Fryware:

FP5500 Classic	28cm (11")	Square Aluminium Metal Frypan
FP5600 Classic Easy Clean	28cm (11")	Square Non-stick Frypan
FP5610 Classic Super Deep	28cm (11")	Square Non-stick Deep Frypan
FP5700 Super Multicooker	35.5cm (14")	Round Non-stick Frypan
FP5910 Classic Banquet	38cm (15")	Rectangle Non-stick Deep Frypan
FP5900 Family Banquet	38cm (15")	Rectangle Non-stick Deep Frypan
SK4200 Classic Skillet	25cm (10")	Round Non-stick Skillet

Please read these instructions carefully and retain for future reference.

Product featured - FP5900



Contents

Sunbeam's Safety Precautions	1
An Introduction to Electric Frypan Cooking	2
Your Sunbeam Fryware Range	3
Features of your Sunbeam Fryware	
Sunbeam Family & Classic Banquet Frypan (FP5910, FP5900)	4
Sunbeam Super Multicooker (FP5700)	6
Sunbeam Super Deep frypan (FB5610)	8
Sunbeam Classic Super Deep Frypan (FP5500, FP5600)	10
Sunbeam Classic Skillet	12
Temperature settings of your Sunbeam Fryware	14
Using your Fryware	16
Care and Cleaning	17
High Grade Non-Stick Surface	18
Cooking with your Sunbeam Fryware	
Baking	19
Basting	19
Boiling – pasta and rice	19
Browning and sealing meat	19
Frying	20
Roasting	20
Roasting times	20
Fryware Recipes	
Appetizers and Entrees	21
Main Courses	22
Cakes	35
Sunbeam Skillet Hints	37
Skillet Recipes	
Batter	37
Omelettes/Crepes	38

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 یکنید که احتیاطهای بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşılığında 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 FRYPANS.

- Use your frypan at least 200mm away from walls and curtains.
- Do not immerse the Control Probe in water.
- If using a plastic spatula do not leave in cooking vessel when hot.
- The frypan must only be used with the Control Probe provided.
- Avoid using on metal surfaces e.g. sink, hotplate.
- Remove the Control Probe before cleaning the frypan.
- After cleaning the frypan ensure that the Control Probe Inlet area is completely dry before using again.

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.
- 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.

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.

An Introduction to Electric Frypan Cooking

Congratulations on the purchase of your new Sunbeam frypan.

Over the years we have introduced many innovations in electric fryware and we hope you continue to enjoy cooking meals with our new classic range of electric fryware.

After reading through this book you will soon learn how to get the most from your frypan and how to enjoy the benefits of frypan cooking.

Versatile

Roast the family dinner, grill steaks, simmer casseroles and stir fry vegetables etc. All with minimal mess or fuss.

Economical

Cooks food quickly and uses less power than an ordinary oven or grill.

Total control

The removable Control Probe has 10 heat settings to give you total heat control, whether cooking delicate pikelets or the family roast.

Easy to clean

Features a fully sealed element, so that the frypan is dishwasher-safe and can be fully immersed in water.

Guaranteed reliability

Your new Sunbeam frypan will give you years of reliable service. It is backed by Sunbeam's 12 month Replacement Guarantee.

If you have any questions about your Sunbeam frypan or any other Sunbeam appliance, please phone the Sunbeam Consumer Service Line on 1800 025 059 or the Sunbeam office in your state. In New Zealand - call the Sunbeam office in Auckland on 09 912 0747.

Your Sunbeam Fryware Range

Product name	Classic	Classic Easy Clean	Classic Super Deep	Super Multicooker	Family Banquet	Classic Banquet	Classic Skillet
Code	FP5500	FP5600	FP5610	FP5700	FP5900	FP5910	SK4200
Size	28cm (11")	28cm (11")	28cm (11")	35.5cm (14")	38cm (15")	38cm (15")	25cm (10")
Cooking Surface	Aluminium	Non-stick	Non-stick	Non-stick	Non-stick	Non-stick	Non-stick
Shape	square	square	square	round	rectangle	rectangle	round
Depth of Vessel	normal	normal	deep	normal	deep	deep	normal
High domed lid	✓	✓	✓	✓	✓		✓
Glass lid						✓	
Trigger release control probe	✓	✓	✓	✓	✓	✓	✓
Dishwasher safe*	Pan	Pan	Pan	Pan	Pan	Pan & Lid	Pan
Adjustable lid holder	✓	✓	✓	✓	✓		
Pan tilt lever	✓	✓	✓	✓	✓	✓	
Adjustable steam vent	✓	✓	✓	✓	✓	✓	✓

* Trigger release control probe is not dishwasher safe.

Features of your Sunbeam Classic Banquet Frypan

Integrated Knob & Adjustable Steam Vent

Integrated knob and adjustable steam vent allows you to accurately control moisture levels during cooking.

High Grade Non-Stick Cooking Surface

Enables fat-free cooking and easy wipe down cleaning.

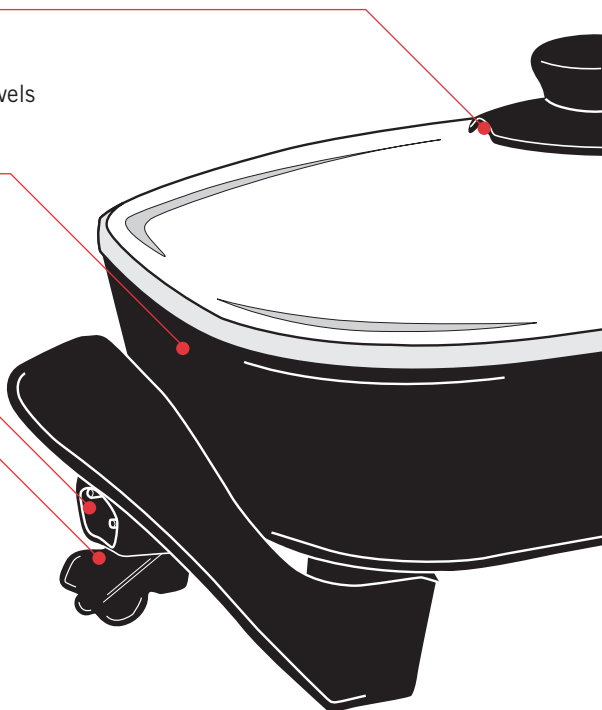
Control Probe Inlet

Pan Tilt Lever

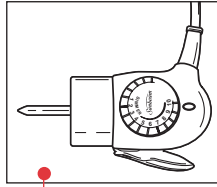
When the lever is in the lowered position the cooking pan is tilted forcing juices to collect at one end of the pan. Both hands are then free for basting.

15 x 11.5 (inch) frypan

Super-size rectangle frypan big enough to roast two chickens or large joints of meat with the lid on.

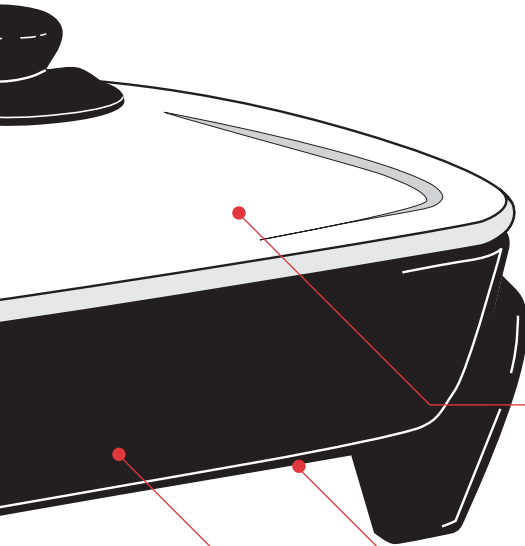


**FP5910 – Classic 38cm (15") Rectangle Non-stick
(also available with metal lid FP5900)**



Trigger Release Control Probe

The Probe is thermostatically controlled and incorporates an indicator light which switches off automatically when the temperature selected has been reached and then cycles on and off to indicate that the selected temperature is being maintained.



Glass Lid

Turns your frypan into a compact oven. Ideal for roasts, stews, casseroles, and other cooking where temperature and moisture levels need to be controlled.

Cast-in Rectangle Element

The rectangle element is completely cast into the heavy duty base providing superior heat distribution.

Extra Deep Cooking Vessel (78mm)

Dishwasher Safe

Extra deep cooking vessel (78mm)
Ideal for the largest roasts and liquid based meals.

Features of your Sunbeam Super Multicooker

Integrated Knob & Adjustable Steam Vent

Integrated knob and adjustable steam vent allows you to accurately control moisture levels during cooking.

High Domed Lid

Turns your frypan into a compact oven. Ideal for roasts, stews, casseroles, and other cooking where temperature and moisture levels need to be controlled.

High Grade Non-Stick Cooking Surface

Enables fat-free cooking and easy wipe down cleaning.

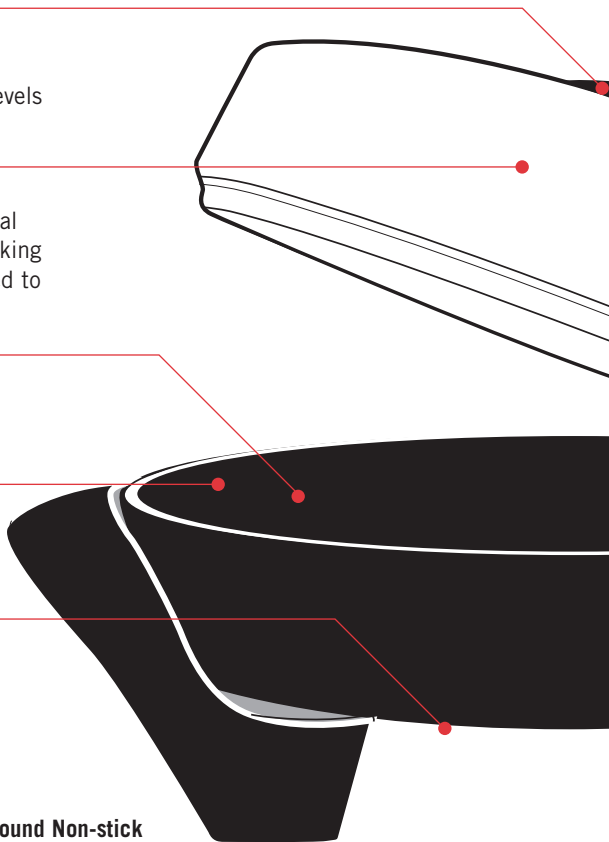
Extra Large Cooking Vessel

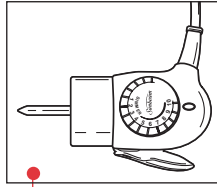
Ideal for the largest roasts and other family meals.

Cast-in Element

The element is completely cast into the heavy duty base providing superior heat distribution.

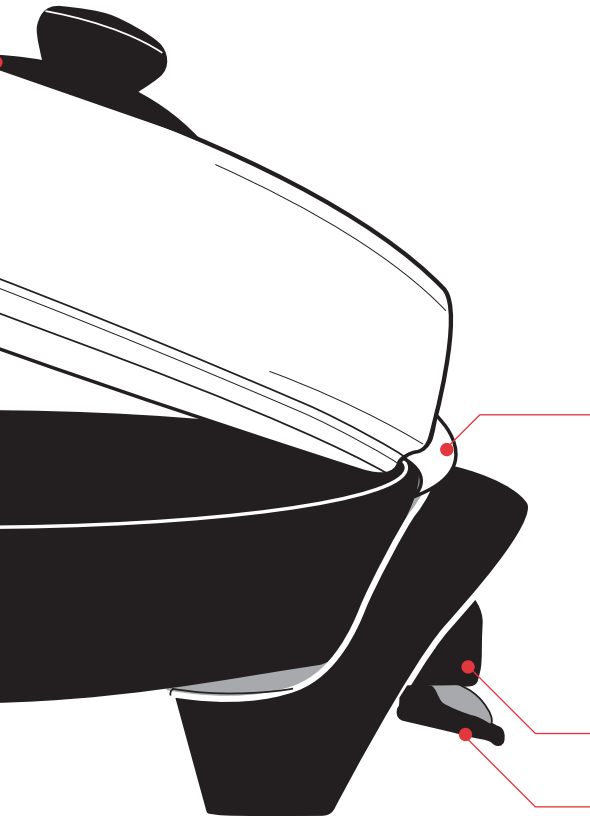
FP5700 – Super Multicooker 35.5cm (14”) Round Non-stick





Trigger Release Control Probe

The Probe is thermostatically controlled and incorporates an indicator light which switches off automatically when the temperature selected has been reached and then cycles on and off to indicate that the selected temperature is being maintained.



Adjustable Lid Holder

A stepped catch on the side of the lid enables the lid to be tilted above the frypan, to help maintain the temperature selected. Both hands are then free for stirring casseroles and stews or for turning steaks. When the lid is in position the lid then acts as a splatter shield.

Control Probe Inlet

Pan Tilt Lever

When the lever is in the lowered position the cooking pan is tilted forcing juices to collect at one end of the pan. Both hands are then free for basting.

Features of your Sunbeam Super Deep Frypan

Integrated Knob & Adjustable Steam Vent

Integrated knob and adjustable steam vent allows you to accurately control moisture levels during cooking.

Adjustable Lid Holder

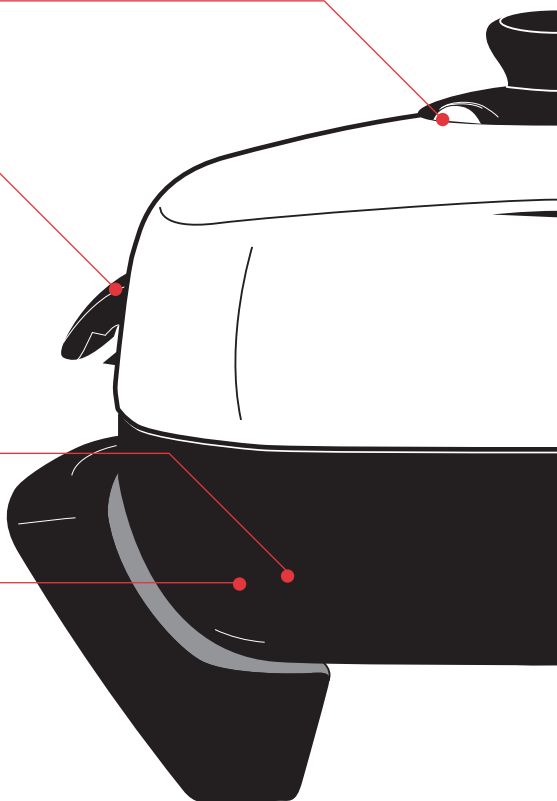
A stepped catch on the side of the lid enables the lid to be tilted above the frypan, to help maintain the temperature selected. Both hands are then free for stirring casseroles and stews or for turning steaks. When the lid is in position the lid then acts as a splatter shield

High Grade Non-Stick Cooking Surface

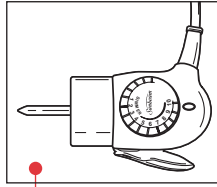
Enables fat-free cooking and easy wipe down cleaning.

Extra Deep Cooking Vessel (78mm)

Extra deep cooking vessel ideal for the largest roasts and other family meals.

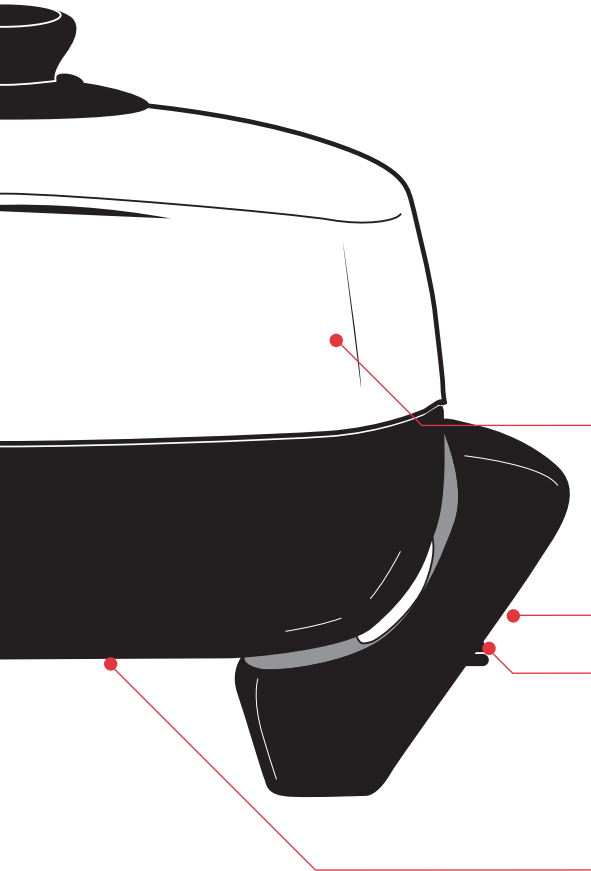


FP5610 – Classic 28cm (11") Square Non-stick



Trigger Release Control Probe

The Probe is thermostatically controlled and incorporates an indicator light which switches off automatically when the temperature selected has been reached and then cycles on and off to indicate that the selected temperature is being maintained.



High Domed Lid

Turns your frypan into a compact oven. Ideal for roasts, stews, casseroles, and other cooking where temperature and moisture levels need to be controlled.

Control Probe Inlet

Pan Tilt Lever

When the lever is in the lowered position the cooking pan is tilted forcing juices to collect at one end of the pan. Both hands are then free for basting.

Cast-in Square Element

The square element is completely cast into the heavy duty base providing superior heat distribution.

Features of your Sunbeam Classic Frypan

Integrated Knob & Adjustable Steam Vent

Integrated knob and adjustable steam vent allows you to accurately control moisture levels during cooking.

Adjustable Lid Holder

A stepped catch on the side of the lid enables the lid to be tilted above the frypan, to help maintain the temperature selected. Both hands are then free for stirring casseroles and stews or for turning steaks. When the lid is in position the lid then acts as a splatter shield. The lid can rest on either of the sides without handles.

Aluminium Metal Cooking Surface - FP5500

A tough wearing no nonsense cooking surface.

High Grade Non-Stick Cooking Surface - FP5600

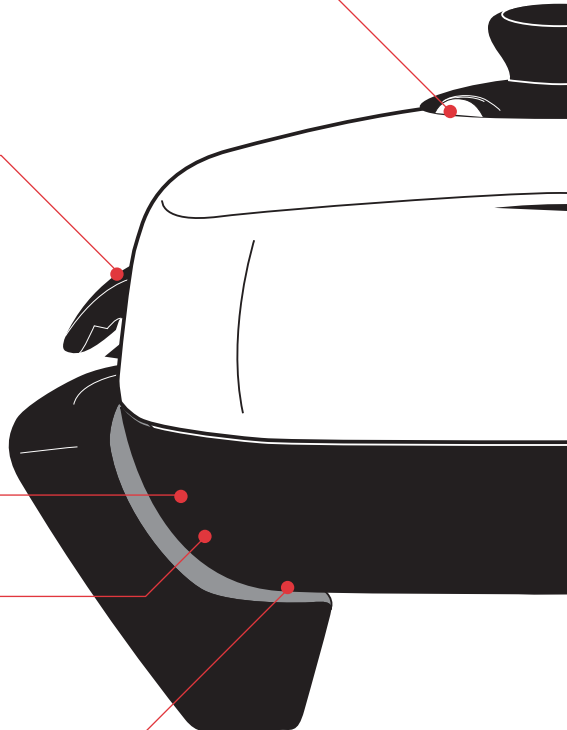
Enables fat-free cooking and easy wipe down cleaning.

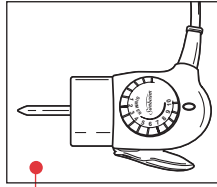
Cast-in Square Element - FP5600

The square element is completely cast into the heavy duty base providing superior heat distribution.

FP5500 – Classic 28cm (11”) Square Aluminium

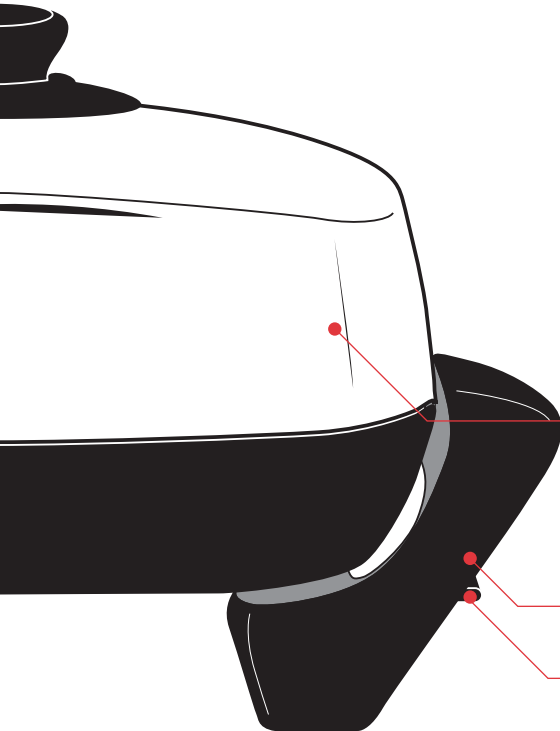
FP5600 – Classic Easy Clean 28cm (11”) Square Non-stick





Trigger Release Control Probe

The Probe is thermostatically controlled and incorporates an indicator light which switches off automatically when the temperature selected has been reached and then cycles on and off to indicate that the selected temperature is being maintained.



High Domed Lid

Turns your frypan into a compact oven. Ideal for roasts, stews, casseroles, and other cooking where temperature and moisture levels need to be controlled.

Control Probe Inlet

Pan Tilt Lever

When the lever is in the lowered position the cooking pan is tilted forcing juices to collect at one end of the pan. Both hands are then free for basting.

Features of your Sunbeam Classic Skillet

Integrated Knob & Adjustable Steam Vent

Integrated knob and adjustable steam vent allows you to accurately control moisture levels during cooking.

Cool Touch Handle

For safe cooking and carrying of your skillet.

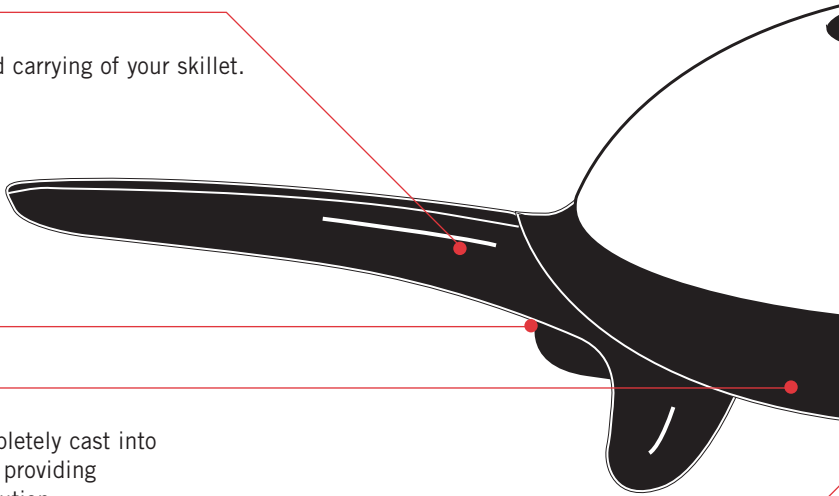
Control Probe Inlet

Cast-in Element

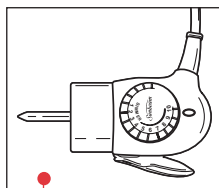
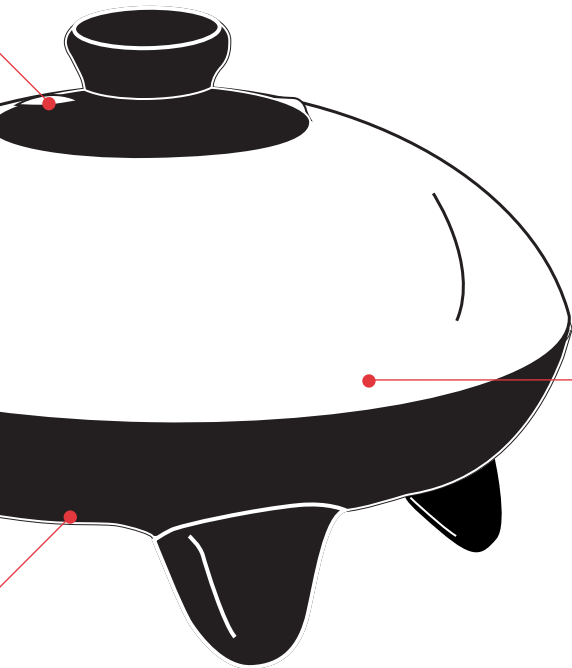
The element is completely cast into the heavy duty base providing superior heat distribution.

High Grade Non-Stick Cooking Surface

Enables fat-free cooking and easy wipe down cleaning.



SK4200 – Classic Skillet 25cm (10”) Round Non-stick



Trigger Release Control Probe

The Probe is thermostatically controlled and incorporates an indicator light which switches off automatically when the temperature selected has been reached and then cycles on and off to indicate that the selected temperature is being maintained.

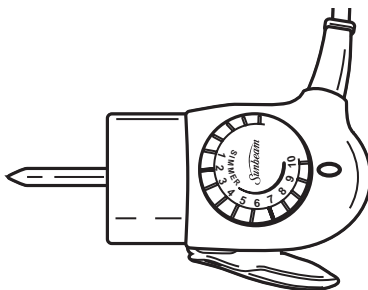
High Domed Lid

Turns your skillet into a compact oven. Ideal for roast beef and chicken, or a rack of lamb and other cooking where temperature and moisture levels need to be controlled.

Temperature settings of your Sunbeam Fryware

Trigger Release Control Probe

The Probe is thermostatically controlled and incorporates an indicator light which switches off automatically when the temperature selected has been reached and then cycles on and off to indicate that the selected temperature is being maintained. The trigger release makes removal of the probe easy.



The numbers on the dial represent the following temperatures approximately.

DIAL SETTING	CELSIUS (approx)	FARENHEIGHT (approx)	USES	TEMPERATURE
1 2	100°C 110°C		Keeping food warm	LOW
3 4	125°C 140°C	260°F 285°F	Simmering, slow cooking	
5 6	150°C 160°C	300°F 320°F	Pan frying	MEDIUM
7 8	175°C 185°C	350°F 365°F	Shallow frying, baking	
9 10	200°C 210°C	390°F 410°F	Searing and sealing, roasting	HIGH

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

High Domed Lid

With the lid in place, the frypan can be used as an oven, giving you the versatility to bake cakes, roast larger pieces of beef, lamb and chicken.

The lid also retains heat and moisture when simmering food such as casseroles.

Temperature settings of your Sunbeam Fryware continued

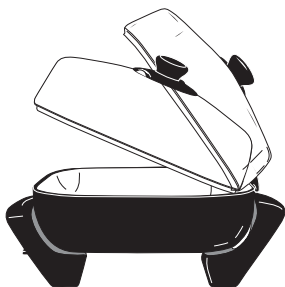
Adjustable steam vent

The steam vent allows moisture to escape without losing too much heat. Keep the vent closed when baking cakes, scones or whenever cooking food where it is necessary to retain the heat and/or moisture. The vent should be left open for a crisper result. When roasting chicken and meat, open the vent in the last 15 minutes of cooking to crispen.

Adjustable Lid Holder

(Models FP5500/FP5600/FP5610/FP5700/FP5900)

This is a stepped catch on the side of the lid. It allows the lid to rest above the frypan and eliminates the need to find a spot on the bench. When in position the lid also acts as a spatter shield. The lid can rest on either side of the handle, making it easy for left or right handed use.



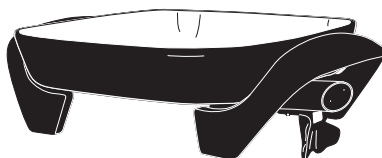
FP5600

Pan Tilt Lever

(Models FP5500/FP5600/FP5610/FP5700/FP5910/FP5900)

The Pan Tilt lever is positioned under the inlet where the Control Probe is inserted.

To tilt the frypan, push the lever down. This allows the fat and juices to drain from the food for crisp, low fat cooking. It also makes it easier to baste food and serve sauces or gravy.

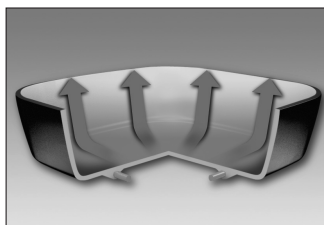


FP5600

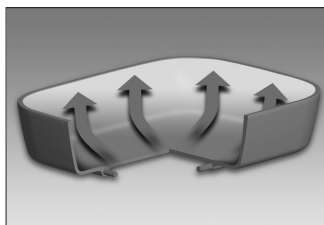
Cast-in element

(Models FP5600/FP5610/FP5700/FP5900/FP5910/SK4200)

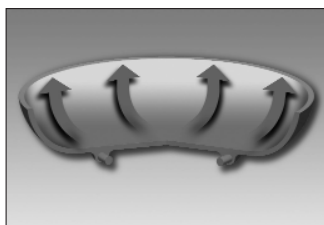
The element is completely cast into the heavy duty base for faster superior heating and a longer element life.



FP5600/FP5610



FP5910/FP5900



SK4200

Using your Fryware

Before the first use: Wash, rinse and dry your frypan and lid, 'Season' the cooking surface by applying a thin coat of cooking oil and rub in with paper towelling.

1. Insert the Control Probe into the inlet on the frypan.
2. Plug the cord into a 230-240V power outlet and turn the power on.
3. Set the Control Probe Dial to the desired temperature setting. Refer to page 14 for the temperature guide.

The light on the control probe will illuminate. This light will remain on until the set temperature has been reached and then will cycle on and off throughout cooking, as the cooking temperature is maintained by the thermostat.

Hint: On initial heating of the frypan, it is recommended that the temperature be allowed to cycle (the light glowing on and off) several times. This will help the cooking surface to adjust to a more accurate cooking temperature.

Note: The frypan must only be used with the Control Probe provided.

Care and Cleaning

Control Probe

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

Note: The Control Probe must be removed before the frypan is cleaned and the Control Probe inlet must be dried before the frypan is used again.

NEVER IMMERSE THE CONTROL PROBE IN WATER OR OTHER LIQUID.

Store the Control Probe carefully. Do not knock or drop it as this can damage the probe. If damage is suspected, return the Control Probe to your nearest Sunbeam Appointed Service Centre for inspection Refer to the separate warranty and service centre booklet.

High Domed Metal Lid

(FP5500/FP5600/FP5610/FP5700/FP5900/SK4200)

These lids are powder coated. Wash lid in warm soapy water using a soft sponge, rinse and dry thoroughly. Metal scourers will scratch the surface and should be avoided. Some food such as tomato paste and curry may stain the powder coat surface. This staining may be removed or reduced by rubbing with a cream cleanser or a paste of bicarbonate of soda and water.

Note: Do not place metal lid in a dishwasher.

Glass Lid (FP5910)

This glass lid is dishwasher safe.

High Grade Non-Stick cooking surfaces

Cooking on a non-stick surface minimises the need for oil, food does not stick and cleaning is easier.

To ensure you get the best results from your non-stick cooking surfaces, follow these simple instructions:

Before the first use: 'Season' the cooking surface by applying a thin coat of cooking oil and rub in with paper towelling. This will also be necessary after cleaning in a dishwasher.

Avoid using high settings (8-10), as any food which may burn on the non-stick surface may cause it to discolour. High settings may be used for baking cakes, as food is not in contact with the surface.

Any discolouration that may occur will only detract from the appearance of the frypan and will not affect the cooking performance. Do not use metal utensils. These will scratch and damage the non-stick cooking surfaces. Use only plastic or wooden utensils to stir or serve food.

To clean interior and exterior surface.

Wash in hot soapy water. Remove stubborn spots with a plastic washing pad or sponge.

Do not use steel wool or coarse scouring pads.

These will damage the non-stick cooking surface.

Wash as directed, and re-season the frypan

before using again. In some instances this may not remove all the staining.

Dishwasher-safe. Your pan is completely dishwasher-safe. The heating element is totally sealed so it is safe to fully immerse in water.

Cooking with your Sunbeam Fryware

Baking

(Models FP5500/FP5600/FP5610/FP5700/FP5900/FP5910)

Your frypan can be used for baking cakes, with deliciously moist results.

1. Pre-heat the frypan to setting 10, with the lid on.
2. Elevate the cake pan or tray from the base of the frypan using a small wire rack.

Cooking times will be longer than those of a conventional oven. Use the recipes in this book as a guide to the cooking times for your own recipes.

Basting

(Models FP5500/FP5600/FP5610/FP5700/FP5900/FP5910)

The Pan Tilt Lever makes basting easy as it allows the juices to drain to one side of the pan. Reduce the temperature to prevent any fat and juices spattering. Position the Pan Tilt Lever and spoon the juices over the food as desired.

Boiling

Pasta

(Models FP5500/FP5600/FP5610/FP5700/FP5900/FP5910)

1. Bring 6 cups of water to the boil on setting 5. Add 1-2 tablespoons of oil to stop the pasta from sticking together.
2. Add 250g (1½ cups) of pasta and cook until tender, for approximately 8-12 minutes.
3. Reduce to a lower setting if the water boils too rapidly.

Note: Cooking times will vary with different types of pasta.

Rice

(Models FP5500/FP5600/FP5610/FP5700/FP5910)

1. Bring 6 cups of water to the boil on setting 5. Add 200g (1 cup) of rice and position the lid.
2. Cook until tender, approximately 10-12 minutes, and then drain.
3. Reduce to a lower setting if the water boils too rapidly. Stir occasionally so that the rice does not stick.

Browning and Sealing Meat

(All models)

It is necessary to brown and seal meat in many recipes. Meat retains its juices and the flavours develop after browning and sealing. This also prevents it from sticking when baking or roasting. Preferably use meat that is at room temperature, as this reduces the cooking time.

1. Pre-heat the frypan to settings 7-8.
2. Brown meat on all sides, with the lid off.
3. After sealing, reduce the temperature to settings 4-5 and replace the lid until the meat is cooked as desired. Steaks should only require turning once or twice.

Cooking with your Sunbeam Fryware continued

Frying

(All models)

The frypan is ideal for shallow or dry frying. Deep frying is not particularly suitable as the frypan has shallow sides and a greater surface area, which results in heat loss and the possible overflow of oil.

Pan Frying: Suitable for eggs, omelettes, bacon, sausages, steaks and chicken pieces. Pre-heat to settings 5-6 with a little oil to add flavour. Non-stick cooking surfaces do not require a large amount of oil.

Shallow Frying: Suitable for vegetable pieces e.g roast pumpkin and potato, and crumbed food. Pre-heat on settings 6-8 with sufficient oil so that the food is half immersed. Cook food with the lid off.

Note: Do not overfill oil in skillet (SK4200).

Sauteéing: Pre-heat on settings 5-6 with a little oil to add flavour.

Stir Frying: Food is cooked quickly, over a high heat and vegetables retain their flavour and crispness. For best results and even cooking, cut food into even sized, smaller pieces.

1. Pre-heat the frypan on settings 7-8 with a little oil.
2. Slice meat into strips. Coat meat in a little oil and stir-fry in batches until browned. This prevents meat from stewing.
3. Add vegetables and seasoning, stirring continuously. Vegetables which take longer to cook, such as carrots, should be cooked first, adding the other ingredients later. Cook until the vegetables are still slightly crisp. Return the meat back into

the pan when the vegetables are almost cooked. The lid can be in position in the last few minutes of cooking.

Roasting

(All models)

Meat and poultry: The frypan is ideal for roasting meat and poultry, as the meat retains the flavour and juices.

1. Pre-heat the frypan on settings 7-8. Use only a small amount of oil for less fatty joints and no oil for fattier joints of meat.
2. Brown and seal the meat on all sides and position the lid.
3. After browning, turn the dial to settings 4-5 to cook the meat as desired. Turn meat occasionally during cooking to ensure even cooking.
4. Remove meat from pan and cover with foil. Allow meat to rest for 5-10 minutes, meanwhile you can make a gravy from the juices in the frypan.

Vegetables: Cut into even sized pieces. Add to the frypan 45-60 minutes before serving. For crisper vegetables, remove the meat and increase the heat for the last few minutes of cooking.

Roasting Times:

Note: These times are for well done. Reduce the times to suit personal taste.

PORK: 30-40 minutes per 500g after browning.

VEAL: 30-40 minutes per 500g after browning.

LAMB: 25-30 minutes per 500g after browning.

CHICKEN: 30-35 minutes per 500g after browning.

Frypan Recipes

Models FP5500/FP5600/FP5610/FP5700/FP5900/FP5910

There are many recipes covered in this section for the different models of the Classic Range of Electric Frypans. Some of the recipes listed in this section will only be suitable for particular models, not necessarily

the model you have purchased.

Note: The temperature settings stated in these recipes are a guide only and will vary depending on what model you are using.

APPETIZERS AND ENTREES

Cheese Croquettes

Makes 25

3 egg whites
1 cup grated cheddar cheese
1 cup grated Swiss cheese
dash cayenne pepper
1½ tablespoons plain flour
oil for shallow frying

1. Using a mixer, beat egg whites on high until stiff.
2. Fold in cheeses, cayenne pepper and flour.
3. Heat oil in frypan on setting 7. Carefully drop teaspoonfuls of mixture into oil and fry for approximately 1 minute or until golden.
4. Drain well and serve hot.

Garlic Prawns

Serves 4 - 6

1kg green prawns, shelled and deveined
½ cup of olive oil
4 cloves garlic, halved
1 tablespoon chopped parsley
fresh ground pepper to taste

1. Place all ingredients into a bowl and marinate for 2 hours in the refrigerator.
2. Heat frypan to setting 6. Add prawn mixture and stir fry prawns until bright pink in colour. Remove garlic and serve hot.

Savoury Rice Fritters

Makes 24

1½ cups cooked rice
1 small onion, finely chopped
1 tablespoon chopped parsley
1 cup finely chopped ham or cabanossi
2 eggs, lightly beaten
¼ teaspoon ground nutmeg
¼ teaspoon ground thyme
1 cup self raising flour
ground pepper to taste
oil for shallow frying

1. Place all ingredients, except oil into a bowl and mix until well combined.
2. Heat oil in frypan on setting 7. Drop 1 tablespoon of mixture at a time into the oil and fry until golden brown. Serve hot with tomato sauce.

Frypan Recipes continued

Honey & Soy Chicken Nibbles

Makes 20

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

1. Remove and discard wing tips. Cut wings in half at the joint.
2. Heat oil in frypan on setting 6. Cook chicken until browned on all sides.
3. Combine remaining ingredients and pour over chicken. Reduce heat to simmer and cook until sauce has thickened and chicken is cooked through.

MAIN COURSES

Chicken

Roast Chicken with Parsley & Ham Stuffing

Serves 4-6

1 size 12 chicken

Stuffing:

250g ham, finely chopped
2 cups fresh bread crumbs
3 green onions, finely chopped
1 tablespoon finely chopped parsley
finely grated rind of $\frac{1}{2}$ lemon
1 egg
pinch dry mustard
fresh ground pepper to taste

1. Place all stuffing ingredients into a bowl and combine well.

2. Place stuffing into the chicken cavity and secure opening with a small skewer.
3. Heat 1 tablespoon of oil in frypan on setting 7. Add chicken and brown evenly on all sides.
4. Reduce heat to setting 5 for approximately $1\frac{1}{2}$ hours.
5. If cooking roast vegetables, place in frypan $\frac{3}{4}$ to 1 hour before serving.

Chicken and Almonds

1 tablespoon (20g) butter or margarine
 $\frac{1}{4}$ cup flaked almonds
2 onions, finely chopped
3 teaspoons finely chopped ginger
500g chicken thigh fillets, cut into strips
1 small celery stalk, finely sliced
 $\frac{1}{2}$ red capsicum, finely sliced
 $\frac{1}{4}$ cup dry sherry
2 tablespoons soy sauce
2 cups chicken stock
2 tablespoons corn flour
 $\frac{1}{4}$ cup water

1. Heat butter or margarine in frypan on setting 6. Brown almonds and set aside.
2. Add onions and ginger, sauté until tender. Add chicken and brown.
3. Add celery, capsicum, sherry, soy sauce and chicken stock. Allow to boil.
4. Combine cornflour and water. Add to chicken, stirring until sauce boils and thickens.
5. Reduce to simmer for 10 minutes. Serve with steamed rice.

Frypan Recipes continued

Lemon Chicken

2 tablespoons oil
4 chicken maryland pieces
1 teaspoon finely grated fresh ginger
1 clove garlic, finely chopped
1 cup chicken stock
2 tablespoons soy sauce
2 tablespoons sugar
1 tablespoon dry sherry
finely grated rind and juice of $\frac{1}{2}$ lemon
1 tablespoon cornflour
1 tablespoon water

1. Heat oil in frypan on setting 7. Brown chicken on all sides with the ginger and garlic. Reduce heat to simmer.
2. Combine chicken stock, soy sauce, sugar, sherry, lemon rind and lemon juice. Add to the frypan. Cover and allow to simmer until chicken is tender.
3. Combine cornflour and water. Add to chicken, stirring until sauce boils and thickens. Simmer for a further 5 minutes. Serve with steamed rice.

Beef

Chateaubriand with Mushrooms **Serves 4-6**

1 piece fillet steak (about 1kg)
6 éshallots, finely chopped
 $\frac{1}{2}$ cup dry red wine
2 teaspoon (10g) butter or margarine
200g mushrooms, sliced
juice of $\frac{1}{2}$ lemon
1 cup beef stock
1 tablespoon corn flour
2 tablespoons cream

1. Place fillet into a large dish, sprinkle with éshallots and pour over wine. Cover and marinate for 2 hours in the refrigerator.
2. Heat butter or margarine in frypan on setting 7. Add meat and brown on all sides. Reduce temperature to setting 5. Cover and cook for desired amount (to suit your individual taste). Set meat aside and cover with aluminium foil to keep warm.
3. Add mushrooms and lemon juice, sauté for 2 minutes.
4. Add beef stock and marinade, bring to the boil. Blend cornflour with a little water. Add to the stock, stirring constantly until sauce boils and thickens. Stir through cream. **DO NOT BOIL.**
To Serve: Slice beef and cover with sauce. Serve with steamed vegetables.

Frypan Recipes continued

Pepper Steak

Serves 4

- 4 pieces fillet steak
- 2 teaspoons black peppercorns, crushed
- 60g butter
- 2 teaspoons oil
- $\frac{3}{4}$ cup dry white wine
- 1 tablespoon brandy or dry sherry

1. Press the crushed pepper into the steak on both sides. Allow steak to stand 1 hour in the refrigerator.
2. Heat butter and oil in frypan on setting 7. Add steaks and cook quickly on both sides to seal in the juices. Reduce heat to setting 5 and cook for desired amount (to suit your individual taste). Cover and keep warm.
3. Add wine and brandy, bring to the boil. Strain through a fine sieve. Serve over steak.

Stir Fry Beef

Serves 6

- 2 tablespoons oil
- 500g topside steak, cut into thin strips
- 2 onions, cut into thin wedges
- 1 clove garlic, finely chopped
- 1 teaspoon finely grated fresh ginger
- 1 green capsicum, cut into thin strips
- 1 red capsicum, cut into thin strips
- 1 celery stalk, cut into thin diagonal strips
- 1 beef stock cube blended with 1 tablespoon hot water
- 2 tablespoons soy sauce
- 2 teaspoons brown sugar
- 1 tablespoon cornflour, blended with 2 tablespoons cold water
- 2 green onions, sliced into 2cm pieces
- $\frac{1}{4}$ cup toasted almonds

1. Heat oil in frypan on setting 7. Cook meat, in batches until browned. Set aside.
2. Reduce heat to setting 5. Add onions, garlic and ginger, sauté until tender.
3. Add capsicum and celery, sauté for 2-3 minutes. Add beef stock, soy sauce and brown sugar. Bring to the boil. Stir through combined cornflour and water until mixture boils and thickens.
4. Return meat to the frypan. Add onions and cook uncovered until meat is heated through. Serve with steamed rice.

Frypan Recipes continued

Veal

Veal with Mushrooms

Serves 4

- 1 tablespoon (20g) butter or margarine
- 1 tablespoon oil
- 100g mushrooms, sliced
- 4 veal steaks
- plain flour
- fresh ground pepper to taste
- 1 tablespoon plain flour, extra
- ½ cup beef stock
- ½ cup cream

1. Heat butter or margarine and oil in frypan on setting 5. Add mushrooms and sauté until tender. Set aside.
2. Coat veal steaks in flour seasoned with pepper. Cook steaks on either side until golden. Set aside and keep warm.
3. Add extra flour and cook for 1 minute. Add stock, stirring until sauce boils and thickens.
4. Reduce heat to setting 2, add mushrooms and heat through. Stir through cream. To serve spoon sauce over veal steaks. Serve with steamed vegetables.

Weiner Schnitzel

Serves 4

- 4-6 (approx. 750g), thinly cut veal steaks
- fresh ground pepper
- juice of 1 lemon
- plain flour
- 3 eggs, lightly beaten
- dry breadcrumbs
- 1 tablespoon (20g) butter or margarine
- ¼ cup oil

1. Pound out veal steak with meat mallet or rolling pin.
2. Sprinkle a little pepper over one side of each steak. Sprinkle the other side with lemon juice.
3. Coat veal steaks lightly in flour. Dip into egg and then into breadcrumbs, pressing breadcrumbs on firmly. Refrigerate for 1 hour.
4. Heat butter or margarine and oil in frypan on setting 7. Cook veal quickly on both sides until golden brown. Drain on absorbent paper. Serve with a wedge of lemon.

Frypan Recipes continued

Veal Paprika

Serves 4

4-6 (approx. 750g) veal steaks
plain flour
2 tablespoons (40g) butter or margarine
1 medium onion, thinly sliced
1 clove garlic, finely chopped
2 teaspoons paprika
1 tablespoon plain flour, extra
1 cup beef stock
1½ tablespoons tomato paste
2 tablespoons sour cream

1. Coat veal steaks lightly in flour.
2. Heat butter or margarine in frypan on setting 5. Cook veal quickly on both sides until lightly golden. Set aside.
3. Add onion and garlic, sauté until tender.
4. Add paprika and extra flour. Gradually add beef stock, stirring constantly until mixture boils and thickens.
5. Reduce temperature to simmer. Stir through tomato paste and return veal to the frypan. Cover and simmer for 25-30 minutes. Stir in sour cream just before serving.

Lamb

Rack of Lamb with Mustard Crust

Serves 4

4 racks of lamb with 3 chops in each, trimmed of excess fat
2 tablespoons oil
2 tablespoons French mustard
1 clove garlic, finely chopped
1 tablespoon fruit chutney
2 teaspoons green peppercorns, crushed
1 cup fresh breadcrumbs
2 tablespoons chopped parsley

1. Heat oil in frypan on setting 6. Place lamb racks into frypan and brown on all sides. Reduce temperature to setting 5. Cover and bake, allowing 25 minutes per 500g.
2. When half way through cooking, remove lamb from frypan. Combine mustard, garlic, fruit chutney, crushed green peppercorns and breadcrumbs. Spread mixture over back of lamb and coat with chopped parsley.
3. Return to the frypan and bake for remaining cooking time or desired amount (to suit your individual taste).

Frypan Recipes continued

Baked Spring Lamb Roll

Serves 4

1kg loin of lamb, boned
1 onion, finely chopped
2 cups fresh breadcrumbs
1 tablespoon chopped fresh mint
1 tablespoon chopped fresh parsley
1 egg, lightly beaten
freshly ground pepper to taste
plain flour
1 egg extra, lightly beaten with
2 tablespoons milk
1 cup dry breadcrumbs
2 tablespoons oil

1. Combine onion, fresh breadcrumbs, mint, parsley, egg and fresh ground pepper.
2. Spread mixture onto lamb and roll up. Secure with string.
3. Roll in flour, egg and milk then breadcrumbs.
4. Heat oil in frypan on setting 7. Brown roll on all sides. Reduce heat to setting 5 and cook for approximately 1 hour or desired amount (to suit your individual taste).

Lamb Shanks with Beans

Serves 6

1½ cups dried lima beans, washed thoroughly
6 lamb shanks
plain flour, seasoned with fresh ground pepper
2 tablespoons oil
2 onions, finely chopped
1 clove garlic, finely chopped
2 teaspoons curry powder
1 x 425g can peeled tomatoes, chopped
2 tablespoons tomato paste
2 cups water

1. Place beans in frypan and cover with water. Bring to boil on setting 5. Remove beans and liquid, allow to soak for 3 hours or overnight. Drain.
2. Lightly coat lamb shanks in seasoned flour.
3. Heat oil in frypan on setting 7 and brown shanks well. Set aside.
4. Reduce heat to setting 5. Sauté onions, garlic and curry powder until onions are tender.
5. Add tomatoes, tomato paste and water, bring to boil.
6. Add beans and lamb shanks. Cover and cook on simmer setting for 3 hours or until shanks are cooked and beans are tender.

Frypan Recipes continued

Pork

Indonesian Pork Sate

750g pork, cut into 2cm cubes

2 tablespoons oil

Marinade:

1 onion, finely sliced

$\frac{1}{4}$ cup lemon juice

2 tablespoons soy sauce

1 teaspoon brown sugar

1 teaspoon curry powder

$\frac{1}{2}$ teaspoon ground coriander

$\frac{1}{4}$ teaspoon pepper

1. Combine marinade ingredients in a large bowl. Add pork, stirring to coat and marinate for 2 hours in the refrigerator.
2. Arrange pork pieces onto bamboo skewers.
3. Heat oil in frypan on setting 6, brown pork on all sides. Cook for approximately 15-20 minutes, turning occasionally and brushing with marinade throughout cooking.
4. Serve with tomato wedges and saffron rice.

Note: To make saffron rice; for every 2 cups of rice add $\frac{1}{4}$ teaspoon of saffron to boiling water.

Serves 4

Oriental Spare Ribs

Serves 4

2 tablespoons oil

1kg pork spare ribs

1 cup marmalade

$\frac{3}{4}$ cup water

1 tablespoon soy sauce

1 clove garlic, finely chopped

$\frac{1}{2}$ teaspoon ground ginger

1. Heat oil in frypan on setting 6. Add pork spare ribs and brown on all sides. Cover and cook for 20-30 minutes, turning occasionally.
2. Combine marmalade, water, soy sauce, garlic and ginger.
3. Reduce heat to setting 1. Pour marmalade mixture over ribs. Cover and cook a further 15 minutes. Serve over rice.

Frypan Recipes continued

Hawaiian Pork Chops

Serves 4

- 4 pork chops
- 2 tablespoons oil
- 1 onion, cut into wedges
- 1 x 425g pineapple pieces, drained reserving $\frac{1}{4}$ cup juice
- $\frac{1}{4}$ cup dry sherry
- 1 tablespoon honey
- 1 tablespoon tomato sauce
- 2 teaspoons white vinegar
- 1 teaspoon finely grated fresh ginger
- fresh ground pepper to taste
- 2 teaspoons cornflour

1. Trim excess fat from chops.
2. Heat oil in frypan on setting 7. Brown chops on both sides. Remove chops from frypan. Reduce to setting 5.
3. Sauté onions until tender. Add pineapple, sherry, honey, tomato sauce, vinegar and ginger. Bring to boil.
4. Reduce heat to setting 2. Combine cornflour with reserved pineapple juice. Add to frypan, stirring until sauce boils and thickens.
5. Return pork to the frypan. Cover and simmer for 20 minutes, or until chops are cooked. Serve with steamed rice.

Seafood

Curried Prawns

Serves 6

- 2 tablespoons oil
- 6 green onions, cut into 5cm pieces
- 1 medium onion, sliced into rings
- 3 celery stalks, sliced into 1cm pieces
- $\frac{1}{2}$ cup French beans
- 2 tablespoons curry powder
- 1kg green prawns, shelled and deveined
- 2 cups chicken stock
- $\frac{1}{4}$ cup cornflour
- 2 tablespoons sherry
- $\frac{1}{4}$ cup cream

1. Heat oil in frypan on setting 6. Add green onions, onion, celery, beans and curry, sauté until onions are tender. Reduce heat to setting 2.
2. Add prawns and stock. Stir through combined cornflour and sherry, stirring until thickened. Cook for 3 minutes or until prawns are just cooked through.
3. Stir through cream. Serve with rice.

Frypan Recipes continued

Baked Fish

Serves 4

1 mullet (about 1kg), cleaned and head removed
fresh ground pepper
salt
grated rind and juice of 1 lemon
3 large tomatoes, cut into wedges
2 tablespoons fresh chopped parsley
1 sprig rosemary
250g mushrooms, finely sliced
1 tablespoon (20g) butter or margarine
extra fresh ground pepper

1. Sprinkle inside of fish with a little pepper, salt and lemon rind.
2. Place tomato wedges, parsley and rosemary inside cavity and close fish.
3. Lay fish onto a well greased sheet of aluminium foil.
4. Top fish with mushroom slices. Drizzle over lemon juice and dot with butter. Sprinkle with fresh ground pepper to taste. Fold foil over fish to make a parcel.
5. Heat frypan to setting 7 and cook for approximately 10 minutes on each side or until flesh is tender. Serve with a fresh garden salad.

Grilled Fish

Serves 4

4 white fish fillets
juice of 1 lemon
plain flour
1 tablespoon butter or margarine
1 tablespoon oil

1. Soak fillets in lemon juice for 5-10 minutes.
2. Coat fillets lightly in flour.
3. Heat butter or margarine and oil in frypan on setting 6-7. Cook fillets for 2-3 minutes on each side or until tender. Serve with parsley butter if desired.

Butter Crumbed Fish

Serves 4

4 white fish fillets
plain flour
salt and pepper
1 egg
 $\frac{1}{4}$ cup milk
1 cup dry breadcrumbs
125g butter

1. Season flour with salt and pepper to taste.
2. Coat fillets lightly in seasoned flour, dip in egg mixture then coat in breadcrumbs.
3. Melt butter in frypan on setting 6. Add fillets and cook until golden on both sides and flesh is tender. Serve with a fresh garden salad.

Frypan Recipes continued

Vegetables

Savoury Cabbage

Serves 6

1 medium cabbage
2 teaspoons oil
4 bacon rashers, rind removed, finely chopped
1 onion, finely chopped
2 teaspoons curry powder
12 green onions, finely sliced
fresh ground pepper to taste

1. Wash cabbage, remove stalk and slice leaves thinly.
2. Heat oil in frypan on setting 5. Add bacon, onion and curry powder, sauté until onion is tender.
3. Add cabbage and green onions. Stir to combine. Reduce heat to setting 3, cover and cook for 10 minutes, or until cabbage is tender.

Tomato Onion and Zucchini Casserole Serves 6

2 tablespoons oil
2 onions, finely sliced
1 clove garlic, finely chopped
500g zucchini, cut into 2cm pieces
3 large ripe tomatoes, roughly chopped
1 teaspoon Worcestershire sauce
1 tablespoon fresh chopped parsley
1 teaspoon dried basil
fresh ground pepper to taste

1. Heat oil in frypan on setting 6. 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, cover and cook until zucchini is tender.

Ratatouille

Serves 6

1 large eggplant
 $\frac{1}{4}$ cup 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
fresh ground 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.
2. Heat oil in frypan on setting 5, sauté onion and garlic until onion is tender.
3. Add remaining ingredients and bring to the boil. Reduce heat to simmer, cover and cook for 30-35 minutes.

Frypan Recipes continued

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
- 1 small cucumber, thinly sliced
- 125g can bamboo shoots, drained
- 125g mushrooms, sliced
- 1 teaspoon grated ginger
- 1 tablespoon soy sauce
- 1 teaspoon rice vinegar
- 1 teaspoon sesame oil

1. Heat oil in frypan on setting 6. Add onion and garlic, sauté until onion is tender.
2. Add all vegetables and sauté 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

- 1½ 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 frypan on setting 5. 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. Serve with sour cream if desired.

Hot Asparagus and Zucchini Salad Serves 4-6

- 1 tablespoon (20g) butter
- 1 small leek, finely sliced
- 4 medium zucchini, cut into thick strips, 5cm long
- 1 bunch fresh asparagus, cut into 4cm lengths
- 1 tablespoon sesame seeds
- 1 tablespoon lemon juice
- 1 tablespoon fresh chopped parsley

1. Heat butter in frypan on setting 5. Add leek and sauté until tender.
2. Add zucchini, asparagus, sesame seeds and lemon juice. Cook until asparagus is just tender, stirring occasionally.
3. Stir through lemon juice and parsley just before serving.

Frypan Recipes continued

RICE AND PASTA

Chinese Fried Rice

Serves 6

- 2 tablespoons oil
 - 3 eggs, lightly beaten
 - 1 onion, finely chopped
 - 3 bacon rashers, rind removed, finely chopped
 - 1/2 cup frozen peas, thawed
 - 6 green onions, finely sliced
 - 3 cups cooked rice
 - 1 teaspoon grated ginger
 - 2 teaspoons soy sauce
1. Heat oil in frypan on setting 5. Pour egg into frypan, turn to cook other side. Remove from pan and chop finely.
 2. Add onions and bacon, sauté until onion is tender.
 3. Add peas, green onions, rice and egg, stir to combine.
 4. Stir ginger and soy sauce through rice. Cook until heated through.

Curried Nut Rice

Serves 4-6

- 2 tablespoons (40g) butter or margarine
 - 1 1/2 teaspoons curry powder
 - 2 cups long grain rice
 - 2 1/2 cups chicken stock
 - 125g slivered almonds
 - 8 green onions, finely sliced
1. Heat butter in frypan on setting 5. Add curry and rice, cook for 2-3 minutes stirring constantly.
 2. Add chicken stock and bring to the boil. Reduce heat 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.

Rice Pilaf

- 2 tablespoons oil
 - 1 medium onion, finely chopped
 - 1 cup long grain rice
 - 1 3/4 cups chicken stock
 - 1/2 teaspoon turmeric
1. Heat oil in frypan on setting 6. Sauté onion until tender.
 2. Add rice and cook for 2-3 minutes, stirring constantly. Add chicken stock and turmeric. Reduce heat to simmer. Cover and cook for around 20 minutes.
 3. After all liquid has been absorbed, toss rice with a plastic spatula.

Frypan Recipes continued

Easy Bolognaise Sauce

Serves 6

2 tablespoons oil
2 onions, finely chopped
2 cloves garlic, finely chopped
1kg lean minced beef
1 x 425g can peeled tomatoes, roughly chopped
1 x 455g can concentrated tomato soup
 $\frac{1}{2}$ teaspoon basil
 $\frac{1}{2}$ teaspoon oregano
 $\frac{1}{2}$ teaspoon thyme
fresh ground pepper to taste

1. Heat oil in frypan on setting 6. Sauté onion and garlic until onion is tender.
2. Add meat and cook until browned.
3. Add remaining ingredients, stirring to combine.
4. Reduce heat to setting 1, cover and cook for 15-20 minutes.
5. To serve cook sufficient pasta in boiling water until tender. Spoon sauce over drained pasta and sprinkle with parmesan cheese if desired.

Chilli Tomato Sauce

Serves 6

2 tablespoons oil
2 onions, finely chopped
4 bacon rashers, rind removed, finely chopped
3 x 425g cans whole tomatoes, roughly chopped
1 cup stuffed olives, sliced
 $\frac{1}{2}$ cup white wine
 $\frac{1}{4}$ cup tomato paste
2 tablespoons mild chilli sauce
1 teaspoon basil
1 tablespoon fresh chopped parsley

1. Heat oil in frypan on setting 6. Sauté onion, garlic and bacon until onion is tender.
2. Add remaining ingredients, stirring to combine.
3. Reduce heat to simmer, leave uncovered for 15 minutes or until sauce reduces to $\frac{2}{3}$. Stir through parsley. Serve with favourite pasta.

Frypan Recipes continued

CAKES

Apple Tea Cake

1 egg, separated

½ cup caster sugar

20g melted butter

½ cup milk

1 cup self raising flour

1 apple, peeled, cored and sliced

1 tablespoon sugar

1 teaspoon cinnamon

1. Pre-heat frypan to setting 10. Grease and base line a 20cm ring tin.
2. Using a mixer, beat egg white on high speed until stiff. Gradually add sugar, beating until dissolved.
3. Add egg yolk and mix well. Add melted butter and milk mixing on a low speed. Fold in flour.
4. Pour into prepared tin. Arrange apple slices over cake and sprinkle with combined sugar and cinnamon.
5. Place into hot frypan on a wire rack. Cook with lid on for approximately 1 hour or until cooked, when tested.

Melt 'N' Mix Chocolate Cake

1¼ cups self raising flour

¼ cup cocoa

½ cup caster sugar

125g butter, melted

2 eggs

½ cup milk

1. Pre-heat frypan to setting 10. Grease base and line a 20cm round cake tin.
2. Combine flour, cocoa and sugar in a small bowl.
3. Using a mixer, add butter, eggs, milk and beat on medium speed until well combined.
4. Pour mixture into prepared tin and place into hot frypan on a wire rack with lid on for approximately 1 hour or until cooked, when tested.

Frypan Recipes continued

Butter Cake

125g butter
1 teaspoon vanilla
 $\frac{3}{4}$ cup caster sugar
2 eggs
2 cups self raising flour
pinch salt
 $\frac{1}{2}$ cup milk

1. Pre-heat frypan to setting 10. Grease and base line a 20cm round cake tin.
2. Using a mixer, cream butter and sugar on high speed until light and creamy.
3. Add eggs one at a time, beating well after each addition.
4. Using a low speed, fold in dry ingredients alternatively with the milk.
5. Pour mixture into prepared tin. Place into hot frypan on a wire rack and cook for approximately 1 to $1\frac{1}{2}$ hours until cooked, when tested. Ice cake when cool.

Boiled Fruit Cake

1 cup sugar
375 mixed fruit
250g butter or margarine
 $\frac{3}{4}$ cup water
1 teaspoon mixed spice
1 teaspoon bicarbonate of soda
2 eggs
2 drops of each vanilla, lemon and almond essence
 $1\frac{1}{4}$ cups self raising flour
1 cup plain flour

1. Place sugar, fruit, butter or margarine, water, spices and bicarbonate of soda in a saucepan. Boil gently for 10 minutes. Leave until cool.
2. Beat eggs and essence in a large bowl of an electric mixer. Add cooled mixture and fold through flours.
3. Pre-heat frypan to setting 10. Grease and base line a 20cm round cake tin. Pour batter into prepared tin. Place into hot frypan on a wire rack and cook with lid on for approximately 1 to $1\frac{1}{2}$ hours or until cooked, when tested.

Skillet Recipes

Model SK4200

Cooking Hints for your Sunbeam Skillet

The Sunbeam Skillet is the perfect friend to help cook up that special breakfast or brunch for yourself or family and friends. It will cook up the biggest breakfast of bacon, eggs, tomatoes, sausages, mushrooms, potato cakes, spanish omelette's and fritatta's. It is also perfect for cooking both sweet or savoury pikelets, pancakes and crepes. Perfect for tenderising all meats and poultry.

You can oven roast rolls of pork, lamb, whole chickens, quails, beef sirloins, racks of lamb or beef.

Great also for searing prawns, scallops, medium size fish, and octopus just like a BBQ hotplate.

It is the perfect compact kitchen friend to take with you on holiday.

BATTER

Pikelets

Makes 16

1 cup self raising flour
1 tablespoon caster sugar
1/2 cup milk
1 egg, beaten
20g butter

1. Combine all ingredients until smooth and creamy. You can do this in your Sunbeam Stick Mixer or Food Processor.
2. Preheat Skillet to setting 6.

3. Place tablespoon's of mixture into hot skillet. Cook 1-2 minutes each side until golden.
4. Pikelets can be eaten hot or cold. Spread with your favourite jam and a dollop of thick cream or add some freshly chopped herbs into the raw mixture for a savoury touch. Once cooked top with proscicutto, basil and feta/goats cheese or smoked salmon, camembert cheese, capers and drizzle with olive oil.

Skillet Recipes continued

Pancakes

2 large eggs, beaten
1 cup milk
1 teaspoon oil
salt
1 cup plain flour

1. Combine all ingredients in your Sunbeam Food Processor or Stick Mixer until smooth.
2. Stand 1 hour
3. Preheat skillet. Add spoonfuls (approx $\frac{1}{3}$ cup) of mixture to the skillet. Cook pancakes 1 minute each side, until golden brown.
4. Pancakes can be served with maple syrup or caster sugar and fresh lemon juice or freshly chopped berries and cream.

OMELETTES/CREPES

Omelette

2 eggs, beaten
 $\frac{1}{3}$ cup milk
salt and pepper

1. Place all ingredients in a bowl and combine well.
2. Pour into a preheated skillet, setting 6 and cook for 2-3 minutes.
3. Fill centre with cheese, fruits, meat, seafood, or herbs (optional) flip over half cook extra 2-3 minutes serve immediately.

Crepes

Makes 8-12

1 $\frac{1}{2}$ cups plain flour
pinch salt
2 eggs, beaten
1 $\frac{1}{2}$ cups milk
10g butter, melted

1. Combine all ingredients and mix well. You may want to use a Sunbeam Stick Mixer or Food Processor to do this. Ensure that the mixture is smooth and well combined.
2. Allow to stand 1 hour.
3. Preheat Sunbeam Skillet to setting 6.
4. Brush bottom of skillet with oil and wipe clean with paper towel.
5. Place $\frac{1}{4}$ cup of mixture into bottom of skillet, swirl around to cover the base, cook 1 minute each side.

Serve crepes spread with nutela, or drizzle in Grand Marnier and sprinkle sugar or use white sugar and lemon juice. Crepes can be served in many ways, sweet or savoury. Once the crepe is cooked spread with 1 tablespoon of nutela, roll up or fold into quarters and eat straight away. Alternately, once crepe is cooked splash over a few tablespoons Grand Marnier and sprinkle over some sugar again roll up or fold and serve and eat straight away.

Crepes can be eaten with sugar and lemon. Once crepe is cooked sprinkle in sugar (white or caster) and drizzle over some lemon juice. Roll up and serve immediately.

Notes

Notes

'Sunbeam', and 'Classic' are registered trademarks of Sunbeam Corporation.

Made in China. Due to minor changes in design or otherwise, the product may differ from the one shown in this leaflet. Backed by Sunbeam's 12 Month Replacement Guarantee and National Service Network.

© Copyright. SUNBEAM CORPORATION LIMITED 2003.

(INCORPORATED IN N.S.W.) A.C.N. 000 006 771

Sunbeam Corporation is a division of GUD Holdings Ltd.

For more information or advice on this or any other Sunbeam appliance, visit www.sunbeam.com.au or contact the Sunbeam Consumer Service Line.

Australia 1800 025 059

New Zealand (09) 912 0747.



Consumer Hotline

Australia

1800 025 059

New Zealand

(09) 912 0747

www.sunbeam.com.au

 is a registered Trademark of Sunbeam Corporation Limited. ACN 000 006 771.

© Sunbeam Corporation Limited 2003.

Download from Www.Somanuals.com. All Manuals Search And Download.

Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>