

KAMBROOK

GET MORE THAN YOU PAY FOR™

Kambrook Profile Slow Cooker



KSC450

Issue 1/09

FEATURES OF YOUR KAMBROOK PROFILE SLOW COOKER



1. Glass lid allows you to monitor food during cooking
2. Removable crockery bowl with 4.5 litre capacity
3. Cool touch handles
4. Brushed stainless steel housing
5. Temperature Control Dial with HIGH, LOW and AUTO Settings
6. Power 'On' Light

KAMBROOK SAFETY

Welcome to Kambrook and your new Profile Slow Cooker.

At Kambrook, we believe that the safe performance of our products is the first priority in any consumer product so that you, our valued customer, can confidently use and trust our appliances.

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 PROFILE SLOW COOKER

- Carefully read all instructions before operating the Kambrook Profile Slow Cooker and save for future reference.
- Remove and safely discard any packaging material and promotional labels before using the appliance 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 appliance.
- Do not place the appliance near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water and other substances.
- Do not use the Kambrook Profile Slow Cooker on a sink drain board.
- Do not place the appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- Position the Kambrook Profile Slow Cooker well away from walls and provide adequate space above and on all sides for air circulation.
- The temperature of accessible surfaces will be high when the appliance is operating and for some time after use.
- Do not touch hot surfaces. Allow the slow cooker to cool completely before moving or cleaning any parts.
- Use only the removable crockery bowl and lid supplied. Do not use any other bowl inside the stainless steel housing.
- Never plug in or switch on the Kambrook Profile Slow Cooker without having the removable crockery bowl placed inside the stainless steel housing.
- Do not place food or liquid into the stainless steel housing. Only the removable crockery bowl is designed to contain food or liquid.
- Never operate the Kambrook Profile Slow Cooker without food and liquid in the removable crockery bowl. Ensure the removable crockery bowl is at least $\frac{1}{2}$ to $\frac{3}{4}$ full of food and/or liquid before switching on the appliance.
- Do not use a damaged or cracked removable crockery bowl. Replace before using.
- Always have the glass lid positioned correctly on the removable crockery bowl 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 dropped or 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 food and liquids. Do not move the appliance during cooking.
- Do not touch hot surfaces. Use handles to move the Kambrook Profile Slow Cooker and dry oven mitts to remove the removable crockery bowl when hot.
- Do not place the removable crockery bowl when hot on any hot surface that may be affected by heat.
- Avoid sudden temperature changes. Do not place frozen or very cold foods into the removable crockery bowl when it is hot. Do not place removable crockery bowl when hot into cold water.
- The removable crockery bowl is not suitable for storing food in the freezer.
- Do not use the removable crockery bowl in a conventional oven or microwave oven. Do not place the removable crockery bowl onto a heat gas or electric burner.
- Avoid scalding from escaping steam when removing the glass lid from the removable crockery bowl when hot by carefully lifting the lid angled away from yourself.
- Do not allow water from the lid to drip into the stainless steel housing, only into the removable crockery bowl.
- Do not attempt to operate the slow cooker by any method other than those described in this book.
- Always ensure the Kambrook Profile Slow Cooker is properly assembled before connecting to the power outlet and operating. Follow the instructions provided in this book.
- The appliance is not intended to be operated by means of an external timer or separate remote control system.

- Do not place anything, other than the lid, on top of the Kambrook Profile Slow Cooker when assembled, when in use and when stored.
- Always switch the Kambrook Profile Slow Cooker to the OFF position, then switch off at the power outlet, then unplug and allow to cool, if appliance is not in use, before cleaning, before attempting to move the appliance, disassembling, assembling and when storing the appliance.
- Keep the appliance clean. Follow the cleaning instructions provided in this book.

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- 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 stainless steel housing in water or any other liquid.
- This 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 instructions 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.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. Misuse may cause injury.
- It is recommended to inspect the appliance regularly. Do not use the appliance if the power cord, power plug 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.
- 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.

⚠CAUTION: HOT SURFACES DURING AND AFTER USE.

OPERATING YOUR KAMBROOK PROFILE SLOW COOKER

BEFORE FIRST USE

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

Wash the removable crockery bowl and glass lid in hot, soapy water, rinse and dry thoroughly.

Wipe the interior and exterior of the stainless steel housing with a damp cloth then dry thoroughly. Ensure the interior of the stainless steel housing is clean and clear of any debris.

ASSEMBLY AND OPERATION

1. Before placing the removable crockery bowl in the stainless steel housing, ensure the exterior of the bowl is clean. This will ensure proper contact with the inner cooking surface.
2. Place the prepared food into the removable crockery bowl, ensuring denser foods are spread evenly across the bottom of the bowl and not heaped to one side. Ensure the food and/or liquid fills at least $\frac{1}{2}$ to $\frac{3}{4}$ of the removable crockery bowl. Place the glass lid into position.
3. Insert the removable crockery bowl into the stainless steel housing.
4. Ensure the temperature control dial is in the OFF position then insert the power plug into a 230/240V power outlet and switch on at the power outlet.
5. Select the required setting using the temperature control dial or as recommended in the recipe section.
6. When cooking is complete turn the temperature control dial to the OFF position, switch off at the power outlet and then unplug the power cord.
7. Allow the Kambrook Profile Slow Cooker to cool completely before cleaning and storing.

IMPORTANT

- Always use the Kambrook Profile Slow Cooker on a dry, level surface.
- Never operate the Kambrook Profile Slow Cooker without food and liquid in the removable crockery bowl. Ensure the removable crockery bowl is at least $\frac{1}{2}$ to $\frac{3}{4}$ full of food and/or liquid before switching on the appliance.

- Never operate the Kambrook Profile Slow Cooker without the removable crockery bowl positioned in the stainless steel housing.
- Always have the glass lid correctly positioned on the removable crockery bowl throughout operation of the appliance unless when stated in a recipe to have it removed.
- Always use dry oven mitts to remove the removable crockery bowl when hot.
- Do not place the removable crockery bowl when hot on any surface that may be affected by heat.

⚠ CAUTION: ALWAYS LIFT AND REMOVE THE GLASS LID CAREFULLY AND ANGLED AWAY FROM YOURSELF TO AVOID SCALDING FROM ESCAPING STEAM.

USING THE TEMPERATURE CONTROL SETTINGS

LOW SETTING

The LOW setting gently simmers food for an extended period of time without overcooking or burning. Generally no stirring is required when using this setting.

HIGH SETTING

The HIGH setting is used when cooking dried beans or pulses and will cook food in half the time required for the LOW Setting. Some foods may boil when cooked on the HIGH Setting, so it may be necessary to add extra liquid. This will depend on the recipe and the amount of time in which it is cooked. Occasional stirring of stews and casseroles will improve the flavour distribution.

AUTO SETTING

The AUTO setting combines the features of the HIGH and LOW settings by heating the food at a higher temperature for the first 2-3 hours of cooking then gradually reduces the temperature to a lower temperature for the remaining cooking time.

BEGINNER'S GUIDE TO SLOW COOKING

In years gone by, food cooked in large pots and allowed to simmer for hours was full of flavour, moist and tender. The Kambrook Profile Slow Cooker is designed to produce these same results, whilst leaving you the time to do other things, making it perfect for today's busy lifestyles.

Here is a guide to help simplify the process of slow cooking, allowing you to obtain maximum satisfaction from your Kambrook Profile Slow Cooker:

Timing

Always allow sufficient time for the food to cook. It is almost impossible to overcook in the Kambrook Profile Slow Cooker particularly when using the LOW Setting.

Most of the recipes contained within this book can be cooked on the HIGH or LOW setting, however the cooking times will vary accordingly. Each recipe will give specific instructions indicating the appropriate settings and suggested cooking times.

Adapting Cooking Times

Your favourite traditional recipes can be adapted easily by halving the amount of liquid and increasing the cooking time considerably. The following is a guide to adjusting your favourite recipes:

Traditional Recipe Time	Kambrook Profile Slow Cooker Recipe Time
15-30 minutes	4-6 hours on LOW Setting
60 minutes	6-8 hours on LOW Setting
1-3 hours	8-12 hours on LOW Setting

Note: High humidity, altitude, cold tap water and ingredients and minor fluctuations may slightly affect the cooking times in the slow cooker.

Note: These times are approximate. Times can vary depending on ingredients and quantities in recipes.

Adapting Liquid Amounts

When food is cooking in your Kambrook Profile Slow Cooker most moisture is retained. To allow for this when using traditional recipes it is advisable to halve the liquid content.

However, after cooking if the liquid quantity is excessive, remove the lid and operate the Kambrook Profile Slow Cooker on the HIGH Setting for 30-45 minutes or until the liquid reduces by the desired amount. Alternatively, the liquid can be thickened by adding a mixture of cornflour and water.

Stirring the food

Little or no stirring is required when using the LOW Setting. However, stirring the food when using the HIGH setting ensures more even flavour distribution.

Preparing Meat and Poultry

Select the leanest cuts when purchasing meat. Trim the meat or poultry of any visible fat. If possible, purchase chicken portions without the skin. Otherwise, the slow cooking process will result in extra liquid being formed from the fat as it melts.

For casserole-type recipes, cut the meat into cubes, approximately 2.5cm to 3cm. Slow cooking allows less tender cuts of meat to be used.

Suitable Meat and Chicken Cuts for Slow Cooking

Beef	Beef Chuck, Skirt, Round Steak, Boneless Shin (Gravy) Beef, Bone-In Shin (Osso Bucco).
Lamb	Lamb Shanks, Drumsticks (Frenched shanks) Neck Chops, Best Neck Chops, Boned Out Forequarter or Shoulder.
Veal	Diced Leg, Shoulder/Forequarter Chops and Steaks, Neck Chops, Knuckle (Osso Bucco).
Pork	Leg Steaks, Diced Belly, Diced Shoulder, Boneless Loin Chops.
Chicken	Portions such as: drumsticks, thigh meat, Maryland, Lovely Legs, wing drummettes

Browning before slow cooking

Pre-browning meat and poultry, prior to slow cooking, seals in the moisture, intensifies the flavour and provides more tender results, whilst producing richer flavours in other food, such as onions, capsicums and leeks. Pre-browning may take a little extra time, and whilst not strictly necessary, the rewards are evident in the end results. Use a non-stick pan to reduce the amount of oil required.

Roasting

Roasting meats in the Kambrook Profile Slow Cooker creates tender, flavoursome results that are easy to slice. The long, slow, covered cooking process breaks down and softens the connective and muscle tissue within the meat. Cheaper cuts of meat can be used to provide perfect results cooked by this method.

Meat will not brown during the roasting process, so for browner results seal in a frypan before roasting.

The addition of liquid is not required for roasting. Elevate the meat to be roasted on an inverted, heatproof saucer or plate. This will assist in keeping the surface of the meat dry and free from any fat released throughout the cooking process.

Whole fresh chickens can be roasted but if chickens that have been frozen and thawed are used they may release a significant amount of liquid into the removable crockery bowl whereby the chicken is pot-roasted or steamed in this liquid.

Suitable Cuts for Roasting

Beef	Blade, Rump, Rib Roast, Sirloin, Fresh Silverside, Topside.
Lamb	Leg, Mid Loin, Rack, Crown Roast, Shank, Shoulder, Mini Roasts.
Veal	Leg, Loin, Rack, Shoulder/ Forequarter.
Pork	Loin, Neck, Leg (remove skin and fat), Racks.

Pot Roasting

The addition of liquid is required for pot roasting. Place sufficient liquid into the removable crockery bowl to cover up to a third of the meat. Meat will not brown during the pot roasting process. For browner results, seal in a frypan before pot roasting.

Suitable Cuts for Pot Roasting

Beef	Beef Topside, Blade, Silverside Roasts, Rolled Brisket.
Lamb	Forequarter, Shank, Shoulder
Veal	Shoulder/Forequarter.
Pork	Loin, Neck.

Preparing vegetables

Vegetables should be cut into even-sized pieces to ensure more even cooking. Frozen vegetables must be thawed before adding to other foods for cooking in the Kambrook Profile Slow Cooker.

Preparing dried beans and pulses

If time permits, overnight soaking of dried beans and pulses is preferable. After soaking, drain the beans or pulses then place into the removable crockery bowl then pour in water that is double the volume of beans. Ensure the removable crockery bowl is at least $\frac{1}{2}$ to $\frac{3}{4}$ full. Cook beans on the HIGH Setting for 2-4 hours or until tender. Pre-soaked beans and pulses will cook a little faster.

HINTS AND TIPS

- Always thaw frozen meat and poultry before cooking.
- Trim all visible fat from meat or poultry.
- Meat and poultry require at least 6-7 hours of cooking on LOW setting.
- Ensure that the food or liquid to be cooked fills at least $\frac{1}{2}$ to $\frac{3}{4}$ of the removable crockery bowl.
- On completion of cooking, if there is too much liquid remove the lid, turn the temperature control dial to the HIGH setting and cook for 35-40 minutes until the liquid reduces.

DO'S

- Do ensure the removable crockery bowl is at room temperature when placing into the stainless steel housing prior to cooking.
- Do avoid extreme temperature changes to the crockery bowl and glass lid. Handle the removable crockery bowl and glass lid with care.
- Do use oven mitts when lifting the removable crockery bowl containing hot liquids.
- Do place the removable crockery bowl onto a heat proof placemat when serving from the removable crockery bowl at the table.

DON'TS

- Do not place removable crockery bowl or glass lid into or under cold water while still hot.
- Do not use the removable crockery bowl or glass lid if chipped or cracked.
- Do not operate the Kambrook Profile Slow Cooker without the removable crockery bowl in position.
- Do not place a hot removable crockery bowl onto a wet surface.
- Do not cook with frozen meats or poultry.

NEVER

- Never place water or other liquids into the base of the stainless steel housing of the Kambrook Profile Slow Cooker.
- Never immerse the stainless steel housing, power cord or power plug of the Kambrook Profile Slow Cooker into water or any other liquid.
- Never touch hot surfaces with bare hands.

⚠ CAUTION! ENSURE THE REMOVABLE CROCKERY BOWL IS CORRECTLY POSITIONED IN THE STAINLESS STEEL HOUSING BEFORE YOU COMMENCE COOKING.

CARE, CLEANING AND STORAGE

CLEANING AFTER USE

- Before cleaning, always ensure the slow cooker is cool, the temperature control dial is in the OFF position, the Kambrook Profile Slow Cooker is switched off at the power outlet and the power cord is unplugged.
- The removable crockery bowl and glass lid can be washed in hot, soapy water using a mild household detergent. Rinse and dry thoroughly.
- To remove stubborn, cooked-on foods from the removable crockery bowl, soften by filling with warm, soapy water and soak for 20-30 minutes. Remove by lightly scrubbing with a soft, nylon kitchen brush.
- Do not use abrasive cleaners, steel wool, or metal scouring pads as these can damage the surfaces.
- The removable crockery bowl and glass lid can be washed in a dishwasher however care should be taken not to chip or crack the crockery bowl or lid.
- Wipe the stainless steel housing with a soft, damp cloth and then dry thoroughly.

STORAGE

Before storing, the temperature selection dial should be in the OFF position, the Kambrook Profile Slow Cooker switched off at the power outlet and the power cord unplugged. Ensure the Kambrook Profile Slow Cooker is completely cool, clean and dry. Store the appliance upright with the removable crockery bowl and the lid in position. Do not store anything on top.

⚠ CAUTION: DO NOT IMMERSE STAINLESS STEEL HOUSING, POWER CORD OR POWER PLUG IN WATER OR ANY OTHER LIQUID AS THIS MAY CAUSE ELECTROCUTION.

RECIPES

VEGETABLE SOUP

Serves 6-8

2 tablespoons/40g butter, optional

3 large carrots, peeled and diced

6 large potatoes, peeled and diced

1½ sticks celery, diced

3 large onions, peeled and diced

8 cups/2 litres chicken or beef stock

Salt and pepper, to taste

¾ cup/190ml cream

1½ tablespoons finely chopped parsley

Melt butter in a saucepan, add vegetables and cook for 15-20 minutes – stirring occasionally. Place vegetables into removable crockery bowl, add stock and seasonings. Cover with lid and cook on LOW setting for 6-8 hours. Just before serving, stir in cream and parsley.

NOTE: It is not necessary to cook vegetables in butter before placing in the removable crockery bowl, but it will enhance the flavour.

VICHYSOISE

Serves 6-8

3 leeks or onions

2 tablespoons/40g butter

1 extra onion, peeled and chopped

Salt and pepper, to taste

3 medium potatoes, peeled and diced

5 cups/1¼ litres chicken stock

1½ cups/375ml milk

¾ cup/190ml cream

¼ cup sour cream

1½ tablespoons chopped chives

Halve the leeks lengthwise, wash thoroughly to remove all grit, slice finely. If using onions, peel and slice. Melt butter in a pan, add leeks or onion and chopped onion and sauté over low heat until softened but not browned. Place into the removable crockery bowl with seasonings and potatoes. Stir in stock and cover with lid, cook on LOW setting for 5-6 hours or HIGH setting for 2-3 hours or AUTO setting for 3-4 hours. Stir in milk, allow to cool then puree in a blender or food processor. Stir in cream then chill.

Serve topped with a spoonful of sour cream and sprinkled with chives.

NOTE: Vichyssoise may also be served hot.

NOTE: All recipes use Australian Standard measuring cups and spoons.

RECIPES

CREAM OF MUSHROOM SOUP

Serves 6-8

1½ tablespoons/30g butter or margarine

600g mushrooms, sliced

5 cups/1¼ litres chicken stock

1 medium onion, peeled and chopped

Salt and pepper, to taste

1½ cups/375ml cream

1½ cups/375ml milk

⅓ cup/50g flour

1½ tablespoons finely chopped parsley

Melt butter in a saucepan and add mushrooms, sauté lightly. Place mushrooms, chicken stock, onion and seasoning into the removable crockery bowl and stir well. Cover with lid and cook on LOW setting for 5-6 hours or HIGH setting for 2-3 hours or AUTO setting for 3-4 hours. About 30 minutes before serving, turn to HIGH setting then stir in cream and milk. Blend flour with a little milk, add some of the hot soup and blend until smooth. Stir flour mixture into the soup, cook until thickened. Serve topped with parsley.

FRENCH ONION SOUP

Serves 6-8

7 cups/1¾ litres beef stock

5 tablespoons/100g butter

5 onions, peeled and thickly sliced

1½ teaspoons salt

1½ tablespoons sugar

⅓ cup/50g flour

⅓ cup/85ml brandy

1¼ cups grated Parmesan cheese

Pour stock into the removable crockery bowl, cover with lid and select the HIGH setting. Melt butter in a frypan, add onions and slowly cook for 15 minutes. Add salt, sugar and flour to the onions and stir well. Add onion mixture to removable crockery bowl and stir well. Cover with lid and cook on LOW setting for 5-6 hours or HIGH setting for 2-3 hours or AUTO setting for 3-4 hours. Add brandy and serve sprinkled with Parmesan cheese.

SWISS STEAK

Serves 6-8

1¾kg round steak, trimmed

⅓ cup/50g flour

Salt and pepper, to taste

2 stalks celery, chopped

3 carrots, peeled and chopped

2 small onions, peeled and chopped

1½ teaspoons Worcestershire sauce

2 x 425g cans tomatoes

¾ cup grated Cheddar cheese

Cut steak in to serving size pieces. Toss in flour mixed with seasonings. Place into the removable crockery bowl. Add chopped vegetables and Worcestershire sauce. Pour tomatoes over meat and vegetables. Cover with lid and cook on LOW setting for 6-8 hours or HIGH setting for 3-4 hours or AUTO setting for 4-5 hours. Just before serving, sprinkle with grated cheese.

CHILLI CON CARNE

Serves 6-8

750g dry red kidney beans

750g round steak, cut into thin strips

⅓ cup/50g flour

1½ teaspoons salt

1½ teaspoons chilli powder

1 large onion peeled and chopped

1 x 425g can tomatoes

3 cups/750ml water

3 cloves garlic, peeled and chopped

Wash the beans well. Toss the steak in flour mixed with salt and chilli powder. Place all ingredients into the removable crockery bowl and stir well. Cover with lid and cook on LOW setting for 6-8 hours.

NOTE: All recipes use Australian Standard measuring cups and spoons.

RECIPES

CHICKEN IN A POT

Serves 6-8

3 carrots, peeled and sliced

3 onions, peeled and sliced

3 stalks celery

2kg chicken pieces

$\frac{3}{4}$ teaspoon salt

$\frac{3}{4}$ teaspoon ground black pepper

2 cups/500ml chicken stock or white wine

1 teaspoon dried basil or oregano

Place half of the carrots, onion and celery into the removable crockery bowl. Add the chicken pieces, salt, pepper, liquid and remaining vegetables.

Sprinkle with herbs. Cover with lid and cook on LOW setting for 6-8 hours or HIGH setting for 3-4 hours or AUTO setting for 4-5 hours.

BEEF IN RED WINE

Serves 6-8

2kg blade or chuck steak, trimmed

$\frac{2}{3}$ cup/100g flour

Salt and pepper, to taste

2 tablespoons/40g butter

1 medium onion, peeled and finely chopped

1 medium leek, trimmed, washed and finely chopped

2 carrots, peeled and finely chopped

2 cloves garlic, peeled and crushed

2 tablespoons finely chopped parsley

2 tablespoons chopped chives

2 bouquet garni

2 cups/500ml red wine

Cut meat into cubes. Toss in flour mixed with seasonings. Heat butter in a frypan and brown the meat quickly over high heat. Place the meat into the removable crockery bowl and add onion, leek, carrots, garlic, parsley, chives and bouquet garni. Pour red wine into pan used for browning the meat and bring to boil. Pour heated liquid into the removable crockery bowl, cover with lid and cook on LOW setting for 6-8 hours or HIGH setting for 3-4 hours or AUTO setting for 4-5 hours.

NOTE: All recipes use Australian Standard measuring cups and spoons.

CHICKEN MARENGO

Serves 6-8

2kg chicken pieces or drumsticks

2 tablespoons flour

Salt and pepper, to taste

2 tablespoons vegetable oil

2 tablespoons/40g butter

3 cloves garlic, peeled and crushed

6 cups/ $1\frac{1}{2}$ litres chicken stock

$\frac{1}{3}$ cup/80ml brandy

3 large tomatoes, peeled and chopped

16 mushrooms, chopped

1 bouquet garni

2 tablespoons finely chopped parsley

Cut chicken into serving pieces, pat each piece dry and toss in flour mixed with seasonings.

Heat oil and butter in a pan, add the chicken pieces and cook over medium heat until golden, turning frequently. Remove from pan, drain and place into the removable crockery bowl. Add the garlic, stock, brandy, tomatoes, mushrooms and bouquet garni. Cover with lid and cook on LOW setting for 6-8 hours or HIGH setting for 3-4 hours or AUTO setting for 4-5 hours. Serve on a bed of hot rice or couscous and sprinkle with parsley.

NOTE: To thicken the sauce, blend $\frac{1}{2}$ tablespoons flour and $\frac{1}{2}$ tablespoons milk until smooth. Remove the chicken from the removable crockery bowl, stir the flour mixture into the sauce and cook on HIGH setting for 10 minutes, stirring occasionally.

RECIPES

IRISH STEW

Serves 6-8

2kg lamb neck chops
3 medium onions, peeled and sliced
750g potatoes, peeled and sliced
Salt and pepper, to taste
4 cups/1 litre water
½ teaspoon dried herbs
2 bay leaves

Trim any excess fat from chops. Place onions, potatoes and chops into the removable crockery bowl, then add remaining ingredients. Cover with lid and cook on LOW setting for 6-8 hours or HIGH setting for 3-4 hours or AUTO setting for 4-5 hours.

COQ AU VIN

Serves 6-8

2kg chicken pieces
5 slices bacon, trimmed and diced
6 small onions, peeled and sliced
6 small onions, peeled and quartered
400g mushrooms
2 cloves garlic, peeled and crushed
Salt and pepper, to taste
1½ teaspoons dried thyme
12 small potatoes, scrubbed and halved
1½ cups/375ml red wine
4 cups/1 litre chicken stock
Finely chopped parsley

Fry the chicken pieces in a large pan until well browned well on all sides – remove chicken and set aside. Use the same pan to brown the bacon and sliced onions, drain off excess fat and set aside with chicken. Place the quartered onions, mushrooms and garlic into the removable crockery bowl. Add the chicken, bacon and sliced onions, salt and pepper to taste, thyme, potatoes, wine and stock. Cover with lid and cook on LOW setting for 6-8 hours or HIGH setting for 3-4 hours or AUTO setting for 4-5 hours. Serve garnished with chopped parsley.

BEEF CURRY

Serves 6-8

2kg blade or chuck steak
⅓ cup/50g flour
⅓ cup/80ml vegetable oil
1 medium onion, peeled and finely chopped
6 cloves garlic, peeled and crushed
1 small piece fresh ginger, peeled and grated
½ teaspoon ground chilli powder
½ teaspoon ground cumin
½ teaspoon ground coriander
½ teaspoon ground cardamom
½ teaspoon salt
1½ tablespoons vinegar
1 x 425g can whole or crushed tomatoes
1 strip lemon rind
6 cups/1½ litres beef stock

Cut steak into 2.5cm cubes, toss in the flour. Heat the oil in a frypan, add the meat and lightly brown, remove meat and place into the removable crockery bowl. Add onions, garlic and ginger to the pan, cook for 5 minutes then place into the removable crockery bowl with remaining ingredients. Stir well, cover with lid and cook on LOW setting for 6-8 hours or HIGH setting for 3-4 hours or AUTO setting for 4-5 hours. Serve with fluffy steamed rice.

NOTE: All recipes use Australian Standard measuring cups and spoons.

RECIPES

MEATBALLS IN CREAMY MUSHROOM SAUCE

Serves 6-8

Mushroom Sauce

2 x 440g can mushrooms in butter sauce

2 cups/500ml beef stock

1/3 cup/50g flour

1/2 cup/125ml sherry

1 1/2 teaspoons paprika

1 1/2 cups sour cream

Meatballs

1 1/2kg minced beef

375g pork mince

2 x 60g eggs

2 tablespoons chopped parsley

Salt and pepper, to taste

2 cups fresh breadcrumbs

1 x 60g egg

1 tablespoon chopped parsley

Salt and pepper, to taste

1 cup fresh breadcrumbs

Place all the mushroom sauce ingredients except sour cream into the removable crockery bowl and stir to combine. Mix all ingredients for meatballs together in a bowl and shape into walnut size balls. Fry meatballs in a pan then add to sauce in the removable crockery bowl. Cover with lid and cook on LOW setting for 6-8 hours or HIGH setting for 3-4 hours or AUTO setting for 4-5 hours. At 15 minutes before serving, switch to HIGH setting and stir in the sour cream. Serve with fluffy rice or couscous.

CHICKEN PARISIENNE

Serves 6-8

8 chicken breasts

Salt and pepper, to taste

1 1/2 teaspoons paprika

1 1/2 cups/375ml dry white wine

2 x 440ml cans cream of chicken soup

1 x 440g can sliced mushrooms, drained

1 cup sour cream

1/2 teaspoon paprika, extra

Sprinkle chicken breasts lightly with salt, pepper and paprika. Place into the removable crockery bowl. Mix together wine, soup, mushrooms and sour cream. Pour over chicken breasts, sprinkle with paprika. Cover with lid and cook on LOW setting for 6-8 hours or HIGH setting for 3-4 hours or AUTO setting for 4-5 hours.

NOTE: if cooking on HIGH, do not add sour cream until the last 30 minutes of cooking time. Serve with rice or noodles.

NOTE: All recipes use Australian Standard measuring cups and spoons.

RECIPES

GLAZED CORNED BEEF

Serves 6-8

2 bay leaves

1 medium onion, peeled and sliced

2 strips orange peel

6 cups/1½ litres water

1½-2 kg corned beef

8-10 whole cloves

Glaze:

⅓ cup orange juice

⅓ cup honey

1½ tablespoons Dijon mustard

Place bay leaves, onion, orange peel and water into the removable crockery bowl and mix well. Add corned beef with the fat side facing upwards. Cover with lid and cook on LOW setting for 6-8 hours or HIGH setting for 3-4 hours or AUTO setting for 4-5 hours or until tender. Remove meat from the liquid. Score (cut) the top of the corned beef in criss-cross diamond or triangle shapes. Insert cloves into the centre of each diamond if desired. Place corned beef on oven proof platter. Mix the glaze ingredients together until smooth then spoon over the corned beef. Bake in a preheated oven at 200°C for 20-30 minutes, basting occasionally with glaze. Serve hot or cold.

RATATOUILLE

Serves 6-8

3 medium onions, peeled and sliced

1 medium eggplant, trimmed and cubed

4 large zucchini, trimmed and sliced

3 red capsicum, trimmed and sliced

6 tomatoes, sliced

3 cloves garlic, peeled and crushed

Salt and pepper, to taste

¾ cup/190ml oil

Place onions into the removable crockery bowl then add remaining ingredients. Cover with lid and cook on LOW setting for 6-8 hours or AUTO setting for 4-5 hours. The vegetables should be soft but not mushy. Serve Ratatouille hot or cold, as a filling for crêpes and omelettes, as an accompaniment to meats and poultry, over a bed of rice or couscous or with a hot dish of pasta.

SCALLOPED POTATOES

Serves 6-8

8 slices bacon, trimmed

12-14 medium potatoes, peeled and thinly sliced

3 medium onions, peeled and thinly sliced

Salt, pepper and paprika, to taste

1½ cups grated Cheddar cheese

2 x 285g cans cream of asparagus or mushroom soup

Cut bacon into small pieces. Place a quarter of the bacon, potato and onion into the removable crockery bowl. Sprinkle with salt, pepper and paprika, then grated cheese, repeat this procedure three more times until all of the potatoes are used. Gently pour the undiluted soup over the top of the ingredients. Sprinkle with paprika, cover with lid and cook on LOW setting for 6-8 hours or HIGH setting for 3-4 hours or AUTO setting for 4-5 hours.

NOTE: All recipes use Australian Standard measuring cups and spoons.

RECIPES

OLD FASHIONED SAGO PUDDING

Serves 6-8

¾ cup sago

1½ cups/375ml milk

1½ cups sugar

1½ cups sultanas

1½ cups fresh breadcrumbs

1½ tablespoons/30g melted butter

3 teaspoons bi-carbonate of soda

2 x 60g eggs

Soak sago in milk overnight. Add remaining ingredients and mix thoroughly. Place mixture into a heatproof pudding bowl or casserole dish that fits in the removable crockery bowl. Cover the bowl or dish with foil and secure around the edge with kitchen string. Place a small trivet or upturned heatproof saucer into the removable crockery bowl and add 1-2 litres of water. Place the prepared pudding bowl onto the trivet. Cover with lid and cook on HIGH setting for 3-4 hours. Serve hot or warm with thickened cream and a sprinkle of cinnamon or nutmeg.

Note: Replenish water in the removable crockery bowl during the cooking time if required. Ensure the water does not ingress into the pudding bowl.

RICE CUSTARD

Serves 6-8

3 cups rice

6 cups/1½ litres boiling water

4 x 60g eggs

1½ cups sugar

5 cups/1¼ litres milk

½ teaspoon vanilla essence

2½ tablespoons/50g butter

Nutmeg, to taste

¾ cup raisins

Wash rice thoroughly under cold running water, drain well. Cook rice in boiling water for 20 minutes. Drain well and put into a greased heatproof pudding bowl or dish that will fit in the removable crockery bowl. Beat eggs with sugar, add remaining ingredients then stir into the rice. Cover pudding bowl or dish with foil and secure edge with kitchen string. Place a small trivet or upturned heatproof saucer into the removable crockery bowl and add 1-2 litres of water. Place the prepared pudding bowl onto the trivet. Cover with lid and cook on LOW setting for 4-5 hours. Serve warm.

NOTE: Replenish water in the removable crockery bowl during the cooking time if required. Ensure the water does not ingress into the pudding bowl or dish.

NOTE: All recipes use Australian Standard measuring cups and spoons.

RECIPES

BAKED APPLES

Serves 6-8

¾ cup dried fruits

½ cup brown sugar, firmly packed

1½ teaspoons cinnamon

3 tablespoons/60g butter

6-8 small Granny Smith apples, washed and cored

3 cups/750ml water

1½ tablespoons sugar

Mix together the dried fruits, brown sugar, cinnamon and butter. Fill the centre of each apple with the dried fruit mixture and place upright in the removable crockery bowl. Combine water and sugar and pour into the removable crockery bowl, cover with lid and cook on LOW setting for 4-5 hours. Serve warm with custard, cream or ice-cream.

POACHED PEARS IN RED WINE

Serves 6-8

3 cups/750ml dry red wine

1½ cups brown sugar, firmly packed

6-8 medium pears, carefully peeled

Peel of 1 lemon, cut in strips.

Put wine and sugar in the removable crockery bowl. Cover with lid and cook on HIGH setting until the sugar is dissolved. Place the pears into the removable crockery bowl, turn the pears to coat in the wine mixture, then stand pears upright in the mixture. Add the lemon peel, cover with lid and cook on LOW setting for 4-5 hours, turning occasionally or basting with the wine mixture. Serve pears drizzled with the wine mixture.

NOTE: Pears can have the stems left intact or removed depending on presentation preference.

BREAD & BUTTER PUDDING

Serves 6-8

6-8 slices bread, lightly buttered

¾ cup mixed dried fruit

½ cup sugar

3 x 60g eggs

4 cups/1 litre milk

1½ teaspoons vanilla essence

Layer half of the bread slices, buttered side up, in a greased heatproof dish that will fit in the removable crockery bowl. Add a layer of fruit and sugar over the bread and continue the layers until all bread is used. Lightly beat the eggs, milk and vanilla together, gently pour over the bread. Allow to stand for 30 minutes. Cover dish with foil and secure edge with kitchen string. Place a small trivet or upturned heatproof saucer into the removable crockery bowl and add 1 litre of water. Place prepared pudding bowl onto the trivet, cover with lid and cook on LOW setting for 4-5 hours. Serve with whipped cream and a sprinkle of cinnamon.

NOTE: Replenish water in the removable crockery bowl during the cooking time if required. Ensure the water does not ingress into the pudding bowl or dish.

NOTE: All recipes use Australian Standard measuring cups and spoons.

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KAMBROOK 12 MONTH REPLACEMENT WARRANTY

Kambrook warrants the purchaser against defects in workmanship and material for a period of 12 months from the date of purchase (3 months commercial use).

Guarantee and purchase receipt for this product are to be retained as proof of purchase and must be presented if making a claim under the Kambrook guarantee.

Kambrook reserves the right to replace or repair the appliance within the warranty period.

Warranty does not apply to any defect, deterioration, loss, injury or damage occasioned by, or as a result of the misuse or abuse, negligent handling or if the product has not been used in accordance with the instructions. The guarantee excludes breakages and consumable items such as kneading blades.

This warranty is void if there is evidence of the product being tampered with by unauthorised persons.

If the product includes one or a number of accessories only the defective accessory or product will be replaced. In the event of Kambrook choosing to replace the appliance, the guarantee will expire at the original date, i.e. 12 months from the original date of purchase.

In Australia, this KAMBROOK Guarantee is additional to the conditions and guarantees which are mandatory as implied by the Trade Practises Act 1974 and State and Territory legislation.

For service, spare parts or product information in Australia, please call KAMBROOK on the Customer Service Line; 1300 139 798.

For service, spare parts or product information in New Zealand, please call KAMBROOK New Zealand; 0800 273 845. For spare parts phone 0800 273 845.

If claiming this guarantee the product must be returned freight prepaid.

KAMBROOK 12 MONTH REPLACEMENT WARRANTY

YOUR PURCHASE RECORD (Please complete)

Attach a copy of the purchase receipt here.

DATE OF PURCHASE _____

MODEL NUMBER _____

SERIAL NUMBER _____

PURCHASED FROM _____

(Please don't return purchase record until you are making a claim)

Register your warranty at www.kambrook.com.au/service.asp



Kambrook - Australia

Building 2, Port Air Industrial Estate
1A Hale Street, Botany NSW 2019, Australia
Customer Service Line 1300 139 798
Customer Service Fax 1800 621 337

Kambrook - New Zealand

Private Bag 94411, Greenmount, Auckland, New Zealand
Customer Service Line/Spare Parts 09 271 3980
Customer Service Fax 0800 288 513

Due to continual improvement in design or otherwise, the product you purchase may differ slightly from the illustration in this book. Issue 1/09