

KAMBROOK



INSTRUCTION BOOKLET

Suits all KRC300 models

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 2738 45 (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 Meal Master Mini 1.5 Cup Cooker

- Carefully read all instructions before operating the mini cooker for the first time and save for future reference.
- Remove and safely discard any packaging material and promotional labels before using the mini cooker for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this mini cooker.
- Do not place the mini cooker near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water and other substances.
- Do not operate the mini cooker on a sink drain board.
- Always ensure the mini cooker is properly assembled before use. Follow the instructions provided in this book.
- Always operate the mini cooker on a stable and heat resistant surface.
- Do not place the mini cooker directly on a heat sensitive bench top, such as a stone bench top, when cooking. This type of bench top is heat sensitive to uneven heat and may crack if heated locally. To cook on a heat sensitive bench top, place a chopping board or heat proof mat underneath the mini cooker.
- Use the removable cooking bowl supplied with the mini cooker. Do not use any other bowl inside the mini cooker housing.
- Never plug in or switch on the mini cooker without having the removable cooking bowl placed inside the mini cooker housing.
- Do not use a damaged, cracked or dented removable cooking bowl. If damaged, cracked or dented, replace bowl before using.
- Before placing the removable cooking bowl into the mini cooker base, ensure the base of the cooking bowl and base of the mini cooker is dry by wiping with a dry soft cloth.

- Do not place food or liquid in the mini cooker housing. Only the removable cooking bowl is designed to contain food or liquid.
- Never operate the mini cooker without food and liquid in the removable cooking bowl.
- Ensure the removable cooking bowl is correctly positioned in the mini cooker base before you commence cooking.
- When using this mini cooker, ensure the lid is correctly positioned before use.
- Do not operate the mini cooker on an inclined plane. Do not move while the mini cooker is switched on and during cooking.
- Care should be taken when handling the mini cooker after cooking, ensuring that the mini cooker body and parts are not touched as these parts may still be hot due to residual heat.
- The temperature of accessible surfaces will be high when the mini cooker is operating and for some time after use.
- Do not touch hot surfaces. Use the mini cooker handle for lifting and carrying once the mini cooker is switched off at the power outlet.
- Do not touch hot surfaces. Use oven mitts to remove the lid and / or removable cooking bowl when cooking is completed.
- Extreme caution must be used when the mini cooker contains hot food and liquid. Improper use may result in injury. Do not move the mini cooker during operation.
- Do not allow water from the lid to drip into the mini cooker housing, only into the removable cooking bowl.
- Position the mini cooker so that the steam vent is directed away from you. Lift and remove the lid carefully to avoid scalding from escaping steam.
- To prevent scratching the non-stick surface of the cooking bowl, always use wooden or plastic utensils.
- Always have the lid placed correctly into position on the mini cooker throughout operation unless stated in the recipe to have it removed.
- Do not leave the mini cooker unattended when in use.
- Do not place your face or any other body parts over the mini cooker whilst in use as the steam can cause serious burns.
- Do not place anything, other than the lid on top of the mini cooker when assembled, when in use and when stored.
- Do not use chemicals, steel wool, metal scouring pad or abrasive cleaners to clean the outside housing or the cooking bowl of the mini cooker as these can damage the housing or the coating of the cooking bowl.
- Do not immerse the mini cooker housing/base, power cord or plug in water or any other liquid.
- The mini cooker is not intended to be operated by means of an external timer or separate remote system.
- Always ensure that the power is off at the power outlet and remove the power plug from the power outlet before attempting to move the mini cooker and before cleaning or storing.
- Keep the mini cooker clean. Follow the cleaning instructions provided in this book.

Important Safeguards For All Electrical Appliances

- Fully unwind the power cord before use.
- Connect only to a 230V or 240V power outlet.
- 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 or allow moisture to come in contact with the part, 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. To avoid hazard, do not use the appliance if the power cord, plug, connector or appliance becomes damaged in any way. 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.

Your Kambrook Meal Master Mini

- 1. 1.5 cup cooking capacity
- 2. Lid locking clips
- 3. Lid assembly
- 4. Steam vent
- 5. Carry handle
- 6. Stainless steel housing
- 7. Power cord inlet
- 8. COOK and KEEP WARM indicator lights
- 9. Selector control lever
- 10. Outer lid

- 11. Removable inner lid
- 12. Removable non-stick cooking bowl
- 13. Detachable power cord
- 14. Measuring scoop
- 15. Serving spoon



Operating Your Kambrook Meal Master Mini

Before First Use

Remove and safely discard any packaging material and promotional labels before using the mini cooker for the first time.

Ensure that you have all parts and accessories specified before discarding the packaging.

Disassemble the mini cooker by unclipping and removing the lid then removing the cooking bowl.

Separate the inner and outer lid assembly by gently pulling the inner lid straight out from the outer lid (Fig.1). Gently tug to remove the inner lid from the post, however do not bend or use excessive force to separate these parts.



Wash the cooking bowl, inner lid, outer lid, serving spoon and measuring scoop in warm soapy water. Rinse and dry thoroughly before reassembling (Fig. 2).

To reassemble the lid assembly, align the hole in the centre of the inner lid with the post in the centre of the outer lid and push together.

Place the cooking bowl into the mini cooker housing, then place the lid on top, aligning the grooves in the lid with the locking clips. Lock the clips into place to secure the lid.



Operating Your Kambrook Meal Master Mini

Cooking Rice

The Meal Master Mini is perfect for cooking rice or rice dishes, making up to 3 cups of cooked rice.

1. Remove the cooking bowl from the mini cooker housing. Use the measuring scoop provided to measure the required amount of rice and place it into the cooking bowl, making sure it is evenly distributed on the base of the bowl. Ensure that the exterior of the cooking bowl is clean before placing it into the mini cooker housing. If desired, prior to placing the rice into the cooking bowl, place the rice into a sieve and hold under cold running water to remove any excess starch. Rinse until the water draining appears clear, then place the rice into the cooking bowl.



CAUTION: When in use, avoid spillage of water on the cooker and connector as this may cause damage to the mini cooker.



CAUTION: Always operate the mini cooker on a stable and heat resistant surface.

2. Add the required amount of cold tap water to the cooking bowl.
1 level measuring scoop = 150g of uncooked rice.
1 level measuring scoop = 180ml of water.
The minimum quantity of uncooked rice that can be cooked in the mini cooker is a ½ cup.

NOTE: The mini cooking bowl should only be filled to the MAX line marked inside the bowl. Do not exceed this level.

Place the lid assembly on the mini cooker housing, ensuring the steam vent is positioned at the back of the mini cooker.

Align the grooves on the lid assembly with the lid locking clips on the housing. Press the lid down and lock the clips into place to secure (Fig. 3).



Fig. 3



CAUTION: Do not place your face or any other body part over the mini cooker whilst in use as the steam can cause serious burns.

Operating Your Kambrook Meal Master Mini



CAUTION: Position the mini cooker so that the steam vent is directed away from you. Lift and remove the lid carefully to avoid scalding from escaping steam.



CAUTION: Never operate the mini cooker without food and liquid in the removable cooking bowl.

3. Insert the power cord into the base of the mini cooker housing. Insert the power plug into a 230V or 240V power outlet and switch on. The orange WARM light will illuminate.
4. To commence cooking, push the selector control lever down; the red COOK light will illuminate.

NOTE: Only one light will illuminate at a time; red for COOK or orange for WARM.

5. Once rice cooking is complete, the mini cooker will automatically switch to WARM and the orange light will illuminate.

NOTE: Water from condensation may become trapped in the lid by the rubber seal. Ensure the mini cooker is clean and dry between each use.

6. Unclip the lid locks and carefully lift the lid, angling it away from you, allowing the steam to release and avoiding steam scalding.
7. Fluff the rice using the serving spoon. For extra soft rice, replace the lid and allow it to sit on WARM for 5 – 10 minutes before serving



CAUTION: Do not touch hot surfaces; use oven mitts to remove the lid and removable cooking bowl. Lift and remove the lid carefully and away from yourself to avoid scalding from escaping steam.

8. Switch the mini cooker off at the power outlet and unplug. Use oven mitts to remove the cooking bowl when serving. Allow the mini cooker to cool down before cleaning and storing.

Rice Cooking Tables

White Rice (Long or Short Grain)

| Uncooked Rice | Cold Water | Serves of Cooked Rice |
|---------------------|--------------------|-----------------------|
| ½ measuring scoop | ½ measuring scoop | 1 |
| 1 measuring scoop | 1 measuring scoop | 2 |
| 1 ½ measuring scoop | 1½ measuring scoop | 3 |

NOTE: The quantity of water required will depend on the type of rice as well as personal preference of the texture of the cooked rice. Add extra water for fluffier rice or reduce the water for firmer rice. Some varieties may require more water for cooking.

Brown Rice

| Uncooked Rice | Cold Water (Add to 'RAW' Line marking inside bowl) | Serves of Cooked Rice |
|-------------------|---|-----------------------|
| ½ measuring scoop | 0.5 RAW level marking on bowl (or 1 measuring scoop) | 1 |
| 1 measuring scoop | 1.0 RAW level marking on bowl (or 1 1/2 measuring scoop) | 2 |

NOTE: When using the "RAW" line marking inside the bowl, place the rice into the bowl first, then add water to the line.

NOTE: Allow sufficient time when cooking brown rice and if desired, stir half way through cooking. When cooking brown rice, starchy bubbles will form under the lid during cooking and will dissipate when left to stand on WARM for 10 – 15 minutes after cooking. Rinse rice with water before cooking to minimise starch.

NOTE: To cook wild rice, combine as a blend with white or brown rice. If you add too much water, the excess water may overflow during cooking. Start by cooking with the recommended quantity of water and if the results are still a bit hard, add some water and push the selector control lever down to COOK again.



Do not place your face or any other body part over the mini cooker whilst in use as the steam can cause serious burns.

Operating Your Kambrook Meal Master Mini

Cooking Other Meal Types

The Meal Master Mini is a handy cooker for cooking other 1 - 2 person meals. See the recipe section for great meal ideas.

It is important to note, when cooking non-rice recipes in the mini cooker, always check that the food is cooked prior to consuming. Cooking non-rice meals is a more complex cooking process that depends on the type and amount of ingredients used, the amount of liquid content and the internal temperature reached during cooking.

For recipes that use minimal liquid and denser content, the selector control lever may switch to WARM before the food has finished cooking.

If this happens, allow the mini cooker to cool for a few minutes until it resets itself, allowing you to press the selector control lever down again to continue cooking.

For recipes with more liquid content, the mini cooker may not automatically switch to WARM.

For such recipes, we suggest checking doneness throughout the cooking process to avoid recipes becoming too dry.

1. Remove the cooking bowl from the mini cooker housing. Place all ingredients into the cooking bowl. Ensure that the exterior of the cooking bowl is clean before placing it into the housing.
2. Place the lid assembly on the mini cooker housing, ensuring the steam vent is at the back of the mini cooker. Align the grooves on the lid assembly with the lid locking clips on the housing. Press the lid down and lock clips into place to secure.

NOTE: The mini cooking bowl should only be filled to the MAX line marked inside the bowl. Do not exceed this level.

3. Insert the power cord into the base of the mini cooker housing. Insert the power plug into a 230V or 240V power outlet and switch on. The orange WARM light will illuminate. To commence cooking, push the selector control lever down, the red COOK light will illuminate.
4. For some recipes, if the selector control lever switches to WARM and the food is not yet cooked, allow the mini cooker to cool for a couple of minutes before pressing the lever down again.
5. Once cooked, unclip the lid locks and carefully lift the lid, angling it away from you.

NOTE: Always ensure the food is cooked before serving.

6. Switch the mini cooker off at the power outlet and unplug. Use oven mitts to remove the cooking bowl and serve. Always ensure that the food is thoroughly cooked before consuming.
7. Allow the mini cooker to cool down before cleaning and storing.

NOTE: Water from condensation may become trapped in the lid by the rubber seal. Ensure the mini cooker is clean and dry between each use.

Operating Your Kambrook Meal Master Mini

Important

- Do not interfere with the automatic selector control lever during operation.
- Never try to force the selector control lever to stay on the COOK setting after it has switched to WARM. Allow the mini cooker a few minutes to cool down before attempting to push the selector control lever again.
- To avoid damage to the mini cooker, always ensure that the cooking bowl is positioned correctly in the mini cooker housing. This will ensure proper contact with the heating surface in the housing for optimal performance.
- Always ensure food is spread evenly across the bottom of the cooking bowl and not heaped to one side.
- Do not use a damaged or dented cooking bowl as this may cause the cooking bowl to sit incorrectly in the housing.
- Never use metal utensils inside the removable cooking bowl, as they will damage the non-stick surface. Only use wooden or plastic utensils.



WARNING: To avoid damage to the mini cooker, always ensure that the cooking bowl is correctly positioned in the housing.

Care, Cleaning and Storage

Switch the mini cooker off at the power point and unplug. Allow all parts to cool before cleaning.

Remove the cooking bowl and lid assembly from the mini cooker housing. Separate the inner lid and outer lid on the lid assembly to clean.

For thorough cleaning, the rubber lid seal situated near the rim of the outer lid assembly can also be removed if washing while attached in warm, soapy water fails to remove residue.

To remove the rubber lid seal, lay the outer lid on a flat surface. At one of the clip grooves located on either side of the outer lid, use your thumb and index finger to gently pry apart the plastic holding ring from the outer lid and remove from the outer lid (Fig 4). Remove the rubber lid seal.



Fig. 4

Wash the cooking bowl, inner lid, outer lid, lid rim, rubber lid seal, measuring scoop and serving spoon in warm soapy water, then rinse and dry all parts thoroughly before reassembling.

To reassemble the rubber seal to the outer lid, place the top outer lid on a flat surface. Align the rubber lid seal with the groove found near the top of the outer lid. The rubber seal must be placed so that the shorter edge is sitting in the groove (Fig 5).

The rubber seal includes a rubber tab to reference correct seal placement.

When positioned correctly in the lid, the rubber tab will not be visible i.e. the tab will sit fully inside the lid groove (Fig 6). If the tab is visible, the plastic holding ring will not lock into place. Turn the seal over to fit.

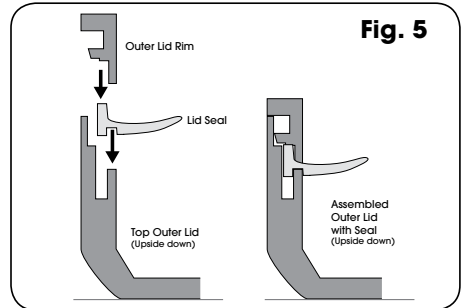


Fig. 5

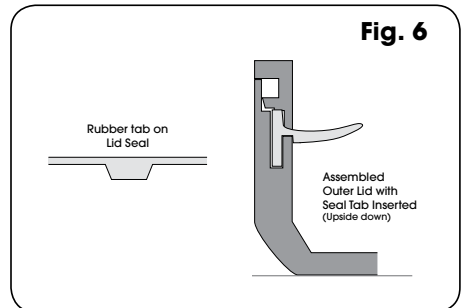


Fig. 6

Using both hands, align the tabs on the plastic holding ring to the clip grooves on the outer lid. Push the plastic holding ring down into the outer lid until securely positioned.

Reassemble the mini cooker following the instruction on page 8.

Wipe the mini cooker housing with a soft, damp cloth then dry thoroughly with a soft cloth. Ensure that residue does not stick to the outside surface of the removable cooking bowl.

Do not wash any parts of the mini cooker in the dishwasher.

NOTE: If food has cooked onto the bottom of the removable cooking bowl, fill the bowl with hot soapy water and leave to stand for approximately 10 minutes before cleaning with a soft cloth, then rinse and dry thoroughly.



CAUTION: To prevent and damage to the mini cooker, do not use alkaline cleaning agents when cleaning. Use a soft cloth and mild detergent.



CAUTION: Do not immerse the mini cooker housing, power cord or plug in water or any other liquid as this may cause electrocution.

Recipes

NOTE: The following recipes use a combination of scoops and metric spoons. The scoop refers to the measuring scoop provided with the mini cooker. If this scoop is misplaced, use the equivalent metric measurements of 150g of uncooked rice or 180ml of water

Mushroom, Spinach, Brie & Truffle Frittata

Serves 1

2 eggs
1 tbsp fresh cream
Salt & Pepper
1 Portobello mushroom, sliced
20g baby spinach leaves
35g brie, sliced
Drizzle truffle oil

1. Place the eggs, cream, salt and pepper into a separate bowl and whisk to combine.
2. Place the mushroom and spinach into the cooking bowl and gently pour in the egg mixture. Arrange the brie on the top of the mixture then place the cooking bowl into the mini cooker housing.
3. Place the lid on the mini cooker housing and lock into place.
4. Push the selector control lever down to COOK. Cook for 15-20 minutes.
5. Once cooked, remove cooking bowl from housing and using a silicon spatula, remove the frittata from the bowl. Drizzle with truffle oil and serve.

Quinoa Fried Rice

Serves 1 - 2

1 egg
1 ½ tsp soy sauce
¾ scoop white quinoa, rinsed and drained
40g carrot, finely diced
40g corn kernels
1 rasher short cut bacon, finely diced
1 shallot, finely sliced
1 scoop chicken stock
1 scoop water
1 tsp Shaoxing Chinese cooking wine
50g frozen green peas, thawed

1. Combine the egg and ½ tsp soy sauce and pour into the cooking bowl. Place the cooking bowl into the mini cooker housing.
2. Place the lid on the mini cooker housing and lock into place.
3. Push the selector control lever down to COOK. Cook for 10 minutes.
4. Remove the egg from the cooking bowl and slice before setting aside.
5. Place the rinsed quinoa, carrot, corn kernels, bacon, shallot (reserve some green pieces for garnishing), chicken stock, water, remaining soy sauce and cooking wine into the cooking bowl.
6. Push the selector control lever down to COOK. Cook until the mini cooker switches to WARM.
7. Stir through the peas and serve; garnished with sliced egg and remaining shallots.

Recipes

Oat Porridge

Serves 1

- 1 scoop oats
- 1½ scoops milk or water
- 1 tsp vanilla paste

1. Place oats and milk (or water) in the cooking bowl then place the cooking bowl into the mini cooker housing.
2. Place the lid on the mini cooker housing and lock into place.
3. Push the selector control lever down to COOK. Cook for 12 minutes.
4. Stir through the vanilla paste then allow to rest for 2 minutes before serving.

Bacon & Egg Bowl

Serves 1

- 1 bacon rasher
- 2 eggs
- 1 Roma tomato, cut in half
- Salt & Pepper

1. Line the bottom of the cooking bowl with the bacon rasher. Place the tomato halves on top of the bacon then gently crack the eggs into the remaining space.
2. Season with salt and pepper then place the cooking bowl into the mini cooker housing.
3. Place the lid on the mini cooker housing and lock into place.
4. Push the selector control lever down to COOK. Cook for 10 minutes. Allow to rest on WARM if additional cooking time required. Serve.

Banana & Blueberry Quinoa Porridge

Serves 1

- ½ scoop quinoa flakes
- ¼ banana, diced
- 20g frozen blueberries
- 1 scoop life milk
- ¼ tsp vanilla paste
- Honey, for serving

1. Place quinoa flakes, banana, blueberries, milk and vanilla paste into the cooking bowl, then place the cooking bowl into the mini cooker housing.
2. Place the lid on the mini cooker housing and lock into place.
3. Push the selector control lever down to COOK. Cook for 10 minutes.
4. Stir and serve with a drizzle of honey.

Ham & Cheese Macaroni

Serves 1

- 70g macaroni
- ½ scoop chicken stock
- ½ scoop fresh cream
- 10g leg ham, finely diced
- ½ scoop tasty cheese

1. Place all ingredients into the cooking bowl, then place the cooking bowl into the mini cooker housing.
2. Place the lid on the mini cooker housing and lock into place.
3. Push the selector control lever down to COOK. Cook for 20 minutes then rest in the cooking bowl for 10 mins before stirring and serving.

Recipes

Chicken & Mushroom Risotto

Serves 1 - 2

20g onion, diced
1 clove garlic, crushed
20g butter
2 large button mushrooms, sliced
¼ tsp sea salt
¾ scoop Arborio rice
120g chicken breast, sliced thickly
1 ¼ scoop chicken stock
1 tbsp grated parmesan
2 sage leaves, finely chopped
Cracked black pepper

1. Place the onion, garlic, butter, mushroom and salt into the cooking bowl. Place the cooking bowl into the mini cooker housing.
2. Place the lid on the mini cooker housing and lock into place.
3. Push the selector control lever down to COOK. Cook for 8 minutes.
4. Remove the lid, stir through the Arborio rice, chicken breast and chicken stock. Replace the lid and cook for a further 20 minutes.
5. Stir through the parmesan and sage and serve with fresh cracked pepper.

Cottage Pie

Serves 1

3g butter
150g grated potato
75g beef mince
¼ small carrot, finely diced
1 button mushroom, grated
½ tsp crushed garlic
10g onion, finely diced
1 tbsp frozen green peas, thawed
1 ½ tbsp beef stock
1 tsp tomato paste
Pinch dried mixed herbs
1 tbsp gravy powder
Salt and pepper, to season

1. Place a 10cm x 10cm piece of greaseproof paper into the bottom of the cooking bowl. Place the butter onto the greaseproof paper followed by the grated potato, pushing it down flat to cover the base of the cooking bowl.
2. Mix together the remaining ingredients in a separate bowl. Add mixture to the cooking bowl and push down until flat. Place the cooking bowl into the mini cooker housing.
3. Place the lid on the mini cooker housing and lock into place.
4. Push the selector control lever down to COOK. Cook for 20 minutes, then switch to WARM and allow to rest for 10 minutes.
5. Turn the pie out onto a plate and serve.

Recipes

Chicken, Vegetable & Noodle Soup

Serves 1 - 2

- 100g chicken breast, diced
- ½ tbsp cornflour
- 1 ½ scoop chicken stock
- 15g vermicelli rice noodles
- 15g leek, diced
- 2 button mushrooms, sliced
- ½ small carrot, finely diced
- 30g fresh corn kernels
- 1 tsp soy sauce
- ½ scoop frozen green peas, thawed

1. Dust the chicken in the cornflour and then place all ingredients into the cooking bowl. Place the cooking bowl into the mini cooker housing.
2. Place the lid on the mini cooker housing and lock into place.
3. Push the selector control lever down to COOK. Cook for 20 minutes.
4. Once cooked, stir through the green peas, remove the cooking bowl from the housing and serve.

Green Curry Chicken

Serves 1 - 2

- 100g chicken thigh fillet, 3cm dice
- 1 tbsp green curry paste
- 1 tbsp onion, finely diced
- 1 tsp crushed garlic
- ½ carrot, 1cm dice
- 50g pumpkin, 2cm dice
- 20g cauliflower florets
- ½ scoop chicken stock
- ½ scoop coconut milk
- ½ tsp soy sauce
- ½ tsp Shaoxing Chinese cooking wine
- ¼ tsp fish sauce

2 kaffir lime leaves

1. Combine all ingredients except the lime leaves and place into the cooking bowl. Place the cooking bowl into the mini cooker housing.
2. Place the lid on the mini cooker housing and lock into place.
3. Push the selector control lever down to COOK. Cook for 30 minutes.
4. Add the kaffir lime leaves and leave to rest on WARM for 5 minutes. Serve with rice.

Recipes

Bolognaise

Serves 1

- 60g beef mince
- 1 tbsp tomato paste
- 1 tbsp onion, diced
- 1 clove garlic, crushed
- ½ carrot, grated
- ½ scoop red wine
- 1 scoop beef stock
- ¼ scoop tomatoes, diced
- 1 scoop small pasta
- Pinch dried mixed herbs
- ½ tbsp gravy powder
- ½ tbsp water
- Salt
- Pepper
- 1 tbsp fresh parmesan cheese, grated

1. In a separate bowl, place the beef mince, tomato paste, onion, garlic, carrot, red wine, beef stock, tomatoes, pasta and mixed herbs, stir to combine. Place the ingredients into the cooking bowl and place the cooking bowl into the mini cooker housing.
2. Place the lid on the mini cooker housing and lock into place.
3. Push the selector control lever to COOK. Cook for 30 minutes. Combine the gravy powder and water and add to the bolognaise mixture.
4. Season with salt and pepper and serve with fresh parmesan cheese.

Curried Prawns

Serves 1 - 2

- 10g leek, finely diced
- 60g cauliflower florets
- ½ tsp curry powder
- ½ tsp tomato paste
- ½ tsp lemon juice
- ¼ tsp grated ginger
- ½ tsp soy sauce
- ½ scoop chicken stock
- ¼ scoop coconut milk
- Pinch cinnamon
- 180g raw prawn meat
- 1 scoop frozen green peas, thawed
- Coriander sprigs

1. Place the leek, cauliflower florets, curry powder, tomato paste, lemon juice, ginger, soy sauce, chicken stock, coconut milk and cinnamon into the cooking bowl and stir to combine. Place the cooking bowl into the mini cooker housing.
2. Place the lid on the mini cooker housing and lock into place.
3. Push the selector control lever to COOK. Cook for 10 minutes. Add the prawns, replace the lid and cook for a further 10 minutes.
4. Stir through the peas and serve with coriander garnish.

Recipes

Chinese Prawn & Eggplant

Serves 1 - 2

½ eggplant, sliced 1cm thickness
¼ scoop salt
½ tbsp soy sauce
½ tbsp Shaoxing Chinese cooking wine
1 tsp caster sugar
2 tbsp water
½ tsp cornflour
½ tsp grated ginger
1 shallot, finely diced
150g raw prawn meat

1. Season the eggplant slices with salt on both sides and leave to rest for 10 minutes. Rinse the salt off and dry before cutting into 1cm dice.
2. In a separate bowl, combine the soy sauce, cooking wine, sugar, water and cornflour and set aside.
3. Place the ginger, shallot and eggplant into the cooking bowl. Place the cooking bowl into the mini cooker housing.
4. Place the lid on the mini cooker housing and lock into place.
5. Push the selector control lever down to COOK. Cook for 10 minutes.
6. Remove the lid, stir the eggplant, add the prawns and sauce mixture and stir. Replace the lid and cook for a further 10 minutes. Stir and serve with rice.

Zucchini & Haloumi Fritter

Serves 1

70g zucchini, grated
40g haloumi, grated
1 egg yolk
1 tbsp plain flour
½ clove garlic, crushed
½ tsp onion flakes
Pinch of lemon zest

1. Combine all ingredients thoroughly. Place the mixture into the cooking bowl and flatten to compress slightly. Place the cooking bowl into the mini cooker housing.
2. Place the lid on the mini cooker housing and lock into place.
3. Push the selector control lever to COOK. Cook for 10 minutes.
4. Loosen the fritter from the cooking bowl with a silicon spatula and turn out onto a plate. Slide the fritter back into the cooking bowl with the raw side facing down. Cook for a further 10 minutes. Serve.

Recipes

Potato Dauphinoise

Serves 2

2 medium potatoes, peeled, 4mm sliced
2 tbsps fresh cream
¼ scoop chicken stock
1 tsp chopped onion
½ garlic, chopped
1 tbsps grated parmesan
1 tbsps grated tasty cheese

1. Place a 10cm x 10cm piece of greaseproof paper into the base of the cooking bowl.
2. Place the sliced potato into the cooking bowl, spreading evenly across the base. In a separate bowl, combine the cream, stock, onion, garlic, parmesan and then pour over the potatoes.
3. Sprinkle the tasty cheese over the top, then place the cooking bowl into the mini cooker housing.
4. Place the lid on the mini cooker housing and lock into place.
5. Push the selector control lever down to COOK. Cook for 30 minutes then rest on WARM for a further 10 minutes before serving.

Pumpkin & Corn Soup

Serves 1 - 2

180g butternut pumpkin, 3cm dice
1 small chat potato, 2cm dice
70g fresh corn kernels
1 scoop chicken stock
1 clove garlic
¼ tsp sea salt
Pinch ground white pepper

1. Place all ingredients into the cooking bowl, then place the cooking bowl into the mini cooker housing.
2. Place the lid on the mini cooker housing and lock into place.
3. Push the selector control lever down to COOK. Cook for 30 minutes.
4. Once cooked, remove cooking bowl from housing and transfer soup into a heatproof bowl. Using a stick mixer, blend soup until smooth in consistency. Serve.

Recipes

Apple Crumble

Serves 1 - 2

Crumble

- 3 tbsp rolled oats
- 1 tsp plain flour
- 1 tbsp desiccated coconut
- 1 tbsp buckwheat
- 1 tbsp brown sugar
- $\frac{1}{8}$ tsp ground cinnamon
- 15g butter, room temp.

Apple Mix

- 1 scoop pie apples
- 1 tbsp caster sugar

1 scoop vanilla ice cream

1. In a separate bowl, combine all crumble ingredients. Rub mixture together to form a crumble texture.
2. Place a 12cm x 12cm piece of greaseproof baking paper into the bottom of the cooking bowl. Place the crumble mixture into the cooking bowl and press down to compress slightly.
3. Mix together the pie apples and sugar and microwave for 2 minute on HIGH. Place the hot apple mixture on top of the crumble in the cooking bowl. Place the cooking bowl into the mini cooker housing.
4. Place the lid on the mini cooker housing and lock into place. Push the selector control lever down to COOK. Cook for 12 minutes.
5. Turn the crumble out onto a plate and serve with ice cream.

Chocolate Hazelnut Bread Pudding

Serves 1

- 3 tbsp hazelnut spread
- 2 slices bread, crusts removed
- 2 eggs
- 1 tbsp fresh cream
- 1 tbsp caster sugar
- 1 tsp vanilla paste
- 2 soft caramels, finely chopped
- 1 scoop vanilla ice cream

1. Spread the hazelnut spread onto one side of each piece of bread, then cut into 3cm dice. In a separate bowl, combine the eggs, cream, sugar and vanilla.
2. Add the hazelnut bread pieces to the egg mixture and stir through the chopped caramels. Pour the mixture into the cooking bowl and place the cooking bowl into the mini cooker housing.
3. Place the lid on the mini cooker housing and lock into place.
4. Push the selector control lever down to COOK. Cook for 30 minutes.
5. Loosen the pudding from the cooking bowl with a silicon spatula and serve with ice cream.

Recipes

Lemon, Ricotta and Vanilla Cheesecake

Serves 1 - 2

- 5 sweet biscuits, crushed
- 15g unsalted butter, melted
- 1 scoop smooth ricotta
- 1 egg
- 20g caster sugar
- 1 tsp vanilla paste
- 1 tbspc lemon juice
- 1 tbspc custard powder
- Fresh berries, to serve

1. In a separate bowl, combine the crushed biscuits and melted butter. Push the mixture into a 12cm cookie cutter on a piece of greaseproof paper, then place into the fridge to set.
2. Combine the ricotta, egg, caster sugar and vanilla paste in a separate bowl. Make a paste with the lemon juice and custard powder then add to the ricotta mixture.
3. Place a 10cm x 10cm piece of greaseproof paper into the bottom of the cooking bowl and gently pour the ricotta mixture on top.
4. Remove the biscuit base from the fridge and gently place on top of the mixture, then place the cooking bowl into the mini cooker housing.
5. Place the lid on the mini cooker housing and lock into place.
6. Push the selector control lever down to COOK. Cook for 20 minutes.
7. Once cooked, remove the cooking bowl from the housing and allow to cool to room temperature before placing it into the fridge to cool completely.
8. Turn the cheesecake out on to a plate and remove the greaseproof paper. Garnish with fresh berries and serve.

Raspberry & Coconut Cake

Serves 1 - 2

- 60ml coconut milk
- 15g desiccated coconut
- 35g caster sugar
- 20g butter
- 1 egg yolk
- 30g self-raising flour
- 30g frozen raspberries, thawed
- Icing sugar

1. Place coconut milk and desiccated coconut into a bowl and set aside.
2. In a separate bowl, beat the sugar and butter together until pale. Add the egg yolk and stir until combined.
3. Fold through the coconut mixture and flour until combined.
4. Gently fold through the raspberries, before placing the mixture into the cooking bowl. Place the cooking bowl into the housing.
5. Place the lid on the mini cooker housing and lock into place.
6. Push the selector control lever down to COOK. Cook for 20 minutes.
7. Once cooked, carefully remove the cake from the cooking bowl and allow to cool on a wire rack.
8. Dust with icing sugar and serve.

Notes

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