

KAMBROOK®

Culinary



HEALTH STEAM™ PLUS MULTI COOKER

KMC655

Chicken Jalfrezi with Pilau Rice

Prep time

30 min

Cook time

30min

Serves

2-4



Ingredients

Chicken Rub

500g chicken breast, cut into 3-5cm pieces

1 tbsp. turmeric

1 tbsp. ground coriander

1 tbsp. ground cumin

2 tbsp. garam masala

Chicken Jalfrezi

2 tbsp. vegetable oil

2 tb. butter

1 red onion, finely diced

1 tbsp. grated ginger

1 tbsp. chopped garlic

1 tsp. ground cumin

1 tsp. ground coriander

1 tsp. turmeric

1 x 400g tin cherry tomatoes

1 small green capsicum, cut into 2cm pieces

2 green chillies, sliced

½ tsp. salt

½ cup water

For a milder option – add 200ml coconut milk at the finish, heat through and serve.

Pilau rice

2 cups basmati rice

1 tbsp. olive oil

2 cloves garlic, crushed

2 tbsp. grated ginger

1 ½ tbsp garam masala

½ tsp cumin seeds

½ tsp. fennel seeds

½ tsp. turmeric powder

½ tsp. Salt

Method

1. Mix together the turmeric, ground coriander, ground cumin and garam masala. Marinate the chicken in the mixed spices for at least ½ hour in the fridge.
2. Place the removable cooking bowl into the multi cooker. Press the START/CANCEL button to turn on the multi cooker. Press the MENU button until SAUTE is illuminated. Adjust the time to 30 minutes. Press the START/CANCEL button to begin pre-heating. The multi cooker will beep when pre-heating is complete.
3. Add 1 tbsp. of the vegetable oil and 1 tbsp. butter to the removable cooking bowl. Allow the butter to melt. Add the red onion, ginger and garlic and stir for 2 minutes. Add the cumin, coriander, turmeric and salt and stir for a further 2 minutes. Add the cherry tomatoes, capsicum, sliced green chillies and 1 ½ cups of water. Let cook for a further 20 minutes. The multi cooker will beep when the 30 minutes cook time has passed.
4. Press the START/CANCEL button to turn off the multi cooker. Remove the removable cooking bowl by lifting by the handles and gently pour the ingredients into a large bowl. Clean the removable cooking bowl and return it to the multi cooker.
5. Press the START/CANCEL button to turn on the multi cooker. Press the MENU button until the SAUTE is illuminated. Adjust the time to 20 minutes. Press the START/CANCEL button to begin pre-heating. The multi cooker will beep when pre-heating is complete. Add 1 tbsp. of vegetable oil and 1 tbsp. butter. Allow the butter to melt. Add the chicken pieces to the removable cooking bowl and brown on all sides. Return the sauce to the removable cooking bowl and cook for a further 10 minutes or until the chicken is cooked.
6. Serve with pilau rice.

Pilau rice

1. Place the rice in the removable cooking bowl. Stir in the olive oil to coat. Add the garlic, ginger, garam masala, cumin and fennel seeds, turmeric and salt. Stir until well combined.
2. Add water to the 2 marking on the inside of the cooking bowl. Close the lid.
3. Press MENU until the WHITE RICE function is illuminated. Press START/CANCEL to begin. The multi cooker will automatically switch to KEEP WARM. Press START/CANCEL to cancel the KEEP WARM function.
4. Serve with Chicken Jalfrezi.

Chicken Piccata

Prep time

10 min

Cook time

25 min

Serves

2-4



Ingredients

2 chicken breasts, each cut into 3, lengthways

Salt and pepper

80g gluten-free plain flour

50g butter

1 tsp. olive oil

1 clove garlic, crushed

2 tbsp. baby capers

1/3 cup fresh lemon juice

1/2 cup chicken stock

1/4 tsp. Dijon mustard

Pinch of salt

1/4 tsp. freshly ground black pepper

1 tbsp. chopped parsley

1/2 lemon, cut into slices for garnish

Method

1. Season the chicken with salt and pepper. Dust the chicken in the flour and shake off any excess flour.
2. Place the removable cooking bowl into the multi cooker.
3. Press the START/CANCEL button to turn on to turn on the multi cooker. Press MENU button until SAUTE is illuminated. Adjust the cooking time to 25 minutes. Press START/CANCEL to pre-heat. The multi cooker will beep when the pre-heat is complete.
4. Add the butter and oil to the removable cooking bowl. When the butter is melted, add 3 pieces of chicken and cook for 3 minutes. Turn the chicken and cook the other side for a further 3 minutes. Remove and transfer to a plate. Add the other pieces of chicken and cook for 3 minutes each side. Once both chicken batches have been cooked, remove from the removable cooking bowl and set aside.
5. Add the garlic and baby capers and stir for 1-2 minutes. Add the lemon juice, chicken stock and Dijon mustard. Allow the sauce to heat and add the chicken back into the removable cooking bowl. Allow the chicken to cook through. Press START/CANCEL to turn off the multi cooker. Stir through the lemon slices. Remove the chicken and sauce using a silicon spoon.

Cranberry & Cinnamon Porridge

Prep time

2 min

Cook time

5 min

Serves

2-4



Ingredients

- 1 ½ cups rolled oats
- 3 ⅓ cups skim milk
- 1 tsp. cinnamon
- ½ tsp. vanilla essence
- 200g blueberries
- 100g frozen cranberries – thawed
- 100g roasted almonds, chopped

Method

1. Place the rolled oats, milk, cinnamon and vanilla essence into the removable cooking bowl. Close the lid.
2. Press the START/CANCEL button to turn on the multi cooker. Press MENU until PORRIDGE is illuminated. Adjust the time to 5 minutes. Press START/CANCEL to begin. The multi cooker will beep when the function is complete.
3. Spoon the porridge into serving bowls, divide the cranberries, blueberries and almonds on the top of each bowl to serve.

Moroccan Lamb Stew

Prep time

30 min

Cook time

6-8 hours

Serves

4-6



Ingredients

½ tsp. ground nutmeg
1 tsp. turmeric
1 tbsp. ground coriander
1 tsp. ground cumin
1 tsp. garam masala
¼ tsp. ground cinnamon
2 tbsp. gluten-free plain flour
1 kg lamb, diced
1 tbsp. vegetable oil
1 onion, finely diced
3 cloves garlic, chopped
½ cup chopped coriander
½ cup chopped parsley
¼ cup chopped chives
3 cups beef stock
125g tin red kidney beans, drained and rinsed
2 tbsp. lemon juice
1 tsp. lemon zest

Method

1. Mix together the nutmeg, turmeric, coriander, cumin, garam masala, cinnamon and plain flour. Place the lamb in a medium sized bowl and add the mixed herbs. Toss together and leave in the fridge to marinate for at least ½ hour.
2. Place the removable cooking bowl into the multi cooker. Press START/CANCEL button to turn on the multi cooker. Press the MENU button until SAUTE is illuminated. Adjust the time to 20 minutes. Press START/CANCEL button to begin pre-heating. The multi cooker will beep when pre-heating is complete.
3. Add the vegetable oil to the removable cooking bowl. Allow the oil to heat for 1 minute. Add the lamb and brown all over. Remove the lamb from the removable cooking bowl and set aside.
4. Add the onion and garlic and sauté for 2 minutes. Add the chopped coriander, parsley and chives. Sauté for 2 minutes. Return the lamb to the removable cooking bowl. Add the beef stock. Close the lid.
5. Press MENU until SLOW COOK HIGH is illuminated. Adjust the time to 6. Press START/CANCEL to begin. Cook for 6 hours or until the lamb is tender.
6. The multi cooker will beep when the function is complete and switch to KEEP WARM. Press START/CANCEL to turn off the multi cooker.
7. Stir in the lemon juice and lemon zest and serve with rice.

Pear & Almond Porridge

Prep time

5 min

Cook time

5 min

Serves

2-4



Ingredients

- 1 ½ cups rolled oats
- 3 ⅓ cups skim milk
- 2 tbsp. brown sugar
- 1 tsp. cinnamon
- ½ tsp. vanilla essence
- 2 slightly under-ripe pears, thinly sliced lengthways
- 100g roasted almonds, chopped

Method

1. Place the rolled oats, milk, brown sugar, cinnamon and vanilla essence into the removable cooking bowl. Close the lid.
2. Press the START/CANCEL button to turn on the multi cooker. Press MENU until PORRIDGE is illuminated. Adjust the time to 5 minutes. Press START/CANCEL to begin the function. The multi cooker will beep when the function is complete.
3. Spoon the porridge into serving bowls, divide the sliced pear and almonds on the top of each bowl to serve.

Pulled Pork Tacos

Prep time	Cook time	Serves
20 minutes + overnight marinating	High – 4-6 hours Low – 8-10 hours	6-8



Ingredients

- 2 tbsp. smoked paprika
- 2 tbsp. dried oregano
- 2 tsp. ground cumin
- 2 tsp. ground coriander
- ½ tsp. fennel seeds
- 1 tsp. crushed chilli flakes – optional
- 1 ½ tsp. salt
- ½ tsp. black pepper
- 1.5kg boneless pork shoulder, scotch, neck
- 2 tbsp. vegetable oil
- 1 brown onion, roughly chopped
- ¼ cup coconut water
- 10-12 flour tortillas
- ¼ cup vegetable oil
- 2 tbsp. chopped flatleaf parsley
- 1 bunch coriander, chopped

Method

1. In a small bowl, mix together the smoked paprika, oregano, cumin, coriander, fennel seeds, chilli, salt and pepper. Rub the spices on the pork and leave in the refrigerator overnight or as long as possible.
2. Press the START/CANCEL button to turn on the multi cooker. Press the MENU button until the SAUTE function is illuminated. Adjust the time to 15 minutes. Add the vegetable oil to the removable cooking bowl, then add the pork. Brown on all sides. Remove the pork and add the roughly chopped onion into the removable cooking bowl and place the pork back into the cooking bowl on top of the onions. Add the coconut water. Close the lid.
3. Press the MENU button until SLOW COOK HIGH is illuminated. Adjust the time to 5 hours. Press START/CANCEL to begin. The multi cooker will beep when the function is complete and switch to keep warm. Press START/CANCEL to turn off multi cooker.
4. Remove the pork from the cooking bowl and shred using 2 forks.

Method continued

Tortilla Bowls

The tortilla bowls can be done in batches.

1. Pre-heat oven to 190°C. Lightly brush the tortillas with oil and lay each tortilla over a large upside down ramekin/bowl and press gently to shape the tortilla. Cover the tortilla with foil pressed down onto the tortilla to help to keep the bowl shape. Leaving the ramekins upside down, place these on a large tray and bake in the oven for 5 minutes. Remove the tray from the oven and turn the bowl so it is facing upwards. Remove the ramekin from the inside of the tortilla and return the tortillas to the oven for a further 5 minutes. Using heat proof mitts, remove the foil and place the tortilla back onto the tray upside down, for another 8 minutes. Turn the tortilla to be the right way up and bake for a further 3 minutes. Put the tortilla bowls aside until the pork is ready.

Assembly

2. Stir the chopped herbs through the shredded pork and serve the pulled pork in the tortilla bowls.

Vegan Lentil Soup

Prep time

15 min

Cook time

HIGH – 3-4 hours
LOW 4-6 hours

Serves

4-6



Ingredients

- 2 tbsp. olive oil
- 1 brown onion, fine dice
- 1 tsp. grated ginger
- 2 cloves garlic, crushed
- 2 tsp. chopped coriander root
- 1 tsp. curry powder
- 1 tsp. salt
- 1 stick of celery, fine dice
- 2 medium carrots, cut into 1cm pieces
- 1 large sweet potato, large dice
- 200g red lentils (1 cup), rinsed and drained
- 1L vegetable stock
- 200g tin crushed tomatoes
- 200ml coconut milk + 50ml extra for drizzle
- ½ bunch coriander leaves
- 1 green chilli, sliced

Method

1. Place the removable cooking bowl into the multi cooker. Press the START/CANCEL button to turn on the multi cooker. Press the MENU button until SAUTE is illuminated. Adjust the cooking time to 10 minutes. Press START/CANCEL to pre-heat. The multi cooker will beep when the pre-heat is complete.
2. Add the oil to the cooking bowl. Add the onion, ginger, garlic and coriander root to the cooking bowl. Sauté for 1-2 minutes, stirring continuously. Add the curry powder and salt and stir to combine. Add the celery, carrots, sweet potato, lentils, stock, crushed tomatoes and coconut milk. Close the lid.
3. Press MENU until the SLOW COOK HIGH is illuminated. Adjust the time to 3 hours. Press START/CANCEL to begin. The multi cooker will beep when the function is complete and switch to KEEP WARM. Press START/CANCEL to turn off the multi cooker.
4. Using heatproof mitts, remove the cooking bowl from the multi cooker. Blend half of the soup in a separate bowl using a stick mixer then mix together the blended and unblended soup. Ladle into serving bowls and serve with a drizzle of extra coconut milk, coriander leaves and sliced green chilli.

Steamed Vegetables

Prep time	Cook time	Serves
5 min	20 min	2-4



Ingredients

- 2 carrots, peeled and sliced
- 1 head of broccoli, cut into florets
- 2 yellow zucchinis, sliced
- 100g snow peas, top and tailed with strings removed

Method

1. Place 1L of water into the removable bowl. Close the lid.
2. Press the START/CANCEL button to turn on the multi cooker. Press MENU until the STEAM function is illuminated. Adjust the time to 20 minutes. Press START/CANCEL to begin pre-heating. The multi cooker will beep when the pre-heat is complete.
3. Open the lid and add the carrot into the Health Steam basket and place into the multi cooker. Close the lid. Let the carrot steam for 5 minutes. Open the lid and add the zucchini slices and broccoli. Close the lid. With 5 minutes remaining on the timer, add the snow peas to the steaming basket. Close the lid. The multi cooker will beep when the function is complete.
4. Carefully remove the Health Steam basket using heat proof mitts and serve.

Asian Chicken with Steamed Greens

Prep time

10 min

Cook time

20-25 min

Serves

2



Ingredients

- 2 x chicken breasts
- 5g ginger, cut into thin long strips
- 2 tbsp. honey
- 2 tbsp. soy sauce
- Pinch of chilli flakes
- 1 head broccoli, cut into florets
- 100g green beans, cut on a slant into 3-4cm lengths
- 100g sugar snap peas, string removed
- 1 red chilli, sliced

Method

1. Mix together the soy sauce, honey and ginger. Place the chicken into a small container and pour the soy mixture over the chicken. Cover the container and refrigerate overnight, if time allows.
2. Lay a large piece of aluminium foil out and place a smaller piece of baking paper in the centre. Arrange the chicken and remaining marinade on the baking paper. Lift the foil up at the edges and loosely fold at the top and sides. Place the foil with the chicken inside into the Health Steam basket. Set in the refrigerator until the pre-heat is complete.
3. Fill the removable cooking bowl with 800ml cold tap water – this should be level with the 2 cup marking on the inside of the cooking bowl. Close the lid.
4. Press the START/CANCEL button to turn on the multi cooker. Press MENU until STEAM is illuminated. Adjust the time to 20 minutes (depending on the size of the chicken breast, more time may be required – this timing is based on 2 x 250g chicken breasts).
5. Press START/CANCEL to begin pre-heating. The multi cooker will beep when the pre-heat is complete.
6. Place the Health Steam basket into the removable cooking bowl. Close the lid.
7. After 15 minutes has passed, carefully open the multi cooker, gently open the foil and add the beans and broccoli. With 5 minutes remaining on the timer, add the sugar snap peas.
8. The multi cooker will beep when the function is complete. Be sure that the chicken is cooked before removing from the Health Steam basket.
9. Carefully remove the Health Steam basket and serve on steamed rice with sliced chilli.

Vanilla Date Pudding

Prep time

20 min

Cook time

50 min

Makes

4 x 160ml
puddings



Ingredients

160g dried pitted dates
200ml water
1 tsp. bi-carbonate soda
1 tsp. vanilla paste
60g butter
1 cup brown sugar
2 eggs
1 cup self-raising flour,
sifted
Butterscotch sauce
180g brown sugar
300ml fresh cream
60g butter

Method

Pudding

1. Place the dates and water into the removable cooking bowl. Press the START/CANCEL button to turn on the multi cooker. Press MENU until SAUTE is illuminated. Adjust the time to 10 minutes. Press START/CANCEL. The multi cooker will beep when the function is complete. Add the bi-carbonate soda to the dates. Allow the dates to cool. Add the vanilla to the date mixture. Transfer the date mixture to a blending jug and blend to be chunky. Clean the removable cooking bowl and place back into the multi cooker.
2. In the bowl of a bench mixer, cream the butter and brown sugar together until pale in colour. Add the eggs one by one, beating well between each addition. Fold the flour and date mixture into the butter mixture.
3. Grease 4 x 180ml pudding moulds with baking spray and place a small piece of baking paper in the bottom of each pudding mould to allow for easy removal of the puddings. Divide the pudding mixture between the moulds and place a small square of baking paper on the top and wrap each mould in cling wrap to prevent any moisture entering the puddings.

Method continued

4. Fill the removable cooking bowl with water, to the 2 cup marking on the inside of the cooking bowl. Press MENU until STEAM is illuminated. Adjust the cooking time to 50 minutes. Close the lid and press START/CANCEL to begin pre-heating. The multi cooker will beep when the pre-heat is complete. Place the wrapped puddings into the Health Steam basket and place the Health Steam basket into the cooking bowl. Close the lid. The multi cooker will beep when the cooking time is complete. Press START/CANCEL to turn off the multi cooker. Remove the Health Steam basket with the puddings inside. Remove the puddings moulds and allow to cool slightly before unwrapping from the cling wrap. Press START/CANCEL to turn off the multi cooker. Clean the removable cooking bowl and return to the multi cooker.
5. Turn the puddings out onto a serving dish (remember to remove the little piece of baking paper in the bottom of the pudding mould).

Butterscotch Sauce

1. Press the START/CANCEL button to turn on the multi cooker. Press menu until SAUTE is illuminated. Adjust the time to 8 minutes. Press START/CANCEL to begin pre-heating. The multi cooker will beep when the pre-heat is complete. Add the cream, butter and brown sugar to the cooking bowl and stir to combine. Close the lid. Stir occasionally. The multi cooker will beep when the function is complete.
2. Allow to cool slightly then pour the butterscotch sauce over the puddings.