

# KAMBROOK

THE SMARTER CHOICE



## Essentials 12" Square Frypan

KEF120

Instruction Booklet

# Important

Please retain your instruction book for future use.

In the event that you need some assistance with your Kambrook appliance, please contact our Customer Service Department on 1300 139 798 (Australia) or 09 271 3980 (New Zealand). Alternatively, visit us on our website at [www.kambrook.com.au](http://www.kambrook.com.au)

# Contents

Kambrook Recommends Safety First	p4
Your Essentials 12" Square Frypan	p6
Using Your Kambrook Essentials 12" Square Frypan	p7
Care, Cleaning and Storage	p8
Cooking with Your Kambrook Essentials 12" Square Frypan	p9
Recipes	p14

# IMPORTANT: Please retain your instruction book for future use.

At Kambrook, we believe that safe performance is the first priority in any consumer product, so that you, our valued customer can confidently use and trust our products. We ask that any electrical appliance that you use be operated in a sensible fashion with due care and attention placed on the following important operating instructions.

## Important Safeguards For Your Kambrook Essentials 12" Square Frypan

- Carefully read all instructions before operation and save for future reference.
- Remove and safely discard any packaging material and promotional stickers before using the Frypan for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover that is fitted to the power plug of the Frypan.
- Do not place the Frypan near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water.
- Keep the Frypan clear of walls, curtains and other heat or steam sensitive materials. Minimum 200mm distance.
- Do not place on or near a gas burner, electric element or in or near a heated oven.
- Do not use on a sink drain board.
- Always insert Temperature Control Probe into probe socket before inserting power plug into power outlet and switching on appliance. Ensure the probe socket is completely dry before inserting the Temperature Control Probe.
- The frypan must be used with the Temperature Control Probe provided. Do not use any other probe or connector.
- To protect against electric shock, do not immerse power cord or Temperature Control Probe in water or any other liquid, or allow moisture to come in contact with these parts.
- Ensure the Temperature Control Probe has cooled before removing from the appliance.
- Always remove Temperature Control Probe before cleaning the appliance.
- If using plastic utensils, do not leave in frypan when hot.

- Do not place hot glass lid under cold water.
- Extreme caution must be used when the appliance contains hot oil or other liquid. Do not move the appliance during cooking. Allow the frypan to cool before removing oil or other liquid.
- Do not touch hot surfaces. Use the handles for lifting and carrying the Frypan.
- Do not leave the appliance unattended when in use.
- The appliance is not intended to be operated by means of an external timer or a separate remote control system.
- Always turn the Temperature Control Probe to '0', then switch off at the power outlet and allow probe to cool, then remove probe and unplug, if appliance is to be left unattended, if not in use before attempting to move appliance and before cleaning.
- Keep the appliance clean. Refer to care and cleaning (page 8).
- Do not place anything on top of the Frypan when the lid is in position, when in use and when stored.

## Important Safeguards For All Electrical Appliances

- Fully unwind cord before use.
- Do not let the cord hang over the edge of a table or counter, touch hot surfaces or become knotted.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience or 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 they do not play with the appliance.
- It is recommended to regularly inspect the appliance. Do not use the appliance if power supply, cord, plug, Temperature Control Probe or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Kambrook Service Centre.
- This appliance is recommended for household use only. Do not use this appliance for other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors.
- 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.



**WARNING:** Do not operate the frypan on an inclined surface. Do not move the frypan while it is switched on.

## Your Square Frypan

1. Removable Temperature Control Probe thermostatically controlled with 12 settings.
2. Easy-Clean Non-Stick Cooking Surface for fat free cooking
3. Glass lid with stainless steel rim
4. Super Size – 30 x 30cm rectangular frypan. Extra deep – 73mm.
5. Adjustable steam vent.
6. Cool Touch knob.



# Using Your Kambrook Essentials 12" Square Frypan

## Before First Use

Before first use wash, rinse and dry your frypan and lid. Season the cooking surface by applying a thin coating of cooking oil with paper towelling.



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

Ensure that the frypan socket is fully dry before inserting the temperature control probe.

Plug the cord into a 230V or 240V power outlet and then turn the power on.

Set the temperature control probe to the desired temperature setting. Refer to table below.

The temperature light on the temperature control probe will switch off automatically when

the temperature selected has been reached. The light will cycle "on" and "off" during the cooking cycle indicating that the selected temperature is being maintained.

Do not use metal utensils, as these will scratch the non-stick cooking surface.

Only use wooden or good quality plastic utensils to stir or serve food.

Do not leave plastic cooking utensils in contact with the hot frypan surface while cooking.

**NOTE:** This frypan must be used with the temperature control probe provided. Do not use any other probe or connector.

## The Glass Lid

The Cook 'n' Look glass lid enables you to monitor your cooking without removing the lid and losing heat. To adjust the steam outflow from the frypan, turn the adjustable steam vent (attached to the knob).

Dial Setting	Uses	Temp. Guide
Min - 4	Slow cooking casseroles, keeping food warm, simmering sauces, basting, bolognaise sauce.	Simmer/Low
4 - 8	Cooking steaks, sausages, bacon, eggs, pikelets, roast vegetables, pancakes, roasting joints, crumbed food, toasted sandwiches, popcorn.	Medium/High
8 - 12	Sealing steaks and roasts, cakes, boil rice, stirfry.	High

# Care, Cleaning and Storage

## Care

- Do not leave plastic cooking utensils in contact with the hot frypan surface while cooking.
- Do not use metal utensils on the non-stick coating of the frypan. Only use wooden or good quality plastic utensils to stir or serve food.
- Before cleaning, switch the frypan to '0' and unplug from the power outlet. Remove the Temperature Control Probe when cooled, from the probe socket of the appliance.

## Cleaning

### Temperature Control Probe

- If cleaning is necessary, wipe the Temperature Control Probe over with a slightly damp cloth. Ensure it is completely dry before use.

**NOTE:** Never immerse the Temperature Control Probe, plug or cord in water or any other liquid.

### Non-stick cooking surface

Cooking on a non-stick surface minimises the need for oil. As food does not stick, cleaning is easier.

Any discolouration that may occur on the non-stick surface may detract from the appearance of the frypan but will not affect the cooking performance.

Do not use metal (or other abrasive) scourers when cleaning the non-stick coating. Wash with hot soapy water. Remove stubborn spots with a soft plastic washing pad or nylon washing brush. Rinse and dry thoroughly.

**NOTE:** To clean the interior and exterior surface and glass lid wash in hot soapy water. Remove stubborn spots with a plastic washing pad or nylon washing brush.

### Removing discolouration of the non-stick surface

Combine 2 tablespoons bicarbonate of soda, 1/4 cup household bleach, 1 cup water.

Pour into the frypan, place lid on with the vent closed, and simmer for 5-10 minutes.

Clean in a well-ventilated area and avoid breathing in the vapours. Wash as directed before re-use. In some instances this may not remove all the staining.

### Glass lid

Wash the lid in warm soapy water using a soft cloth or sponge, rinse and dry thoroughly.

### Dishwasher safe

Your frypan and glass lid are dishwasher safe for easy cleaning. Remove the probe and power cord before placing frypan into the dishwasher.

**NOTE:** Before inserting the Temperature Control Probe into the probe 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.



## Storage

Store the frypan upright with the lid in position.

Store the Temperature Control Probe carefully. Take care not to knock or drop the probe as this can cause damage. If damage is suspected, return the Temperature Control Probe with the frypan to your nearest Breville Service Centre for inspection.

**TIP:** For convenient storage of the Temperature Control Probe, line the frypan with 2 sheets of kitchen paper and place the probe on the kitchen paper. This will ensure the probe and plug do not scratch the non-stick surface.

# Cooking with Your Kambrook Essentials 12" Square Frypan

## Stir-Frying

Recommended temperature probe setting 8 - 12

An energy efficient and healthy way of cooking foods. The benefit of this cooking method is its speed and the flavour of the foods. The non-stick cooking surface on your Square Frypan 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 frypan before adding any ingredients, allow the temperature light to cycle 'on' and 'off' several times. This will allow the frypan to reach an even high temperature.

Stir frying is a dry heat cooking method and is best suited to tender cuts of meat. Timing is a key factor when cooking meat, 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 is needed.

### Recommended cuts for stir frying

Beef	Lean beef strips prepared from rump, sirloin, rib eye, 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, eye of loin
Pork	Lean pork strips prepared from leg, butterfly or medallion steaks or fillet
Veal	Eye of loin, fillet, round, rump or topside

Buy meat strips from your butcher or from your supermarket, or prepare meat strips from recommended cuts listed above by removing any fat and slicing thinly across the grain (across the direction of meat fibres). Slicing across the grain ensures tenderness. Cut into very thin strips, approx 5 – 8 cm in length. Partially freeze meat for approx 30 minutes to make slicing easier.

Stir fry meat strips in small batches (approx 200 – 300g) to stop meat shedding its juice and ‘stewing’, resulting in tougher meat.

When adding meat strips to the frypan, the strips should sizzle.

Stir fry meat strips for 1 – 2 minutes. Any longer will toughen meat.

If cooking large batches, remove each batch when cooked and allow frypan to reheat before stir frying the next batch. By cooking in small batches the heat of the frypan remains constant, ensuring the meat doesn’t stew and toughen.

Peanut oil is traditionally used for stir fry Asian style dishes. However other oils such as vegetable, canola and light olive may be used.

Do not overfill the frypan. If necessary cook vegetables in batches as well and reheat at the end of stir frying. If using this method remember to under cook slightly so reheating will not spoil the finished dish.

Serve stir fried foods immediately to retain their crisp texture.

## Sauteing

Recommended temperature probe setting 8 – 10

Used for sauteing onions, garlic, spices, curry, pastes, herbs, vegetables, meat and seafood.

## Shallow Frying

Recommended temperature probe setting 6 – 8

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

Use approx 1 cup 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 lid during heating or cooking, as this will cause condensation to drip into the oil and result in bubbling and splattering.

Do not move the frypan 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 frypan unattended or unsupervised while shallow frying.

Allow oil to cool before removing from frypan.

Vegetable or canola oil is recommended for frying.

**NOTE:** Deep frying is not recommended as the frypans have a large surface area and shallow sides, this results in heat loss and possible oil overflow.

# Cooking with Your Kambrook Essentials

## 12" Square Frypan continued

### Pan Frying

Recommended temperature probe setting:

Searing - 10 - 12

Medium heat - 6 - 8

Used for cooking meats, fish, seafood, eggs, chicken, sausages.

Preheat frypan. When heated, add a small amount of oil, which prevents the food from sticking.

The Square Frypan's non-stick coated surface allows you to reduce the amount of oil when cooking.

Alternatively brush whole meat cuts eg. Steaks, chicken breast, fish fillet with small amount of oil before pan-frying rather than adding oil directly to the pan.

When cooking meats, seal each side for approx. 1 - 2 minutes on setting 10. Once both sides are sealed, reduce heat to setting 6 - 8 to cook through meats to desired doneness.

### Slow Cooking (braising)

Recommended temperature probe setting 1 - 4

Slow cooking method is ideal for less tender cuts of meat. Timing does not depend on the size of the cut as much as the connective tissue (gristle and sinew) which need long slow cooking to soften it. Never use tender cuts of meat for moist heat cooking as the long cooking time will make the meat shrink and toughen.

Always brown and seal meat on setting 10 before reducing heat to simmer.

Cut meat into 3cm cubes. Trim off any fat.

Cook for approx 1½ - 2 hours stirring occasionally.

Add soft or quick cooking vegetables such as mushrooms, tomatoes, beans or corn in the last half hour of cooking.

Thicken towards end of cooking by stirring in a little cornflour blended with water, or plain flour blended with margarine or butter. Alternatively, coat meat in plain flour before frying (extra oil may be needed).

### Recommended cuts for slow cooking (braising)

Beef	Diced blade (boneless), chuck, round, shin, silverside
Chicken	Diced thigh, leg
Lamb	Diced forequarter
Veal	Diced shoulder
Pork	Diced forequarter

**NOTE:** As the frypan is thermostatically controlled, it will cycle on and off during the cooking process.

## Basting

Recommended temperature probe setting 2

The Pan Tilt lever makes basting easy by allowing the juices to drain to one side of the pan.

Reduce the temperature to prevent fat and juices from splattering.

Position the Pan Tilt Lever and allow the juices to drain to the lower end of the frypan.

Spoon the juices over the food as desired.

## Roasting

Recommended temperature probe setting 4 – 10

## Meat and poultry

The Square Frypan is ideal for roasting meat and poultry, as the meat retains the flavour and juices.

The Square Frypan's domed lid provides ample room for larger joints of meat and poultry.

Preheat the frypan, on setting 10. Fattier joints of meat require no oil. Use only a small amount for less fatty joints. Brown and seal the meat on all sides. Position the lid.

After browning, turn the dial to setting 4 – 6, cooking the meat as desired.

Turn the meat during cooking.

Once the meat is cooked, set aside and cover with foil, whilst the gravy is prepared from the juice in the frypan.

## Vegetables

Cut into even sized pieces.

Add to the frypan 40 – 65 minutes before serving.

For crisper vegetables, remove the meat and increase the heat for the last few minutes of cooking.

## Roasting Times

The following times are for dishes that are well done. To suit your personal taste, these times can be reduced.

### Recommended roasting times (well done)

Pork	30 – 40 minutes/500g after browning
Veal	30 – 40 minutes/500g after browning
Lamb	25 – 30 minutes/500g after browning
Chicken	25 – 30 minutes/500g after browning
Beef	25 – 30 minutes/500g after browning

**NOTE:** As the frypan is thermostatically controlled, it will cycle on and off during the cooking process.

# Cooking with Your Kambrook Essentials

## 12" Square Frypan continued

### Toasting Sandwiches

Recommended temperature probe setting 8

Up to six sandwiches can be toasted at once in the Square Frypan. Choose fillings which will hold together and not spill out of the sandwich.

Preheat the frypan.

Butter the pieces of bread well and place the sandwich in the frypan with the buttered sides on the outside.

Cook for approx 3 - 4 minutes on either side, depending on the depth of colour desired.

Note: Temperature setting will depend on filling.

### Boiling - Pasta/Rice

Recommended temperature probe setting 10

Using no more than 8 cups boiling water to 1 cup pasta/rice.

Cooking time approx 8 - 12 minutes.

Cooking times will vary with the usage of different types of rice and pasta.

Always bring water to the boil covered. Add 1/2 teaspoon salt and 1 tablespoon

or oil to water to assist with cooking to prevent rice and pasta from sticking.

Cook rice or pasta uncovered, stirring occasionally to prevent sticking.

Reduce to a lower setting if water boils too quickly.

### Baking

Your Square Frypan can be used for baking cakes.

Preheat the frypan on setting 10, with the lid on.

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 recipes in this book as a guide to the cooking times for your own recipes.

# Recipes

## Orange Pikelets

1 cup self raising flour  
2 teaspoons sugar  
1 egg  
2 teaspoons of melted butter or margarine  
rind of 1 orange  
½ cup milk

1. Sift the flour into a bowl, add sugar. Make a well in the centre and break in the egg. Add the cooled butter, orange rind and almost all the milk.
2. Beat lightly with a wooden spoon until the mixture is smooth adding extra milk if the mixture is too thick.
3. Heat the frypan on a low heat, setting 4 – 6.
4. Add spoonfuls of the pikelet mixture to the pan, cook until bubbles break the surface. Turn pikelets over to cook the second side. Remove and serve hot or cold with butter, honey or lemon butter.

**Makes approximately 15**

## Basic Omelette

6 eggs  
6 teaspoons water  
Salt and pepper, to taste  
1½ tablespoons butter or margarine

1. Lightly beat eggs and water together in a bowl. Season to taste. Heat butter in frypan on, setting 4 – 6.
2. Pour mixture into the frypan and cook until set. If using a filling, place over half of omelette and fold omelette in half. Remove to a heated serving plate.
3. Serve immediately.

**Serving (filling) suggestions:**

**Cooked bacon pieces and shallots  
Sliced mushrooms, tossed fresh herbs**  
**Serves 4**

## **Pancake Mixture**

1 cup plain flour

1 egg

30g melted butter or margarine

1¼ cups milk

Butter for frying

1. Sift flour into a basin and make a well in the centre.
2. Pour in the beaten egg and butter and add the milk gradually until the batter is smooth and free of lumps. Stand in a cool place for 1 hour before using.
3. Lightly grease frypan and heat on setting 6 – 8. Pour in sufficient batter to make 2 pancakes at a time, cook until just browned. Turn and brown the other side. Repeat until all the batter is used. Fillings may be sweet or savoury.

**Makes 10 – 12**

**Serving Suggestions:**

**Basic pancakes are delicious served with the following:**

\* Maple syrup

\* Lemon juice and sugar

\* Raspberry sauce - made with pureed raspberries, sugar to taste and Grand Marnier

## **Chilli Con Carne**

2 tablespoons oil

1 onion, sliced

1 clove garlic, crushed

1 green capsicum, sliced

500g beef mince

1 x 300g can red kidney beans, drained

2 teaspoons chilli powder

1 x 440g can tomatoes

¼ teaspoon oregano

**Salt and pepper, to taste**

1. Heat the oil in the frypan on high heat setting 8 – 10.
2. Saute the onion, garlic and green capsicum until tender. Add the mince and brown well.
3. Add the remaining ingredients and reduce heat setting to 6 – 8 and simmer for 20 minutes.

**Serving suggestion:**

**Serve with taco shells, grated cheese, sour cream and chopped tomatoes.**

**Serves 4**



## Curried Apricot Chicken

- 1/3 cup chicken stock
- 1/3 cup water
- 125g dried apricots
- 1 tablespoon oil
- 1 onion, cut into wedges
- 1/2 teaspoon coriander
- 1/2 teaspoon cumin
- 1/2 teaspoon turmeric
- 1/4 teaspoon cinnamon
- freshly ground black pepper
- 4 chicken breast fillets

1. In a saucepan bring the chicken stock and water to the boil. Turn off the heat and add the apricots to soak in the hot liquid for approx. 1 hour. Remove apricots and liquid.
2. Heat oil in the frypan on setting 6 – 8.
3. Fry the onion until tender. Stir through the spices. Add the chicken, fry until golden brown. Return the apricots and liquid.
4. Cover with lid and simmer over a low heat setting 4 – 6 for approximately 20 minutes or until the chicken is tender (add extra chicken stock if required).

### Serving suggestion:

**Serve with steamed rice and a crisp green salad.**

**Serves 4**

## Pork Fillets with Dark Plum Sauce

- 1 kg pork fillets
- 1/3 cup soy sauce
- 2/3 cup tomato sauce
- 1/4 cup hoi sin sauce
- 1/4 cup oil
- 1 x 825g can dark red plums
- 1/2 cup hoi sin sauce (extra)
- 1 tablespoon brown sugar

1. Trim any fat or sinew from the pieces of pork and make 2 – 3 deep vertical cuts in each portion without cutting right through. Lay the pork pieces side-by-side in a shallow container.
2. Mix the soy, tomato and hoi sin sauce with the oil, and pour over the pork.
3. Cover and marinate for 30 minutes.
4. Drain plums and reserve syrup for sauce. Remove the stones roughly slice the flesh.
5. Drain marinade from pork and pat dry with paper towelling.
6. Brown the pork fillets on high heat, setting 8 for approx. 10 minutes.
7. Reduce heat setting to 6, cook for a further 20 minutes or until tender.
8. Baste occasionally with left over marinade during cooking. Remove from pan, cover with foil to keep warm.
9. Simmer plums in the frypan on a medium heat setting 6 – 8 with extra hoi sin sauce, brown sugar and reserved plum syrup for 15 – 20 minutes, stirring often to make a thick syrupy mixture. Return pork to pan and heat through.

### Serving suggestion:

**Serve with plum sauce, boiled rice and steamed bok choy.**

**Serves 4**

## Vegetable Hash Browns

2 potatoes, peeled and grated  
1 zucchini, grated  
2 eggs, lightly beaten  
1 tablespoon vegetable oil  
1 carrot, peeled and grated  
1 tablespoon poppy seeds  
freshly ground black pepper (as desired)

1. Place potatoes, carrot, zucchini, poppy seeds and eggs in a bowl. Add black pepper and mix well.
2. Brush the frypan with oil, and heat on setting 4 – 6.
3. Place spoonfuls of mixture in pan and flatten slightly. Cook for 4 – 5 minutes each side or until golden.

**Serves 4**

## Mushroom Steak

4 lean beef steaks (sirloin, rib eye, rump)  
1 tablespoon vegetable oil  
1 small onion, sliced  
180g mushrooms, sliced  
½ cup beef stock  
2 tablespoons Worcestershire sauce  
2 tablespoons chopped parsley

1. Heat the frypan on setting 10. Brush oil onto both sides of steak.
2. To seal, cook steaks 2-3 minutes each side. Turn when juices appear on uncooked side.
3. Remove from heat, rest while making sauce. Add onion and mushrooms to any pan juices. Cook 1 minute. Add Worcestershire sauce and stock. Bring to boil, stirring constantly until slightly thickened. Add parsley and any juices from rested steak.
4. Note: steak thickness determines cooking time. As a guide: Rare remove after searing; reduce heat to setting 6 for medium and cook an extra 2 – 3 minutes each side; Well Done, 4 – 6 minutes each side. Test steak by pressing with tongs. Rare feels springy. Medium has some resistance. Well done feels quite firm.

**Serving suggestion:**

**Serve with steamed vegetables and mash potatoes.**

**Serves 4**

## Beef and Red Wine Casserole

750g diced lean beef (round, chuck or gravy beef)

1 tablespoon oil

8 small (pickling) onions

2 teaspoons crushed garlic

2 lean bacon rashers, chopped

250g whole button mushrooms

¾ cup red wine

¼ cup steak sauce

1. Heat a little of the oil in the frypan on setting 10. Fry onions, garlic and bacon for 1 – 2 minutes. Remove and put aside.
2. Heat a little more oil on setting 10. Brown beef in small batches, removing each batch before adding the next.
3. Return beef and onion to pan. Add remaining ingredients, stirring to combine.
4. Cover and simmer gently on setting 2 to 4 for 1½-2 hours. Stir occasionally. Season to taste.
5. Serve with steamed rice or pasta and steamed vegetables.

**Serves 4**

## Stir-Fry Chicken with Oyster Sauce

600g chicken breast or thigh fillets, prepared as strips

1 tablespoon oil

2 tablespoons slivered almonds

1 teaspoon minced ginger

1 teaspoon minced garlic

2 carrots, thinly sliced

1 red or green capsicum, thinly sliced

2 small sticks celery, thinly sliced

2 shallots, chopped

200g snow peas, trimmed

⅓ cup oyster sauce

1. Heat half the oil in the frypan on setting 10. Stir-fry almonds, ginger and garlic 1 minute. Add chicken strips, stir-fry a further 2 – 3 minutes. Remove.
2. Heat remaining oil in pan on setting 10. Stir-fry vegetables 1 – 2 minutes.
3. Return almonds, ginger, garlic and chicken strips. Stir in oyster sauce, allow to heat through 2 – 3 minutes.

**Serving suggestion:**

**Serve with steamed rice.**

**Serves 4**

## Roast Lamb Seville

1.5kg Leg of lamb or smaller

Rind of 1 orange, grated

Pepper

1 teaspoon oil

½ cup orange juice

1 teaspoon dry mustard

1 tablespoon honey

2 tablespoons mint sauce

1 small butternut pumpkin, cubed

1 bunch asparagus

1. Rub roast with grated rind and pepper.
2. Heat oil in frypan on setting 10. Add lamb and brown on each side.
3. Reduce heat to setting 6, cover and cook for approx. 1½ hours or until desired tenderness. Turning meat once.
4. In a bowl, combine orange juice, mustard, honey and mint sauce. Pour over lamb, during the last 15 minutes of cooking.
5. During last 15 minutes of cooking, place pumpkin cubes, then asparagus in separate pans of boiling water. Cook until tender.
6. Remove lamb and skim pan juices. Slice lamb onto warmed plates, spoon over pan juices.

**Serving suggestions:**

**Serve with steamed vegetables**

**Serves 4**

## Chocolate Cake

2 teaspoons white vinegar

½ cup milk

1 cup self raising flour

½ cup caster sugar

¼ cup cocoa

¼ teaspoon bicarbonate of soda

1 egg

60g butter, melted

⅔ cup cream

1 tablespoon icing sugar

1 scorched peanut bar: crumbled

1. Preheat frypan on setting 10. Grease and flour a 20cm round cake tin. Add the vinegar to the milk, mix well and allow to stand for 5 minutes. Combine all dry ingredients and mix until just combined. Pour the batter into the prepared tin and smooth the top.
2. Place the cake on a small wire rack in the banquet frypan, cover with the lid; vent closed, and cook for 25 minutes or until cooked.
3. Allow standing for 2 – 3 minutes, then turn onto a wire rack and cooling completely.
4. Just before serving, whip the cream and cut the cake in half horizontally.
5. Spread the cream over the bottom layer, place the top layer on the cream, and sprinkle the surface with icing sugar.







## Kambrook 12 Month Replacement Warranty

In Australia, this Kambrook Replacement Warranty does not affect the mandatory statutory rights implied under the Trade Practices Act 1974 and other similar State and Territory legislation relating to the appliance. It applies in addition to the conditions and warranties implied by that legislation.

In New Zealand, this Kambrook Replacement Warranty does not affect your mandatory statutory rights implied under the Consumer Guarantees Act 1993 in relation to the appliance. It applies in addition to the conditions and guarantees implied by that legislation.

This Kambrook Replacement Warranty is valid only in the country of purchase, but other statutory warranties may still apply.

This Warranty card and the purchase receipt for this product are to be retained as proof of purchase and must be presented if making a claim under the Kambrook Replacement Warranty. Please note that under any applicable statutory warranty you are not required to produce these documents, but may be required to provide a proof of purchase.

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

The Kambrook Replacement Warranty does not apply to any defect, deterioration, loss, injury or damage occasioned by, or as a result of, misuse or abuse, negligent handling or if the product has been used other than in accordance with the instructions. The Kambrook Replacement Warranty excludes breakables such as glass and ceramic items, consumable items and normal wear and tear.

This Kambrook Replacement 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. Subject to your statutory rights, in the event of Kambrook choosing to replace the appliance, the Kambrook Replacement Warranty will expire at the original date, i.e. 12 months from the original date of purchase.

In the event that you need some assistance with your Kambrook appliance, please contact our Customer Service Department on 1300 139 798 (Australia) or 09 271 3980 (New Zealand). Alternatively, visit us on the website at [www.kambrook.com.au](http://www.kambrook.com.au)

### 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](http://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  
Botany, Manukau  
Auckland 2141  
New Zealand  
Customer Service Line/Spare Parts  
0800 273 845 or 09 271 3980  
Customer Service Fax 0800 288 513

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