

USE AND CARE GUIDE



Makes Cooking A Pleasure!



Congratulations!

on your investment in the DineRite cooking system, and above all an investment in good health. By following these instructions carefully you will enjoy the most benefits from your cooking system while experiencing not only better tasting food, but food that is much healthier for you and...simpler to prepare. Your cooking system has been scientifically designed using the finest materials available and our 20 year guarantee is our demonstration of our commitment to quality. The design features of the system enables food to be cooked on a low heat setting and in less time than in traditional cookware. This increases energy savings. The functionality and elegance of this system also allows every piece to be used not only on the stovetop, but in the oven, on the dinner table and in the refrigerator for storage.

See for yourself why DineRite makes cooking a pleasure!

To your good health,

Tracey & Paul Cunningham

Founders of DineRite

Established 1983



BEFORE YOU BEGIN....

HAVE YOU WATCHED OUR USE AND CARE VIDEO?

Click [here](#) to watch.

Before you use your DineRite cooking system for the first time, add half a cup of vinegar to hot soapy water and wash all pieces thoroughly. This is to remove any residue that may remain after polishing. Rinse in hot water and dry or allow to air dry. Your DineRite cooking system is also completely dishwasher safe.

YOUR HOTPLATES OR BURNERS

After some experimentation you will learn what each burner or hotplate on your range will do with the DineRite cooking system. Since there is a wide difference in burners only you can ascertain which degree is the ideal one. The thing to remember is always begin cooking over a medium or medium to high heat, and then reduce to low for the remainder of the cooking time. With high heat the moisture will be driven out of the utensil, preventing the water seal from forming, and can result in shrinkage, sticking and burning of food. On electric hotplates the burners retain heat longer than on gas ranges. You may have to turn the burner down sooner, turn it off completely or remove the pan halfway off the element. When using induction be careful as the highest heat will always be too high and the lowest heat usually only suited to extremely low cooking.

MEDIUM TO LOW IS ALL YOU NEED TO KNOW



CLEANING

Wash your DineRite cooking system in hot soapy water using a sponge or plastic pad. There is no need to use a metal scouring pad, especially on the polished stainless steel finish. Metal scourers will not affect the performance of the cooking system, however they will produce fine scratches to the finish. It is a personal choice. Instead use a powdered cleaner especially recommended for stainless steel and paper towel or soft cloth for the stubborn marks. Rinse thoroughly in hot water and dry immediately to prevent water marks. Again these are harmless and will in no way affect the cooking performance. You may also safely wash all of the pieces of your cooking system in a dishwasher.

DRIED ON FOODS

If you accidentally experience burned-on or dried on foods, quickly fill the utensil with hot soapy water. If this doesn't loosen the food, bring it to a boil over a medium heat until particles are loose. When utensil cools again, clean as usual. Despite your best care, golden brown or blue heat colouring may result from over-heating, or stains may result from the chemical reaction of certain foods. Once again these stains are normal and in no way affect the performance of the utensils. If you wish to remove these marks, make a paste of water and a good, non abrasive cleaner. Lightly rub the paste in with a paper towel or soft cloth, using a circular motion on the coloured surface, wash, rinse and dry. The beautiful mirror finish of the surface on your DineRite cooking system will remain beautiful for years if you handle it with some degree of care.

UTENSILS

You can use any utensil, stainless steel, plastic or wooden with your DineRite cookware.



COOKING INSTRUCTIONS

COOKING VEGETABLES WATERLESS

See our video on cooking vegetables [here](#)

1. Select the correct size pan. The piece you choose should be approximately two thirds full. Place vegetables into the cold pan with the hardest vegetables on the bottom and softer ones on top. Add approximately 4 tablespoons of water. Make sure the cover fits snugly and that you haven't over filled the utensil.
2. Cover the temperature control open. Place the pan on a medium to high heat. When the whistle sounds continuously, close the control and turn the temperature down to a low heat setting. For gas this will be just the blue dots. After 2 or 3 minutes should the cover be sputtering, it may be necessary to move the pan half way off the element. Cook to desired taste or as per recipe. It will be necessary to repeat the process from step 2 if you break the seal and find the food needs more cooking.

Timing: Hard vegetables will need approximately 5-10 minutes (after whistle). An average pan full of mixed vegetables cooked to tenderness should be left for this amount of time. If you prefer them crisp please allow approximately 5-10 minutes after the whistle. It may take a few attempts to work out the correct temperature settings.

FROZEN VEGETABLES

Place frozen vegetables into a cold bare pan. There is no need to rinse or thaw vegetables. Follow instructions above from step 2.

COOKING INSTRUCTIONS

COOKING MEAT WITHOUT FAT

[See our video on cooking steak without fat here](#)

[See our video on cooking chicken without fat here](#)

1. Preheat the desired sized frypan on a medium to high heat for 2 to 3 minutes. You will know when the pan is hot enough if you flick a few drops of water onto the bare pan and the drops of water bead.
2. Place your meat or poultry onto the bare pan. At first the meat will stick but will loosen as browning continues. Do not try and turn or move the meat until it has loosened. This usually takes between 3 to 6 minutes. Cook on the other side until desired tenderness.
3. After you remove the meat from the pan, turn off the element and place 2 cups of water into the pan and cover. This will lift most of the residue from the cooking surface and make cleaning easier.
4. Hot soapy water and a cloth or a scotch brite pad can be used to clean the pan. For the best results finish with stainless Steel Glo polish, which can be purchased from our office or go to www.dinerite.com.au. Remember all of your cookware can be placed in a dishwasher.

HOW TO COOK

PASTA

Fill the pasta cooker or desired sized pan approximately three quarters full with water. Place the pan with the cover on a high heat with the control open. When whistle sounds remove cover. Make sure the water is at a rolling boil and add pasta. Cook uncovered to desired tenderness or as per package instructions. Drain by removing pasta cooker insert or turning pasta into a colander.

RICE...ABSORPTION METHOD

See our video on cooking rice [here](#)

Choose the desired pan and add one & a half cups of cold water for each cup of rice into the bare pan. Cover with the control open and place on a medium to high heat. When the control sounds, close control and turn the temperature to the lowest possible heat setting.

For 1 cup of white rice or less turn the element completely off for 10-15 minutes. There will be no need to drain. For more than one cup follow the timing chart for the absorption cooking method on the pack. Times will vary depending up the rice.

FRIED FISH, EGGS AND CRUMBED FOOD

Place bare pan on a medium heat for 2-3 minutes. Minimal oil, cooking spray or butter should be added to the pan before the addition of the food. Once you turn the food, turn the pan down to a lower heat setting. Cook uncovered or with cover ajar.

HOW TO POACH EGGS

See our video on poaching eggs [here](#)

See our video on frying eggs [here](#)

1. Place a cup of water in the base of the large skillet (26cm).
2. Place steamer rack on with as many greased egg poaching cups as you desire.
3. Cover with the vent open.

BACON AND EGGS

1. Preheat large skillet to a medium heat for 2-5 minutes.
2. Add strips of bacon and tomato or mushrooms if you desire. Do not turn.
3. Place steamer rack on with as many greased egg poaching cups as desired.
4. Cover with the temperature control closed. Cook for 3 minutes.
5. Remove cover and break eggs into heated poaching cups. Cover once again with control closed until eggs are cooked to your liking, usually between 3-5 minutes

WATERLESS BOILED EGGS

Fold a paper towel into 4. Saturate it with water and place in the base of a small pan. Do not allow towel to be so wet that water runs away from it. The water should be all contained in the towel. Place 2-3 eggs on top of paper towel. Cover with the temperature control open. Cook over medium heat until tone sounds then turn to low and close the valve. Cook for 10 minutes on low heat for hardboiled eggs, 5-7 minutes for soft. When finished run cold water over the eggs and remove paper towel. Drain away water and with cover on shake pan in a circular motion with eggs inside to remove shells.

STACK COOKING

Check out our video on stack cooking with chicken [here](#)

This method of cooking allows you to cook more than one thing at the same time using the same heating unit. In this vertical method of cooking, the lower utensil (large skillet and stockpots) cooks the foods that have the most weight and volume, like roasts, long cooking vegetables and casseroles. The steamer rack provides you with another heating unit that utilises heat otherwise lost. Putting it on top of the lower utensil and also taking advantage of the double boiler insert, you can bake a pudding, cook more vegetables, heat rolls while your roast or casserole recipe cooks. The pan on top of the steamer rack is always covered with a dome cover (or another pan inverted) that provides a warming surface on its top.

CHOOSING THE RIGHT UTENSIL

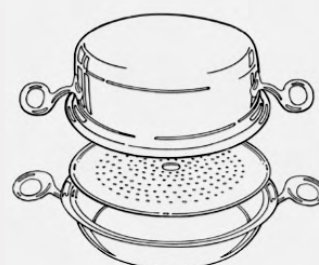
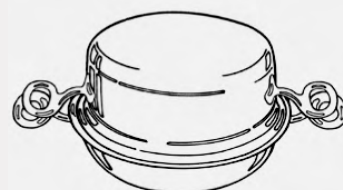
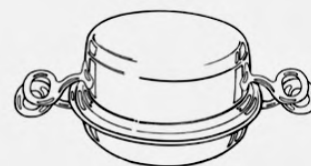
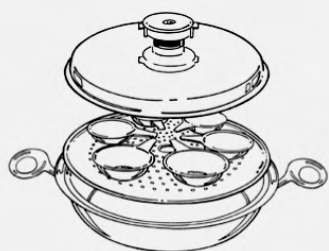
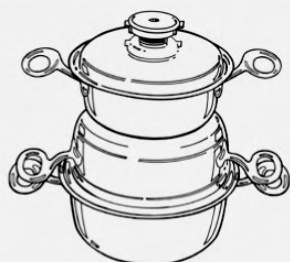
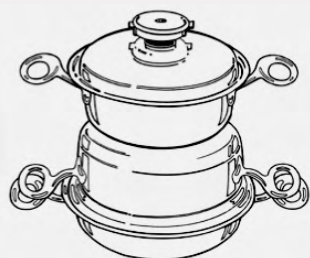
For this stack cooking method you will learn to choose your pans carefully. The lowest pan will naturally be the largest of the stack. Pieces which will fit over the top of these and form a water seal, will soon become familiar to you. Until you have thoroughly learned which utensils fit into which, use the directions given with the recipe that follows. You will soon reach for the right ones automatically. Use the sketches on the following page as a guide.

IMPORTANT THINGS TO REMEMBER IN STACK COOKING

1. Before placing a smaller utensil on top of a larger one, heat the smaller utensil on another hotplate until the whistle tone is heard and is closed.
2. Use the upper utensil for foods that have less weight and a shorter cooking time.
3. The upper utensil is ideal for cooking fresh and frozen vegetables, fruit, sauces and puddings, or melting butter and chocolate, reheating leftovers, or keeping foods warm.

Makes Cooking A Pleasure!

DOZENS OF COOKING COMBINATIONS



FOR ALMOST EVERY JOB IN THE KITCHEN

Makes Cooking A Pleasure!

7 PIECE SET



Makes Cooking A Pleasure!

12 PIECE SET



STOVE TOP ROASTING

Check out our video on stove top roasting lamb [here](#)

1. Preheat empty stock pot or pan (the size will depend upon the size of the roast) 2-5 minutes over a medium heat.
2. Trim the meat of all excess fat and season if you desire.
Suggestions: Salt and pepper, garlic or mustard.
3. When the pan is at the correct temperature, drop some water onto the base of the pan and it will bead. Place the piece of meat into the bare pan. At first the meat will stick but will loosen as it browns. Brown meat evenly on all sides, this may take 5-10 minutes depending upon how brown you like it. This is a matter of taste. It may be browned from a light golden colour to almost black. Finally lay meat with the top of the roast in contact with the cooking surface (upside down).
4. After browning, cover pan with either a regular cover or a high dome. Wait until either the whistle starts to sound or dome is too hot to touch and a puff of vapour escapes. Turn the element down to a low-medium setting.

Do remember that with the DineRite cooking system it is important that the cover spins and floats freely on the pan during most of the cooking time when cooking roasts. If the burner is too low the lid will seal tightly to the pan and the cooking time will be increased. If the heat is too high, vapour will escape from the pan and the cover will lift up and down. It is usually better to have an occasional bubble than to have the heat too low.

ROASTING PORK

As pork has an enormous amount of fat beneath the surface of the skin it is a healthier choice to remove the skin and fat before cooking. Should you wish to produce crackle, place the skin under a grill prior to serving the meat. This way you can achieve a lower fat meal and still enjoy the crackle.

When meat is done remove it from the pan and place it right side up, cover with foil and allow it to rest. Reheat pan to medium heat until pan juices begin to bubble. As you desire serve the pan juices a la natural or for a thicker, more flavoursome gravy add Gravox or corn flour as per instructions on the package.

COOKING TIPS

1. **DON'T PEEL AWAY NUTRIENTS:** Did you know that the richest source of vitamins and minerals in a vegetable lies directly below the skin? Carrots and potato in particular are just as tasty with their skin on and a whole lot healthier too. Simply scrub the outside with a plastic or stainless steel scourer instead and save throwing money down the drain.
2. **SKINLESS CHICKEN IS BEST:** If you are watching your weight or cholesterol, cut down the fat by removing the skin prior to cooking. A 100gram chicken breast with skin on has 170 calories and 10 grams of fat while the same chicken breast with the skin removed has 110 calories and only 2.5 grams of fat.
3. **USE THE RIGHT ELEMENT:** The diameter of the burner on your range or stovetop should be approximately the same size as the pan you have chosen. When using the gas make sure the flame does not extend up the sides of the cookware.
4. **DOUBLE BOILER:** Place 1 or 2 cups of water in the bottom of the 2 litre or 3 litre pan and bring to the boil. Reduce heat until the water is barely bubbling. Place insert pan inside to form the double boiler. Don't let the water touch the base of the insert pan. This utensil is excellent for melting chocolate, making delicate sauces and custard. It makes a good food warmer too. The insert pan is not designed to go directly onto the element, but makes a great storage dish when covered.
5. **DON'T PEEK:** Lifting covers during cooking will interfere with cooking times and will in some cases stop or slow down the cooking process. Firstly try to adhere to the suggested times. If you do break the seal to check and find the food is not quite done, you will have to repeat the steps to forming a seal by turning up the heat and waiting for the whistle to sound.
6. **RESTING MEAT:** Taking time to let meat 'rest' after cooking will ensure it is moist, tender and juicy. The time taken to rest will depend on the size of the roast. A roast is best rested 10-20 minutes prior to carving.



Leek & Olive Roast Chicken

YOU WILL NEED

26cm Large Skillet
24cm 4 Litre Base

INGREDIENTS

1 Fresh Chicken (approx 1.5 kg)
Organic or Free Range is best
1 lemon (cut in half)
4 sprigs fresh rosemary
3 leeks (washed and trimmed)
2 Red Capsicums
2 Yellow Capsicums
100 grams pitted dry-packed black olives
60 ml olive oil
sea salt flakes (to taste)
black pepper (to taste)

METHOD

1. Prepare the chicken by inserting the lemon halves and 2 of the sprigs of rosemary in the chicken cavity. Wash and cut each leek into 3 logs, then slice lengthways and add to the Large Skillet.
2. Remove the core and seeds of the capsicums and slice them into strips, following their natural curves and ridges and add these to the skillet. Tumble in the olives, and now pour the olive oil, mostly over the vegetables but a little over the chicken, too.
3. Add the remaining rosemary sprigs to the vegetables, along with some sea salt flakes and freshly ground pepper, to taste. Using a couple of spoons or your hands, gently toss the vegetables to help coat them with the oil and make sure everything's well mixed up. Sprinkle some sea salt flakes over the chicken, place the chicken on top of the vegetables.
4. Cover with the 4 ltr base. Don't be too worried if the cover doesn't fit perfectly as the vegetables will reduce down while cooking. Turn the heat to 3/4 and wait for steam to puff out the sides. Reduce temperature to medium low for 45 minutes. Meanwhile preheat your oven to 180 C FanForced.
5. Remove Cover and place the chicken and vegetables into the oven for a further 20-30 minutes or until the chicken skin is golden and liquid runs clear when you test the thickest part of the flesh. If the chicken is done place on a cutting board to rest for 10 minutes.
6. Return vegetables to the oven for a further 10-15 minutes until some of the leeks are crispy and the vegetables are tender.
7. Cut the chicken up chunkily, transferring the pieces to a large platter. Now take the pan back out of the oven and, with a slotted spoon or spatula, remove the vegetables to the large platter and when all is arranged to your aesthetic delight, pour over it all the bronze, highly flavoured juices that have collected in the pan.



Chicken Adoboe

YOU WILL NEED

3 Litre and Cover
2 Litre and Cover

INGREDIENTS

1.2kg chicken thighs
125ml apple cider vinegar
6 cloves garlic bruised
80ml soy sauce
3cm piece of ginger finely grated
2 long red chillies thinly sliced.
4 bay leaves
55g brown sugar (1/4 cup)
1tbsp black peppercorns
1 large onion thinly sliced
2 cups of rice (prior to cooking)
salt and pepper to taste

METHOD

1. Place the vinegar, soy sauce, garlic, ginger, chillies, bay leaves, sugar, peppercorns, onion and 1 and 1/2 cups of water in the 3 litre pan. Stir well to combine. Add chicken and stir to coat. Cover and marinate at room temperature for 30 minutes.
2. Move the 3 litre to your burner and place on a medium to high heat with the temperature control opened. When the whistle sounds reduce heat to medium/low for approximately 25 minutes or until the chicken is tender.
3. Remove the chicken from the sauce and simmer on a medium heat with the cover off for a further 10 minutes or until the sauce is reduced to your liking.
4. Return the chicken to the sauce. Serve with steamed rice and garnish with steamed greens and top with sliced chilli.

Serves 4



Steamed Whole Fish

YOU WILL NEED

DineRite Wok and cover
or large skillet and cover

INGREDIENTS

1 x Whole white flesh fish gutted and scaled
Snapper, Coral trout or Red Emperor
would be the best choice approx 40-50 cm long
2 cups of rice
2 cups vegetable or fish stock
1 cup Shaoxin chinese wine or any cooking wine ie sherry
½ cup Soy Sauce
1 tablespoon fish sauce
1 red chilli finely chopped
1 garlic clove peeled and cut into fine strips
2 thumb size pieces of ginger peeled and cut into fine strips
3 stems lemongrass cut into 3cm strips and flattened
1 lime juiced and zest
Large handful of coriander chopped

METHOD

1. Score the fish diagonally on both sides and stuff with half the lemongrass and half the coriander.
2. Place the rice in the base of the wok. Put the fish on top of the rice.
3. Combine the ginger, chilli, garlic, wine, fish sauce, lime juice, soy sauce and stock and pour over the fish.
4. Cover with control open. When the whistle sounds turn heat to low and steam for approx 30 minutes or until fish is opaque and white.
5. Sprinkle remaining coriander and zest of lime over fish and serve with the rice and steamed Asian greens.



Smokey Bacon Pasta

YOU WILL NEED

Gourmet Pan 5 Litre
Pasta Cooker Insert

INGREDIENTS

Approx 375g of pasta
Salt and pepper
Olive oil
3 cloves of garlic flattened and chopped
Spanish onion sliced finely
Sprinkle of chilli flakes
100g smoked bacon
1 can peeled tomatoes
1 tbsp of miniature capers
Parmesan cheese

METHOD

1. Bring the 5 litre pasta cooker to the boil and add salt.
2. In the large gourmet pan over a medium heat, caramelise the onions and garlic in the olive oil.
3. Add the bacon and cook for a further few minutes until golden.
4. Sprinkle the chilli flakes, salt and pepper and capers.
5. Add the tomatoes and simmer for 5 to 10 minutes.
6. While the sauce is reducing, add the pasta to the boiling water and cook uncovered until al dente.
7. Drain, reserving a cup of the water and add the pasta to the sauce, coating it fully.
8. If need to be, add some of the reserved water to the dish.
9. Serve on a platter with fresh parmesan and finely chopped flat leaf parsley.



Whole Eye Fillet

YOU WILL NEED

Large Skillet and Cover
4 Litre Pan
3 Litre Pan
Double Boiler Insert
2 Litre Pan
Whisk

INGREDIENTS

1.5 – 2kg Whole Eye Fillet, trimmed
(ask your butcher for help)
Salt and freshly ground Pepper

Béarnaise sauce

Half Cup White Wine Vinegar
2 Eschalots, chopped
6 Peppercorns
5 Egg Yolks at room temperature
3/4 tsp of Dried Tarragon Leaves
250g Butter, chopped and
at room temperature

METHOD

The Reduction: Place the vinegar into the 2 litre pan with the chopped eschalots, peppercorns and tarragon leaves on a medium heat. Allow the mixture to come to the boil until the vinegar is reduced to half (quarter of a cup). Strain the liquid and set aside until room temperature.

The Sauce: Place the quarter of a cup of the strained room temperature vinegar with the 5 egg yolks into the double boiler insert. Fill the 3 litre with approximately 2 cups of water and bring to a simmer. Place the vinegar and egg mixture on top and start to whisk. Gradually add the butter until you have achieved a thick sauce. Take the double boiler from the base and set aside while you cook the beef.

Cooking the Beef: Heat the large skillet on medium to high until drops of water bead (see page 7). Season meat with salt and pepper. Place meat in pan. At first meat may stick by will loosen as browning continues. When it loosens turn meat until golden. Place cover on and cook until done to your liking (see page 9). When meat is cooked all to rest for 10 minutes. Slice the meat and serve with béarnaise sauce and seasonal vegetables.



Chickpea & Cauliflower Curry

INGREDIENTS

Curry

- 1 Butternut Pumpkin, diced
- 1 Red Onion, diced
- 2 Tbs Green Curry Paste
- 2 Tbs Mustard Seeds
- 1/4 Cauliflower, cut into small florettes
- 1/2 Cup Coconut Cream
- 1/2 Cup Chopped Tomatoes
- 1 Cup Vegetable Stock
- 1/2 Cup Parsley, chopped
- 1 Can Chickpeas, rinsed and strained
- 1 Tbs Honey
- Salt and Pepper
- Lemon Zest

Lemon Coconut Rice

- 2 Cups Rice
- 2 Cups Water
- 1 Cup Coconut Cream
- 1/2 Lemon Sliced

YOU WILL NEED

7 Litre Saucepan and Cover

METHOD

1. Place pumpkin in small skillet with 4 tablespoons of water, place on 3/4 heat with vent open, when it whistles close vent, turn off element and leave for 5 minutes. Remove and put to side.
2. Heat 3 litre on 3/4 heat for 2 minutes, test temperature with drop of water, when it beads add onion, curry paste and mustard seeds, sauté for 2 minutes. Add tomatoes, coconut cream, cauliflower, chickpeas and stock. Simmer for 5 minutes then add parsley, cooked pumpkin, honey, lemon zest, salt and pepper.
3. Place 2 litre on top, when too hot to touch reduce to low heat. Leave for 30 minutes... in mean time... Place rice, water and coconut cream in small skillet, with lemon slices on top. Place cover on top with vent open and put on 3/4 heat. When it whistles, close vent off and stack on top. Serve and enjoy.



Pineapple & Carrot Cake

YOU WILL NEED

3 Litre Pan & Cover with Insert Pan (oven)
Large Skillet & Cover (stove top)

INGREDIENTS

2 Cups Plain Flour
2 1/2 Tsp Baking Soda
1 Tsp Salt
1 Heaped Tsp Mixed Spice
1 Heaped Tsp Cinnamon
4 Eggs
3/4 Cup Firmly Packed Dark Brown Sugar
1 1/2 Cups White Sugar
1 1/2 Cups Vegetable Oil
1 Cup Carrot, grated
1/2 Cup Walnuts, chopped
1/2 Cup Pineapple, chopped

Icing

1 Tub Cream Cheese
2/3 Cup Icing Sugar
Grated Rind
Juice of one Lemon

METHOD

Not only does this cake look great, it tastes fantastic! You might want to make a little extra icing, sneak away and enjoy licking the bowl, spoon and your fingers. In your double boiler sift plain flour, baking soda, salt, mixed spice and cinnamon.

1. Beat in eggs, brown sugar, white sugar and vegetable oil. Beat on a low speed for 1 minute, scrape down the sides and in the groves of your double boiler and beat for another 2 minutes on a medium speed. Mix in by hand the carrot, walnuts and pineapple.

2. **For Baking On The Stove Top:** Melt a knob of butter in the large skillet to grease the pan and cook with cover on, vent open at 1/3 heat for 1 hour or until skewer comes out clean when tested.

3. **For Baking In The Oven:** Melt a knob of butter in the large skillet to grease the pan. Fan bake for 1 1/2 hours on 180°C or until skewer comes out clean when tested. When completely cooled, carefully cut horizontally through so you have two flattish cakes, ready to be iced and put back together as a double-decker. This cake looks great and will really impress the in-laws.

4. **Icing:** Combine cream cheese, icing sugar, lemon rind and juice.



Poached Pears

YOU WILL NEED

4 Litre & Cover

INGREDIENTS

500ml dry red wine

1/3 cup caster sugar

2 cinnamon sticks

1 vanilla bean split

2 whole star anise

Lemon rind cut into fine julienne

METHOD

1. Peel pears leaving the stem intact.
2. Add all of the ingredients to the 4 litre and bring to a gentle simmer.
3. Place the pears in the wine, cover and simmer for 45 minutes.
4. Serve with vanilla bean icecream or mascarpone and icing sugar and berries to garnish.

Wok Tossed Prawns



YOU WILL NEED

Wok and Cover

INGREDIENTS

1-1.5 kg medium to large green prawns
Good thumb size piece of ginger peeled and finely chopped
4 large garlic cloves peeled and finely chopped
1 long red chilli de seeded and finely chopped
Handful of parsley leaves chopped
1 lemon
Approx 250 ml extra virgin olive oil
1 ciabatta loaf
Salt flakes

METHOD

1. Peel and devein prawns leaving the tail on.
2. Cut the ciabatta loaf into finger slices and toast gently under the grill with a brush of olive oil.
3. Preheat approx 2 tablespoons of the olive oil in the wok to a medium heat.
4. Add the garlic, ginger and chilli and cook gently for 5 minutes. Add the prawns to the wok and stir until opaque or just cooked...don't over cook.
5. Turn the heat off and add the juice of one lemon.
6. Sprinkle with salt and add parsley and the balance of the olive oil. Stir once more to combine.
7. Arrange the toasted ciabatta fingers around the edge of the wok soaking up the flavoured oil.



Easy Chicken Parmigiana

YOU WILL NEED

Large Skillet and Cover

INGREDIENTS

4 Chicken breasts cut in half lengthways
2 cups of couscous
700ml Passata or Napoli sauce
1 bag of spinach leaves
2 cups of basil leaves
1 large eggplant
3 cups of mozzarella cheese
Freshly grated parmesan cheese to top
Olive oil
Salt and pepper

METHOD

1. Preheat your oven to 180 degrees celsius.
2. Cut the eggplant into rounds approximately 1.5cm thick.
3. In the large skillet, heat the olive oil and brown the eggplant on both sides. Set aside.
4. In the same skillet, layer half of the chicken, spinach, basil, mozzarella and half of the sauce.
5. Repeat with the other half of the ingredients.
6. Place the eggplant on top.
7. Season with salt, pepper and a generous amount of freshly grated parmesan cheese.
8. Place in the oven for 30-40 minutes or until golden.

TROUBLESHOOTING

Q. What if there is excessive spattering and I can't get a water seal to form?

A. The cause: Probably the heat is too high or perhaps there is too much food or liquid in the utensil.
The Correction: Begin on a medium heat, then reduce burner to low. Use the proper size utensil for the amount of food. Add liquid only as stated in the instructions. If the problem persists see questions 3.

Q. One of my pans has developed a blue tint on the bottom of it. Is there any way to remove it and what is causing it to go like that?

A. When too much heat has been used, heat tints of blue or golden brown or even white, hard water spots may appear. They can be easily removed by using stainless steel cleaner (powder based is recommended). We also recommend you apply the cleaner with a moistened paper towel then rinse under running hot water.

Q. My temperature control doesn't seem to whistle anymore?

A. Check for any obstruction that may be lodged in the control knob. You can unscrew the knob for easy cleaning. Make sure the knob is screwed back on the lid tightly.

Q. If food is burnt in the cookware, how do I clean the cookware?

A. Should you accidentally burn food, half fill the cooled pan with cold water and bring to the boil over a medium heat, boil for a few minutes, allow the pan to cool and then pour out the water. The pan should now be easy to clean with a stainless steel cleaner.

Q. I am finding no matter what I cook with the waterless method of cooking the food seem to stick and burn all the time. What am I doing wrong?

A. You are probably not doing anything wrong. Unfortunately different stoves have different heat settings. We suggest you start heating your pan on a medium heat until the tone sounds then, reduce the heat to low. If you find once you have reduced the heat to low you are still getting a bubbling effect coming from the lid; the heat underneath is too high. We recommend you take the pan half way off the heat source until the element has had a chance to cool a little (approximately 2-3 minutes).

Once cooled you can place the pan back on the element fully, making sure the heat is on a low setting. If when you return the pan to the heat source it still continues to bubble at the lid, finish the cooking process with the pan half off the heat source as before. You can also try adding an extra quarter cup of water in the beginning of the cooking process.

Q. When I take the pan from the stove and let it stand with cooked food in it, I can't get the cover off. What's wrong?

A. The vacuum seal created by the waterless cooking method is so strong that when you turn the heat off the pressure is reduced inside the pan; this then created a suction on the cover. All you need to do is open the control and remove the cover. Should this happen when using a cover without a control, for example the high dome cover, simply return the pan and then remove the cover. Please do not try to pry the lid from the pan as this will cause damage to your utensils.

Q. Can I use my cookware in the oven or under the grill?

A. Yes you can. They are designed to be multifunctional. However please do not put any of the covers with Whistle Controls in the oven or in contact with an element or flame. Covered casseroles are done on top of the stove as opposed to the oven.

Q. I am cooking on a gas stove and I am finding everything is burning and sticking. What am I doing wrong?

A. Take notice next time of the size of the flame as opposed to what the dial on your hot plate is telling you. Start cooking on a medium to high heat where the flame should cover the bottom of the pan but not leap up the sides. When the whistle sounds reduce the flame to almost the blue dots. Some time this requires turning the element back to the almost off position. If you flame simply won't go low enough and you still experience excessive spluttering and burning you could try moving the pan half off the element or investing in a flame tamer mat available from kitchenware or hardware stores. You could also try adding an extra quarter cup of water in the beginning of the cooking process.

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X = Surgical Steel 50 = 0.5% Carbon
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GRIDDLE PAN



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This certifies that every piece of your sparkling DineRite stainless steel cookware is warranted by DineRite, to be free from defects in material, construction and craftsmanship for 20 years of the original purchaser only.

If service should be necessary, just send the defective piece with a description of the claimed defect to the address below with your details. Any part of parts which, upon examination by DineRite, are found to be defective will be repaired or replaced without charge during the warranty period. This warranty does not apply to damage caused by accidents, abuse or misuse.

DineRite's liability under this warranty is limited to the repair or replacement of defective cookware at DineRite's sole option. DineRite shall not be liable for any incidental or consequential damages, whether direct or indirect.

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Replacement Parts Service. Should a knob become damaged accidentally, it can be replaced for a minimum charge by writing to the address below.

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