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KAMBROOK

THE SMARTER CHOICE



Essentials Skillet Frypan

KEF90

Instruction Booklet

Important

Please retain your instruction book for future use.

In the event that you need some assistance with your Kambrook appliance, please contact our Customer Service Department on 1300 139 798 (Australia) or 0800 273 845 (New Zealand). Alternatively, visit us on our website at www.kambrook.com.au or www.kambrook.co.nz

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IMPORTANT: Please retain your instruction book for future use.

At Kambrook, we believe that safe performance is the first priority in any consumer product, so that you, our valued customer can confidently use and trust our products. We ask that any electrical appliance that you use be operated in a sensible fashion with due care and attention placed on the following important operating instructions.

Important Safeguards For Your Kambrook Essentials Skillet Frypan

- Carefully read all instructions before operation and save for future reference.
- Remove and safely discard any packaging material and promotional stickers before using the Skillet Frypan for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover that is fitted to the power plug of the Skillet Frypan.
- Do not place the Frypan near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water.
- Keep the Skillet Frypan clear of walls, curtains and other heat or steam sensitive materials. Minimum 200mm distance.
- Do not place on or near a gas burner, electric element or in or near a heated oven.
- Do not use on a sink drain board.
- Always insert temperature control probe into probe socket before inserting power plug into power outlet and switching on Skillet Frypan. Ensure the probe socket is completely dry before inserting the temperature control probe.
- The Skillet Frypan must be used with the temperature control probe provided. Do not use any other probe or connector.
- To protect against electric shock, do not immerse power cord or temperature control probe in water or any other liquid, or allow moisture to come in contact with these parts.
- Ensure the temperature control probe has cooled before removing from the Skillet Frypan.
- Always remove temperature control probe before cleaning the Skillet Frypan.
- If using plastic utensils, do not leave in Skillet Frypan when hot.
- Do not place hot glass lid under cold water.
- Always have the glass lid positioned correctly on the Skillet Frypan throughout operation of the appliance unless stated in the recipe to have it removed.
- The glass lid has been specially treated to make it stronger, more durable and safer than ordinary glass, however it is not unbreakable. If struck extremely hard, it may break or weaken and could at a later time shatter into many small pieces without apparent cause.
- Extreme caution must be used when the appliance contains hot oil or other liquid. Do not move the appliance during cooking. Allow the Skillet Frypan to cool before removing oil or other liquid.
- Do not touch hot surfaces. Use the handles for lifting and carrying the Skillet Frypan.

- Do not leave the Skillet Frypan unattended when in use.
- The Skillet Frypan is not intended to be operated by means of an external timer or a separate remote control system.
- Always turn the temperature control probe to 'MIN', then switch off at the power outlet and allow probe to cool, then remove probe and unplug, if Skillet Frypan is to be left unattended, if not in use before attempting to move Skillet Frypan and before cleaning.
- Keep the Skillet Frypan clean. Refer to 'Care, Cleaning and Storage' (page 8).
- Do not place anything on top of the Skillet Frypan when the lid is in position, when in use and when stored.



WARNING: The glass lid, if struck extremely hard, may break or weaken and could at a later time shatter into many small pieces without apparent cause.

Important Safeguards For All Electrical Appliances

- Carefully read all instructions before operating the appliance and save for future reference.
- Remove and safely discard all packaging material and promotional labels before using the appliance for the first time.
- Fully unwind the power cord before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock, do not immerse the power cord, power plug or appliance in water or any other liquid, unless it is recommended in the cleaning instructions.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance, by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- It is recommended to inspect the appliance regularly. Do not use the appliance if the power supply cord, plug, connector or appliance becomes damaged in anyway. Return the entire appliance to the nearest authorised Kambrook Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Kambrook Service Centre.
- This appliance is for household use only. Do not use this appliance for other than its intended use. Do not use in moving vehicles or boats.
- Do not use outdoors. **Misuse may cause injury.**
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice
- Always turn the appliance to the OFF position, switch off at the power outlet and unplug at the power outlet when the appliance is not in use.
- Before cleaning, always turn the appliance to the OFF position, switch off at the power outlet, unplug at the power outlet and remove the power cord, if detachable, from the appliance and allow all parts to cool.
- Do not place this appliance on or near a heat source, such as hot plate, oven or heaters.
- Position the appliance at a minimum distance of 20cm away from walls, curtains and other heat or steam sensitive materials and provide adequate space above and on all sides for air circulation.



WARNING: Do not operate the frypan on an inclined surface. Do not move the frypan while it is switched on.

Your Kambrook Essentials Skillet Frypan

1. Easy-clean, non-stick cooking surface for fat free cooking.
2. Glass lid with stainless steel rim.
3. Large 9.5" inch Skillet Frypan.
4. Cool touch knob.

Not Shown

- Removable temperature control probe thermostatically controlled with 10 settings.
- Steam vent.



Using Your Kambrook Frypan

Before First Use

Before first use wash, rinse and dry your Skillet Frypan and lid. Season the cooking surface by applying a thin coating of cooking oil with paper towelling.



WARNING: Do not immerse the power cord, plug or temperature control probe in water or any other liquid.

Ensure that the frypan socket is fully dry before inserting the temperature control probe.

Plug the cord into a 230V or 240V power outlet and then turn the power on.

Set the temperature control probe to the desired temperature setting. Refer to table below.

The temperature light on the temperature control probe will

switch off automatically when the temperature selected has been reached. The light will cycle "ON" and "OFF" during the cooking cycle indicating that the selected temperature is being maintained.

Do not use metal utensils, as these will scratch the non-stick cooking surface.

Only use wooden or good quality plastic utensils to stir or serve food.

Do not leave plastic cooking utensils in contact with the hot frypan surface while cooking.

NOTE: This frypan must be used with the temperature control probe provided. Do not use any other probe or connector.

The Glass Lid

The Cook 'n' Look glass lid enables you to monitor your cooking without removing the lid and losing heat.

Dial Setting	Uses	Temp. Guide
Min - 4	Keeping food warm, simmering sauces, basting, bolognaise sauce.	Simmer/Low
4 - 8	Cooking steaks, sausages, bacon, eggs, pikelets, roast vegetables, pancakes, crumbed food, toasted sandwiches, popcorn.	Medium/High
8 - 10	Sealing steaks and roasts, stirfry.	High

Care, Cleaning and Storage

Care

- Do not leave plastic cooking utensils in contact with the hot frypan surface while cooking.
- Do not use metal utensils on the non-stick coating of the frypan. Only use wooden or good quality plastic utensils to stir or serve food.
- Before cleaning, switch the frypan to 'MIN' and unplug from the power outlet. Remove the temperature control probe when cooled, from the probe socket of the appliance.

Cleaning

Temperature control probe

Always remove the temperature control probe before cleaning the frypan. Ensure the temperature control probe has completely cooled down before removing.

Before inserting the probe back into the frypan probe socket, ensure the interior of the socket is completely dry. To do this, shake out excess water then wipe the interior of the socket with a dry cloth.

NOTE: Never immerse the temperature control probe, plug or cord in water or any other liquid.

Non-stick cooking surface

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

Any discolouration that may occur on the non-stick surface may detract from the appearance of the frypan but will not affect the cooking performance.

Do not use metal (or other abrasive) scourers when cleaning the non-stick coating. Wash with hot soapy water. Remove stubborn spots with a soft plastic washing pad or nylon washing brush. Rinse and dry thoroughly.

NOTE: To clean the interior and exterior surface and glass lid wash in hot soapy water. Remove stubborn spots with a plastic washing pad or nylon washing brush.

Removing discolouration of the non-stick surface

Combine 2 tablespoons bicarbonate of soda, ¼ cup household bleach, 1 cup water.

Pour into the Skillet Frypan, place lid on with the vent closed, and simmer for 5-10 minutes.

Clean in a well-ventilated area and avoid breathing in the vapours. Wash as directed before re-use. In some instances this may not remove all the staining.

Glass lid

Wash the lid in warm soapy water using a soft cloth or sponge, rinse and dry thoroughly.

Dishwasher safe

Your Skillet Frypan and glass lid are dishwasher safe for easy cleaning. Remove the probe and power cord before placing frypan into the dishwasher.

NOTE: Before inserting the temperature control probe into the probe socket, ensure the interior of the socket is fully dry. To do this, shake out excess water then wipe the interior of the socket with a dry cloth.

Storage

Store the frypan upright with the lid in position.

Store the temperature control probe carefully. Take care not to knock or drop the probe as this can cause damage. If damage is suspected, return the temperature control probe with the frypan to your nearest Kambrook Service Centre for inspection.

TIP: For convenient storage of the temperature control probe, line the Skillet Frypan with 2 sheets of kitchen paper and place the probe on the kitchen paper. This will ensure the probe and plug do not scratch the non-stick surface.

Cooking with Your Kambrook Frypan

Stir-Frying

Recommended temperature probe setting 8 – 10.

An energy efficient and healthy way of cooking foods. The benefit of this cooking method is its speed and the flavour of the foods. The non-stick cooking surface on your Skillet Frypan also means that less oil is required for cooking. The cooking action for stir frying is a continual tossing motion to ensure the food is evenly exposed to the heat and cooks quickly and evenly in a couple of minutes.

Stir frying should be carried out using a high heat setting.

Preheat your Skillet Frypan before adding any ingredients, allow the temperature light to cycle 'on' and 'off' several times. This will allow the frypan to reach an even high temperature.

Stir frying is a dry heat cooking method and is best suited to tender cuts of meat. Timing is a key factor when cooking meat, as over cooking will give a tough, dry result. Cooking times depend on the size and thickness of the cut, as the bigger the cut, the more time is needed.

Recommended cuts for stir frying

Beef	Lean beef strips prepared from rump, sirloin, rib eye, fillet
Chicken	Lean chicken strips prepared from breast fillets, tenderloins, thigh fillets
Lamb	Lean lamb strips prepared from fillet, lamb leg steaks, round or topside mini roasts, eye of loin
Pork	Lean pork strips prepared from leg, butterfly or medallion steaks or fillet
Veal	Eye of loin, fillet, round, rump or topside

Buy meat strips from your butcher or from your supermarket, or prepare meat strips from recommended cuts listed, by removing any fat and slicing thinly across the grain (across the direction of meat fibres). Slicing across the grain ensures tenderness. Cut into very thin strips, approx 5 – 8 cm in length. Partially freeze meat for approx 30 minutes to make slicing easier.

Stir fry meat strips in small batches (approx 200g) to stop meat shedding its juice and ‘stewing’, resulting in tougher meat.

When adding meat strips to the frypan, the strips should sizzle.

Stir fry meat strips for 1 – 2 minutes. Any longer will toughen meat.

If cooking large batches, remove each batch when cooked and allow Skillet Frypan to reheat before stir frying the next batch. By cooking in small batches the heat of the Skillet Frypan remains constant, ensuring the meat doesn’t stew and toughen.

Peanut oil is traditionally used for stir fry Asian style dishes. However other oils such as vegetable, canola and light olive may be used.

Do not overfill the Skillet Frypan. If necessary cook vegetables in batches as well and reheat at the end of stir frying. If using this method remember to under cook slightly so reheating will not spoil the finished dish.

Serve stir fried foods immediately to retain their crisp texture.

Sautéing

Recommended temperature probe setting 8 – 10.

Used for sautéing onions, garlic, spices, curry, pastes, herbs, vegetables, meat and seafood.

Shallow Frying

Recommended temperature probe setting 6 – 8

Used to crispen and cook foods in a small amount of oil. The foods may have already been cooked.

Use approx 1 cup of oil, or sufficient oil so that half the food is immersed.

Preheat the oil before adding food. When using oil never cover with the lid during heating or cooking, as this will cause condensation to drip into the oil and result in bubbling and splattering.

Do not move the frypan during heating or cooking.

Wipe moisture from foods to avoid splattering.

Cook a few pieces at a time to ensure crispness.

Drain cooked foods on paper towels to reduce greasiness.

Never leave your frypan unattended or unsupervised while shallow frying.

Allow oil to cool before removing from frypan.

Vegetable or canola oil is recommended for frying.

NOTE: Deep frying is not recommended as the frypans have a large surface area and shallow sides, this results in heat loss and possible oil overflow.

Cooking with Your Kambrook Frypan continued

Pan Frying

Recommended temperature probe setting:

Searing - 8 - 10

Medium heat - 5 - 7

Used for cooking meats, fish, seafood, eggs, chicken, sausages.

Preheat frypan. When heated, add a small amount of oil, which prevents the food from sticking.

The Skillet Frypan's non-stick coated surface allows you to reduce the amount of oil when cooking.

Alternatively brush whole meat cuts eg. Steaks, chicken breast, fish fillet with small amount of oil before pan-frying rather than adding oil directly to the pan.

When cooking meats, seal each side for approx. 1 - 2 minutes on setting 10. Once both sides are sealed, reduce heat to setting 5 - 7 to cook through meats to desired doneness.

NOTE: As the frypan is thermostatically controlled, it will cycle on and off during the cooking process.

Vegetables

Cut into even sized pieces.

Add to the frypan 40 - 65 minutes before serving.

For crisper vegetables, remove the meat and increase the heat for the last few minutes of cooking.

Toasting Sandwiches

Recommended temperature probe setting 8

Choose fillings which will hold together and not spill out of the sandwich.

Preheat the frypan.

Butter the pieces of bread well and place the sandwich in the frypan with the buttered sides on the outside.

Cook for approx 3 - 4 minutes on either side, depending on the depth of colour desired.

Note: Temperature setting will depend on filling.

NOTE: As the frypan is thermostatically controlled, it will cycle on and off during the cooking process.

Recipes

Recipes

Toffee Cups

Makes 12

1 cup caster sugar

½ cup water

1 tablespoon vinegar

2 tablespoons 100's & 1000's (optional)

1. Place sugar, water and vinegar into the skillet pan and stir on setting 4 for 2 minutes until sugar has dissolved.
2. Turn the dial to setting 6 and boil for 6 minutes.
3. Turn the dial to setting 8 and boil for a further 4 minutes.
4. Switch the Skillet Frypan to the Off position.
5. Pour the toffee into 12 mini patty pans and allow to stand until completely cooled.
6. Top with 100's & 1000's.

Lemon and Lime Butter

Makes 1 jar

45g butter

½ cup caster sugar

¾ cup lime juice

4 egg yolks, whisked

1 tablespoon lemon zest

1. Place butter into the skillet pan and stir on setting 4 until butter is melted.
2. Add the sugar, juice, egg and zest and stir constantly for 15 minutes.
3. Switch the Skillet Frypan to the Off position.
4. Pour into a sterilised jar and keep refrigerated for up to 1 month, or frozen for 3 months.
5. Serve with fresh scones.

Omelette

Makes 1 large omelette

3 eggs

1 tablespoon water

Chosen fillings (optional)

1. Preheat Skillet Frypan at setting 6 until heating light turns off.
2. Place eggs and water into a bowl and whisk with a balloon whisk for 1 minute.
3. Pour eggs evenly into preheated pan and top one side with optional chosen fillings.
4. Place glass lid on Skillet Frypan and let cook for 5 minutes.
5. Flip empty side of omelette onto the filling and lift out of pan with a heat resistant spatula.
6. Serve with toast.

Filling suggestions: Tomato chutney, caramelised onions, shallots, Spanish onion, mushrooms, capsicum, baby spinach, avocado, asparagus, cherry tomatoes, baked potatoes, fresh herbs, chilli, various cheeses, ham, bacon, chicken breast, chorizo, smoked salmon.

Homemade Baked Beans

Makes 4 serves

1 medium onion, sliced

1 clove garlic, minced

1½ tablespoons olive oil

1½ tablespoon brown sugar

2 tablespoons balsamic vinegar

3 roma tomatoes, diced

2 cups canned kidney beans, rinsed

2 bay leaves

1 cup stock

Parmesan cheese, to serve

Parsley, chopped, to serve

Crusty bread, to serve

1. Place onion, garlic and olive oil into Skillet Frypan and fry for 3 minutes on setting 6, stirring occasionally.
2. Add the brown sugar and balsamic, cook for 2 minutes.
3. Turn the dial up to setting 7 and add the tomatoes, stirring frequently over 5 minutes.
4. Turn the dial down to setting 4 and add the beans, bay leaves and stock.
5. Put the lid on and simmer for 10 minutes, stirring regularly. Serve with parmesan cheese, parsley and crusty bread.

Mushroom Risotto

Makes 4 serves

- 1 medium onion, diced
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 1 cup Arborio rice, washed
- ¼ teaspoon allspice
- 1 teaspoon lemon rind
- 2½ cups vegetable stock
- 1 teaspoon salt
- 150g mushrooms, sliced
- ½ cup parmesan, grated

1. Place onion, garlic and olive oil into Skillet Frypan and fry for 3 minutes on setting 6, stirring occasionally.
2. Add the rice, allspice and lemon rind stirring constantly for 3 minutes.
3. Turn the settings dial to 3 and add one cup of stock and cook for 2 minutes, add a further 1 cup and simmer for 7 minutes, then add a further ½ cup.
4. After 5 minutes, stir the salt, mushrooms and parmesan through. Place the lid on top and leave for 8 minutes.
5. Serve with extra parmesan cheese.

Lentil Dahl

Makes 4 serves

- 30g butter
- 1 tablespoon rice bran oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 teaspoon ginger, minced
- ½ teaspoon cumin seeds
- ½ teaspoon fennel seeds
- ½ teaspoon cardamom, ground
- ½ teaspoon allspice, ground
- 2 ½ cups vegetable stock
- 1 cup red lentils, washed

1. Place butter and oil into the Skillet Frypan on setting 6 until butter is melted.
2. Add the onion, garlic, ginger and spices and cook until golden and aromatic.
3. Stir through the lentils on setting 4 for 1 minute.
4. Turn the settings dial to setting 3, pour the vegetable stock over the lentils and gently stir.
5. Place the glass lid onto the Skillet Frypan and simmer, stirring regularly.
6. Serve with greek yogurt, lime juice and pappadums.

Sweet and Sour Pork

Makes 4 serves

- ½ cup plain flour
 - 400g pork strips
 - 1 cup vegetable oil
 - 1 tablespoon peanut oil
 - ¼ teaspoon sesame oil
 - 1 onion, diced
 - 1 garlic clove, minced
 - 1 teaspoon ginger, minced
 - 1 small capsicum, sliced
 - 1 carrot, sliced
 - ½ cup caster sugar
 - ¼ cup vinegar
 - 2 tablespoons soy
 - 1 tablespoon tomato sauce
 - 1 tablespoon sweet chilli sauce
 - 1 tablespoon cornflour
1. Place the flour into a bowl and stir through the pork until fully coated.
 2. Pour half the oil into the Skillet Frypan on setting 8. When pan is heated, add the pork in two different lots using the second amount of oil. Place the cooked pork on paper towel to drain. Wipe the pan out with paper towel.
 3. Place the oils into the Skillet Frypan on setting 6, add the onion, garlic and ginger and fry until golden brown.
 4. Stir the capsicum, carrot, sugar, vinegar, soy, tomato sauce and chilli through until combined, turn the settings dial to 4 and simmer, stirring constantly.
 5. Mix the cornflour with 2 tablespoons of water and pour into the pan, cook for 1 minute and then add the pork.
 6. Serve with fluffy rice and fresh cut shallots.

Caramelised Onion Sausages

Makes 4 serves

- 1 tablespoon vegetable oil
 - 5 thick beef sausages
 - 2 tablespoons olive oil
 - 1 onion, diced
 - 3 garlic cloves, minced
 - 1½ tablespoons brown sugar
 - 20g butter
 - 3 tablespoons plain flour
 - 1 cups beef stock
 - 1 teaspoon mint, chopped
 - 1 teaspoon rosemary, chopped
1. Pour vegetable oil into the Skillet Frypan, place settings dial on setting 8 and cook sausages with the lid on until crisp and golden.
 2. Transfer sausages to paper towel and slice into 2cm pieces, place back into pan and cook centres until crispy. Set aside. Wipe pan out with paper towel.
 3. Place olive oil, onion and garlic into the Skillet Frypan and cook until golden brown.
 4. Turn the settings dial to setting 6 and add the brown sugar and butter, stirring until thick.
 5. Add the flour and stir for 2 minutes. Pour the stock in gradually, letting the mix absorb the liquid.
 6. Add the herbs and sausages and simmer for 7 minutes with the lid on.
 7. Serve with green beans and mashed potato.

Notes
