



KAMBROOK 12 MONTH REPLACEMENT WARRANTY

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

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

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

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

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

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

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

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

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

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

KAMBROOK 12 MONTH REPLACEMENT WARRANTY

YOUR PURCHASE RECORD (Please complete)

Attach a copy of the purchase receipt here.

DATE OF PURCHASE

MODEL NUMBER

SERIAL NUMBER

PURCHASED FROM

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

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

KAMBROOK
GET MORE THAN YOU PAY FOR™

Kambrook - Australia

461 Plummer Street, Port Melbourne, 3207, Australia
Customer Service Line 1300 139 798
Customer Service Fax 1800 621337

Kambrook - New Zealand

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

Due to continual improvement in design or otherwise, the product you purchase may differ slightly from the illustration in this book. Issue 2/08

KAMBROOK

GET MORE THAN YOU PAY FOR™

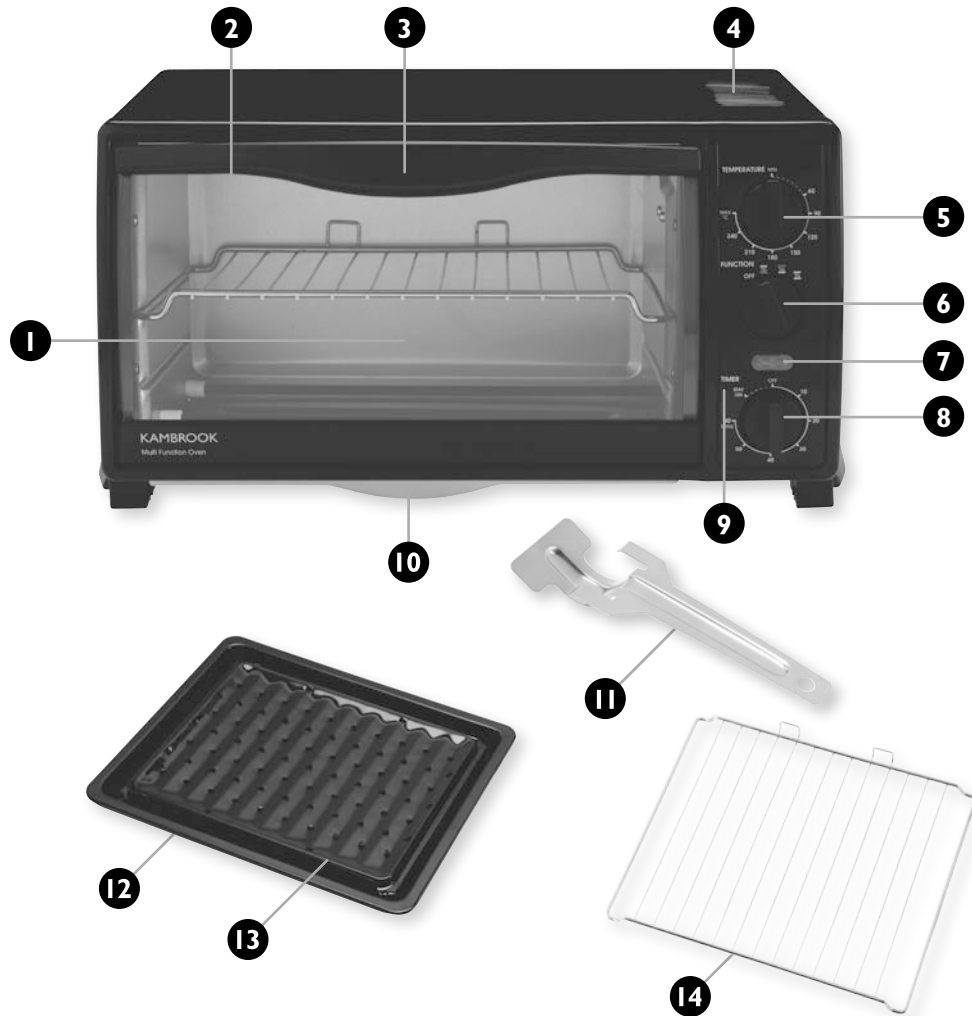
Multi-Function Oven



KOT600

Issue 2/08

FEATURES OF YOUR KAMBROOK MULTI-FUNCTION OVEN



1. 14 litre cooking capacity
2. Glass door allows you to view food while cooking
3. Cool touch handle
4. 1500 watts of power
5. Temperature Control Dial
6. Element Control Dial – select Off, top, bottom or both elements
7. Heating light
8. Timer Dial – 60 minutes, Stay On and Off
9. Stay-on function for continuous cooking
10. Removable crumb tray
11. Rack handle
12. Baking tray
13. Grill insert
14. Removable wire rack can be positioned in the upper or lower Rack Support Guides for toasting, grilling, baking and general cooking. Must be placed curved side facing upward.

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KAMBROOK SAFETY

Read all instructions before operating and save for future reference. Welcome to Kambrook and your new Kambrook Multi-Function Oven.

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

We ask that any electrical appliance that you use be operated in a sensible fashion with due care and attention placed on the following important operating instructions.

IMPORTANT SAFEGUARDS FOR YOUR KAMBROOK MULTI-FUNCTION OVEN

Remove and safely discard any packaging material and promotional labels before using the Kambrook Multi-Function Oven for the first time.

To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this appliance.

Do not place the Kambrook Multi-Function Oven on the edge of a bench or table during operation. Ensure the surface is level, clean and free of water etc. Do not use on metal surfaces, for example, a sink drain board.

Do not place the Kambrook Multi-Function Oven on or near a hot gas or electric burner, or where it could touch a heated oven. Use the Kambrook Multi-Function Oven well away from walls.

When using the Kambrook Multi-Function Oven, provide adequate space above and on all sides for air circulation.

This appliance is not intended to be operated by means of an external timer or separate remote control system.

Always ensure the Kambrook Multi-Function Oven is properly assembled before use.

Always place the wire oven rack into top or bottom Rack Support Guide inside oven in an upward curved position.

Extreme caution must be used when the appliance contains hot food and liquids. Do not move the appliance during cooking.

The door or the outer surface may get hot when the appliance is operating.

The temperature of accessible surfaces may be high when the appliance is operating.

Do not touch hot surfaces, use handles or oven gloves.

The use of accessory attachments not recommended by the manufacturer may cause hazard or injury.

Do not cover any part of the Kambrook Multi-Function Oven with metal foil. This may cause overheating of the appliance.

Use extreme caution when removing tray for disposing of hot grease or other hot liquids.

Do not clean with metal scouring pads.

Pieces can break off the pad and touch electrical parts, creating a risk of an electric shock.

Oversized foods or metal utensils must not be inserted in the Kambrook Multi-Function Oven as they may create a fire or risk of an electric shock.

Extreme caution should be exercised when using containers constructed of other than metal or glass.

Do not place any of the following materials in the Kambrook Multi-Function Oven: cardboard, plastic, paper or anything similar.

Do not store any materials, other than manufactures recommended accessories in the Kambrook Multi-Function Oven when not in use.

Always wear protective, insulated Oven mitts when inserting or removing items from the hot oven.

This appliance has a safety glass door. The glass is stronger than ordinary glass and more resistant to breakage. The glass can break, but the pieces will not have sharp edges. Avoid scratching door surface or nicking the edges.

Unplug the outlet when not in use or before cleaning. Allow to cool before putting on or taking off parts, and before cleaning.

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IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES.

Fully unwind the cord before use.

To protect against electric shock, do not immerse the cord, plug or appliance in water or any other liquid.

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 and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

It is recommended to inspect the appliance regularly. Do not use the appliance if the power supply cord, plug and or appliance becomes damaged in anyway. Return the entire appliance to the nearest authorised Kambrook Service Centre for examination, and/or repair.

Any maintenance other than cleaning should be performed at an authorised Kambrook Service Centre.

This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors.

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.

BEFORE FIRST USE

Remove and safely discard any packaging material and promotional labels before using the Kambrook Multi-Function Oven 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.

Place the Kambrook Multi-Function Oven on a level, flat surface.

Plug the appliance into a 230/240-volt power outlet. Turn the power on.

Set the Temperature Control to 240°C and the Time Control to 15 minutes. This will eliminate any oil residue that may have been used for packing and shipping.

NOTE: When turned on for the first time, the Kambrook Multi-function Oven may give off vapours for up to 15 minutes. This is due to the protective substances on the heating elements. It is safe, not detrimental to the performance of the Kambrook Multi-function Oven and will dissipate with use.

Allow the oven to cool. Insert the accessories. The Kambrook Multi-function is now ready to use.

OPERATING INSTRUCTIONS

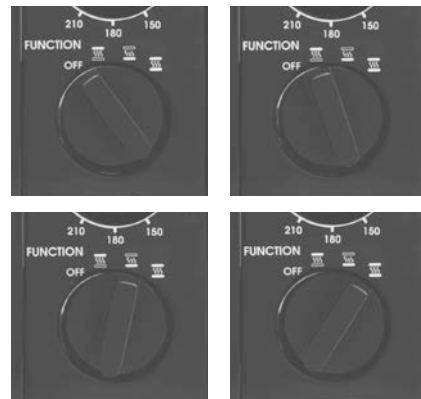
IMPORTANT: The oven will not heat until ALL of the following are activated:

- Temperature is selected
- The Element Control Dial is turned to top, bottom or both elements.
- Timer is activated, or stay-on function is selected

NOTE: To turn off the oven, always turn the Timer to 'OFF' position.

THE ELEMENT CONTROL DIAL

The element control dial is able to select the off, top element only, bottom element only or bottom and top elements.



TIMER DIAL

To activate the timer, turn the dial to the right (clockwise). A bell will sound at the end of the selected time (0-60 minutes).

For setting cooking times less than 30 minutes – turn the timer dial past the 45 minute mark, then turn back to the desired time, ie for 10 minutes of cooking, turn the dial to 45 minutes then immediately turn back to 10 minutes.

STAY-ON FUNCTION

To select the Stay On feature turn the selector to the left (counter clockwise). The Oven will remain on until it is manually turned off.

NOTE: Do not leave oven in stay on position for extended periods of time.

HEATING LIGHT

The light will illuminate as the oven is heating and will turn off when the oven has reached the selected temperature ie preheated. It will cycle on and off throughout the cooking process.

NOTE: The light always turns off when the element control dial is selected in 'OFF' position.

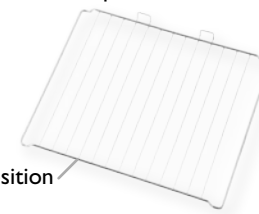
PREHEATING

For the Grill, Bake and Toast functions best results are achieved by preheating the oven for 5-10 minutes. To preheat the oven, select the desired oven temperature on Temperature Control Dial. Select the Function on the Element Control Dial and select time on the Timer Dial. Once oven is preheated Heating Light will go out. Place food into oven and reset timer to desired cooking time.

CHROME PLATED WIRE RACK

Always place the wire oven rack into top or bottom Rack Support Guide inside oven in an upward curved position. This provides two rack height positions.

Upward curved position



ROASTING AND TOASTING

Position the wire rack on the rack support guide inside the oven, depending on the height of the food or according to recipe directions.

Select the required temperature on the Temperature Control Dial.


Select the 'MAX' on the Temperature Control Dial for toasting or select required temperature for roasting.

Select top and bottom  elements on the Element Control Dial.

Preheat the oven. Place the food inside the oven and select the desired time on the Timer Dial. The Kambrook Multi-Function Oven will turn off when the timer turns off.

REHEATING

Position the wire rack on the bottom or top rack support guide inside the oven, depending on the height of the pan.

Select bottom only element  on the Element Control Dial. Select required temperature on the Temperature Control Dial. Select the desired time on the Timer Dial.

BAKING

When baking cakes or biscuits, position the wire rack on the bottom or top rack support guide inside the oven, depending on the height of the pan.

Lower oven temperature to between 120°C-180°C.

Select top and bottom elements on Element Control Dial.

GRILLING

Position the wire rack in the top rack support guide inside the oven. For grilling use the baking tray with the grill insert.

Select top only element  on the Element Control Dial. Select 'MAX' setting on the Temperature Control Dial.

Place the food inside the oven and select the desired time with the Timer Dial. Leave the door slightly ajar, leaving a gap at the top. This will ensure adequate airflow during grilling.



WARNING: NEVER LEAVE THE OVEN UNATTENDED WHILE IN USE.

KAMBROOK MULTI-FUNCTION OVEN COOKING GUIDE

Temperature setting °C	Oven Temperature Description	Function/Food Using 'top and bottom' elements
60°C	Warm	Warming plates/dishes
120°C-180°C	Slow – Moderate	Rich fruit cakes, shortbreads, cakes, biscuits and slices
180°C	Moderate – Hot	Casseroles, roast meats and vegetables
200°C-MAX	Hot – Very Hot	Bread, muffins, pastry, scones and pizza

Thermostat setting °C	Food Type	Approximate cooking times Using 'top' element only
MAX GRILL	Thin sausages	10 minutes
MAX GRILL	Thick sausages	12-14 minutes
MAX GRILL	Lamb chops	15-20 minutes
MAX GRILL	Steaks each side	6-8 minutes for medium rare, 10-12 minutes for well done both depending on thickness of meat
MAX GRILL	Kebabs	10-12 minutes

KAMBROOK MULTI-FUNCTION OVEN ROASTING GUIDE

– Place no more than 1.5kg of meat into oven at any one time

Thermostat setting °C	Food Type	Approximate cooking times Using 'top' element only
MAX GRILL	Thin sausages	10 minutes
MAX GRILL	Thick sausages	12-14 minutes
MAX GRILL	Lamb chops	12-15 minutes
MAX GRILL	Steaks each side	6-8 minutes for medium rare, 10-12 minutes for well done both depending on thickness of meat
MAX GRILL	Kebabs	10 minutes

MEAT	TIME PER 500G cooked at 180°C
Beef – rare	20 minutes
Beef – medium	28 minutes
Beef – well done	35 minutes
Lamb – medium	35 minutes

MEAT	TIME PER 500G cooked at 180°C
Lamb – well done	40 minutes
Veal – well done	28 minutes
Pork – well done	40 minutes
Chicken	30 minutes

NOTE: Times will vary depending on the thickness of food and individual preference.

MAINTAINING YOUR KAMBROOK MULTI-FUNCTION OVEN

It is recommended that you clean the Kambrook Multi-Function Oven after each use to prevent a build up of grease and to avoid unpleasant odours.

Always turn the timer to 'OFF' position, then turn the power off at the power outlet and unplug from the power outlet before cleaning the Kambrook Multi-Function Oven and allow the appliance to cool first.

The removable rack, baking tray and grill insert can be washed in warm soapy water.

To clean the outside and the interior of the Kambrook Multi-Function Oven wash with a mild detergent and a damp cloth.

The Glass Door can be wiped clean with a damp sponge and wiped dry with a paper or cloth towel.

NOTE: Do not use abrasive cleaners, commercial oven cleaners or sharp utensils to clean the Kambrook Multi-Function Oven. Do not immerse the Kambrook Multi-Function Oven unit or power cord in water or any other liquid.

RECIPES

THAI GREEN CHICKEN CURRY

SERVES 4

2 tablespoons olive oil
1 brown onion, peeled and diced
1 kg chicken thigh fillets trimmed and diced
1/3 cup green curry paste
3 cups coconut cream
2 Kaffir lime leaves
2 tablespoons lime juice
1 tablespoon brown sugar
2 teaspoons fish sauce
1 x 250g pkt dried rice noodles

1. Remove all trays from the Kambrook Multi-Function Oven.
2. Place the wire rack in the top rack position.
3. Set Element Control Dial to top element only.
4. Preheat the Kambrook Multi-Function Oven to 210°C.
5. Place the oil, onion, diced chicken and curry paste into a casserole dish and place into the Kambrook Multi-Function Oven; cook for 10 minutes. Stir occasionally then remove.
6. Meanwhile, place the coconut cream into a medium saucepan; add the lime leaves, lime juice, brown sugar and fish sauce.
7. Bring the mixture to the boil, then simmer for 5 minutes. Add the coconut cream mixture to the chicken.
8. Change the Element Control Dial to top and bottom elements and the temperature to 180°C.
9. Cover and place the chicken curry into the Kambrook Multi-Function Oven. Cook for 40 minutes or until the chicken is tender.
10. Place the noodles into a heatproof bowl and cover with boiling water; allow to stand for 5 minutes then drain.
11. Spoon curry over noodles to serve.

POTATO AND ONION BAKE

SERVES 4

1 tablespoon butter
1 teaspoon finely chopped garlic
1 cup milk
1/2 cup | 125ml cream
6 medium potatoes, peeled and thinly sliced
1 brown onion, peeled and finely sliced
Salt and pepper
1 cup grated cheese
2/3 cup breadcrumbs

1. Remove all trays from the Kambrook Multi-Function Oven.
2. Set the Element Control Dial to top and bottom elements, place the wire rack in the bottom rack position.
3. Preheat the Kambrook Multi-Function Oven to 210°C.
4. Grease a 5-cup capacity baking dish with the butter and garlic.
5. Place the milk and cream in a small saucepan and bring to the boil.
6. Layer the potato and onion into the dish and sprinkle with salt and pepper.
7. Pour the milk and cream over the potatoes. Sprinkle the cheese and breadcrumbs evenly over the top.
8. Place the potato bake in the Kambrook Multi-Function Oven. Lower oven temperature to 180°C, cook for 40 minutes until the top is golden and the potatoes are cooked.

Serve as an accompaniment to roast meat or chicken.

RECIPES

COUNTRY STYLE APRICOT CHICKEN

SERVES 6

1 pkt French onion soup mix
2 x 425ml tins apricot nectar
1/2 cup of mango chutney
8 chicken thigh fillets trimmed and diced

1. Remove all trays from the Kambrook Multi-Function Oven.
2. Set Element Control Dial to top and bottom elements, place the wire rack in the bottom rack position.
3. Preheat the Kambrook Multi-Function Oven to 180°C.
4. Add all the ingredients into a heatproof casserole dish and mix well.
5. Cover the dish with a heatproof lid or foil and place into the Kambrook Multi-Function Oven; cook for 40 minutes or until the chicken is cooked.

Serve with steamed rice and Greek yoghurt.

QUICHE FLORENTINE

SERVES 4

2 sheets frozen ready rolled shortcrust pastry
1 tablespoon light olive oil
1 brown onion, finely diced
200g pkt frozen spinach, defrosted and well drained
1/2 cup grated tasty cheese
1/2 cup ricotta cheese
1/4 teaspoon ground nutmeg
3 eggs, lightly beaten
Salt and ground pepper

1. Remove all trays from the Kambrook Multi-Function Oven.
2. Set the Element Control Dial selecting bottom element only. Place the wire rack in the top rack position.
3. Preheat the Kambrook Multi-Function Oven to 210°C.
4. Lightly grease an 18cm quiche tin. Line the tin with the pastry, ensuring to push the pastry into the corners of the dish, refrigerate for 20 minutes.
5. Cover the pastry with baking paper and fill with 1-1/2 cups of dry rice to 'blind bake' the pastry. Place the quiche tin into the Kambrook Multi-Function Oven and cook for 10 minutes, then remove the rice and paper. Cook for a further 5 minutes.
6. In a large bowl combine the remaining ingredients mixing well; add these ingredients to the pastry shell, being careful not to over fill the quiche tin.
7. Return the quiche to the Kambrook Multi-Function Oven. Lower the oven temperature to 180°C and bake the quiche for 35 minutes or until the filling is firm.

Serve hot or cold with a garden salad.

RECIPES

SHEPHERDS PIE

SERVES 6

1 tablespoon butter
2 brown onions diced
¼ cup plain flour
2 cups|500ml chicken stock
2 teaspoons hot English mustard
⅓ cup|80ml tomato sauce
¼ cup|60ml Worcestershire sauce
600g cooked roast lamb, finely diced or minced
Salt and ground pepper

POTATO TOPPING:

500g potatoes (Pontiac or Desiree) cooked
2 tablespoons butter
½ cup|125ml sour cream
1 cup grated cheese

1. Remove all trays from the Kambrook Multi-Function Oven.
2. Set the Element Control Dial selecting both elements. Place the wire rack in the top rack position.
3. Preheat the Kambrook Multi-Function Oven to 180°C.
4. Melt the butter in a large saucepan over a medium heat, add onion, cook for 3-5 minutes.
5. Add flour and cook for a further 2 minutes.
6. Add chicken stock and bring mixture to the boil stirring constantly.
7. Add the mustard, tomato and Worcestershire sauce, reduce heat to low, simmer for 5 minutes.
8. Add the lamb, and re-boil the mixture, reduce the heat and simmer for 30 minutes.
9. Make the potato topping by mashing all ingredients in a bowl.
10. Place the lamb into a 2-litre casserole dish place the potato mixture on top of the lamb mixture.

11. Place the shepherds pie into the Kambrook Multi-Function Oven; cook for 40 minutes or until the potato is golden and the lamb mixture is hot.

Serve with steamed vegetables or salad.

ROAST MINTED RACK OF LAMB

SERVES 4

4 bone racks of lamb, trimmed
1 cup mint jelly
¼ cup|60ml port
Salt and ground pepper

1. Remove all trays from the Kambrook Multi-Function Oven.
2. Set Element Control Dial to top and bottom elements, place the wire rack in the bottom rack position.
3. Preheat the Kambrook Multi-Function Oven to 180°C.
4. Place the mint jelly and port in a small saucepan, place over a low heat, to melt and combine.
5. Allow to cool, then pour over the lamb.
6. Place racks of lamb onto the baking tray with the grilling insert in place.
7. Place the baking tray into the Kambrook Multi-Function Oven; cook for 30 minutes for pink meat or 45 minutes for well done.

Serve with mashed potatoes and steamed vegetables.

RECIPES

CHICKEN SATAY

SERVES 4

500g chicken thigh fillets
2 tablespoons honey
½ cup|125ml teriyaki sauce
½ cup|125ml sweet chilli sauce
2 tablespoons lemon juice

SATAY SAUCE:

¾ cup crunchy peanut butter
2 teaspoons Penang curry paste
1 cup|250ml coconut cream
2 tablespoons sweet chilli sauce
1 tablespoon soy sauce
2 tablespoons lime juice
1 cup|250ml chicken stock
15 bamboo skewers, soaked in cold water for 15 minutes

1. Cut the chicken into strips 5cm long and 2cm wide, thread the chicken onto the skewers.
2. Place the skewers into a ceramic dish in a single layer.
3. Combine the honey, teriyaki sauce, sweet chilli sauce and lemon juice in a bowl and pour over the chicken skewers, cover with plastic wrap and refrigerate for 1 hour or over night.
4. Remove all trays from the Kambrook Multi-Function Oven.
5. Set the Element Control Dial selecting top element only. Place the wire rack in the top rack position.
6. Preheat the Kambrook Multi-Function Oven to Max °C.
7. Combine the satay sauce ingredients in a medium saucepan and cook over a low heat, stirring constantly until the sauce has thickened slightly, remove from the heat and keep warm.
8. Place the chicken satays onto the baking tray with the grill insert in place, then into the Kambrook Multi-Function Oven and cook for approx 7 minutes on each side or until cooked through.

Serve with steamed rice.

BOURBON PORK RIBS

SERVES 4

1kg American style pork ribs cut into small pieces
4 cloves
1 cup|250ml white vinegar
Marinade
1 cup|250ml tomato sauce
2 tablespoons English mustard
2 cups plum sauce
¼ cup|60ml soy sauce
½ cup|125ml honey
¼ cup|60ml sweet chilli sauce
1 cup|250ml bourbon whisky

1. Place the ribs into a large sauce pan and cover with water; add the cloves and vinegar, bring to the boil, lower heat and simmer for 1 hour.
2. Remove all trays from the Kambrook Multi-Function Oven.
3. Preheat the Kambrook Multi-Function Oven to 180°C.
4. Set the Element Control Dial selecting top and bottom elements. Place the wire rack in the top rack position.
5. Remove the ribs and place them in a single layer in a heatproof ceramic dish.
6. Mix all the ingredients for the marinade in a large bowl until well combined.
7. Pour the marinade over the ribs and ensure all the ribs are coated in the marinade.
8. Place the ribs into the Kambrook Multi-Function Oven; cook for 45 minutes turning the ribs every 15 minutes.
9. The ribs may take longer to cook depending on the thickness.

Serve with steamed rice, a salad or grilled vegetables.

ROAST BEEF

SERVES 4

- 1 kg beef (scotch fillet or boned rib)
- 2 cloves garlic
- Freshly ground pepper
- 2 tablespoons peanut oil
- 2 tablespoons red wine
- 2 tablespoons plain flour
- 2 cups|500ml beef stock

1. Remove all trays from the Kambrook Multi-Function Oven.
2. Preheat the Kambrook Multi-Function Oven to 180°C.
3. Set the Element Control Dial selecting top and bottom elements. Place the wire rack in the bottom rack position.
4. Slice the garlic into thin slices, make small incisions into the beef and place the garlic into them, grind some pepper onto the beef and rub with the oil, place into the baking tray.
5. Place the beef into the Kambrook Multi-Function Oven. Cook 45 to 50 minutes for medium or 1 to 1¼ hours for well done.
6. When beef is cooked remove from the Kambrook Multi-Function Oven and let it rest for 15 minutes, covered in foil.
7. Mix red wine and flour together in a small saucepan, place over a low heat, add the beef stock and the juices from the resting meat. Cook stirring constantly until the gravy thickens, season to taste with salt and pepper.
8. Slice the meat and serve with the gravy.

Serve with baked vegetables.

NOTE: The timer will need to be reset after 60 minutes.

ROAST LEG OF LAMB

SERVES 4

- 1.25 kg leg of lamb
- 2 garlic cloves
- 3 sprigs of rosemary
- 2 tablespoons of olive oil
- Salt and ground pepper
- ¾ cup of water

FRESH MINT SAUCE:

- 1/4 cup castor sugar
- ¾ cup fresh mint leaves chopped
- 1 cup|250ml malt vinegar

1. Remove all trays from the Kambrook Multi-Function Oven.
2. Preheat the Kambrook Multi-Function Oven to 180°C.
3. Set the Element Control Dial selecting top and bottom elements. Place the wire rack in the bottom rack position.
4. Using a small knife cut small slits in the surface of the lamb and push the garlic and rosemary into slits.
5. Brush the lamb with the olive oil and season the leg with salt and pepper and place into the baking tray.
6. Pour water into the base of baking tray with lamb.
7. Place into the Kambrook Multi-Function Oven. Cook for 1 to 1¼ hours for medium or 1¼ to 1½ hours for well done, basting with the pan juices every 20 minutes.
8. While roast is cooking combine all the ingredients for the mint sauce, place them in a screw top jar and shake to combine.
9. When roast is cooked let it rest for 20 minutes, covered in foil.

Serve with baked vegetables and boiled new potatoes.

NOTE: The timer will need to be reset after 60 minutes.

CHOCOLATE MUFFINS

MAKES 12 MEDIUM MUFFINS

- 2 cups self-raising flour
- ½ teaspoon baking powder
- ¼ cup cocoa powder
- 2 tablespoons caster sugar
- 1 cup milk chocolate bits
- 1 egg, lightly beaten
- ¾ cup|180ml sour cream
- ½ cup|125ml milk
- 100g butter melted

1. Lightly grease 2 x 6 cup muffin pans with butter or cooking spray.
2. Remove all trays from the Kambrook Multi-Function Oven.
3. Preheat the Kambrook Multi-Function Oven to 180°C.
4. Set the Element Control Dial selecting top and bottom elements. Place the wire rack in the bottom rack position.
5. Sift the flour, baking powder and cocoa into a bowl, stir in the castor sugar and choc bits.
6. Combine the egg, sour cream, milk, and butter, whisk until well combined.
7. Pour the liquid into the dry ingredients and mix until just combined.
8. Spoon half the mixture into one of the muffin pans until two-thirds full.
9. Place into the Kambrook Multi-Function Oven and bake for 15-20 minutes or until muffins are cooked. Turn muffins out onto a wire rack to cool slightly. Repeat with remaining muffin mixture.

Serve warm.

Top with chocolate icing or slice in half and place a small scoop of ice cream inside.

NOTE: Ensure muffin tray will fit into oven before commencing.

Recipe is done in two batches of 6.

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