

Sunbeam

MASTER
SERIES

FP6910

DimpleTech™
Frypan
User Guide



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Important instructions – retain for future use.

تأكد من تفهم احتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich, dass die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώστε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری بکنید کہ احتیاط‌های بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığundan emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

Sunbeam's Safety Precautions

SAFETY PRECAUTIONS FOR YOUR SUNBEAM FRYPAN

- Use your frypan at least 200mm away from walls and curtains.
- Do not immerse the control probe in water.
- Use only with the control probe provided.
- If using a plastic spatula do not leave in cooking vessel when hot.

Sunbeam is very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- 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 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.
- The temperature of accessible surfaces may be high when the appliance is operating.
- Never leave an appliance unattended while in use.

If you have any concerns regarding the performance and use of your appliance, please visit www.sunbeam.com.au or contact the Sunbeam Consumer Service Line.

Ensure the above safety precautions are understood.

- Avoid using on metal surfaces eg sink, hotplate.
- Remove the control probe before cleaning the cooking vessel.
- After cleaning the cooking vessel ensure that the control probe inlet area is completely dry before using again.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven.
- Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.
- Appliances are not intended to be operated by means of an external timer or separate remote control system.
- This appliance is intended to be used in household and similar applications such as: staff kitchen areas in shops, offices and other working environments; farm houses; by clients in hotels, motels and other residential type environments; bed and breakfast type environments.

Features of your FP6910 DimpleTech™ Frypan

Steam Vent

Fixed steam vent controls the moisture level during cooking.

DuPont Teflon® Platinum Premium™ non-stick cooking surface

Enables healthy fat-free cooking and simple wipe down cleaning. Three layers of premium scratch and abrasive resistant non-stick coating. Safe to use with metal utensils.



Pouring spout

Easily and cleanly pour juices and sauces from your pan.

2400 watt even temperature butterfly cast-in element

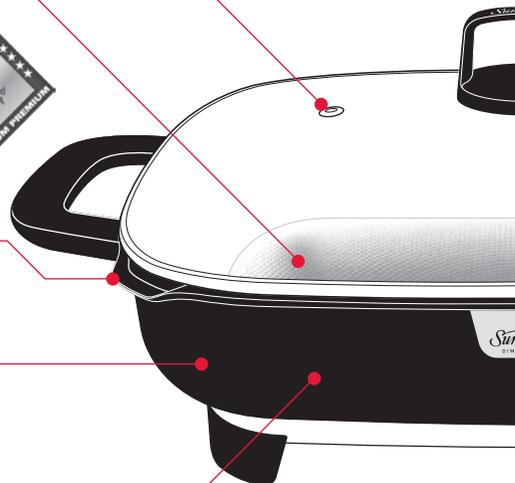
The 2400 watt butterfly element provides even heat distribution across the entire pan surface, preventing cooler spots. The element is completely cast into the aluminium base which is adhered onto the DimpleTech™ pan. This provides faster and superior heat transfer and heat retention.

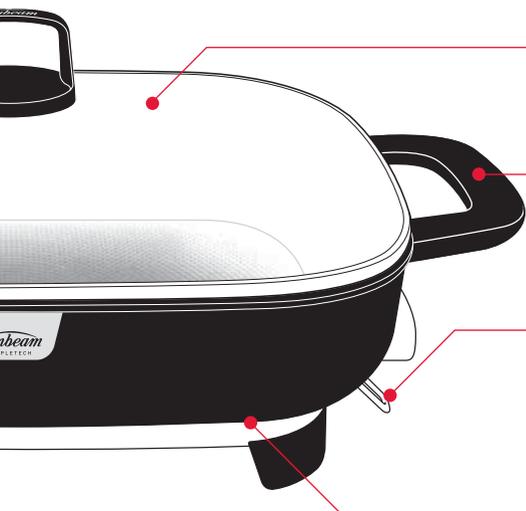
Extra Deep Cooking Vessel

Ideal for cooking foods with a liquid base such as casseroles, pasta, sauces, soups, custards etc.

Dishwasher safe

The pan and base are dishwasher safe and fully immersible making cleaning a breeze.





DimpleTech™ cooking surface

Specially engineered cooking surface to deliver superior heat performance and super non-stick.

Glass lid

Tempered glass lid enables you to monitor your food while it cooks.

Ergonomic handles

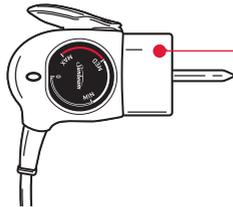
Heavy duty cast, ergonomic-shaped handles for comfortable use when cooking and when carrying to the table for serving.

Pan tilt lever

When the lever is in the lowered position the cooking pan tilts, so juices collect at one end of the pan. Both hands are then free for basting.

Heat reflector plate

Reflects heat back onto the cooking surface.



Trigger-release heat control probe Heat control probe inlet

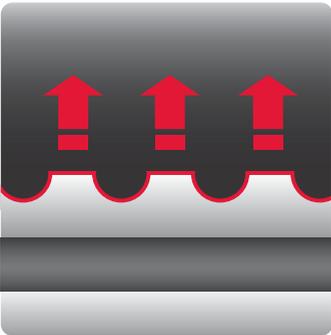
The probe is thermostatically controlled and incorporates an indicator light which switches off automatically when the temperature selected has been reached and then cycles on and off to indicate that the selected temperature is being maintained.

DimpleTech™ Cooking Surface

The specially engineered DimpleTech™ cooking surface has precision dimples which work in 2 ways to deliver superior heat and super non-stick performance. This ensures food ends up on your plate and not stuck to the pan.

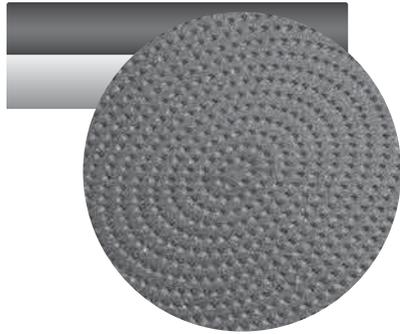
Superior Heat Performance

Heat to the cooking surface is concentrated over a reduced surface area which boosts temperatures. This creates super sear temperatures and gives superior browning.



Super Non-Stick

Food contact with the cooking surface is reduced for super non-stick performance. The dimples allow air to circulate beneath the food making it easier to remove food from the frypan.

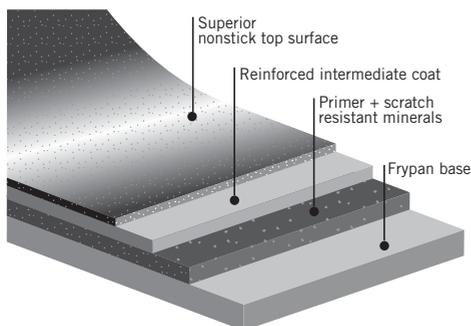


DuPont Teflon® Platinum Premium™



Your Sunbeam frypan features a special scratch and abrasive-resistant non-stick cooking coating that makes it safe to use metal utensils when cooking. Teflon® Platinum Premium™ is DuPont's toughest non-stick coating to date – up to 10 times more scratch resistant than other single layer non-stick coatings.*

DuPont is the world leader in non-stick coatings and today more than 2 billion households have Teflon® non-stick coated cookware.

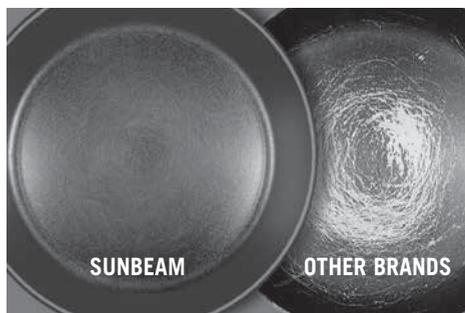


Platinum Premium™ - non-stick - 3 layer scratch resistant coating

Teflon® Platinum Premium™ is a premium 3 layer non-stick coating. It features special scratch resistant minerals causing metal utensils to slide over these particles without damaging the Teflon matrix. This preserves the release properties of the non stick coating and the life of the frypan.

The result is a non-stick coating that can be treated like ordinary cookware, enabling the use of metal utensils. However, Sunbeam recommends that care is taken with the non-stick coating when using metal utensils.

Do not use sharp objects or cut food inside the frypan. Damage caused to your frypan as a result of misuse of metal utensils will void your warranty.



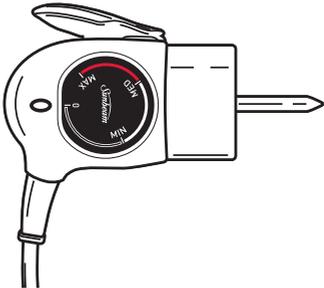
Results from DuPont's 'In-house Cooking Abuse Test'

** The images shown here and performance claims are based upon the DuPont In-house Cooking Abuse Test used to evaluate scratch resistance and release properties of non-stick coatings.*

Temperature settings of your DimpleTech™ Frypan

Trigger Release Control Probe

The probe is thermostatically controlled and incorporates an indicator light which switches off automatically when the temperature selected has been reached and then cycles on and off to indicate that the selected temperature is being maintained. The trigger release makes removal of the probe easy.



The settings on the dial represent the following temperatures approximately. Pre-heat your frypan on MAX setting then change to your desired setting.

DIAL SETTING	CELCIUS (approx)	USES	TEMPERATURE
MIN	50°C - 70°C	Keeping food warm	LOW
MIN/MED	80°C - 105°C	Simmering, slow cooking	
MED	120°C - 140°C	Pan frying	MEDIUM
MED/MAX	150°C - 175°C	Shallow frying, roasting	
MAX	190°C - 210°C	Searing and sealing	HIGH

Note: The temperature settings are a guide only and may require adjustment to suit various foods and individual tastes. When the dial is set to a MIN setting, it is quite normal for food to stop and start bubbling, as the thermostat maintains the selected temperature.

Using your DimpleTech™ Frypan

Before the first use: Wash in warm soapy water, rinse thoroughly and dry your pan and lid.

1. Insert the Control Probe into the inlet on the frypan.
2. Plug the cord into a 230-240V power outlet and turn the power on.
3. Pre-heat the frypan to MAX setting. Then set the Control Probe Dial to the desired temperature setting. Refer to page 6 for the temperature guide.

The light on the control probe will illuminate. This light will remain on until the set temperature has been reached and then will cycle on and off throughout cooking, as the cooking temperature is maintained by the thermostat.

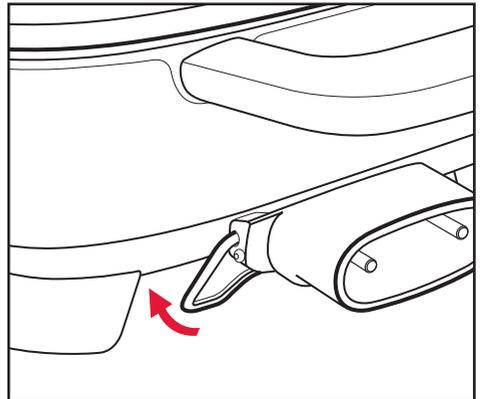
Hint: On initial heating of the cookware, it is recommended that the temperature be allowed to cycle (the light glowing on and off) several times. This will help the cooking surface to adjust to a more accurate cooking temperature.

Note: The frypan must only be used with the Control Probe provided.

Using the pan tilt lever

The pan tilt lever is positioned under the inlet where the control probe is inserted.

To tilt the frypan, push the lever down. This allows the fat and juices to drain from the food for crisp, low fat cooking. It also makes it easier to baste food and serve sauces or gravy.



Cooking with your FP6910 DimpleTech™ Frypan

Baking

Your frypan can be used for baking cakes, with deliciously moist results.

1. Preheat the frypan to MAX setting, with the lid on.
2. Elevate the cake pan or tray from the base of the frypan using a small wire rack.

Cooking times will be longer than those of a conventional oven. Use the recipes in this book as a guide to the cooking times for your own recipes.

Basting

The pan tilt lever makes basting easy as it allows the juices to drain to one side of the pan. Reduce the temperature to prevent any fat and juices spattering. Position the pan tilt lever and spoon the juices over the food as desired.

Also use the pouring spout to easily remove liquids from the pan after cooking.

Boiling Pasta

1. Bring 6 cups of water to the boil on MEDIUM setting. Add 1-2 tablespoons of oil to stop the pasta from sticking together.
2. Add 250g (1½ cups) of pasta and cook until tender, for approximately 8-12 minutes.
3. Reduce to a lower setting if the water boils too rapidly.

Note: Cooking times will vary with different types of pasta.

Rice

1. Bring 6 cups of water to the boil on MEDIUM setting. Add 200g (1 cup) of rice and position the lid.
2. Cook until tender, approximately 10-12 minutes and then drain.
3. Reduce to a lower setting if the water boils too rapidly. Stir occasionally so that the rice does not stick.

Browning and Sealing Meat

It is necessary to brown and seal meat in many recipes. Meat retains its juices and the flavours develop after browning and sealing. This also prevents it from sticking when baking or roasting. Preferably use meat that is at room temperature, as this reduces the cooking time.

1. Preheat the frypan to MAX setting. Add approximately 1-2 tablespoons of oil.
2. Brown meat on all sides, with the lid off.
3. After sealing, reduce the temperature to MEDIUM setting and replace the lid until the meat is cooked as desired. Steaks should only require turning once or twice.

Frying

The frypan is ideal for shallow or dry frying. Deep frying is not particularly suitable as the frypan has shallow sides and a greater surface area, which results in heat loss and the possible overflow of oil.

Pan Frying: Suitable for eggs, omelettes, bacon, sausages, steaks and chicken pieces. Preheat to MEDIUM setting and add a little oil to flavour. Non-stick cooking surfaces do not require a large amount of oil.

Shallow Frying: Suitable for vegetable pieces e.g roast pumpkin and potato, and crumbed food. Preheat on MEDIUM setting with sufficient oil so that the food is half immersed. Cook food with the lid off.

Sautéing: Preheat on MEDIUM setting with a little oil to add flavour.

Stir Frying: Food is cooked quickly, over a high heat and vegetables retain their flavour and crispness. For best results and even cooking, cut food into even sized, smaller pieces.

1. Preheat the frypan on MAX setting with a little oil.
2. Slice meat into strips. Coat meat in a little oil and stir-fry in batches until browned. This prevents meat from stewing.
3. Add vegetables and seasoning, stirring continuously. Vegetables which take longer to cook, such as carrots, should be cooked first, adding the other ingredients later. Cook until the vegetables are still slightly crisp. Return the meat back into the pan when the vegetables are almost cooked. The lid can be in position in the last few minutes of cooking.

Roasting

Meat and poultry: The frypan is ideal for roasting meat and poultry, as the meat retains the flavour and juices.

1. Preheat the frypan on MEDIUM/MAX setting. Use only a small amount of oil for less fatty joints and no oil for fattier joints of meat.
2. Brown and seal the meat on all sides and position the lid.
3. After browning, turn the dial to MEDIUM setting to cook the meat as desired. Turn meat occasionally during cooking to ensure even cooking.
4. Remove meat from pan and cover with foil. Allow meat to rest for 5-10 minutes, meanwhile you can make a gravy from the juices in the frypan.

Vegetables: Cut into even sized pieces. Add to the frypan 45-60 minutes before serving. For crisper vegetables, remove the meat and increase the heat for the last few minutes of cooking.

Roasting Times:

Note: These times are for well done. Reduce the times to suit personal taste.

PORK: 30-40 minutes per 500g after browning.

VEAL: 30-40 minutes per 500g after browning.

LAMB: 25-30 minutes per 500g after browning.

CHICKEN: 30-35 minutes per 500g after browning.

Care and Cleaning

Always turn the power off and remove the plug from the power outlet after use and before cleaning. Allow frypan to cool before cleaning.

Heat Control Probe.

If cleaning is necessary, wipe over probe with a damp cloth.

Do not immerse the Control Probe in water or any other liquid.

Storage.

Store the probe carefully in a safe place. Do not knock or drop it as this can damage the probe.

If damage is suspected, return the control probe to your nearest Sunbeam Service Centre for inspection. Refer to the back of your instruction book for Service Centre listings.

Pan and Lid

The pan and lid are fully immersible and can be washed in warm soapy water using a mild household detergent and a soft washing sponge. They can also be cleaned in the dishwasher.

When cleaning Teflon® Platinum Premium™ non-stick coating do not use abrasive scourers. After cleaning, dry the frypan and lid with a soft cloth before storing.

Recipes

Indian Vegetable Pakoras

Makes: 15

- 1 green chili, finely chopped
- 1 onion, finely chopped
- 1 cup chickpea flour*
- 2 teaspoons grated fresh ginger
- ¼ cup chopped fresh coriander
- ¼ cup water
- 1 teaspoon ground coriander
- ¼ teaspoon baking soda
- Vegetable oil, for frying
- Salt, to taste

1. Combine all ingredients, except oil, into a large bowl. Stir until smooth. Season to taste with salt.
2. Add 2cm of vegetable oil into the frypan. Place on MEDIUM heat.
3. Add ¼ cup of mixture into the heated oil. Cook for 2-3 minutes on each side or until golden. Place onto paper towel. Repeat with remaining batter.
4. Serve immediately.

*Chickpea flour is available at most large supermarkets in the health food aisle. If not you can substitute with plain flour.

Zucchini and Basil Fritters with Lemon

Parmesan Aioli

Makes: 10-12

Lemon Parmesan Aioli:

- 1 clove garlic, crushed
- ¼ cup mayonnaise
- ¼ cup sour cream
- 2 tablespoons chopped fresh dill
- 2 tablespoons grated parmesan cheese
- 1 tablespoon lemon juice
- Salt and freshly ground black pepper, to taste

Fritters:

- 2 cloves garlic, crushed
- 2 eggs
- 2 zucchinis, grated
- 1 cup bread crumbs
- ¼ cup chopped fresh basil
- ½ cup grated mozzarella cheese
- 2 tablespoons olive oil
- Salt and freshly ground black pepper, to taste

1. Aioli: Combine all ingredients. Season to taste with salt and pepper. Set aside.
2. Place grated zucchinis in the middle of a thick piece of cloth. Twist to remove all of the excess liquid.
3. Place zucchini and all of the remaining fritter ingredients, except oil, into a large bowl. Stir to combine. Season to taste with salt and pepper.
4. Heat the oil on MEDIUM heat.
5. Add ¼ cups of batter into the heated oil. Cook for 2-3 minutes on each side or until golden. Place onto paper towel. Repeat with remaining batter.
6. Serve immediately with aioli.

Frypan Recipes continued

Asian Scallion Pancakes

Makes: 4 small pancakes

1 cup plain flour

½ cup warm water

4 shallots, finely chopped

4 tablespoons vegetable oil

Salt, to taste

1. Sift the flour into a large bowl. Combine with the water. Use a fork to gently stir until dough has formed. Continue to knead with your hands until soft dough has formed, about 3-4 minutes.
2. Divide the dough into four equal sized balls.
3. Using a rolling pin, roll out the dough until very flat. You may need to sprinkle the dough with flour to prevent it from sticking.
4. Sprinkle the surface of the dough with the chopped shallots. Roll the dough into a long cylinder. Twist the rolled dough into a circle. Use the rolling pin to flatten.
5. Repeat with the remaining dough.
6. Heat the oil on MEDIUM heat.
7. Add each pancake and cook for 1-2 minutes on each side or until golden and crisp.
8. Cut into wedges and serve hot.

Sesame Panko Prawns with Lime Mayonnaise

Makes: 20

20 large prawns, deveined, shell removed, tail-on

½ cup plain flour

3 eggs, lightly whisked

2 cups panko bread crumbs

Vegetable oil, for frying

Mayonnaise:

½ cup mayonnaise

2 teaspoons lime juice

1 teaspoon lime zest

Salt and freshly ground black pepper, to taste

1. Dip the prawns into flour, egg and the panko breadcrumb.
2. Add 2cm of vegetable oil to the frypan. Place on MEDIUM heat.
3. Add 5 prawns into the heated oil. Cook for 1 minute on each side or until golden brown. Place onto paper towel. Repeat with remaining prawns.
4. Mayonnaise: In a medium bowl combine all ingredients. Season to taste with salt and pepper.
5. Serve the prawns with lime mayonnaise.

Frypan Recipes continued

Home Made Fish Fingers

Makes: approximately 20

2 cups breadcrumbs

2 tablespoons lemon juice

2 tablespoons lemon zest

1 tablespoon chopped fresh parsley

500g white fish, cut into 1cm strips

1/3 cup plain flour

2 eggs, lightly whisked

1/4 cup olive oil

Tomato sauce, to serve

Salt and freshly ground black pepper, to taste

1. In a large bowl combine breadcrumbs, lemon juice, lemon zest and parsley. Season to taste with salt and pepper.
2. Dip the fish into the flour, eggs and then the breadcrumb mixture.
3. Heat the oil on MEDIUM heat.
4. Add fish to the heated oil. Cook for 2-3 minutes or until the breadcrumbs are golden and the fish is cooked.
5. Serve hot with tomato sauce.

Tandoori Salmon with Riata Sauce

Makes: 6 servings

6 cloves garlic, crushed

6 long green chillies, finely chopped

1 1/2 cups unsweetened Greek yoghurt

2 tablespoons grated ginger

1 tablespoon smoked paprika

1 tablespoon white vinegar

1 1/2 teaspoons garlic powder

1 1/2 teaspoons ground cardamom

1 1/2 teaspoons ground cinnamon

1 1/2 teaspoons ground cloves

1 1/2 teaspoons ground ginger

6 x 150g pieces salmon, skin-on, bones removed

Riata Sauce:

1 cup Greek yoghurt

2 tablespoons chopped fresh coriander

1 teaspoon garam masala

1/2 small Lebanese cucumber, peeled, finely chopped

Salt and freshly ground black pepper, to taste

1. In a large bowl combine all of the ingredients, except the salmon. Stir until smooth.
2. Place salmon in the yoghurt mix. Cover and refrigerate for at least 2 hours.
3. Remove excess yoghurt mixture from salmon.
4. Heat the frypan on MEDIUM/MAX heat.
5. Place salmon in frypan. Cook for 3-4 minutes on each side. Set aside to rest.
6. Riata: Combine all ingredients in a small bowl. Season with salt and pepper.
7. Serve salmon with a dollop of riata.

Frypan Recipes continued

Oregano and Fetta Stuffed Chicken Breasts

Makes: 4 servings

4 chicken breasts

200g Persian fetta

3 tablespoons lemon juice

2 tablespoons chopped fresh oregano

1 tablespoon lemon zest

1 tablespoon smoked paprika

2 tablespoons olive oil

Salt and freshly ground black pepper, to taste

1. Make a small incision on the side of the chicken breast. Using your fingers gently make a cavity inside of the chicken breast, making sure not to make any holes. Repeat with remaining chicken breasts. Set aside.
2. Combine fetta, lemon juice, oregano, lemon zest and paprika in a bowl. Mix to form a paste. Season to taste with salt and pepper.
3. Place the fetta mixture into a piping bag. Cut a small hole at a base of the bag and squeeze the mixture into the cavity made in the chicken breasts. Be careful to not overfill. Using a tooth pick close the incision.
4. Heat oil in frypan on MAX heat.
5. Add chicken breasts and cook for 2-3 minutes on each side. Reduce the heat to MIN and cook for a further 10 minutes or until cooked.
6. Serve.

Lemon and Herb Roasted Chicken

Makes: 4-6 servings

1 x 1.5kg whole chicken

Butter:

2 cloves garlic, crushed

100g butter, room temperature

1 tablespoon chopped fresh thyme

2 teaspoon lemon zest

1 teaspoon salt

Stuffing:

6 cloves garlic, peeled

1 bunch fresh parsley

1 bunch fresh thyme

1 lemon, cut into quarters

2 tablespoons olive oil

1 cup white wine

Kitchen twine

Salt and freshly ground black pepper, to taste

1. Place the chicken on a clean surface with the cavity towards you. Using your fingertips gently separate the skin from the breast meat. Be careful not to break the skin.
2. Butter: In a small bowl combine all of the butter ingredients. Mix until a smooth paste. Season to taste with salt and pepper.
3. Gently press the butter into the cavity made between the breast and the skin.
4. Stuffing: Place all of the ingredients, except oil and wine, into the cavity of the chicken. Use kitchen twine to secure the legs together.
5. Heat oil in frypan on MAX heat.
6. Add chicken and cook on all sides for 1-2 minutes or until dark golden brown. Reduce heat to MIN and add the wine. Cover with the lid. Cook for 35 minutes or until cooked when tested.
7. Serve.

Family Favourite Chicken Alfredo

Makes: 6 servings

50g butter, cut into cubes

700g chicken thighs, cut into 1cm slices

3 cloves garlic, crushed

2 cups thickened cream

1 cup grated parmesan cheese

500g fettuccini, cooked

1 tablespoon lemon juice

Salt and white pepper, to taste

Extra parmesan cheese, to serve

1. Melt butter in the frypan over MEDIUM heat.
2. Add the chicken and cook for 4-5 minutes or until golden and cooked. Add the garlic and cook for 1 minute.
3. Add cream to the frypan. Simmer for 2-3 minutes or until the cream has thickened slightly.
4. Add the cooked pasta to the sauce with parmesan cheese and lemon juice. Cook, stirring, for 1 minute. Season to taste with salt and pepper.
5. Top with extra parmesan cheese. Serve.

Super Crispy Potatoes

Makes: 4-6 servings

¼ cup olive oil

1 kg desiree potatoes, peeled, cut into 3cm cubes

Salt and freshly ground black pepper, to taste

1. Heat oil in frypan on MEDIUM heat.
2. Add potatoes and cook for about 20 minutes, turning the potatoes occasionally.
3. Season potatoes generously with salt and pepper.
4. Serve immediately.

Frypan Recipes continued

Chickpea and Spinach Curry

Makes: 6-8 servings

500g frozen spinach, defrosted
2 tablespoons olive oil
2 large eggplants, cut into 2cm cubes
2 long green chillies, finely chopped
2 red onions, finely chopped
1 clove garlic, crushed
2 tablespoons ground coriander seeds
2 tablespoons ground cumin seeds
2 x 400g cans chickpeas, drained, rinsed
2 x 400g can chopped tomatoes
2 cups vegetable stock
2 tablespoons lemon juice
Salt and freshly ground black pepper, to taste
Rice, fresh coriander and plain yoghurt, to serve

1. Place the defrosted spinach in the middle of a thick piece of cloth. Twist to remove all of the excess liquid.
2. Heat the oil in frypan on MEDIUM heat.
3. Add eggplant, chilli, onion and garlic. Cook, stirring for 5 minutes or until the onions are tender.
4. Add spices and cook for a further minute.
5. Add remaining ingredients, except lemon. Cook, stirring occasionally, for 15 minutes or until the eggplant is tender. Add lemon. Season to taste with salt and pepper.
6. Serve with rice, coriander and plain yoghurt.

Pork Schnitzel with Coleslaw

Makes: 4 large servings

4 boneless pork loin chops
1 cup plain flour
3 eggs, lightly whisked
4 cups bread crumbs
2 tablespoons olive oil
50g butter
2 sprigs fresh thyme
Lemon wedges, to serve

Coleslaw:

¼ red cabbage, finely chopped
2 carrots, peeled, grated
1 granny smith apple, grated
½ red onion, finely sliced

Dressing:

1 tablespoon granny mustard
1 tablespoon honey
1 tablespoon olive oil
1 tablespoon red wine vinegar
Salt and freshly ground black pepper, to taste

1. Place pork chops between two pieces of plastic wrap. Pound out to be ½cm thick.
2. Dip the pork into plain flour, eggs and then the breadcrumbs. Press the breadcrumbs firmly onto the pork.
3. Heat the oil and butter in the frypan on MEDIUM/MAX heat.
4. Add pork chops and thyme. Cook for 3-4 minutes on each side or until golden and cooked through.
5. Coleslaw: Combine all ingredients in a large bowl.
6. Dressing: Combine all ingredients. Pour over coleslaw and toss to combine. Season to taste with salt and pepper.
7. Serve the pork with lemon wedges and coleslaw.

Frypan Recipes continued

Seared Steak with Creamy Mushroom Sauce

Makes: 4

1 tablespoon olive oil

4 beef scotch fillet steaks

50g butter

4 sprigs fresh thyme

3 cloves garlic, crushed

200g portabella mushrooms, sliced

200g shitake mushrooms, sliced

½ cup white wine

⅓ cup sour cream

Salt and freshly ground black pepper, to taste

1. Heat oil in the frypan on MAX heat.
2. Add steaks and cook for 2½ minutes on each side for medium rare. Set aside to rest.
3. Reduce the heat to MEDIUM heat. Add the butter, thyme, garlic and mushrooms to the pan. Cook for 5 minutes or until the mushrooms are beginning to brown.
4. Add wine to the pan and reduce by half.
5. Stir through the sour cream. Season to taste with salt and pepper.
6. Serve steaks with mushroom sauce.

Quick and Easy Beef Burger

Makes: approximately 6 patties

Patty:

500g lean beef mince

½ cup bread crumbs

¼ cup chopped fresh parsley

1 teaspoon dried oregano

1 teaspoon dried thyme

1 clove garlic, crushed

1 egg

Burger:

6 burger buns, halved

6 slices cheddar cheese

3 vine-ripened tomatoes, sliced

½ iceberg lettuce

1 red onion, finely sliced

¾ cup tomato relish

½ cup mayonnaise

Salt and freshly ground black pepper, to taste

1. In a large bowl combine all of the patty ingredients. Season to taste with salt and pepper.
2. Form the mince into ½ cup sized patties. Place on a lined tray and refrigerate for 30 minutes.
3. Place the frypan on MEDIUM heat.
4. Add patties to the pan in batches. Cook for 3-4 minutes on each side or until desired doneness. Set aside to rest.
5. Layer the bun with the burger ingredients. Top with meat patty. Serve.

Frypan Recipes continued

Lamb Kofta with Yoghurt Sauce

Makes: approximately 8

Lamb:

- 500g ground lamb
- 3 cloves garlic, crushed
- 1 egg
- ½ onion, finely chopped
- 2 tablespoons corn starch
- 1 tablespoon olive oil
- 1 teaspoon grated fresh ginger
- ½ teaspoon ground allspice
- ½ teaspoon ground cinnamon
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- Salt and freshly ground black pepper, to taste

Yoghurt:

- 1 cup Greek yoghurt
- ½ red onion, finely chopped
- ¼ cup chopped fresh mint
- 1 tablespoon lemon juice
- ½ teaspoon ground cumin
- Salt and freshly ground black pepper, to taste

1. In a large bowl combine all of the lamb ingredients. Season to taste with salt and pepper.
2. Place ½ cup of lamb mixture into a log around a skewer. Repeat with remaining mixture.
3. Yoghurt: Combine all ingredients in a small bowl. Season to taste with salt and pepper.
4. Place frypan on MEDIUM heat.
5. Add skewers in batches to the pan. Cook for 5 minutes, turning occasionally. Remove from pan once cooked.
6. Serve with yoghurt dipping sauce.

Stuffed Leg of Lamb with Red Wine

Makes: 6-8 servings

Stuffing:

- 100g pancetta
- 5 cloves garlic, peeled
- 1 cup breadcrumb
- 1 cup fresh herbs (rosemary, oregano, thyme, parsley)
- ½ cup kalamata olives, stones removed
- ¼ cup pine nuts
- ¼ cup olive oil
- Salt and freshly ground black pepper, to taste

Lamb:

- 2kg leg of lamb, bone removed, butterflied
- 1 tablespoon olive oil
- 2 cups red wine
- Kitchen twine
- Salt and freshly ground black pepper, to taste

1. Place all of the stuffing ingredients into a food processor. Pulse until all ingredients are roughly chopped. Season to taste with salt and pepper.
2. Spread the stuffing evenly over the flesh side of the lamb. Roll the lamb from the longest side to encase the filling and form a cylinder. Tie the lamb at 2cm intervals with kitchen twine.
3. Heat oil in the frypan on MAX heat.
4. Add the lamb and cook for 2-3 minutes on each side or until a dark golden brown colour. Pour red wine into the pan. Reduce the heat to MIN and cook for 40 minutes for medium rare.

Frypan Recipes continued

Brazilian Beef Stew

Makes: 6 servings

800g beef roast, cut into 2cm cubes

1 teaspoon ground all spice

1 teaspoon ground black pepper

1 teaspoon chilli flakes

1 teaspoon ground coriander

2 tablespoons olive oil

4 cloves garlic, crushed

3 stalks celery, cut into 2cm pieces

2 carrots, peeled, cut into 1cm cubes

1 onion, roughly chopped

2 tablespoons tomato paste

1 cup hot water

1 tablespoon instant coffee powder

1 cup red wine

2 bay leaves

½ cup chopped fresh parsley

3 tablespoons lime juice

Salt and freshly ground black pepper, to taste

Mashed potatoes, to serve

1. Rub the beef with all spice, black pepper, chilli flakes and coriander.
2. Heat half of the oil in frypan on MAX heat.
3. Add the beef to the pan and cook for 3-4 minutes. Make sure all of the beef is browned thoroughly. Set aside.
4. Reduce heat to MEDIUM. Add the remaining oil, garlic, celery, carrots and onion to the pan. Cook, stirring, for 5 minutes or until the onion is golden.
5. Add the tomato paste and cook for a further 1 minute.
6. In a separate bowl combine the coffee and hot water.
7. Pour coffee into the pan with the beef, wine and bay leaves.

8. Reduce the heat to MIN and cook for 30 minutes.

9. Stir through parsley and lime juice. Season to taste with salt and pepper. Remove bay leaves before serving.

10. Serve with mashed potatoes.

Basic Buttermilk Pancakes

Makes: 10-12

1 cup plain flour

¼ cup caster sugar

2 teaspoons baking powder

¼ teaspoon salt

1 cup buttermilk

1 egg

1. In a large bowl combine flour, sugar, baking powder and salt.
2. In a separate bowl combine buttermilk and egg.
3. Make a well in the centre of the flour. Pour in wet ingredients. Stir until just combined. Be careful not to over mix.
4. Place the frypan on MEDIUM heat.
5. Pour ¼ cup amounts of batter into the frypan. Cook for 1-2 minutes on each side, or until golden and cooked. Repeat with remaining batter.
6. Serve immediately.

NOTE: You can cook the pancakes off in butter if preferred.

Frypan Recipes continued

Nutella Crepe Layer Cake

Crepe:

- 1 cup plain flour
- ¾ cup milk
- ½ cup water
- 2½ teaspoons caster sugar
- 1 teaspoon vanilla extract
- 2 eggs
- 40g butter, melted

Ganache:

- ¾ cup Nutella
- ⅓ cup thickened cream
- 80g dark chocolate

1. Ganache: Place all ingredients into a medium bowl. Place in microwave for 20 second intervals. Stir and continue to microwave until a smooth mixture has formed. Place in refrigerator to cool for 20 minutes.
2. Crepe: Combine all of the crepe ingredients in a blender. Mix for 10 seconds or until smooth. Cover and place in refrigerator for 1 hour.
3. Place frypan on MEDIUM heat.
4. Pour 2 tablespoons of batter into the frypan. Using a spatula spread the batter into a circle. Cook for 30 seconds on each side, or until cooked and golden. Repeat with remaining batter. Place cooked crepes on a wire rack to cool.
5. Place one cooled crepe onto a flat surface. Spread with 1 tablespoon of ganache. Top with another crepe. Repeat until all of the crepes have been used. Top with a thin layer of ganache. Serve.

Mini Lemon Cheesecakes

Makes: 10

Crust:

- 1 cup crushed plain biscuits
- 50g butter, melted

Filling:

- 340g cream cheese, room temperature
- 2 tablespoons lemon juice
- 2 tablespoons lemon zest
- 2 eggs
- ½ cup icing sugar
- ¼ cup thickened cream

1. Line a cupcake tray with 12 paper liners.
2. In a large bowl combine crushed biscuits and butter. Stir until combined. Firmly press 1 tablespoon of crumb mixture into each paper liner.
3. Using an electric mixer mix the cream cheese, lemon juice and lemon zest until smooth. Add the eggs one at a time, making sure to beat well after each addition.
4. Add icing sugar and cream to the cream cheese. Mix for 1 minute or until smooth.
5. Evenly divide the mixture over the 12 crumb bases.
6. Place the frypan on MEDIUM heat.
7. Place the muffin tray in the pan. Fill the pan with water to reach halfway up the muffin tray. Cover with the lid.
8. Allow the cheesecakes to cook for 30 minutes or until the edges have begun to set. When shaken the centre of the cheesecakes should wobble slightly. Allow to cool the cheesecakes to cool in the water.
9. Remove cheesecakes from paper liner before serving.

12 Month Replacement Guarantee

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Your warranty does not:

- cover freight or any other costs incurred in making a claim, consumable items, accessories that by their nature and limited lifespan require periodic renewal (such as filters and seals) or any consequential loss or damage; or

- cover damage caused by:
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- servicing or modification of the product other than by Sunbeam or an authorised Sunbeam service centre;
- use of the product with other accessories, attachments, product supplies, parts or devices that do not conform to Sunbeam specifications; or
- exposure of the product to abnormally corrosive conditions; or

- extend beyond 3 months if the product is used in commercial, industrial, educational or rental applications.

The benefits given to you by our warranty are in addition to other rights and remedies under law in relation to the product.

In Australia our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Our goods also come with guarantees that cannot be excluded under the New Zealand Consumer Guarantees Act.

If your warranty claim is not accepted, we will inform you and if requested to do so by you, repair the product provided you pay the usual charges for such repair. You will also be responsible for all freight and other costs.

Should your product require repair or service after the warranty period, contact your nearest Sunbeam service centre. For a complete list of Sunbeam's service centres, visit our website or call our customer service line for advice on 1300 881 861 in Australia, or 0800 786 232 in New Zealand.

Need help with your appliance?

Contact our customer service team or visit our website for information and tips on getting the most from your appliance.

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