

WEST BEND 6-QUART ELECTRIC WOK

Register this other West Bend® products through our website:www.westbend.com

TO PREVENT PERSONAL INJURY OR PROPERTY DAMAGE, READ AND FOLLOW THE INSTRUCTIONS AND WARNINGS IN THIS CARE AND USE INSTRUCTION MANUAL.

Care Use Instructions – Model No. 79000 – 79700

IMPORTANT SAFEGUARDS - When using electrical appliances, basic safety precautions should always be followed including the following:

Read all instructions before using

- If Wok includes unassembled stick handle, be sure handle is assembled and fastened properly. See instructions regarding assembly on the inside front cover.
- Always attach cord to Wok first, then plug cord into wall outlet. After cooking and serving, unplug cord from wall outlet. Let Wok cool before removing cord. Do not leave Wok plugged in when it is not being used.
- Your Wok should always be unplugged before cleaning.
- Do not let cord touch hot surfaces or hang over the edge of a counter, table or other surface area.
- Your Wok, its cord and plugs should not be used outdoors, immersed in liquid, placed near a hot gas or electric burner or placed in a heated oven.
- Do not touch Wok or its cover when they are hot. Use handle and knob for lifting and carrying. Be very careful when moving Wok if it contains hot liquid. Let cool before pouring out.
- Supervise closely when Wok is being used by or near children.
- Use your Wok only for the cooking tasks described in this booklet. Do not use attachments with your Wok unless recommended by The West Bend Company.
- Do not use your Wok if it or its cord have been damaged or if it is not working properly.
- Do not attempt to repair the Wok yourself.

SAVE THESE INSTRUCTIONS - For Household Use Only - Your Wok needs no special care other than cleaning. If servicing becomes necessary see warranty section in this care and use instructions for service details. Do not attempt to repair it yourself.

WARNING: To prevent personal injury or property damage caused by fire, always unplug this and other appliances when not in use.

CAUTION: To prevent personal injury or property damage, inspect cordset for damage or wear before each use. Do not use your product if it or its cord or plug has been damaged or if it is not working properly.

SPECIAL INFORMATION ON WOK ACCESSORIES - This booklet is packed with several different models of electric Woks, some of which include steam and tempura racks. If your Wok did not include these racks, they may be ordered directly from the West Bend Company. See details for ordering on the last page of these instructions.

ASSEMBLE HANDLE ONTO WOK BEFORE USING (if applicable)

Parts included:

- 1 Handle
- 2 Round Headed Connections
- 2 Lock Washers
- 2 Screws

Tools Required:

Common Slotted Screwdriver

1. Insert connections through holes in Wok, with rounded heads on inside of pan. Turn Wok upside down while holding connections in place. Align square holes in handle over connection ends. See Diagram 2.
2. Place a lock washer over each screw end. Position screws straight into connection holes and tighten with appropriate screwdriver. Lock washer must be placed between handle and screw for proper attachment. Do not over tighten screws.

3. Place Wok right side up. Handle should feel tight. Tighten screws further if necessary. If handle loosens after use, tighten screws to secure. Do not use Wok with loose handle.

PREPARING - If there's one thing that sets Oriental cuisine apart from all others, it's the manner in which foods are cut before cooking. Unless properly prepared, the dish won't look, or even taste, as it should. To insure uniform cooking, all ingredients in a dish should be cut to a uniform size, shape and thickness. They're usually sliced diagonally so that sections have greater surface area to absorb heat and seasonings. Cutting meat across the grain gives it more tenderness; rolling a carrot a quarter-turn before making each slice, and cutting a mushroom into "T" shape slices lend beauty to a dish. A "must", then, for Oriental food preparation is a sharp knife, or better, a cleaver. Available in various weights and sizes, the cleaver with its rectangular blade can be used for cutting, slicing, pounding, crushing, scooping and chopping. To use a cleaver, grasp the handle firmly with one hand, and hold the food with the fingertips of your other hand, with the flat of the blade held against the knuckles as a guide. To insure safety, cut carefully, lifting the cleaver only a little.

DINING - Not only are chopsticks used for eating but also for stirring foods in the Wok. They come in a variety of materials - plain or painted wood, plastic, lacquer and ivory. Here's how to use them - place on stick between your thumb and forefinger, about ¾ up its length. Lightly rest the tapered end against the tips of your finger and little finger. With this "stationary" stick in position, grasp the "moving" stick with the tips of your thumb and forefinger and rest it on your middle finger. Move stick by bending forefinger and middle finger. The thumb remains still. Make certain sticks are parallel to one another; they're even at the ends and are kept about an inch apart under the thumb. Don't apply too much pressure. Relax, and have fun. Your guests will, too!

WOK USE AND CARE

BEFORE USING THE FIRST TIME: Clean before using - CAUTION: To prevent personal injury or electric shock, do not immerse Wok, its cord or plugs in water or other liquid.

Fill Wok with a small amount of hot soapy water, about 1 to 2 cups. Wash the interior of the Wok with a dishcloth or sponge. Drain, rinse carefully to prevent water from dripping down outside of Wok into base, and dry. Wipe the exterior of Wok with a damp soapy cloth, then wipe with a clean damp cloth and dry. Wash the cover (and rack(s), spoons and chopsticks, if included) in hot soapy water with a dishcloth or sponge, rinse and dry. Do not use any type of scouring pad or cleanser on cover or rack as scratching may occur.

Condition the non-stick finish - Wipe a tablespoon of cooking oil with a paper towel over the non-stick interior of the Wok. (Do not use shortening or butter.) Let oil remain on the finish. The Wok is now ready to use.

GENERAL COOKING INSTRUCTIONS - Important: Since Wok cooking is very rapid; all foods should be prepared (peeled, shelled, sliced, diced, cubed, etc.) before the Wok is plugged in.

Operating the Wok - Always use the Wok on a dry, level surface. Be sure hands are dry. The heat-resistance base allows for safe table use. When ready to cook, attach cord to the Wok. Plug cord into a 120 volt AC electrical outlet ONLY. The Wok will begin to heat as soon as it is plugged into the outlet.

Caution: Your Wok has a short cord as a safety precaution to prevent personal injury or property damage resulting from pulling, tripping or becoming entangled with the cord. Do not allow children to be near or use this Wok without close adult supervision. If you must use a longer cordset or an extension cord when using the Wok, the cord must be arranged so it will not drape or hang over the edge of a countertop, tabletop or surface area where it can be pulled on by children or tripped over. To prevent electric shock, personal injury or fire, the electrical rating of the extension cord you use should be the same or more than the wattage of the Wok (wattage is stamped on underside of base). Follow recipe as directed. If recipe requires preheating, do so with Wok uncovered and containing oil at recommended time. DO NOT ADD OIL TO HOT WOK. Heat may be increased or decreased during the cooking period. The automatic temperature control will maintain the selected heat setting. The

lever may be positioned directly below marked settings or anywhere in between. The approximate temperatures of the five settings are:

1 (LO) = 175°; 2 (MED-LO) = 225°; 3 (MED) = 300°; 4 (MED-HI) = 350°;
5 (HI) = 400°

At the end of cooking time, set heat control at LO for serving or unplug Wok from electrical outlet if food will be removed immediately from the Wok. If possible, let the Wok cool before removing cord from base as the base becomes hot. *If cord is removed from a hot base, always use a hot pad.*

Cooking Tools - Plastic, rubber and wooden tools are recommended for use on the non-stick finish. Smooth-edged metal cooking tools may be used with care. Do not use sharp-edged metal tools (forks, knives, mashers, whips, beaters or food choppers) on the non-stick finish as scratching may occur. Minor scratching will affect only the appearance of the finish; it will not harm its non-stick qualities, nor will it harm food cooked in the Wok. Two long-handled wooden spoons are recommended for stir-frying. Smooth-edged metal cooking tools should be used when tempura cooking with oil.

REGULAR CLEANING INSTRUCTIONS:

Clean after every use - To keep the Wok looking good and cooking efficiently, clean it thoroughly after every use. Be sure to use the right cleaning aid(s) for the different finishes.

Let the Wok cool by itself - At end of cooking time, let the Wok cool by itself. Do not hasten cooling by pouring water into it. After Wok has cooled, remove the cord from base.

CAUTION: To prevent personal injury or electric shock, do not immerse Wok, its cord or plugs in water or other liquid.

CLEANING

Cleaning non-stick finish in Wok - Fill Wok with a small amount (1-2 cups) of hot soapy water. Use a nylon scouring pad such as Dobie® or Scotch Brite Cookware Scrub'n Sponge® to clean the non-stick finish. A dishcloth or sponge may give the non-stick finish a clean look, but will not remove food particles, which settle into the finish. If not removed, they will burn when the Wok is heated, causing stains and reducing the non-stick qualities. Do not use metal scouring pads or abrasive cleansers on the non-stick finish. Drain the Wok, rinse carefully to prevent water from dripping down the outside into the base, and dry.

Cleaning outside finish on Wok - Use a damp soapy cloth or sponge to clean the outside of Wok. Wipe with a clean damp cloth and dry. Do not use any type of scouring pad or cleansers on outside of Wok as scratching may occur.

Cleaning Cover - Wash cover in hot soapy water using a dishcloth or sponge. Rinse and dry. Do not use any type of scouring pad or cleanser as scratching may result. Discoloration of the aluminum underside of the cover will occur during use, which is normal.

Cleaning Rack (if included) - Wash rack in hot soapy water using a dishcloth, sponge or nylon scouring pad. Rinse and dry. Do not use metal scouring pads or abrasive cleansers on the rack as damage to the finish will occur.

Cleaning Spoons & Chopsticks (if included) - Wash in hot soapy water using a dishcloth, sponge or a nylon scouring pad. Rinse and dry.

Special Cleaning Instructions

Removing a mineral film from non-stick finish - A spotted white film may form on the non-stick finish. This is a buildup on minerals from water, and is not a defect in the finish. To remove, soak a soft cloth in lemon juice or vinegar, and rub onto the finish. Rinse the surface and dry. Recondition the non-stick finish with oil before using again.

Removing stains from non-stick finish - Improper cleaning and overheating will cause stains on the non-stick finish and lessen the effectiveness of its non-stick qualities. To remove stains, use a commercial cleaner such as Dip-It® coffee pot destainer, following the package directions for non-stick cookware. Then wash the inside of Wok with hot soapy water, rinse carefully and dry. Recondition the non-stick finish with cooking oil before using again. Do not use bleach; it will permanently fade the color.

STIR-FRYING - This is the most characteristic method of Oriental cooking and is especially suited to the Wok. Known as Chao or Chow in Chinese, it is translated as “hot-shallow-fat-continual-stirring-quick frying” – or, in short, Stir-Frying. The key to this cooking technique is timing. Because Stir-Frying itself is very rapid, all foods must be prepared before the cooking process begins. Then, one food at a time is placed in a small amount of hot oil in the base of the Wok, stirred vigorously until cooked, and pushed up the wide, sloping sides. Another food is cooked, pushed up the sides to make room for the next, and so forth, until all foods are ready for serving. The hot oil preserves the color, flavor and crispness of vegetables, and seals in the natural juices of meats and seafood – resulting in uniquely appetizing fare!

SUKIYAKI (soo-kee-yah-kee or skee-yah-kee)

¼ cup peanut or vegetable oil	2 6-ounce cans water chestnuts, drained and thinly sliced (about 1-1/2 cups)
1 pound tenderloin, sirloin, or tenderized round steak, cut into diagonal strips ¼ inch by 2 inches	1 teaspoon monosodium glutamate, optional
½ pound washed fresh sliced mushrooms, or 1 8-ounce can sliced mushrooms, drained	½ cup chicken broth or 1 chicken bouillon cube dissolved in ½ cup hot water
1 cup diagonally sliced celery into ½ inch strips	1 green pepper, sliced into thin strips
2 medium-sized Spanish onions, sliced diagonally	1 tablespoon brown sugar
½ head Chinese or celery cabbage, cut into ½ inch diagonal slices (about 4 cups)	1 teaspoon salt
1 10 to 12 ounce can bamboo shoots, drained (about 1-1/2 cups)	½ cup soy sauce
	3 cups raw spinach leaves, torn in large pieces (about 5 ounces)

1. Pour oil into WOK. Preheat, uncovered, for 4 minutes at HI. (Make sure all foods are sliced, measured and arranged on a large platter before starting.)
2. Place ¼ meat in hot oil and stir-fry for 2 minutes. Push up the side. Repeat with remaining meat. Push up the side.
3. Add mushrooms and stir-fry for 2 minutes. Push up the side
4. Add celery and stir-fry 2 minutes. Push up the side.
5. Add onions and stir-fry for 2 minutes. Push up the side.
6. Add cabbage and stir-fry 2 minutes. Push up the side.
7. Add bamboo shoots, water chestnuts, monosodium glutamate and chicken broth. Stir once and cook for 2 minutes. Push up the side.
8. Add green pepper, brown sugar, salt and soy sauce. Stir once and cook for 30 seconds. Do not push up the side.
9. Sprinkle spinach over top of all ingredients in WOK, cover and simmer for 2 minutes. Reduce heat to LO for serving. Gently stir all ingredients together and serve immediately with hot steamed rice, browned rice or chow mein noodles and soy sauce. Makes 6 to 8 servings.

Hints:

1. Be careful not to overcook meat or vegetables.
2. Meat is easier to slice if partially frozen or placed in freezer about 1 hour before slicing.
3. Sliced chicken or fish may be substituted for beef.
4. Cut mushrooms through stem and crown into little “T” shapes.
5. Do not substitute beef broth for chicken broth.
6. Watercress, sliced in 1-inch lengths may be substituted for spinach.
7. To serve Japanese style – Place one beaten egg in each individual serving bowl. Then each guest dips the cooked meat and vegetables into the egg with chopsticks with each bite eaten.

TERIYAKI STEAK STRIPS

½ cup soy sauce
2 tablespoons minced onions
1 clove of garlic, minced
1 tablespoon sugar
1 tablespoon fresh ginger root,
minced, or 1/8 teaspoon ground
ginger

¼ cup sake, dry white wine, vermouth or
beer
2 to 2-1/2 pounds round or flank steak,
thinly sliced
2 tablespoons vegetable oil

1. In small bowl or blender make marinade. Combine soy sauce, onion, garlic, sugar, ginger and sake or wine. Mix until evenly blended.
2. Place meat in a large bowl. Pour marinade over meat and let set at room temperature, covered, for 2 to 3 hours or overnight in the refrigerator.
3. Drain meat thoroughly. Pour oil in WOK and preheat, uncovered, at HI, about 3-4 minutes.
4. Place ¼ of steak in WOK and stir-fry for 2 minutes or until tender. Push up the side. Repeat with remaining steak. Reduce heat to LO for serving. Serve over rice, noodles or toasted English muffins. Makes 6 to 8 servings.

Hint: In Step #4, after stir-frying steak, push all steak up the side. Add 1 to 3 cups sliced mushrooms; stir-fry for 1-1/2 minutes. Push up the side. Add 1 to 2 cups diagonally sliced celery and/or 1/4 cup diced green pepper; stir-fry for 1-1/2 minutes. Push up the side. Add 1 6-ounce can water chestnuts, drained and sliced and/or a 6-ounce can water chestnuts, drained and sliced and/or a 6-ounce can sliced bamboo shoots, drained. Stir-fry for 1 minute. Combine all ingredients and reduce heat to LO for serving.

FRIED RICE

3 slices bacon, cut in half
¼ diced onion
1 cup cooked rice

2 tablespoons soy sauce
¼ cup water
2 slightly beaten eggs

1. Lay bacon slices over heating base in WOK. Set heat control to MED-HI. Fry bacon until crisp, about 6 minutes. Remove bacon, drain on paper toweling and crumble.
2. With bacon drippings in WOK, stir-fry onion for 2 minutes.
3. Add rice and stir-fry for 1 to 2 minutes.
4. Add soy sauce, water and crumbled bacon. Reduce heat to MED-LO.
5. Pour eggs on top of rice mixture. Stir-fry for 3 to 4 minutes or until egg is cooked. Reduce heat to LO for servings. Makes 4 servings.

Hint: Recipe may be doubled.

BATA YAKI (bah-tah-yah-kee)

½ cup butter or vegetable oil
½ pound large fresh mushrooms,
sliced thin (about 4 cups)
1 10-ounce package spinach, torn
in large pieces (about 6 cups)
1 bunch (9-12) or 2 cups green onions,
cut in 1-inch pieces (use green tops)

1 cup thinly-sliced Spanish onion
2 pounds beef (sirloin or tenderized round
steak) cut bacon-thin into 1-inch squares
1 cup celery, 1-inch bias cuts

1. Melt butter in WOK, uncovered at MED. Add mushrooms and stir-fry for 2 minutes. Push up the side.
2. Add spinach, cover, and steam for 2 minutes. Push up the side.
3. Add green onions and stir-fry for 2 minutes. Push up the side.
4. Increase heat to HI and add Spanish onion. Stir-fry for 2 minutes and push up the side.
5. Add ¼ of beef and stir-fry for 2 minutes. Push up the side and repeat with remaining beef.
6. Add celery and add stir-fry for 2 minutes. Reduce heat to LO and serve over sauce in bowls with side bowls of steamed rice. Makes 6 servings.

BEEF ORIENTAL

1 pound lean ground beef	1 20-ounce package frozen cut green beans, (4 cups) rinsed in hot water
6 to 8 green onions, cut into 1-inch lengths or ¼ cup chopped onion	1 8-ounce can tomato sauce
3 tablespoons soy sauce	3 cups cooked macaroni twirls (2-1/2 cups uncooked)
¼ teaspoon ground ginger	2 to 3 fresh tomatoes, sliced into wedges
2 to 3 stalks celery with leaves, sliced diagonally (1 to 1-1/2 cups)	1 cup shredded Cheddar Cheese
6 to 8 fresh mushrooms, sliced into "T" shapes (1 cup)	

1. Place ground beef and onions in WOK. Set heat control to MED-HI. Break hamburger into small particles with 2 wooden spoons. Add soy sauce and ginger. Stir meat until browned, about 4 minutes. Push up the side.
2. Add celery and mushrooms. Stir-fry 2 minutes. Push up the side.
3. Add green beans and tomato sauce. Stir. Heat 4 to 5 minutes, stirring once every minute.
4. Add macaroni, tomatoes and ¾ cup of cheese. Stir gently to combine all of ingredients. Heat 1 minute. Sprinkle remaining ¼ cup of cheese on top. Reduce heat to LO for serving. Makes 6 to 8 servings.

Hints:

1. Cook macaroni in WOK while cutting up vegetables. Follow package directions and bring water and salt to a boil, covered, at MED. Set cover "ajar" after macaroni is added to prevent boil-over.
2. Frozen green peas, French-cut green beans or corn may be substituted for green beans.
3. When corn is substituted, use shredded Monterey Jack Cheese.
4. One 16-ounce can of tomato wedges in tomato juice may be substituted for the fresh tomatoes.

BATA YAKI SAUCE

¼ cup finely grated Daikon (Japanese or Chinese radish or mild horseradish)	¼ cup soy sauce
¼ cup lemon juice	1/8 teaspoon cayenne pepper
	¼ teaspoon monosodium glutamate or "to taste," optional

1. Combine all ingredients in small bowl.
2. Divide evenly into 6 portions in individual serving bowls. Serve Bata Yaki over sauce.

CHICKEN ORIENTAL

4 ounces blanched slivered, or whole almonds	1 cucumber, unpeeled and thinly sliced crosswise
3 tablespoons peanut or vegetable oil	½ cup chicken stock or broth
½ cup chopped onion	2 teaspoons sherry or dry white wine
4 chicken breasts, boned and thinly sliced or cubed	¼ teaspoon powdered ginger
1 6 to 8-ounce can diced or sliced bamboo shoots, drained	1 teaspoon soy sauce
1 6-ounce can water chestnuts, drained and sliced	½ teaspoon cornstarch
	1 tablespoon cold water
	Dash salt
	Dash pepper

1. Place almonds in shallow pan and brown in preheated 400 degrees oven for 8 to 12 minutes.
2. Pour oil into WOK and preheat, uncovered at HI for 3-4 minutes.
3. Add onion and stir-fry 1 minute. Push up the side.
4. Add ¼ of chicken and stir-fry 1 minute. Push up the side. Repeat with remaining chicken.
5. Add bamboo shoots and water chestnuts and stir-fry 1 minute. Push up the side.
6. Add cucumber and stir-fry 1 minute.
7. Add chicken stock or broth, sherry or wine, ginger and soy sauce. Heat 1 minute, uncovered.
8. In small bowl, combine cornstarch and water. Stir slowly into hot liquid in WOK. Add salt and pepper. Stir and heat until liquid thickens, about 2 minutes.
9. Reduce heat to LO for serving and gently stir all foods together with sauce. Serve over rice or noodles and sprinkle with almonds. Makes 4 to 6 servings.

ORIENTAL BEEF with PEAS

2 pounds flank or round steak, cut across the grain into slices 2 inches long by ¼-inch thick
2 tablespoons sherry, dry white wine or beer
2 tablespoons soy sauce
½ teaspoon salt
1 slice fresh ginger root or 1/8 teaspoon ground or powdered ginger

2 10-ounce packages frozen green peas or 3 6-ounce packages frozen Chinese pea pose.
1 6-ounce package frozen mushrooms in butter sauce or
1 8-ounce can sliced mushrooms drained
1 6-ounce can water chestnuts drained and thinly sliced
1 tablespoon cornstarch
2 tablespoons vegetable or peanut oil

1. Remove fat from meat. Place in shallow pan. In small bowls combine sherry, soy sauce, cornstarch and salt. Pour over meat. Cover meat and marinate for 1 hour at room temperature. If desired, meat may be marinated in refrigerator for longer time.
2. When ready to cook, pour oil in WOK and add ginger. Preheat, uncovered, at HI for 3-4 minutes.
3. Drain meat, reserving marinade. Place ¼ meat in hot oil and stir-fry for 3 minutes or until browned. Push up the side and repeat with remaining heat. Remove ginger slice.
4. Add peas and stir-fry 3 minutes or until completely thawed. Push up the side.
5. Add mushrooms and stir-fry 3 minutes for frozen and 1 minute for canned. Push up the side.
6. Add water chestnuts and stir-fry 1 minute.
7. Pour reserved marinade over all ingredients in WOK and stir gently to combine all ingredients.
8. Reduce heat to MED-LO and simmer, covered, for 2 to 3 minutes or until heated thoroughly. Reduce heat to LO for serving. Serve immediately with hot steamed rice or noodles. Makes 6 to 8 servings.

CHICKEN BROCCOLI

2 whole chicken breasts, boned, skinned and cut into 1/8-inch slices (2 cups)
3 tablespoons soy sauce
1 tablespoon vegetable oil
4 cups (1-pound) broccoli flowerets with stems slit or 2 20-ounce package frozen broccoli cuts, rinsed in hot water
1 cup chicken broth or bouillion
Dash garlic powder

6-8 mushrooms, cut into "T" shapes (1 cup) or 1 4-ounce can mushroom stems and pieces, drained
1 6-ounce can sliced bamboo shoots, drained
1 tablespoon lemon juice
1 tablespoon cornstarch
1 to 2 tablespoons sliced pimientos
1 to 2 tablespoons toasted sesame seeds

1. In small bowl, combine chicken, soy sauce and vegetable oil.
2. Place broccoli and ½ cup of chicken broth in WOK. Set heat control to MED. Cook 5 minutes; stir-fry once every minute. Push up the side.
3. Increase heat to HI. Add chicken mixture and garlic powder. Stir-fry with 2 wooden spoons for 3 minutes. Push up the side.
4. Add mushrooms and stir-fry for 1 minute. Push up the side.
5. Add bamboo shoots and stir-fry 1 minute. Combine all ingredients in WOK.
6. Combine lemon juice and cornstarch with remaining ½ cup chicken broth. Stir into WOK mixture and heat until thickened, about 2 minutes. Garnish with pimientos and sesame seeds. Reduce heat to LO for serving. Serve with warmed canned bean sprouts, rice or chow mein noodles. Makes 6 to 8 servings.

Hint: To toast sesame seeds, place in Wok before cooking broccoli. Set heat control to MED. Stir seeds constantly. Seeds will toast in 1 to 1-1/2 minutes. Remove immediately from Wok.

CRAB PILAF

1 7 ½-ounce can crab meat
¼ cup vegetable oil
½ cup thinly sliced onion
½ cup diced celery

1 10-ounce package frozen mixed vegetables, unthawed
3 cups cooked rice
¼ cup dry-roasted salted peanuts

1. Drain and flake crab meat. Remove any bony tissue, if present.
2. Pour oil in WOK and preheat, uncovered, at MED-HI for 4 minutes.
3. Add onion and stir-fry 1 minute. Push up the side.
4. Add celery and stir-fry 1 minute. Push up the side.

5. Add mixed vegetables and stir-fry 5 minutes. Push up the side.
6. Add rice and stir-fry 5 minutes.
7. Add crab meat and peanuts. Stir all foods in WOK until evenly combined. Heat 3 to 4 minutes or until hot, stirring occasionally. Reduce heat to LO for serving. Serve immediately in individual serving bowls with soy sauce. Makes 6 servings.

Hint: Tuna may be substituted for crabmeat.

STIR-FRY AMERICAN-STYLE

1 pound beef chuck or round steak or chicken breast, cut into 1/8-inches slices	1 6-ounce package frozen pea pods or 1-10 ounce package frozen peas
3 tablespoons soy sauce	4 to 6 green onions, cut into 1/2-inch lengths
1 tablespoon sherry (optional)	1 4-ounce can mushroom stems and pieces, drained, reserve liquid
1/2 teaspoon ground ginger	1/2 cup cold water
3 tablespoons vegetable oil	2 tablespoons cornstarch
1-1/2 cups diagonally sliced carrots	
1-1/2 cups thinly sliced cauliflower	
1/2 teaspoon sugar	

1. In small bowl, combine beef or chicken with soy sauce, sherry and ginger. Let stand 15 to 30 minutes.
2. Preheat 1 tablespoon oil in WOK, uncovered, at MED-HI, about 2 minutes. Add carrots; stir-fry for 2 minutes. Add reserved mushroom liquid, cover and steam 4 minutes. Remove carrots.
3. Heat 1 tablespoon oil in WOK. Add cauliflower and pea pods or peas; stir-fry for 2 minutes. Push up the side. Add onions and mushrooms; stir-fry for 2 minutes. Push up the side.
4. Heat 1 tablespoon oil in WOK. Add 1/2 of the meat with marinade; stir-fry for 2-3 minutes. Push up the side. Repeat with remaining meat. Add carrots. Combine water, cornstarch and sugar. Stir into meat mixture and cook until thickened. Reduce heat to LO for serving. Serve with rice. Makes 6 servings.

SHRIMP and MUSHROOMS

2 tablespoons vegetable oil	1/4 teaspoon pepper
2 cups celery, sliced diagonally into 1/2-inch strips	1 teaspoon cornstarch
2 cups sliced fresh mushrooms or 1 8-ounce can sliced mushrooms, drained	2 tablespoons cold water
1 tablespoon soy sauce	1/2 cup beef broth or 1 beef bouillon cube dissolved in 1/2 cup water
1/2 teaspoon powdered ginger	2 4 1/2-ounce cans shrimp, drained

1. Pour oil in WOK and set heat control at MED-HI. Heat, uncovered, about 3 minutes.
2. Add celery and stir-fry for 3 minutes. Push up the side.
3. Add mushrooms and stir-fry 2 minutes for fresh and 1 minute for canned.
4. Add soy sauce, ginger and pepper. Push mushrooms up the side.
5. Mix cornstarch with water to make thin paste. Pour broth in WOK and stir in paste.
6. Add shrimp and stir-fry 2 minutes to heat shrimp and thicken broth. Reduce heat to LO for serving. Serve with rice. Makes 4 servings.

SAUTEED ZUCCHINI

2 tablespoons vegetable oil	1 teaspoon dry sherry, white wine or sake
1 crushed garlic clove	1/2 teaspoon salt
1 fresh ginger root slice or 1/8 teaspoon powdered ginger	1/8 teaspoon pepper
2 to 3 small firm zucchini squash, sliced crosswise into 1/8-inch slices (do not remove skin)	1 cup hot chicken broth or 1 chicken bouillon cube dissolved in 1 cup hot water

1. Pour oil in WOK and preheat, uncovered, at MED for 2-3 minutes.
2. Add garlic and ginger. Stir-fry until garlic is browned, about 5 minutes. Remove garlic and fresh ginger.
3. Add zucchini, sherry, salt and pepper and stir-fry for 2 minutes.

4. Add chicken broth, reduce heat to MED-LO. Cover and simmer for 3 to 4 minutes. Zucchini should be tender but slightly crunchy toward the outer edge of slices. Reduce heat to LO for serving. Serve immediately. Makes 4 to 6 servings.

Hint: Other varieties of summer squash or eggplant may be substituted for the zucchini.

SAVORY PORK

¼ cup soy sauce	¼ cup vegetable oil
1-1/2 pounds pork tenderloin, cut into	1 cup cold water
1-1/2-inch cubes	1 tablespoon cornstarch
2 tablespoon sugar	¾ cup chopped walnuts, optional
¼ cup flour	

1. In bowl, pour 3 tablespoons soy sauce over pork.
2. On plate, combine sugar and flour and roll pork cubes in sugar-flour mixture.
3. Pour oil in WOK and preheat, uncovered, at MED-HI for 3-4 minutes. Add ½ of pork and stir-fry 3 minutes or until browned. Push up the side. Add remaining pork and stir-fry 3 minutes.
4. Reduce heat to MED-LO, cover, and simmer for 30 minutes or until fork tender.
5. Push pork up the side. In small bowl, combine cold water and cornstarch. Stir slowly into meat drippings in WOK. Add remaining 1 tablespoon soy sauce. Cook slowly until mixture thickens.
6. Combine pork and walnuts with gravy in WOK. Cook 3 minutes. Reduce heat to LO for serving. Serve with egg noodles, rice or mashed potatoes. Makes 6 servings.

CHICKEN-HAM-ENTRÉE

¼ cup soy sauce	¾ pound cooked ham, cut into
¼ cup dry white wine, sake,	thin strips
vermouth or beer	3 cups diagonally sliced celery
1 tablespoon sugar	2 green onions with tops, chopped
1 tablespoon cornstarch	½ cup slivered almonds (optional)
2 tablespoons vegetable oil	2 chicken breasts, cut into thin strips

1. Combine in a small mixing bowl soy sauce, wine, sugar, and cornstarch; mix thoroughly.
2. Pour oil into WOK. Preheat, uncovered, at MED-HI for 2-3 minutes. Add chicken and stir-fry for 4 to 5 minutes or until opaque. Push up the side.
3. Add ham and stir-fry for 2 to 3 minutes. Push up the side.
4. Add celery and stir-fry for 2 minutes. Push up the side.
5. Add onions and stir-fry for 1 minute. Add sauce and mix until all foods are coated. Sprinkle with almonds. Reduce to LO for serving. Makes 4 to 6 servings.

QUICK VEGETABLE SAUTE

¼ cup butter, margarine, or vegetable oil	1 clove garlic, crushed
1 medium onion, thinly sliced and	1 12-ounce can vacuum-pack whole kernel corn, drained
separated into rings	salt and pepper
1 large zucchini, thinly sliced	¼ teaspoon dill weed

1. Melt butter, margarine or oil in WOK, uncovered, at MED. Add onion, zucchini and garlic; sauté until zucchini is tender, about 5 minutes.
2. Stir in corn and dill. Heat through. Season to taste. Garnish with pimienta if desired. Reduce to LO for serving. Makes 4 servings.

SHRIMP SCRAMBLE

1-1/4 pounds fresh shrimp or 1 pound	1 16-ounce can bean sprouts, drained
frozen deveined shelled shrimp	½ cup chopped green onions
½ teaspoon salt	9 eggs
¼ teaspoon pepper	¼ cup milk or cream
½ cup vegetable oil	½ teaspoon seasoned salt
½ cup sliced celery	½ teaspoon seasoned pepper

1. Shell and devein fresh shrimp. Rinse shrimp with cold water, drain and pat dry with paper toweling. Sprinkle with salt and pepper.

2. Pour oil in WOK and preheat, uncovered, at MED-HI for 4 minutes. Add shrimp and stir-fry for 4 minutes or until shrimp turns white and loses its gloss. Push shrimp up the side.
3. Add celery and stir-fry for 2 minutes. Push up the side.
4. Add bean sprouts and onions. Stir-fry for 2 minutes. Reduce heat to MED and mix all ingredients together that are in the WOK.
5. In mixing bowl combine eggs, milk or cream, seasoned salt and seasoned pepper. Beat until foamy and well blended.
6. Pour egg mixture over mixture in WOK. Cook, stirring from bottom as eggs set, until all are done, about 4 minutes. Reduce heat to LO for serving and serve immediately. Makes 6 servings.

HOT POT - A collective name for foods cooked at the table in simmering broth, Hot-Pot is thought to be of Mongolian origin. It is known as Hoh Go, Tan Lo or Dar Bin Lo in China; Mizutaki or Shabu Shabu in Japan; and Sin Sul Lo in Korea. Having much in common with Swiss Fondue, Oriental Hot-Pot is perfectly suited for informal "do-it-yourself" dining. Guests dip raw food into the broth to cook to their liking, then into sauces of their choice. An added treat is the broth itself, shared by all at meal's end!

HOT-POT COOKERY

1. Before heating broth and before serving time, wash, slice or section foods. Arrange foods which will be cooked by the guests at the table on individual plates or a large platter.
2. Place WOK on dining table and heat broth just before serving time. Broth (2) quarts should fill WOK to a center depth of about 1-1/2 inches.
3. Cook selected foods in either of the following ways: **For "family-style" dining:** Place foods requiring longest cooking time in hot broth (raw meats, mushrooms, cauliflower, carrots, asparagus, broccoli, cabbage, onions etc.) Do not stir together: keep each food separate from others as much as possible. Cover and cook at MED for 4 to 5 minutes. Add leafy vegetables, such as spinach; cover and cook 1 minute. Into small bowls spoon a selection of all the foods for each guest. **For "do-it-yourself" dining:** Supply each guest with wire ladle or slotted spoon. Place 3 to 5 pieces of food in ladle or spoon and hold in broth until foods reach desired degree of doneness. Foods can also be "floated" in broth and removed with chopsticks.
4. Each person should be given little side bowls or divided dishes for placement of peanut sauce, soy sauce with ginger, mizutaki sauce and other condiments to use for dipping and seasoning broth-cooked foods. Side bowls of rice may be served.
5. When cooking of meat and vegetables is completed, bring remaining broth to a boil and serve to guests. Rice or drained, cooked noodles may be added to the broth.

FOODS to use for HOT POT COOKERY - (should be bite-size cut in thin slices)

meats and seafood:

Chicken breast; boned, skinned
 Flank or round steak; tenderized, sliced across grain
 Sirloin or tenderloin steak
 Medium-sized shrimp; shelled, deveined, sliced lengthwise
 Canned oysters, drained
 Scallops, cut in half
 Canned abalone, drained
 Lamb; lean, boneless

vegetables:

Cauliflower segments	Celery, strips or slices
Carrots; peeled, thin round slices	Eggplant, cubed
Green onion, 2-inch segments	Watercress springs
Leeks, 2-inch segments	Green pepper, strips or slices
Asparagus, 1-inch segments	Spinach leaves
Broccoli segments	Bamboo shoots, sliced
Celery cabbage, broken pieces or thin slices	Water chestnuts, sliced
	Mushrooms, sliced in "T" shapes

HOT-POT BROTH

2 10-1/2 ounce cans chicken broth
2 10-1/2 ounce cans beef broth
2 10-1/2 ounce cans onion soup

1. In WOK combine soups. Heat at MED, uncovered, and stir occasionally until mixture reaches a boil, about 15 minutes.
2. Follow general directions for Hot-Pot cookery. If "weaker" broth is desired, dilute with water. All chicken, all beef or an equal mixture of chicken and beef broth may be used. Makes 2 quarts cooking liquid.

ORIENTAL WINE BROTH

3 10-1/2 ounce cans beef broth	¼ teaspoon pepper
1 quart red wine	¼ teaspoon garlic salt, optional
1 teaspoon parsley flakes	¼ teaspoon marjoram, optional
1 teaspoon salt	1 bay leaf, optional

1. In WOK, combine all ingredients. Heat at MED, covered, until mixture reaches a boil, about 12 minutes.
2. Allow general directions for Hot-Pot cookery. If "weaker" broth is desired, dilute with water. Makes 2 quarts cooking liquid.

MIZUTAKI SAUCE

1 egg	1/3 cup sour sauce
2 tablespoons rice wine vinegar or white wine vinegar	2 tablespoons soy sauce
¼ teaspoon dry mustard	2 tablespoons rice wine or sherry
1 cup vegetable or peanut oil	1/3 cup beef broth, chicken broth or soup stock

1. In blender, combine the egg, vinegar, dry mustard and ¼ cup of oil. Blend at high speed until blended.
2. With blender on high, gradually add remaining oil in a slow, steady stream. After all oil is added, blend 30 seconds and pour into bowl.
3. Stir in sour cream, soy sauce, rice wine or sherry and broth. Refrigerate until serving time. Makes about 2 cups or 6 to 8 servings.

Hint: 1-1/4 cups of prepared mayonnaise may be substituted for the egg, vinegar, dry mustard and vegetable oil.

SOY SAUCE with GINGER

½ cup soy sauce
1 teaspoon ground or powdered ginger

1. In small 1-quart sauce pan, combine a small amount of soy sauce and ginger to form a past.
2. Heat on low simmer setting of range. Stir and gradually add soy sauce until mixture reaches a boil. Serve hot or cold. Makes ½ cup sauce.

PEANUT SAUCE

¼ cup chunk-style peanut butter	½ teaspoon sugar
2 teaspoons soy sauce	1/8 teaspoon garlic salt
5 tablespoons water	

1. In a bowl, combine peanut butter, soy sauce, 1 tablespoon water, sugar and garlic salt.
2. Gradually add remaining 4 tablespoons water, and stir until evenly blended. Makes about ½ cup sauce.

TEMPURA - batter-coated seafood, meats and vegetables, fried by hostess and guests - adapts perfectly to Western-style parties!

TEMPERA

2-3 cups peanut or vegetable oil

1 teaspoon salt

1. Before heating oil and before serving time, wash, slice or section foods. If foods have been marinated, drain thoroughly and "pat dry" with paper toweling. Arrange foods attractively on platter. A lettuce-lined platter may be used for raw meats. It is best to keep seafood separated from other foods to prevent transfer of flavors.
2. Prepare favorite tempura batter (prepared mixes may be used) for dipping of tempura foods.
3. Place WOK on a dry, level, heat-resistant surface, with tempura foods and bowl of batter. Pour oil into dry WOK and add salt (to control spattering). Place tempura rack (if included with WOK) into back half of WOK between handles, making sure the 3 hooks rest securely over edge of WOK and the rack is level. See diagram. (If your WOK does not include a tempura rack, which is used to drain foods after frying, simply drain fried food on several thicknesses of paper toweling). Preheat oil in uncovered WOK, set at HI for 8-9 minutes. Oil will reach approximately 375°F. Do not use more than 3 cups of oil as larger quantities of oil will not be heated to proper frying temperatures.
4. Before dipping food into batter, always remove excess moisture or ice crystals with paper toweling. This will help prevent spattering and foaming of hot oil when frying.
5. Use chopsticks, metal or mesh skimmers, tongs, cocktail spears, pierced spoons or fondue forks to place in and remove food from hot oil. Do not use plastic or rubber tools. Dip up to 8 pieces of selected food in batter and gently place in hot oil. When foods rise to surface of oil and batter has puffed and browned, turn over and fry other side, about 3 to 4 minutes. Remove and lace onto tempura rack to drain firefly. Then place food onto absorbent toweling before serving. Repeat frying remaining foods.
6. Each person should be given little side bowls or divided dishes for placement of soy sauce, hot mustard, grated white radish or lemon wedges to use for dipping and seasoning tempura-fried foods.
7. Do not move WOK containing hot oil. Always unplug WOK from outlet after frying and allow to cool completely before handling.

Hints:

1. When oil has reached proper frying temperature, a 1-inch cube of bread will brown in 50 to 60 seconds.
2. Use fresh oil for each tempura party. To clarify or remove "off flavors" from used oil, fry a few slices of raw potato. Fry until browned and discard.
3. Raw meats and seafood may be dipped in bowl of beaten egg instead of batter before frying.

FOODS to use for TEMPURA FRYING - (should be bite-size or cut in thin slices)

meats and seafood:

Cooked chicken, diced	Scallops, shucked
Cooked or canned ham, cubed	Clams, shucked
Browned 1-inch meatballs	Oysters, shucked
Sauteed chicken livers	Raw shrimp, shelled and deveined
Cocktail wieners, halved	Frozen breaded shrimp, unthawed (do not dip in batter)
Frankfurters, cut in ½-inch slices	Prawns-leave tail on and cut lower side to prevent curling
Tuna or salmon	
Lobster, shelled	

vegetables:

Green string beans, tips and strings removed
Eggplant, thin strips or quartered in ½-inch sections
Sweet potato; peeled, ¼-inch slices
Mushrooms, small whole or "T" shaped slices
Cucumber, thin slices or quartered
Lotus root, thin strips or slices
Carrots, ¼-inch slices or thin strips
Celery, thin strips or slices
Green onions, 1 to 2-inch lengths
Turnip; peeled, thin strips or slices
Parsley sprigs Spinach leaves
Cauliflower segments Bamboo shoots, sliced
Onion rings Water chestnuts, sliced

CRISPY CASHEW CHICKEN

¼ cup cornstarch	2 egg whites
2 teaspoons salt	1-1/4 cups finely grated cashew nuts
¼ teaspoon monosodium glutamate, optional	2 whole chicken breasts, boned & thinly sliced (freeze 1-hr. for easy slicing)
1 teaspoon sugar	2-3 cups vegetable or peanut oil
1-1/2 tablespoons dry sherry or o shao hsing	

1. In a small bowl, combine cornstarch, salt, monosodium glutamate, sugar and sherry.
2. In a small bowl, beat egg whites lightly but not until frothy. Gradually and gently stir into sherry mixture.
3. Place cashews (grate in blender) on platter. Dip chicken into sherry-egg mixture and roll in cashews. Place on wax paper or plate.
4. Pour oil into WOK, attach tempura rack to WOK, if included, and preheat, uncovered, at HI for 8-9 minutes. Drop 4 to 8 dipped chicken slices into hot oil. Fry and turn until brown on all sides, about 2 minutes. Remove with slotted spoon or strainer. Drain a few seconds on rack and serve hot as appetizers or main dish. Repeat frying remaining chicken slices. Makes about 32 appetizers or 6 main dish servings.

Hint: Chicken slices may be dipped ahead of time. Keep cold in refrigerator or freeze on cookie sheet. Remove 10 minutes before frying.

LIGHT-AIRY BATTER

1 egg, separated	½ teaspoon salt
½ cup sifted flour	½ teaspoon pepper
2 tablespoons cornstarch	½ cup cold water

1. In small bowl, beat egg whites until stiff peaks form.
2. Sift flour, cornstarch, salt and pepper.
3. In another small bowl, beat egg yolk and water until frothy and "lemon-colored."
4. Continue beating egg yolk mixture while gradually adding sifted flour mixture. Beat until smooth.
5. Fold beaten egg white into egg-flour mixture. Stir occasionally when tempura cooking.

BANANA FRITTERS

½ cup buttermilk biscuit mix	2 egg yolks
¼ cup sugar	2 egg whites, stiffly beater
¼ cup milk	2-3 cups vegetable oil
¼ teaspoon cinnamon	6 bananas, peeled, halved crosswise, then lengthwise
1/8 teaspoon nutmeg	

1. In a small mixing bowl, combine biscuit mix, sugar, milk, cinnamon, nutmeg and egg yolks. Beat until smooth. Fold in egg whites.
2. Attach tempura rack to WOK, if included, and heat oil, uncovered, at HI or 8-9 minutes. Dip 4-5 banana pieces into batter and place into hot oil. Fry until golden brown on both sides. Remove with slotted spoon or strainer. Drain on rack, then remove. Repeat frying remaining banana pieces. May be sprinkled with powdered sugar. Makes 24 fritters.

GOLDEN PUFF BATTER

1 cup sifted flour	2 eggs, beaten
1 tablespoon sugar	1/3 cup milk
1-1/2 teaspoons baking powder	1 tablespoon vegetable oil or melted butter
½ teaspoon seasoned salt	
½ teaspoon chili powder	

1. Into small bowl, sift flour, sugar, baking powder, seasoned salt and chili powder.
2. Add eggs, milk and vegetable oil or butter. Stir until smooth and evenly blended. Batter can be prepared ahead of time and stored in covered container in refrigerator. If batter becomes too thick, stir in 1 tablespoon of cold milk.

STEAMING - is the ideal way to preserve the delicacy of foods such as fish, which would break apart if stirred. Foods are cooked rapidly in a continuous cloud of hot moist, without the necessity of oil or immersion into water or broth.

GENERAL STEAMING GUIDELINES - Your WOK may include a round metal steaming rack. If a steaming rack is not included, a 9 or 10 inch metal rack can be used for steaming purposes.

Follow these guidelines for steaming foods for your WOK:

1. Pour 2 to 3 cups of water into WOK and place steaming rack into WOK, above water, making sure rack is level. Cover WOK and bring water to a boil at MED-LO heat setting, about 5 minutes.
2. Uncover WOK, being careful of escaping steam, and place food directly onto steaming rack. If food is cut into small pieces, a sheet of aluminum foil or an 8 to 9 inch shallow heat-proof plate or pan may be placed on the rack to prevent foods from slipping through rack. Cover WOK and steam at MED-LO until food is cooked to desired doneness. If food is steamed for more than 20 minutes, more water may need to be added to prevent WOK from boiling dry. After steaming, unplug WOK from electrical outlet, uncover WOK being careful of escaping steam and remove food. Allow WOK to cool before cleaning.

Following are approximate steaming times for fresh vegetables:

Asparagus, 1 pound	
3-4 inch spears	10-15 minutes
Broccoli, 1 pound	
3-4 spears	15-20 minutes
Brussels Sprouts	
½ pound	10-15 minutes
Cauiflower	
medium head, cored	15-20 minutes
florets	10-15 minutes
Spinach, ½ pound	5-7 minutes

STEAMED WHOLE FISH

1 to 1-1/2-pound whole non-oily type fish, cleaned and scaled

Examples of fish to use:

Trout
Walleye Pike
Northern Pike
Sea Bass
Flounder

1-1/2 teaspoons salt

1 teaspoon shredded fresh ginger
or 1/8 teaspoon powdered ginger

1 tablespoon chopped green onion
3 cups water
1 tablespoon mixed pickling spices,
tied in cheesecloth
2 bay leaves
¼ cup vinegar
1 tablespoon peanut or vegetable oil
1 clove crushed garlic
2 teaspoons sesame oil

1. If preferred, head of fish may be removed. Lightly score or cut skin to allow seasonings to flavor fish.
2. Combine salt, ginger and green onion. Rub on fish.
3. In WOK pour water and add pickling spices, bay leaves and vinegar. Place steaming rack into WOK. Set heat control to MED-LO, cover, and bring liquid to a boil, about 7 minutes.
4. Place seasoned fish on rack, cover, and steam at MED-LO for 20-25 minutes or until fish is tender and skin is opaque. Do not turn fish during time of steaming.
5. Remove fish to hot serving platter. Remove rack with metal fork. Pour out steaming liquid and dry WOK if step 6 is followed.
6. Optional - Set heat control at MED-HI. Pour peanut or vegetable oil in WOK. Add garlic and stir-fry until browned. Discard garlic. Add sesame oil and heat long enough to warm it, about 30 seconds. Pour oil mixture over the fish and serve immediately. Makes 3 to 4 servings.

SAUTEED/STEAMED BROCCOLI

1 pound fresh broccoli
2 tablespoons vegetable or peanut oil

1 teaspoon salt
1 teaspoon sugar
½ cup water

1. Wash broccoli and break small upper branches from main stalk. Peel main stalk to remove tough areas. Cut remaining stem into ¼-inch crosswise slices.
2. Pour oil in WOK and preheat, uncovered, at MED, about 2 minutes.
3. Add broccoli and stir-fry 1 minute.
4. Add salt, sugar and water. Cover and steam for 3 minutes.
5. Stir every minute for 5 minutes and keep covered between stirrings. Reduce heat to LO for serving. Making 3 to 4 servings.

Hint: Recipe may be doubled.

ORIENTAL PEPPER STEAK

2 pounds flank, round steak or
beef chuck, cut into diagonal
strips ¼-inch thick by 2 inches long
1 clove garlic, crushed
½ teaspoon salt
1 slice fresh ginger root or 1/8
teaspoon ground or powdered ginger

¼ teaspoon sugar
¼ cup soy sauce
2 green peppers, cubed (2 cups)
1 medium onion, sliced (1 cup)
4 medium tomatoes, quartered
1 1-pound can bean sprouts; drain and reserve liquid
1 tablespoon cornstarch

1. Preheat WOK at HI, uncovered for 4 minutes. Add ¼ meat and stir-fry 2 minutes or until browned. Push up the side and repeat with remaining meat. Two wooden spoons work well for stir-frying.
2. Add garlic, salt, ginger and soy sauce; stir. Cover; reduce heat to MED-LO for 20 to 25 minutes.
3. Increase heat to MED. Add green pepper and onion. Stir gently. Cover and steam 5 minutes.
4. Add tomatoes and bean sprouts. Stir gently. Cover and steam 5 minutes.
5. In a small bowl, make a smooth past of the cornstarch and reserved bean sprout liquid. Add to hot mixture. Stir gently and heat until liquid thickens, about 2 minutes. Reduce heat to LO for serving. Serve with rice. Makes 6 servings.

POACHED FISH with ALMONDS

½ cup butter
2/3 cup whole or slivered blanched
almonds
¼ cup dry white wine or sherry
¼ cup lemon juice

2 tablespoons fresh or dried dill seed
or fennel
¼ teaspoon salt
¼ teaspoon pepper
1 to 1-1/2 pounds filet of sole, flounder, perch, or haddock

1. Preheat WOK, uncovered, at MED for 2 minutes. Add butter and melt, about 1-1/2 minutes.
2. Saute almonds in butter until lightly toasted, about 3 minutes. Remove almonds and save.
3. Place wine, lemon juice, dill seed, salt and pepper in WOK. Stir to blend and bring to a boil.
4. Place filets of fish in sauce. Spoon sauce over filets. Reduce heat to MED-LO, cover, and poach 6 to 7 minutes or until fish flakes easily with a fork. After 3 minutes of poaching, spoon sauce over fish.
5. Reduce heat to LO for serving. Place filets on hot platter and spoon sauce over filets and garnish with almonds. Makes 4 to 6 servings.

CHICKEN-VEGETABLE LUAU

3 tablespoons soy sauce
½ teaspoon sugar
1 2-pound chicken, cut-up
1 teaspoon instant chicken bouillon
or 1 chicken bouillon cube
1 cup boiling water
1 tablespoon vegetable oil
1 clove garlic, minced
1/8 teaspoon ground ginger

1 green pepper, coarsely, chopped
2 carrots, rolled a quarter-turn then
1 6-ounce can sliced bamboo shoots,
1 green onion with top, sliced
1 tablespoon brown sugar
1 tablespoon cornstarch
3 tablespoons cold water
8 slices canned pineapple, drained and cut into pieces

1. In a small mixing bowl, combine soy sauce and sugar. Brush over chicken and marinate for at least 20 minutes. In another small mixing bowl, dissolve bouillon in water.
2. Pour oil into WOK. Preheat, uncovered, for 2 minutes at MED-HI. Add chicken, one or two pieces at a time, and brown. As chicken browns, push up the side and add next piece. Reduce heat to MED-LO; add chicken broth, garlic and ginger. Bring to a boil. Cover and simmer for 30 minutes at MED-LO.
3. Add pineapple, green pepper, carrots, bamboo shoots and onion. Continue cooking, covered, about 20 minutes or until chicken is tender.
4. In a small mixing bowl, dissolve brown sugar and cornstarch in water. Add to WOK and bring mixture to a boil. Reduce heat to LO for serving. Serve sauce over chicken with steamed rice. Makes 4 servings.

Hint: May substitute ½ cup pineapple chunks or ½ crushed pineapple.

TIME-SAVERS - There may be a time when you feel too much last minute food preparation will delay serving your guests. Thanks to convenient prepared foods available in the supermarket, along with the help of the WOK, you can “stir up a meal” in just minutes. From appetizers and soups, to main course dishes and accompaniments, the suggestions that follow are “pre-packaged” with an Oriental flair!

SWEET-SOUR MEATBALLS

- | | |
|-----------------------------------|--|
| 1 pound ground beef or chuck | 1 13-1/2 ounce can pineapple tidbits or chunks drained |
| 1 egg | reserve liquid |
| 1 teaspoon salt | 1 cup water |
| dash pepper | 1 2-ounce package sweet-sour sauce mix (in foil pkg) |
| 1 tablespoon instant minced onion | ½ cup thinly sliced green pepper |
| 1 tablespoon cornstarch | |

1. In mixing bowl, combine ground meat, egg, salt, pepper, onion and cornstarch. Shape into ½-inch meatballs.
2. Preheat WOK at MED, uncovered, for 3 minutes. Brown ¼ of the meatballs, about 5 minutes. Remove meatballs and drain on paper toweling. Repeat with remaining meatballs. Unplug cord from outlet. Pour out any remaining meat drippings and wipe clean with paper toweling.
3. In WOK, combine reserved pineapple liquid, water and sweet-sour sauce mix. Set heat control to MED and stir constantly until mixture reaches a full boil.
4. Add green pepper, meatballs and pineapple. Bring sauce to a full boil, reduce heat to MED-LO and simmer, uncovered, for 4 to 5 minutes. Stir occasionally. Reduce heat to LO for serving. Serve on hot rice. Makes 4 to 5 servings.

EGG FOO YOUNG

- 1 16-ounce can mixed Oriental vegetables, drained
- 1 5-ounce can boned chicken or turkey or ¾ cup cooked chicken or turkey, in bite-size pieces
- ¼ to ½ minced onion, suit to taste
- ½ teaspoon seasoned salt
- 4 eggs
- 5 teaspoons butter or margarine

1. In mixing bowl, combine Oriental vegetables, chicken or turkey, onion and seasoned salt. Mix thoroughly.
2. Add eggs and stir just until combined.
3. Preheat WOK at Med, about 2 minutes.
4. Melt 1 teaspoon of butter or margarine. Add ½ cup of egg mixture or just enough to cover center flat base of WOK. Cook for 3 minutes or until browned and egg is set. Turn like a pancake with a smooth-edged spatula and cook second side for 2 minutes. Turn only once. Either push up the side to keep war or place on platter. Repeat cooking with remaining 4 patties. Serve immediately with Sherry-Broth Sauce or bottled Sweet-Sour Sauce or Mustard Sauce. Makes 5 servings or five 5 ½-inch wide Egg Foo Young. May cut into pie-shape wedges and serve as appetizers.

SHERRY-BROTH SAUCE

1 ½ cups chicken broth
2 tablespoons sherry
¼ teaspoon salt
4 teaspoons cornstarch
1 teaspoon soy sauce
½ teaspoon ginger

In small saucepan, combine all ingredients. Over medium heat, cook, stirring constantly until mixture thickens and comes to a boil. Boil 1 minute longer. Keep warm for serving. Makes 1-2/3 cups. Remaining sauce may be kept in covered container in refrigerator.

SOUP TRIO

2 10 ½- ounce cans onion soup
2 10 ¾- ounce cans minestone soup
2 10 ¾- ounce cans Scotch broth soup

1. In WOK, combine all soups. Do not dilute.
2. Heat at MED, uncovered, and stir occasionally until soup reaches a boil, about 15 minutes. Reduce heat to LO for serving. Serve over hot rice. Makes 8 servings.

LUAU FRUIT FRANKS

1 tablespoon vegetable or peanut oil	6 to 8 frankfurters, sliced in ¼-inch round pieces
1 ½ cups liquid, reserved pineapple liquid and cold water	¼ cup minced onion
2 tablespoons cornstarch	1 cup diagonally sliced celery
1 tablespoon brown sugar	1 13-ounce can pineapple tidbits, reserve liquid
1 tablespoon vinegar	1 large peeled orange, cut each segment in half or
1 tablespoon lemon juice	1 11-ounce can Mandarin oranges, drained
½ teaspoon salt	
¼ teaspoon dry mustard	
dash ground ginger	

1. Pour oil into WOK and preheat, uncovered, at MED-HI for 3 minutes. Meanwhile, in a small bowl combine liquid, cornstarch, brown sugar, vinegar, lemon juice, salt, dry mustard and ginger.
2. Stir-fry sliced frankfurters until browned, about 2 minutes. Push up the side.
3. Add onion and celery and stir-fry 1 minute. Combine with frankfurters.
4. Stir cornstarch mixture into frankfurter mixture. Cook and stir until thickened, about 2 minutes. Reduce heat to MED-LO.
5. Add pineapple tidbits and orange segments. Gently stir. Heat 1 minute. Reduce heat to LO for serving. Serve over hot rice or mashed potatoes. Makes 4 to 6 servings.

Hint: 1 to 1-1/2 cups of precooked 1-2-inch ham cubes may be substituted for frankfurters.

EGG FLOWER SOUP

1 quart chicken broth or 4 tablespoons instant chicken bouillon dissolved in 1 quart of hot water
½ cups finely chopped water chestnuts
2 eggs, beaten
¼ teaspoon pepper

1. Pour chicken broth in WOK and heat, covered, at MED-Lo until mixture reaches boil, about 8 minutes.
2. Add water chestnuts to boiling chicken broth and heat, covered, for 5 minutes.
3. Add beaten eggs slowly and stir until egg forms "small flowers," which occurs immediately.
4. Add pepper. Reduce heat to LO for serving. Makes 8 appetizer or 4 main-course servings.

APPETIZER EGG ROLLS

1 6-ounce package frozen egg rolls (shrimp, chicken, meat & shrimp, or lobster and meat)
2-3 cups vegetable or peanut oil
1 teaspoon salt

1. Remove egg rolls from carton onto platter or rack 15 minutes before placing in hot oil. Prepare mustard packet enclosed with egg rolls.
2. Pour oil into WOK. Add salt (to control spattering) and heat oil, uncovered, at HI for 8 to 9 minutes.
3. With wire skimmer, slotted spoon or tongs, gently place up to 6 egg rolls into hot oil. Fry until golden, about 3 to 4 minutes. (Turn after 2 minutes or when golden brown on first side and "floating" on top of oil.) Drain and cool slightly on wire rack or platter before serving and eating. Repeat frying remaining egg rolls. Serve with mustard or favorite sauce. Makes 12 appetizer servings.

FRIED RICE WITH VEGETABLES

- 1-1/2 cups water
- 1 7-ounce package fried rice mix
- 2 to 3 tablespoons vegetable oil
- 2 to 3 cups diagonally sliced celery
- 4 to 10 mushrooms, sliced into "T" shapes
- ¼ cup diced green pepper
- 1 6-ounce can bamboo shoots, drained
- 1 6-ounce can water chestnuts, drained and sliced

1. Pour water into WOK and add contents of seasoning packet (in rice mix). Cover and bring to a boil at MED-LO, about 5 minutes.
2. Stir rice into boiling water. Cover and unplug cord from outlet. Let stand a minimum of 5 minutes.
3. Push rice up the side of WOK. Add 1 tablespoon of oil and preheat WOK at MED-HI. When oil is hot, stir-fry rice with two wooden spoons for 2 minutes. Push rice up the side.
4. Add 1 tablespoon oil. When oil is hot, add celery and stir-fry for 1 to 1-1/2 minutes. Push up the side.
5. Add 1 tablespoon oil. Add mushrooms and green pepper and stir-fry for 1 to 1-1/2 minutes. Push up the side.
6. Add bamboo shoots and water chestnuts. Stir-fry for 1 minute. Combine all foods and reduce heat to LO for serving. Makes 6 to 8 servings.

Hints:

1. Additional vegetables that may be substituted, or added, are: 2 to 4 carrots, rolled in quarter-turn, then sliced
2. 1 to 2 cups thinly sliced cauliflower
3. ¼ to ½ cup diced onion
4. 4 to 6 green onions, cut into ½-inch lengths

1. A basic rule for stir-frying the vegetables: Stir-fry 1-1/2 to 2 cups of each vegetable at a time in 1 tablespoon vegetable oil for 1 to 3 minutes until crispy tender. Color of vegetables will increase in brightness as they are stir-fried.
2. The fried rice mix may be substituted with 1-1/2 cups instant rice, ¼ cup soy sauce and 1-1/4 cups water. Heat soy sauce and water to a boil. Continue with Step #2.

CRUNCHY LUNCHEON QUICKIE

- 2 tablespoons vegetable or peanut oil
- 1 tablespoon cornstarch
- ¼ cup soy sauce
- ¼ cup cold water
- 1 cup diagonally sliced celery
- ¼ cup thinly sliced onion
- ½ to ¾ cup broken walnut pieces
- 1 8-ounce can mushroom stems and pieces, drained or
- ½ pound washed fresh sliced mushrooms (about 4 cups)
- fresh sliced mushrooms
- 1 6-ounce can water chestnuts, sliced
- 2 cups diced cooked turkey or 3 5-ounce cans boned chicken or turkey

1. Pour oil in WOK and preheat, uncovered, at MED-HI for 2-3 minutes. Meanwhile, in small bowl combine cornstarch, soy sauce and cold water.
2. Add celery and stir-fry 1 minute. Push up the side.
3. Add onion and stir-fry 1 minute. Push up the side.
4. Add mushrooms. Stir-fry 1 minute for canned and 2 minutes for fresh. Combine with celery and onion.
5. Stir cornstarch mixture into vegetables. Cook and stir constantly until liquid is smooth and thickened, about 2 minutes. Reduce heat to MED-LO.

6. Add water chestnuts and turkey. Combine gently, and heat until hot, about 3 minutes.
7. Stir in walnuts. Reduce heat to LO for serving. Serve over hot rice, egg noodles or chow mein noodles. Makes 6 servings.

CHOP SUEY

1 pound pork, beef or veal, ½-inch cubes 1 1-5/8-ounce chop suey sauce mix
 ½ teaspoon salt 1 1-pound can chop suey or Chinese vegetables with liquid
 ½ cup water

1. Preheat WOK, uncovered, at MED-HI for 3 minutes. Add ¼ of meat and stir-fry 2 minutes. Push up the side. Repeat with remaining meat.
2. Push all of the meat toward bottom, sprinkle with salt and add water. Cover, reduce heat to MED-LO and simmer for 30 minutes, or until meat is tender.
3. Increase heat to MED. Stir in chop suey sauce mix and vegetables with liquid. Bring to a full boil. Reduce heat to MED-LO and simmer 5 minutes, uncovered. Reduce heat to LO for serving. Serve with rice or chow mein noodles. Makes 5 to 6 servings.

CHICKEN SOUP

1 chicken breast: cooked, boned and 1 4-ounce can mushroom stems and
 and thinly sliced or 1 5-ounce can pieces, drain and reserve liquid
 boned chicken 2 teaspoons soy sauce
 5 cups chicken broth liquid: (2 10-1/2- 1 cup cooked fine egg noodles, drained
 cans chicken broth, reserved mushroom 4 thin slices lemon with rind
 liquid and water to equal 5 cups)

1. In WOK, combine chicken and broth liquid. Set heat control to MED-LO, cover, and bring to a boil, about 10 minutes. When mixture reaches a boil, cook 5 minutes, covered.
2. Add the mushrooms and heat 1 minute.
3. Add soy sauce and noodles. Stir and cook 1 minute. Serve with a thin slice of lemon rind. Makes 4 to 6 servings.

Hint: Omit sliced chicken, mushrooms, noodles and lemon and use for Hot-Pot cookery.

BACON-WRAPPED APPETIZERS

8 thin slices bacon, halved crosswise 1 6-ounce can whole water chestnuts,
 1 pound chicken livers, halved drained and sliced vertically
 (about 16 halves) 16 toothpicks

1. Lay halved bacon slice flat on board. Place section of chicken liver at one end of slice and slice of water chestnut at other end. Roll each end toward center and secure with toothpick through center of liver and water chestnut.
2. Preheat WOK at MED, uncovered, about 2-3 minutes. Place 4-6 of the bacon-wrapped appetizers in the WOK and fry each side for 1-1/2 minutes, turning four times for a total of six minutes or until bacon is browned. Push up the side and repeat with remaining appetizers. Reduce heat to LO for serving. Makes 16 appetizers.

90 DAY WARRANTY - Your West Bend® Warranty covers failures in the materials and workmanship of the Wok for 90 days from the date of original purchase. This warranty does not cover discoloration or damage to the non-stick surface caused by misuse, abuse, scratches or overheating. Any failed part of the Wok will be repaired or replaced without charge.

This warranty gives you specific legal rights and you may also have other rights, which vary from state to state. This warranty does not cover alleged damage caused by misuse, abuse, accidents or alterations to the Wok.

If you think the Wok has failed or requires service **within** the warranty period please carefully package and return the coffeemaker prepaid and insured with a description of the difficulty to:

The West Bend Company
Attn: Housewares Customer Service
1100 Schmidt Road
West Bend, WI 53090-1961
(262) 334-6949

Please ensure that you enclose the sales slip or proof of date of purchase in order to assure warranty coverage.

REPLACEMENT PARTS - Replacement parts for the wok may be obtained directly from the company's Customer Service Department. Order online at www.westbend.com or write or call:

The West Bend Company
Attn: Customer Service Department
P.O. Box 2780
West Bend, WI 53095-2780
(262) 334-6949



Be sure to include the model number of your Wok, a description of the part you want and the quantity. Along with this information please include your name, mailing address and your Visa, MasterCard or Discover credit card number for the billing of the part(s) to you. Your state's sales tax and a handling fee will be added to your total charge. Or, to send a check or money order, call 262-334-6949 to obtain purchase amount. Please allow 2 weeks for delivery.

NOT VALID IN MEXICO

This booklet contains important and helpful information on your new product. Please file it for handy reference to instructions for proper use and care, warranty and service information.

For your personal reference, attach dated sales receipt for warranty proof of purchase and record the following information:

Date Purchased or received as a gift: _____

Where purchased and price if known: _____