

# Breville®

*the Hot Wok Pro™*  
Instruction Booklet - Livret d'instructions



BEW800XL

# CONGRATULATIONS

on the purchase of your Breville product

Register online for product support  
and exclusive offers.\*

USA Consumers: [www.brevilleusa.com](http://www.brevilleusa.com)

Canadian Consumers: [www.breville.ca](http://www.breville.ca)

\*Registering is not a substitute for proof of purchase when submitting a Warranty Claim.

## CONTENTS

- 4 Breville recommends safety first
- 7 Know your Breville product
- 10 Operating your Breville product
- 12 Care & cleaning
- 15 Cooking techniques
- 19 Special ingredients
- 22 Recipes
- 36 French

# AViVA

Natural Health Solutions

1224 St. James St. - Winnipeg MB  
(204) 947-6789 or (866) 947-6789

[www.aviva.ca](http://www.aviva.ca)

## BREVILLE RECOMMENDS SAFETY FIRST

We at Breville are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition, we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions:

# IMPORTANT SAFEGUARDS



## READ ALL INSTRUCTIONS

When using electrical appliances, basic safety precautions should always be followed including the following:

- Carefully read all instructions before operating the appliance for the first time and save for future reference.
- Remove and safely discard any packaging materials 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.
- To protect against electrical shock, do not immerse the power cord, power plug or motor base in water or any other liquid.
- 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.
- Keep the appliance clear of walls, curtains and other heat or steam sensitive materials.
- Do not place the appliance on or near a hot gas or electric burner, or where it could touch any other source of heat.
- Provide adequate space above and on all sides for air circulation around the appliance.
- Do not place the appliance on any surface that may be affected by heat. The use of a heat resistant matt is recommended on these surfaces.
- Do not use on a sink drain board.
- Always use the appliance on a dry, level surface.
- Do not place anything on top of the appliance when the lid is closed, when in use and when stored.
- Unwind the power cord fully before use.
- Always attach plug to appliance first, then plug cord in the wall outlet. To disconnect, turn any control to 'OFF', then remove plug from wall outlet.
- Do not allow the power cord to hang over the edge of a table or counter, touch hot surfaces or become knotted.
- Do not touch hot surfaces. Use the handle to lift and open the top lid.
- Extreme caution must be used when moving the appliance containing hot oil or other hot liquids.
- Do not use for deep frying.
- Allow appliance to cool before putting on or taking off any parts or cleaning.
- Always remove the plug from the power outlet and allow to cool if the appliance is not in use, before attempting to move the appliance, before cleaning, disassembling, assembling and when storing the appliance.
- Do not use harsh abrasives, caustic cleaners or oven cleaners when cleaning the appliance.
- Strictly follow the care and cleaning instructions described in this book.

## BREVILLE RECOMMENDS SAFETY FIRST

- This appliance is for household use only. Do not use the appliance for anything other than its intended purpose as described in this book. Do not use outdoors. Do not use in moving vehicles or boats.
- The use of attachments not sold or recommended by Breville may cause fire, electric shock or injury.
- Do not leave the appliance unattended when in use.
- This appliance is not intended for use by young children or infirm persons without supervision. Young children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. Do not use the appliance if the power cord, power plug, or appliance becomes damaged in anyway. Immediately cease use and call Breville Consumer Service for examination, repair or adjustment.
- For any maintenance other than cleaning, visit [www.Breville.com](http://www.Breville.com) or call Breville Consumer Service.
- This appliance is equipped with a power cord having a grounding wire with a grounding plug. The appliance must be grounded using a 3-hole properly grounded outlet. In the event of an electrical short circuit, grounding reduces the risk of electrical shock.
- If the appliance is of the grounded type, the extension cord should be a grounding 3-wire cord.
- If the power outlet is a standard 2-prong wall outlet, it is your personal responsibility and obligation to have it replaced with a properly grounded 3-prong wall outlet.
- Do not, under any circumstances, cut or remove the third (ground) prong from the power cord or use an adapter.
- Consult a qualified electrician if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

## BREVILLE RECOMMENDS SAFETY FIRST

### BREVILLE ASSIST™ PLUG

Your Breville appliance comes with a unique Assist™ Plug, conveniently designed with a finger hole in the power plug for easy and safe removal from the wall outlet. For safety reasons it is recommended you plug your Breville appliance directly into its own electrical outlet on a dedicated circuit separate from other appliances. If the electric circuit is overloaded with other appliances, your appliance may not function properly. Use in conjunction with a power strip or extension cord is not recommended.

### SHORT CORD INSTRUCTIONS

Your Breville appliance is fitted with a short power supply cord as a safety precaution to prevent personal injury or property damage resulting from pulling, tripping or becoming entangled with a longer cord. Do not allow children to use or be near this appliance without close adult supervision. Longer detachable power supply cords or extension cords are not recommended but may be used if care is exercised. If an extension cord is used, (1) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance, (2) the cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally and (3) the extension cord must include a 3-prong grounding plug.

### **WARNING**

*To prevent burns or personal injury, always use protective hot pads or oven mitts when touching or handling the wok. Appliance surfaces are hot during and after use.*

# FOR HOUSEHOLD USE ONLY SAVE THESE INSTRUCTIONS

# KNOW

your Breville product

## KNOW YOUR BREVILLE PRODUCT



- A. **Cook'n'Look Lid**  
Tempered glass lid with steam vent.
- B. **Eterna™ PFOA-Free Non-Stick surface**  
A reinforced multi coat system with a unique composite that makes Eterna™'s non stick properties last longer than other non-sticks.
- C. **Wok Bowl**  
15" diameter, 8qt capacity. Ideal for stir fries, steaming, braising and shallow frying.
- D. **Wok Base**  
The Wok Bowl can be removed from the base for easy cleaning by wiping it down.
- E. **Wok Base Release**
- F. **1800W Heating Element**  
The unique element quickly distributes heat up the walls of the Wok Bowl.
- G. **Temperature Control Probe**  
15 precision heat settings up to a searing 425°F (218°C) emulating authentic Asian-style gas cooking.

## KNOW YOUR BREVILLE PRODUCT

### REMOVABLE TEMPERATURE CONTROL PROBE

The temperature probe has 14 heat settings plus HIGH SEAR for accurate temperature control. The HIGH SEAR setting should be used for searing and sealing meats when stir-frying.

The heating arrow on the probe switches off automatically when the temperature is reached and will cycle on and off during cooking in order to maintain the temperature selected.

The numbers on the dial represent the following:

HEAT SETTINGS	FUNCTION	TEMPERATURE GUIDE
1 2 3 4	Keep food warm Slow cooking sauces Casseroles Soups	Low Heat/Slow Cook
5 6 7 8 9	Curries, pasta Rice, browning nuts Frying	Medium Heat
10 11 12 13	Vegetable Stir-frying	High Heat
14 High Sear	Stir-frying Sealing meat	Maximum Heat High Sear

#### NOTE

Temperatures given are a guide only and may require adjustment to suit various foods and individual tastes.

For best results allow the wok to preheat for 10 minutes on the HIGH SEAR setting before beginning to cook.

# OPERATING

your Breville product

## OPERATING YOUR BREVILLE PRODUCT

### BEFORE FIRST USE

Before using for the first time, the cooking surface should be cleaned with a moist cloth. We recommend lightly greasing the cooking surface when using for the first time. This will not be necessary on subsequent occasions.

- It is recommended you remove all labels and wash the wok bowl and glass lid in hot soapy water. Rinse and thoroughly dry.
- The wok base is removable for easy cleaning (see page 14).
- Do not immerse the cord and/or temperature control probe in water or any other liquid.

#### NOTE

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

### OPERATING YOUR WOK

1. Place the wok bowl onto the wok base and lock into place (see page 14).
2. Insert the temperature control probe into the probe socket at the side of the wok. Plug into a 110/120V power outlet. Always insert the temperature control Probe into the appliance first, then plug into main power outlet.
3. Preheat the wok on the HIGH SEAR setting for approximately 10 minutes. The heating arrow will illuminate and indicates the selected setting.
4. When the heating arrow no longer illuminates, the wok has reached the correct temperature for the selected setting. The wok is now ready for use. The heating arrow will cycle on and off throughout cooking as the temperature is maintained by the thermostat.

Never place oil or food into the wok while it is heating, especially when it is cold. This will produce a poor cooking result.

Do not leave plastic cooking utensils in contact with the wok while cooking.



### WARNING

*Never operate the wok without the base firmly positioned in place.*

#### NOTE

When a high heat is required (eg. for stir frying or searing), select the HIGH SEAR setting and allow the heating arrow to cycle on and off several times. This will allow the cooking surface to adjust to a more accurate cooking temperature. Use only the temperature control probe provided with the wok. Do not use any other temperature control probe or connector.

5. When cooking is completed, turn the heating arrow to the OFF position (O on dial) then unplug from power outlet. Leave the temperature control probe connected to the wok until it has cooled down.

#### NOTE

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

- Allow the wok to cool down before cleaning.
- Before cleaning switch the wok OFF and unplug from the power outlet. Remove the temperature control probe from the probe socket by depressing the 'Easy Release' lever on the side of the probe.

# CARE & CLEANING

for your Breville product

## CARE & CLEANING

### TEMPERATURE CONTROL PROBE

- If cleaning is necessary, wipe the temperature control probe with a slightly damp cloth.

#### NOTE

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

### Storage

Store the temperature control probe carefully. Do not knock or drop it because the probe may be damaged. If damage is suspected, contact Breville Consumer Service.

#### NOTE

For convenient storage of the temperature control probe, line the wok bowl with two sheets of paper towel and place the probe on the paper towels. This will ensure the probe and plug don't scratch the non-stick coating.

### ETERNA™ PFOA-FREE NON-STICK SURFACE

Do not use metal utensils, sharp objects or cut food inside the wok. Breville is not liable for damage to the non-stick coating if metal utensils have been used.

Cooking on a non-stick surface reduces the need for oil. Food does not stick and cleaning is easier.

Any discoloration that may occur will only detract from the appearance of the wok and will not affect the cooking performance.

When cleaning the non-stick coating do not use metal (or other abrasive) cleansers. Wash in hot soapy water. Remove stubborn spots with a plastic washing pad or nylon washing brush.



## CARE & CLEANING

### TO REMOVE THE BASE FOR CLEANING

1. Move push-lever removable base button to the 'unlock' position.



2. Lift wok bowl from the wok base, lifting over the heat controller socket.



3. The wok base may be washed in hot, soapy water, dry thoroughly. The wok bowl is dishwasher safe.

The appliance should never be operated without the wok bowl and base fully assembled and locked into place.

4. To relock base to wok, move push-lever removable base button to the 'lock' position.

### GLASS LID

Wash glass lid in warm, soapy water using a soft sponge, rinse and dry thoroughly. The glass lid is dishwasher safe.

#### NOTE

Take care when the glass lid is hot. Do not place hot lid under cold water or on cold surfaces. This may cause the lid to break.

### WARNING

*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.*

#### NOTE

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

# COOKING TECHNIQUES

for your Breville product

## COOKING TECHNIQUES

### STIR-FRYING

**Recommended temperature probe setting:**  
**HIGH SEAR for meats.**  
**12-14 for vegetables and seafood.**

- Stir-frying is an energy efficient and healthy way of cooking foods. The benefit of this method is its speed and the flavor result. The non-stick cooking surface on your wok also means that less oil is required for cooking. The cooking action for stir-frying is a continual tossing motion to ensure the food is evenly exposed to the heat and cooks quickly and evenly in a couple of minutes.
- Stir-frying should be carried out using a high heat setting.
- Preheat your wok before adding any ingredients, allow the temperature light to cycle on and off as over cooking will give a tough, dry result. Cooking times depend on the size and thickness of the cut, as the bigger the cut, the more time that is needed.

### RECOMMENDED CUTS FOR STIR-FRYING

#### Beef

Lean beef strips prepared from rump, sirloin, rib eye and fillet.

#### Chicken

Lean chicken strips prepared from breast fillets, tenderloins, thigh fillets.

#### Lamb

Lean lamb strips prepared from fillet, lamb leg steaks, round or topside mini roasts and loin.

#### Pork

Lean pork strips prepared from leg, butterfly or medallion steaks or fillet.

#### Veal

Eye of loin, fillet, round, rump or topside.

#### NOTE

**Make sure to carefully cook the meat to the minimum temperature required to prevent contamination.**

### STIR-FRY TIPS

- Buy meat strips from your butcher or supermarket, or prepare meat strips from recommended cuts listed previously by removing any fat and slicing thinly across the grain (across direction of meat fibers). Slicing across the grain ensures tenderness. Cut into very thin strips, approximately 2 - 3 inches (5 - 8cm) in length. Partially freeze meat (approximately 30 minutes) to make slicing easier.
- Stir-fry meat strips in small batches (approx ½ pound; 225g) to stop meat from shedding its juice and 'stewing', resulting in tougher meat.
- When adding meat strips to the wok, the strips should sizzle.
- Stir-fry meat strips for 1 - 2 minutes. Any longer will toughen meat.
- Remove each batch when cooked and allow the wok to reheat before stir-frying the next batch. By cooking in small batches, the heat of the wok remains constant, ensuring the meat does not stew and toughen. A small amount of oil can be mixed through the meat strips before adding to the wok, along with any other flavoring such as garlic, ginger and chili peppers. A little sesame oil can also add flavor. Mixing the meat with the oil rather than heating it separately in the wok eliminates using too much.

## COOKING TECHNIQUES

- Drain off thin marinades from meat strips before stir-frying to prevent stewing and splatter.
- Peanut oil is traditionally used for Asian style stir-fry dishes. However other oils such as vegetable, canola and light olive may be used.
- Do not overfill the wok. If necessary cook in batches and reheat at the end of stir-frying. If using this method remember to under cook slightly as to not overcook the end result.
- Serve stir-fried foods immediately to retain their crisp texture.

Stir-fry vegetables after sealing the meat in a little oil (or sprinkling of water) until vivid in color for:

### 3 Minutes

Onion, quartered  
Broccoli, flowerets  
Carrots, sliced  
Soaked Chinese dried mushrooms

### 2 Minutes

Snow peas  
Bell peppers, sliced  
Zucchini, sliced  
Water chestnuts  
Bamboo shoots

### 1 Minute

Garlic, minced  
Chili pepper, minced  
Ginger, minced  
Shallots, chopped  
Bean sprouts

This brief cooking time will keep vegetables crisp.

## SHALLOW FRYING

### Recommended temperature probe setting 8 - 10.

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

- Use approximately 3 cups (750ml) of oil, or sufficient oil so that half the food is immersed.
- Preheat the oil before adding food. When using oil never cover with the glass lid during shallow frying as this will cause condensation to drip into the oil and result in bubbling and splattering.
- Do not move the wok during heating or cooking.
- Wipe moisture from foods to avoid splattering.
- Cook a few pieces at a time to ensure crispness.
- Drain cooked foods on paper towels to reduce greasiness.
- Never leave your wok unattended or unsupervised while shallow frying.
- Allow oil to cool before removing from the wok.
- Vegetable, peanut or canola oil is recommended for shallow frying.

## SLOW COOKING (BRAISING)

### Recommended temperature probe setting 1 - 2.

Your wok is ideal for slow cooking curries and casseroles. Slow cooking allows less tender meat cuts to be used, to obtain a tender result. Less tender meat cuts contain sinew and gristle, these will be broken down during cooking to give a tender result. It is not recommended to slow cook with tender meat cuts as they will toughen and shrink during cooking.

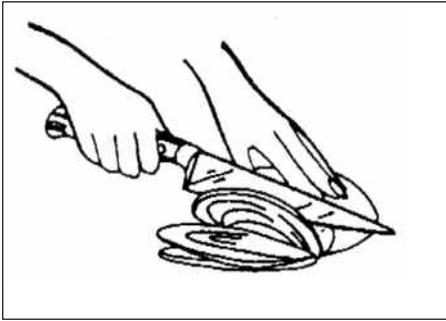
## COOKING TECHNIQUES

### PREPARATION TECHNIQUES

The success of any dish depends on careful forethought and preparation. To achieve an authentic Asian appearance and even cooking results, food should be cut into small, even pieces. This allows food to cook quickly and to be easily picked up with chopsticks.

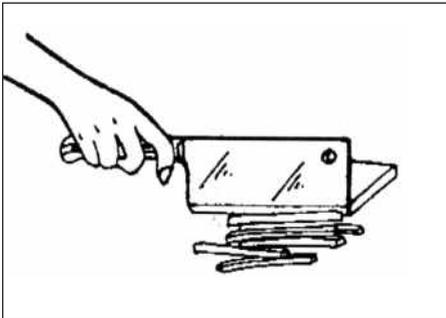
### SLICING

A straight slice is used for cutting meats and vegetables. Slices should be of an even thickness. Partially frozen meat will slice more evenly. Slice meat very thinly, across the grain to obtain a more tender result.



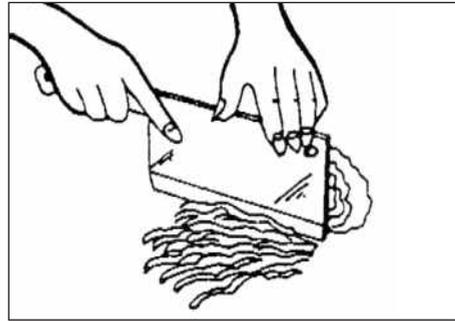
### MATCHSTICK OR JULIENNE

First slice the vegetables as described above. Then, stack slices and cut again into thin or thick sticks depending on the recipe.



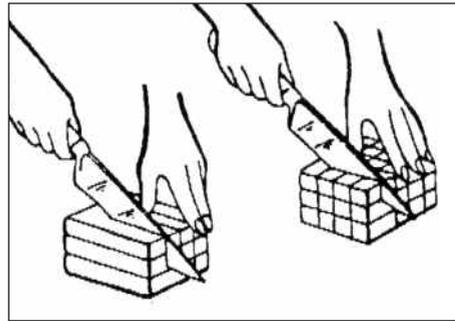
### SHREDDING

Used for cutting meats and vegetables.  $\frac{1}{4}$  inch (5mm) slices of food should be stacked, then cut again into  $\frac{1}{4}$  inch (5mm) sticks. Vegetables such as cabbage and spinach should have their leaves stacked, then rolled up. Cut width ways very finely.



### CUBING AND DICING

Used for cutting meats and vegetables. To cube, cut 1 inch (2.5cm) slices, then stack them on top of one another and slice  $\frac{1}{8}$  inch (3mm) thick in the opposite direction. Cut again in the opposite direction forming 1 inch (2.5cm) cubes. To dice, follow the same directions, making 5mm slices forming  $\frac{1}{4}$  inch (5mm) cubes.



# SPECIAL INGREDIENTS

for your Breville product

## SPECIAL INGREDIENTS

### A LITTLE PLANNING AHEAD MAKES STIR-FRYING EASIER.

#### **Bok choy**

Also known as Chinese chard or Chinese white cabbage, has fleshy white stems and dark green leaves. It has a slight mustard taste. There is also a smaller version called shanghai or baby bok choy.

#### **Bamboo shoots**

The young tender shoots of bamboo plants are available in cans. They are mainly used to add texture to food.

#### **Coconut cream and coconut milk**

Both coconut cream and milk are extracted from the grated flesh of mature coconuts. The cream is a richer first pressing and the milk the second or third pressing.

#### **Chili peppers, fresh and dried**

Chili peppers are available in many different types and sizes. The small ones (Thai, macho, serrano, jalapeno) are the hottest. Use tight fitting gloves when handling and chopping fresh chilies they can burn your skin. The chili seeds are the hottest part of the chilies so remove them if you want to reduce the heat content of recipes.

#### **Cilantro**

This is also known as coriander and Chinese parsley. It is essential to many Southeast Asian cuisines. A strongly flavored herb, use it sparingly until you are accustomed to the unique flavor. Parsley can be used as a substitute; it looks the same but tastes quite different. Cilantro is available fresh. The dried spice version is labeled coriander and is available whole or ground.

#### **Char siu sauce**

This is the equivalent of Chinese BBQ sauce.

#### **Crisp fried shallots**

These are available pre-prepared from most Asian supermarkets.

#### **Fish sauce**

A thin, salty dark brown sauce with a distinctive fishy smell, which is used extensively in Thai and Vietnamese dishes. It is made from small fish that have been fermented in the sun. Fish sauce replaces salt in many recipes.

#### **Garam marsala**

A blend of spices, usually consisting of some combination of cinnamon, cumin, pepper, cloves, cardamom, nutmeg and mace. It can be bought already blended from supermarkets, but it is best freshly made. It is usually added.

#### **Hoisin sauce**

This sauce is a thick sweet Chinese barbecue sauce made from a mixture of salted black beans, onions and garlic.

#### **Hoikkien noodles**

Also known as fukkien, these are thick, yellow and rubbery in texture. They are made from wheat flour and are cooked and lightly oiled before being packaged and sold. The noodles need to be broken up before cooking.

#### **Rice noodles**

These are fresh white noodles, they do not require a lot of cooking.

#### **Kaffir lime leaves**

These are dark green, shiny, double leaves which have a very pungent perfume. They are rather thick and must be sliced very finely for use as a garnish, or added whole in a curry.

## SPECIAL INGREDIENTS

### Lemon grass

An aromatic fresh herb that is used in curry pastes, stir-fries and soups. Trim the base, remove the tough, outer layers and finely slice, chop or pound the white interior. Whole stems can be added to soups or curries. Dried lemon grass needs to be soaked in water, but the flavor of fresh is superior.

### Lychees

Delicious fruit with a light texture and flavor, peel away the rough skin, remove the seed and use. They are also available in cans.

### Rice wine vinegar

Milder than most western vinegars, it usually has an acidity of less than 4%. It has a mild, sweet, delicate flavor and is made from rice.

### Sambal oelek

This is a paste made from ground chili peppers and salt. This can also be used as an ingredient or an accompaniment.

### Tamarind

Tamarind is a large brown bean pod containing a pulp with a fruity, tart flavor. It is available as a dried shelled fruit, a block of compressed pulp or as a purée or concentrate.

### Tofu

Tofu, or bean curd, is a high protein, low fat food made from soy beans. It is available in very firm or soft blocks and is either fresh or vacuum-packed. It takes on the flavor of the spices and sauces it is cooked with.

### Turmeric

This is best known in its powdered form and is often used to color food. It has a bitter flavor. It is occasionally available fresh as a root, rather like ginger, which is peeled and then grated and finely chopped. Powdered turmeric is commonly available in the supermarket.

### Szechuan pepper corn

These are available from most Asian supermarkets and have a slight anise taste.

### Water chestnuts

Small white crisp bulbs with a brown skin. Canned water chestnuts are peeled and will keep for about 1 month, covered in the refrigerator. Made from the fermentation of rice starch which is converted into sugars. Used widely in Chinese and Asian cookery. Substitute it with dry sherry. Chinese rice wine or Shaoxing wine is a sweet amber colored wine made from fermenting glutinous rice. Widely used in cooking, in marinades and sauces. Substitute with dry sherry.

# RECIPES

## RECIPES

### CHICKEN AND SWEET CORN SOUP

Makes 4-6 servings

#### INGREDIENTS

- 1 tablespoon peanut oil
- 1 clove garlic, crushed
- 2 cups creamed corn
- 1¼ cup cooked and shredded chicken
- 4 cups chicken stock
- 4 egg whites
- 1 tablespoon of finely chopped parsley
- 1 teaspoon ground black pepper
- 4 green onions, sliced

#### METHOD

1. Set the wok temperature to HIGH SEAR. Add the oil then garlic, corn, and chicken meat into the wok and stir-fry for 1 minute.
2. Add the chicken stock and bring to a boil, reduce the temperature to heat setting 2.
3. Add the egg whites and stir to break them up.
4. Sprinkle with parsley and pepper.

*Serve with sliced green onions.*

### THAI HOT AND SOUR SHRIMP SOUP 'TOM YUM GOON'

Makes 4-6 servings

#### INGREDIENTS

- 2 Kaffir lime leaves, cut in ½
- 1 stalk lemongrass, bottom third finely sliced
- 1 teaspoon grated ginger
- 1 tablespoon tom yum paste
- 4 button mushrooms, sliced
- 8 cups chicken stock
- 1 tomato, seeds removed and diced
- 16 medium green shrimps, peeled and deveined
- 2 tablespoons lime juice

#### METHOD

1. Set the wok temperature to HIGH SEAR. Add the first 6 ingredients into the wok. Once the soup begins to boil, reduce the temperature to heat setting 2. Allow the flavors to infuse for 5 minutes.
2. Add the tomato and shrimp and return to the boil, simmer for a further 5 minutes or until the shrimp are just cooked. Add the lime juice and serve.

*Serve with cilantro leaves.*

## RECIPES

### CHINESE WON TON SOUP

Makes 6 servings

#### INGREDIENTS

1 cup dried sliced shitake mushrooms  
2 teaspoons grated ginger  
4 cups chicken stock  
½ lb fresh egg noodles  
24 prepared won tons (available refrigerated or frozen from the supermarket)  
4 green onions, sliced

#### METHOD

1. Place the mushrooms into boiling water for 10 minutes, then drain.
2. Set the wok temperature to HIGH SEAR. Place the ginger and stock into the wok and bring to a boil, add the noodles and won tons, return to a boil.
3. Reduce the temperature to heat setting 6-8, simmer the soup for 7 minutes to cook the won tons.

*Serve with sliced green onions*

### FRENCH ONION SOUP

Makes 4-6 servings

#### INGREDIENTS

2 tablespoons butter  
1 tablespoon oil  
6 medium brown onions, finely sliced  
1 clove of garlic, crushed  
2 tablespoons of all purpose flour  
1 cup red wine  
1 teaspoon chopped fresh thyme  
4½ cups beef stock  
1 tablespoon brown sugar

#### METHOD

1. Set the wok temperature to HIGH SEAR. Add the oil, butter, then the onions and garlic to the wok. Stir-fry the onions until they have a golden color.
2. Add the flour and cook for 1 minute. Then add the wine and thyme and allow the liquid to reduce by half.
3. Add the beef stock and brown sugar, bring the soup to a boil. Reduce the temperature to heat setting 6-8; simmer the soup for 30 minutes. Add salt and pepper if desired before serving.

*Serve with cheese croutons.*

## RECIPES

### MOROCCAN BUTTERNUT SQUASH SOUP

Makes 4-6 servings

#### INGREDIENTS

2 tablespoons cooking oil  
2 brown onions, finely diced  
2 cloves garlic, crushed  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1 teaspoon paprika  
2 teaspoons ground white pepper  
2 cups butternut squash, peeled and diced  
4 cups chicken stock  
1¼ cup sour cream  
¼ cup fresh cilantro, finely chopped

#### METHOD

1. Set the wok temperature to HIGH SEAR. Add the oil to the wok. Sauté the onions, garlic, and ground spices for 2 minutes.
2. Add the squash to coat with the onion and spice mix, then add the stock and bring the mixture to a boil.
3. Reduce the temperature to heat setting 4, place the lid on and cook the soup for 20 minutes. Once the pumpkin is tender when pierced with a fork, transfer the mixture to a blender to puree.
4. Return the mixture to the wok to heat through, check the seasoning before serving.

*Serve with a dollop of sour cream and cilantro.*

#### NOTE

**Use caution when blending hot ingredients. Allow ingredients to cool before placing into blending jug.**

### THAI SHRIMP AND MANGO SALAD

Makes 4 servings

#### INGREDIENTS

2¼ lbs medium shrimp, peeled and deveined  
3 tablespoons light olive oil  
3 cloves garlic, crushed  
1 small red chili (Thai), chopped  
1 tablespoon chopped cilantro  
2 mangoes peeled and chopped (frozen mango can be substituted if out of season)  
1 head butter lettuce or green leaf, washed  
4 green onions sliced in ½ inch pieces  
½ punnet cherry tomatoes, cut in half  
½ cup cashew nuts

#### Dressing

2 tablespoons lime juice  
½ cup sweet chili sauce  
2 teaspoons fish sauce

#### METHOD

1. Marinate the shrimp with the garlic, chili and cilantro for 20 minutes.
2. Combine all dressing ingredients in a screw-top jar and shake to combine.
3. Place the mango, lettuce, green onions, tomatoes, and cashew nuts into a mixing bowl.
4. Set the wok temperature to HIGH SEAR. Add the shrimp and cook for 3-5 minutes until cooked, then remove.
5. Add to the lettuce leaves and pour over the dressing, mix the salad before serving.

*Serve with green onions.*

## RECIPES

### SPICY PORK AND CHILI SALAD

Makes 4-6 servings

#### INGREDIENTS

2 tablespoons peanut oil  
½ cup peanuts  
1 tablespoon Thai green curry paste  
2 cloves garlic, lightly crushed  
¾ lb ground pork  
1 tablespoon brown sugar  
2 teaspoons fish sauce  
1 head iceberg lettuce, washed  
2 tomatoes, cut into wedges

#### METHOD

1. Set the wok temperature to HIGH SEAR. Add the oil, nuts and curry paste and cook for a few minutes.
2. Add the ground pork and stir to brown. Add the brown sugar and fish sauce, stir-fry until the liquid has evaporated.
3. Arrange the lettuce on serving plates and top with the tomato then the pork mixture.

### MUSSELS IN TOMATO AND GARLIC SAUCE

Makes 4-6 servings

#### INGREDIENTS

2 tablespoons olive oil  
2 red onions, finely diced  
3 cloves garlic, minced  
1 cup white wine  
2¼ cups tomato pasta sauce  
2¼ lbs fresh mussels, bearded and scrubbed  
½ cup basil leaves, torn  
Black pepper, freshly ground

#### METHOD

1. Set the wok temperature to HIGH SEAR. Add the oil, onions and garlic and stir-fry until the onion is soft.
2. Add the wine and reduce the liquid by half.
3. Add the tomato sauce and bring the mixture to the boil.
4. Add the mussels then reduce the wok temperature to heat setting 8, place the lid on and cook until the mussels have opened. Add the basil and pepper.

*Serve with crusty bread and extra virgin olive oil.*

## RECIPES

### SALT AND PEPPER CALAMARI

Makes 4-6 servings

#### INGREDIENTS

- 2¼ lbs Calamari
- 1 tablespoon Szechwan peppercorns, ground
- 2 teaspoon sea salt
- 1 tablespoon cornstarch
- 1 tablespoon all-purpose flour
- 2 egg whites
- 3 cups vegetable oil for shallow frying
- 3 limes, quartered

#### METHOD

1. Cut calamari open, clean and remove innards.
2. Cut shallow diagonal slashes in criss-cross pattern on the inside.
3. Cut into 2 inch x 3/4 inch (6cm x 2cm) pieces.
4. Combine remaining ingredients in bowl.
5. Toss prepared calamari in the flour mixture.
6. Set the wok temperature to heat setting 8. Add vegetable oil and heat for 4 minutes, then shallow fry squid in 3 batches.
7. Remove and drain on paper towels.

*Serve with lime wedges and Cilantro leaves.*

#### NOTE

Remove each batch when cooked and allow the wok to reheat before shallow frying the next batch. By cooking in small batches, the heat of the oil remains constant.

### SANG CHOY BOW (CHINESE LETTUCE ROLLS)

Makes 4-6 servings

#### INGREDIENTS

- 1lb ground pork
- 1 egg yolk
- 4 oz bamboo shoots, finely sliced
- 2 oz water chestnuts, finely diced
- 3 cloves garlic, finely diced
- 4 shitake mushrooms, diced (if fresh are unavailable dried and reconstituted in water are suitable)
- 2 green onions, finely sliced
- 2 tablespoons vegetable oil
- 1 head of iceberg lettuce

#### Sauce

- 1 tablespoon soy sauce
- 1 tablespoon oyster sauce
- 1 teaspoon sesame oil

#### METHOD

1. Combine the ground pork, egg yolk and vegetables.
2. Set the wok temperature to HIGH SEAR. Add the oil, then the pork and vegetable mixture and stir-fry until the pork is cooked.
3. Add the sauce ingredients and cook for one more minute.
4. Place the mixture into prepared lettuce cups and serve.

## RECIPES

### SINGAPORE HOKKIEN NOODLES

Makes 4 servings

#### INGREDIENTS

2 tablespoons peanut oil  
1 clove garlic, crushed  
½ teaspoon dried chili pepper  
2 eggs, lightly beaten  
1 tablespoon curry powder  
¼ lb BBQ pork, finely sliced  
½ lb shrimp, peeled and sliced in half  
1 red bell pepper, finely sliced  
1 medium carrot, finely sliced  
1 lb hokkien noodles

#### Sauce

½ cup chicken stock  
1 tablespoon sweet soy sauce  
1 teaspoons light soy sauce

#### METHOD

1. Set the wok temperature to HIGH SEAR. Add the oil then garlic and chili. Stir-fry for 1 minute, add the eggs, and continue to stir until the eggs is cooked.
2. Add the curry powder, shrimp, pork, bell pepper, and carrot. Continue to cook for 2 minutes then add the noodles and sauces, stir until the noodles are heated through.

*Serve with toasted sesame seeds.*

### STIR FRIED CHINESE GREEN VEGETABLES

Makes 4-6 servings

#### INGREDIENTS

1 tablespoon peanut oil  
1 bunch Chinese green vegetables (bok choy or Chinese broccoli) cut into 2 inch pieces washed  
1 clove garlic, crushed  
2 teaspoons soy sauce  
2 tablespoons oyster sauce

#### METHOD

1. Set the wok temperature to HIGH SEAR. Add the oil then the remaining ingredients apart from the oyster and soy sauce.
2. When the vegetables have wilted, add the oyster and soy sauce, and cook for 1 minute.

*Serve as an accompaniment.*

## RECIPES

### GINGER AND CILANTRO CALAMARI WITH RICE NOODLES

Makes 4 servings

#### INGREDIENTS

- 2 ¼ lbs Calamari hoods
- 1 tablespoon minced ginger
- ½ bunch of cilantro, well washed
- 2 tablespoons peanut oil
- 1 teaspoon fish sauce
- 1 teaspoon sesame oil
- 1 red bell pepper cut into triangles
- 1 punnet of baby corn cut in half
- 1 packet of fresh rice noodles (sliced into ½ inch (1cm) strips if not already sliced)
- ½ bunch Thai basil leaves

#### METHOD

1. Cut calamari hoods open, clean and remove quill from calamari hood.
2. Cut shallow diagonal slashes in criss-cross pattern on the inside of the calamari, then cut into small triangles.
3. Place the ginger, cilantro and half the peanut oil into a blender or food processor, blend to form a paste.
4. Marinate the calamari with the paste and add the fish sauce. This mixture can be used immediately or left to marinate for 24 hrs.
5. Set the wok temperature to HIGH SEAR. Add the remaining oil and calamari. Cook for 2 minutes, then add the remaining ingredients and cook until the noodles have heated through.
6. Add the sesame oil and basil leaves into the stir-fry before serving.

*Serve with steamed jasmine rice.*

### STIR-FRY SHRIMP WITH SNOW PEAS AND OYSTER SAUCE

Makes 4 servings

#### INGREDIENTS

- 1 tablespoon peanut oil
- 1 medium carrot peeled, finely sliced
- ¼ lb snow peas
- 1 clove garlic, finely sliced
- 1 teaspoon grated ginger
- 32 medium green shrimp, peeled and deveined
- 2 tablespoons oyster sauce
- 1 cup green onions cut into 1 inch pieces

#### METHOD

1. Set the wok temperature to HIGH SEAR. Add the oil and stir-fry the carrots and snow peas. Cook for 3 minutes and then remove.
2. Add the garlic and ginger to the wok and cook for a minute before adding the shrimp. Cook the shrimp until they are heated through.
3. Return the vegetables to the wok, add the oyster sauce and green onions, cook until the shrimp are coated in sauce.

*Serve with boiled rice.*

## RECIPES

### STIR-FRIED SEAFOOD WITH RICE NOODLES

Makes 4-6 servings

#### INGREDIENTS

1 tablespoon peanut oil  
2cm piece ginger, cut into matchsticks  
1 garlic clove, chopped  
1 lbs mixed seafood (marinara mix)  
2 tablespoons light soy sauce  
1 cup chicken stock  
½ lb fresh rice noodles, sliced  
½ lb can baby corn

#### METHOD

1. Set the wok temperature to HIGH SEAR. Add the oil then ginger and garlic. Cook for 2 minutes or until the ginger is fragrant.
2. Add the seafood and cook for a few minutes to infuse the flavors, add the soy and stock then bring the mixture to the boil.
3. Add the noodles, corn, and stir to heat through.

*Serve with sliced green shallots.*

### CHILI CHICKEN WITH SINGAPORE NOODLES

Makes 4-6 servings

#### INGREDIENTS

6 chicken thighs  
1½ cups sweet chili sauce  
1 tablespoon vegetable oil  
½ cup chicken stock  
2 sticks celery, finely sliced  
1 x 12oz packet of fresh Singapore noodles  
3oz bean shoots

#### METHOD

1. Marinate the chicken in the sweet chili sauce for 2 hours or overnight.
2. Set the wok temperature to HIGH SEAR. Add the oil and sear the chicken thighs on each side.
3. Remove the chicken thighs and slice them.
4. Add the chicken stock, celery, and mushrooms and bring to the boil, add the noodles and cook for 2-3 minutes to heat through.
5. Add the chicken and bean shoots, heat the chicken through and serve.

*Serve with fresh, warm bread.*

## RECIPES

### LEMON CHICKEN

Makes 4-6 servings

#### INGREDIENTS

2 ¼ lbs chicken breast fillets, sliced into strips  
2 egg whites, lightly beaten  
1 teaspoon minced ginger  
1 clove garlic, crushed  
2 tablespoons cornstarch  
1 cup peanut oil  
1 cup fresh lemon juice  
¼ cup white sugar  
2 tablespoons water

#### METHOD

1. Toss chicken strips into the egg white, ginger, garlic and 1 tablespoon cornstarch, and mix well. Refrigerate for 1 hour.
2. Set the wok temperature to HIGH SEAR and add the oil. Add the chicken strips one at a time. Cook in small batches until golden, then remove.
3. Add the lemon juice and sugar to the wok and bring the mix to a boil. Then whisk in 1 tablespoon cornstarch mixed with water. Reduce the wok temperature to Heat Setting 8 after the cornstarch has been added.
4. Return the chicken to the Wok and stir to coat in the lemon sauce.

*Serve with fried or boiled rice.*

#### NOTE

Remove each batch when cooked and allow the wok to reheat before shallow frying the next batch. By cooking in small batches, the heat of the oil remains constant.

### CHICKEN WITH PLUM SAUCE AND BOK CHOY

Makes 4 servings

#### INGREDIENTS

2¼ lbs boneless chicken thighs, cut into strips  
2 tablespoons dry sherry  
1 tablespoon soy sauce  
1 tablespoon vegetable oil  
1 medium red onion, diced  
½ cup plum sauce  
1 bunch bok choy, sliced  
1 small can (8oz) water chestnuts

#### METHOD

1. Place the chicken into a bowl and mix with the sherry and soy.
2. Set the wok temperature to HIGH SEAR. Heat the oil and add the onion and stir-fry for 2 minutes. Add the chicken and plum sauce and cook for 2 minutes. Reduce the wok temperature to heat setting 6 and simmer the chicken for 10 minutes.
3. Add the bok choy and water chestnuts, increase the wok temperature to heat setting 14, stir-fry until the bok choy has wilted.

*Serve with steamed egg noodles.*

## RECIPES

### SZECHUAN PORK WITH THAI RICE STICK NOODLES

Makes 4-6 servings

#### INGREDIENTS

- ¼ lb rice stick noodles
- 2 tablespoons soy sauce
- 1 tablespoon dry sherry
- 1 teaspoon chili paste
- 1 clove garlic, crushed
- 1 teaspoon sugar
- ½ cup beef stock
- 2 tablespoons peanut or vegetable oil
- ½ lb pork fillet sliced in ⅓ inch rounds
- 2 green shallots, sliced
- 1 teaspoon grated ginger
- ⅓ cup sliced water chestnuts
- 1 punnet baby corn sliced in half

#### METHOD

1. Place the noodles into a bowl of boiling water, to soften for 5 minutes. Drain the noodles and cut to approximately 2 inch (5cm) lengths, using kitchen scissors.
2. Combine the next 6 ingredients in a small bowl.
3. Set the wok temperature to HIGH SEAR. Add the oil and stir-fry the pork for 3-4 minutes.
4. Add the green shallots, ginger, and water chestnuts, cook for a further 30 seconds.
5. Add the soy mixture and drained noodles, reduce the wok temperature to heat setting 8, cook until the liquid has almost absorbed but still moist.
6. Taste and adjust the seasoning.

*Serve with steamed Chinese green vegetables.*

### THAI BEEF AND SPINACH STIR-FRY

Makes 4 servings

#### INGREDIENTS

- ¾ cup peanut oil, divided
- 2 brown onions, sliced
- 2 cloves garlic, finely sliced
- 1 tablespoon finely diced ginger
- 2 red bell peppers, cut in strips
- 1¾ lbs lean beef strips
- 5 oz baby spinach
- ⅓ cup mint leaves
- ½ cup roasted cashews
- 1 tablespoon lime juice
- 2 teaspoons fish sauce
- 2 tablespoons sweet Thai chili sauce
- 1 teaspoon finely chopped lemon grass

#### METHOD

1. Set the wok temperature to HIGH SEAR. Add 1 tablespoon oil and stir-fry the garlic, ginger and onions. Cook for 2 minutes. Then add the bell peppers. Cook for 2 minutes more and then remove.
2. Add the remaining oil and stir-fry the beef in small batches for 1-2 minutes.
3. Remove when cooked and allow wok to reheat before stir-frying next batch.
4. Return all the ingredients to the wok.
5. Reduce the wok temperature to heat setting 8, and cook until spinach has softened.

*Serve with coconut rice.*

#### NOTE

**Remove each batch when cooked and allow the wok to reheat before shallow frying the next batch. By cooking in small batches, the heat of the oil remains constant.**

## RECIPES

### MONGOLIAN LAMB

Makes 4-6 servings

#### INGREDIENTS

- 1¾ lbs lamb, cut into strips
- 1 tablespoon light soy sauce
- 2 tablespoons Chinese rice wine
- ½ teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon soy sauce
- 1 tablespoon sesame oil
- 2 tablespoons peanut oil
- 2 cloves garlic, chopped
- 1 brown onion, diced
- ½ bunch green onions, cut into ¾ inch piece
- 1 red pepper, sliced

#### METHOD

1. Place the lamb into a bowl and mix with the light soy sauce and 1 tablespoon Chinese rice wine. Allow to marinate for 30 minutes.
2. While the meat is marinating place the salt, sugar, regular soy sauce, and remaining rice wine, and sesame oil into a screw-top jar and shake to make the sauce.
3. Set the wok temperature to HIGH SEAR and add the peanut oil. When the oil is heated, add the vegetables and stir-fry for 2 minutes, then remove. Add the meat to the wok and cook for 2 minutes. Then add the sauce, bring the mixture to a boil and return the vegetables to heat through.

*Serve with steamed rice.*

### TERIYAKI BEEF

Makes 4-6 servings

#### INGREDIENTS

- 1¾ lbs beef strips
- ¼ cup soy sauce
- 2 tablespoons mirin
- 2 teaspoons sake
- 2 teaspoons granulated sugar (superfine if available)
- 2 tablespoons peanut oil
- 1 carrot, finely sliced
- 1 zucchini, cut into batons
- 5 oz spinach leaves

#### METHOD

1. Place the beef strips into a bowl, add the soy, mirin, sake and sugar and marinate for 4 hours.
2. Set the wok temperature to HIGH SEAR and heat the peanut oil. Quickly sear ⅓ of the beef strips to seal in the juices and remove. Complete the process with all the strips.
3. Add the carrot and zucchini, cook for 2 minutes, add the beef back and then the spinach. Stir-fry until the spinach has wilted.

*Serve with steamed rice.*

## RECIPES

### NASI GORENG (INDONESIAN FRIED RICE)

Makes 4 servings

#### INGREDIENTS

1 tablespoon peanut oil  
1 clove garlic  
1 tablespoon minced ginger  
½ teaspoon dried chili flakes  
3 eggs, beaten  
½ cup diced cooked chicken breast  
12 medium shrimp, peeled, deveined and diced  
3 ½ cups cooked and cooled jasmine rice  
½ cup water  
4 tablespoons chopped green shallots  
Soy sauce

#### METHOD

1. Set the wok temperature to HIGH SEAR. Add the oil, garlic, ginger and chili flakes and cook for 2 minutes. Add the mixed egg and stir to cook through.
2. Add the chicken and shrimp and stir into the egg mixture. Add the rice and water, and cook until the rice is hot.
3. Add the green onions and soy sauce to taste. Cook for 1 minute before serving.

*Serve as an accompaniment or as an entree.*

### THAI GREEN CHICKEN CURRY

Makes 6 servings

#### INGREDIENTS

1 tablespoon vegetable oil  
1 brown onion, diced  
1 clove garlic, crushed  
1 teaspoon minced ginger  
2 tablespoons Thai green curry paste  
1¾ lbs chicken thighs diced  
1 cup chicken stock  
2 cans coconut cream  
1 cup bamboo shoots  
1 punnet cherry tomatoes  
½ cup coriander leaves

#### METHOD

1. Set the wok temperature to HIGH SEAR and add the oil. Cook the onion until it is translucent.
2. Add the garlic, ginger and curry paste, cook until, the oil separates from the curry paste.
3. Add the chicken and toss in the paste mix, add the stock and half the coconut cream. Bring the curry to the boil then reduce the wok temperature to heat setting 4.
4. Cook the curry with the lid on for 20 minutes, or until the chicken is cooked, add the remaining ingredients and cook for 5 minutes.

*Serve with steamed jasmine rice.*

## RECIPES

### MOROCCAN LAMB TAGINE

Makes 6-8 servings

#### INGREDIENTS

3 tablespoons peanut oil  
2 brown onions, diced  
1 lb small diced lamb (½ in)  
2 teaspoons cumin  
2 teaspoons ground black pepper  
2 teaspoons ground coriander  
2 teaspoons salt  
2 teaspoons paprika  
1 teaspoon ground ginger  
1 teaspoon turmeric  
1 teaspoon cinnamon  
16 oz chickpeas  
2 x 16 oz diced tomatoes  
2 stalks celery, diced  
½ cup red lentils  
5 oz tomato paste  
1 clove garlic, minced  
5 cups water

#### METHOD

1. Set the wok temperature to HIGH SEAR. Add half the oil and stir-fry the onion until soft. Add the meat and sear to seal in the juices. Remove from wok and reserve.
2. Place all the ground spices and remaining oil into the wok and cook for 2 minutes to release the flavors of the spices.
3. Add the remaining ingredients and the reserved lamb and return the mixture to a boil. Reduce the wok temperature to heat setting 4.
4. Place the lid on and cook for 1 hour.

*Serve with steamed couscous.*

# Breville®

## Breville Consumer Service Center

### USA

**Mail:** Breville USA  
19400 S. Western Ave  
Torrance CA  
90501-1119

**Phone:** 1-866-273-8455  
1-866-BREVILLE

**Email:** askus@brevilleusa.com

### Canada

**Mail:** Breville Canada  
2555, Avenue de l'Aviation  
Pointe-Claire (Montreal)  
Quebec H9P 2Z2

**Phone:** 1-855-683-3535

**Email:** askus@breville.ca

[www.breville.com](http://www.breville.com)

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