

KAMBRÖCK

Slow Cookers



Kambrook and Safety

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

READ ALL INSTRUCTIONS THOROUGHLY BEFORE ACTIVATING THE APPLIANCE AND RETAIN THEM FOR FUTURE REFERENCE.

Ensure that the power source to be used is the same as the voltage requirements of the product.

To disconnect the Slow Cooker always turn the heat control dial to 'off', switch off at the power outlet, then unplug before cleaning, storing and when not in use.

Allow all parts to cool before disassembling for cleaning.

Never immerse the cooker body, cord or power plug in water or any other liquid.

Do not touch hot surfaces. Use handles or knobs. Use oven mitts when handling hot appliances.

The appliance is not intended for use by young children or infirm persons, without supervision.

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

Do not let the cord hang over the edge of a table or counter, touch hot surfaces or become knotted.

Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven. Use the slow cooker well away from walls.

Use extreme caution when using the slow cooker with hot oil or other hot liquids.

When opening the lid take care as heat and steam generated during cooking will escape.

Do not use the slow cooker to heat leftovers.

Always keep raw ingredients refrigerated until ready for use in the slow cooker.

Always thaw frozen meat and poultry before cooking.

Avoid sudden temperature changes. Do not place frozen or very cold foods into the heated crockery pot. The crockery pot is not suitable for storing food in the freezer.

WARNING: DO NOT PLACE FOOD OR LIQUIDS IN THE BASE OF THIS APPLIANCE. COOK ONLY IN THE SLOW COOKERS CROCKERY POT.

This appliance is suitable for domestic use only. Do not use this appliance for anything other than its intended use. Do not use outdoors.

Regularly inspect the supply cord, plug and actual appliance for any damage. If found damaged in any way, immediately cease use of the appliance and return the appliance to the nearest authorised Kambrook Service Centre for examination, replacement or repair.

Please call 1800 800 634 for service centre details.

Features of your Kambrook Slow Cooker



1. Removable crockery pot (KSC3- 3 litre capacity, KSC4- 4.2 litre capacity)

2. Three temperature control settings dial. Keep Warm, High and Auto for greater cooking control

3. Wrap-around element for even heating

4. Tempered glass cook 'n' look lid allows you to monitor food during cooking

5. Cool touch handles.

6. "Power On" Indicator light.

Using Your Slow Cooker

Before first use remove any promotional labels and wash the crockery pot and glass lid in warm soapy water, rinse and dry thoroughly. Do not use harsh abrasives or chemicals.

Do not immerse the cooker body or power cord in water or any liquid.

Position the removable crockery pot in the base of the slow cooker. Place the prepared food into the crockery pot. Place the glass lid on the unit, centring it for best results.

WARNING: DO NOT PLACE FOOD OR LIQUIDS IN THE BASE OF THIS APPLIANCE. COOK ONLY IN THE SLOW COOKERS REMOVABLE CROCKERY POT.

NOTE: Always place the slow cooker on a dry, level surface and never operate without the crockery pot positioned in the slow cooker base.

With the temperature control dial turned to the OFF position, plug the slow cooker into a 230/240V power outlet and turn the power on.

Select the temperature setting, as recommended in the recipe selection, by turning the temperature control dial to the desired setting.

When the cooking is completed, turn the temperature control dial to the OFF position. Switch off at the power outlet and then unplug. Carefully remove the crockery pot from the slow cooker base.

NOTE: Always use oven mitts when removing the crockery pot containing hot liquids. Do not place the heated crockery pot on any surface affected by heat.

Allow the slow cooker enough time to cool completely before cleaning and storing away.

Using the Temperature Control Settings

Keep Warm Setting

The Keep Warm Setting is ideal for keeping a dish warm after cooking.

High Setting

The High setting is used when cooking most dishes. As food will boil when cooked on the High setting, it may be necessary to add extra liquid, depending on the recipe and the amount of time in which it is cooked. Occasional stirring of stews and casseroles will improve the flavour distribution. Food should be monitored when using the high setting, just like cooking in a pot with a lid on. The High setting should be used to re-heat food.

Auto Setting

The Auto setting will first cook on a high temperature for a period of time to bring the food quickly to the desired temperature, then reduce automatically to a lower temperature for the completion of cooking. This setting is ideal for slow cooking meals overnight or when you are away for most of the day. The food will cook safely and will be ready on your return.

A Beginner's Guide to Slow Cooking

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

As most food is cooked over a period of 6-10 hours, it can be prepared in advance the evening before, refrigerated in the removable crockery pot, returned to the slow cooker and turned on in the morning and left to cook all day. When you arrive home a delicious, hot meal will await you.

The guide below will help simplify the process of slow cooking, allowing you to obtain ultimate satisfaction from your slow cooker.

Timing

Always allow sufficient time for the food to cook. It is almost impossible to overcook in the slow cooker, particularly when using the Auto setting. Each recipe contained in this book will give specific instructions, indicating the appropriate temperature setting accompanied by the suggested cooking times to use.

Adapting cooking times

Your favourite traditional recipes can be adapted easily, by halving the amount of liquid and increasing the cooking time considerably. See the guide that follows for suggested cooking times and settings when adjusting your favourite recipes.

Traditional Recipe Time	Slow Cooker Time
15-30 minutes	3-4 hours on Auto setting
60 minutes	6-7 hours on Auto setting
1-3 hours	8-10 hours on Auto setting

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

All food should be cooked with the glass lid in place. Each time the lid is lifted, both heat and moisture in the food are lost. Cooking times should thus be extended, by approximately 30 minutes.

Liquid amounts

When food is cooking in your slow cooker, very little moisture boils away. To compensate this, it is advisable to halve the liquid content of traditional recipes. However, if after cooking the liquid content is excessive remove the lid and operate the slow cooker on the High setting for 30-45 minutes or until the liquid reduces to the desirable amount.

Preparing meat and poultry

When selecting meat, look for the leanest cuts. Trim the meat or poultry of any visible fat, as the slow cooking process will result in too much liquid from excess fat. If possible, purchase chicken portions without skin. This reduces the amount of fat released into the cooking liquid. For casseroles style recipes, cut the meat into cubes, approximately 2.5cm to 3cm. Slow cooking allows for the use of less tender cuts of meats. See the table below for suitable cuts of meat.

Beef	Blade, brisket, chuck, round, shin, fresh silverside, skirt, topside
Lamb	Forequarter, neck chops, shanks, shoulder chops
Veal	Shoulder/forequarter, chops and steaks, neck chops, knuckle (osso bucco)
Pork	Leg steaks, butterfly steaks, boneless loin chops, fillet
Chicken	Thigh pieces, drumsticks, thigh fillets

Browning before slow cooking

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

Roasting

Roasting in the Slow Cooker results in tender, flavoursome meats that are easy to slice. Therefore the cheaper cuts of meat provide perfect results cooked by this method. The addition of liquid is not required for roasting, however a minimal amount is necessary for pot roasts. Elevate the meat to be roasted on an inverted, heatproof saucer or plate. This will assist in keeping the surface of the meat dry and free from any fat release throughout the cooking process. Optionally, the meat can be placed in an oven bag and sealed,

following the instructions on the packaging. To brown meat it must be sealed in a frypan prior to cooking.

Suitable Cuts for Roasting

(Note: Meat will not brown)

Beef	Blade, rump, rib roast, sirloin, fresh silverside, topside
Lamb	Leg, mid loin, rack, shank, shoulder
Veal	Leg, loin, rack, shoulder/forequarter
Pork	Loin, neck, leg (remove skin and fat), racks

Suitable Cuts for Pot Roasting

Beef	Blade, chuck, round, fresh silverside, skirt, topside
Lamb	Forequarter, shank, shoulder
Veal	Shoulder/forequarter
Pork	Loin, neck, scotch fillet, shoulder
Chicken	Drumsticks, thighs or whole chicken

Preparing vegetables

Vegetables should be prepared and cut into small even sized pieces to ensure more even cooking. Whole potatoes are best, if cooked on the HIGH setting. Frozen vegetables must be thawed before adding to other foods cooking in the Slow Cooker, such as an addition to a casserole. When cooking vegetables and meat together in the Slow Cooker, the vegetables tend to cook at a slower rate than the meat. To gain the best results, position the vegetables on the base and sides of the Slow Cooker and place the meat on top.

Dried Beans and Pulses

If time permits, overnight soaking of dried beans and pulses is preferable, but not absolutely necessary. After soaking, drain and place in the Slow Cooker and cover with sufficient water to reach double their volume. Cook beans or pulses on the HIGH setting for 2-4 hours or until tender. Pre-soaked beans and pulses will cook a little faster.

Maintaining your Slow Cooker

Always turn your Slow Cooker 'off', then switch off at the power outlet and then unplug. Allow the unit to cool down before cleaning.

Ensure that the unit is always unplugged from the power outlet when not in use.

Remove the crockery pot and glass lid and wash in warm, soapy water, using a mild detergent. Rinse and dry thoroughly.

To soften stubborn, cooked on foods fill the crockery pot with warm, soapy water and allow to soak. Remove by lightly scrubbing with a nylon kitchen brush.

The crockery pot and glass lid can also be washed in the dishwasher. However care should be taken not to chip or crack the crockery pot or lid.

The body of the unit should be wiped over with a damp sponge or cloth, which has been dipped in warm soapy water. DO NOT immerse in water.

WARNING: NEVER IMMERSE THE BODY OF THE UNIT, CORD OR PLUG IN WATER OR ANY OTHER LIQUID AS THIS MAY CAUSE ELECTROCUTION.

Do not use abrasive cleaners, steel wool or scouring pads as these can damage the surface of the slow cooker.

When storing your Slow Cooker, loosely coil the cord, don't wrap the cord around the unit.

Recipes

Soups

Creamy Tomato and Lentil Soup

Ingredients	KSC3	KSC4
	3 litre Capacity	4.2 litre capacity
	Serves 4-6	Serves 6-8
Olive oil	1½ tablespoons	2 tablespoons
Spanish onion, sliced	1 large	2 medium
Garlic cloves, crushed	2	3
Commercially prepared, minced chilli	1 teaspoon	2 teaspoons
Tomato puree	3 cups/ 750ml	5 cups/ 1.25 litres
Commercially prepared, Beef stock	3 cups/ 750ml	5 cups/ 1.25 litres
Tomato paste	3 tablespoons	4 tablespoons
Brown sugar	3 teaspoons	1 tablespoons
Red lentils	½ cup/ 150g	1 cups/ 300g
Cream	1 cup/ 250ml	1½ cups/ 375ml
Commercially prepared sun-dried tomato pesto	2 tablespoons	4 tablespoons

1. Heat oil in a non-stick pan. Cook onion over a medium heat, until golden brown. Add garlic and chilli to the pan and cook for 1 minute or until fragrant.

2. Place onion mixture in the Slow cooker. Stir in tomato puree, stock, tomato paste, brown sugar and lentils.

3. Cover and cook on HIGH 4 hours or AUTO 9-10 hours.

4. Half to one hour before required, stir in cream. Replace cover and continue to cook.

5. Ladle soup into bowls and top each serve with the sun-dried tomato pesto.

Serving Suggestion: Accompany with salad of your choice and crusty bread if desired.

Char-grilled Capsicum, Chicken and Gnocchi Soup

Ingredients	KSC3	KSC4
	3 litre Capacity	4.2 litre capacity
	Serves 4-6	Serves 6-8
Red capsicum, quartered	2	3
Yellow capsicum, quartered	1 medium	2 large

Water	½ cup/ 125ml	1 cup/ 250ml
Olive oil	1 tablespoon	2 tablespoons
Chicken Tenderloins, cut into 3cm pieces	500g	1kg
Onion, chopped	1	2
Garlic cloves, crushed	2	3
Paprika	1 tablespoon	2 tablespoons
Caraway seeds	1 teaspoon	2 teaspoons
Cracked black pepper	1½ teaspoons	3 teaspoons
Tomato paste	2 tablespoons	4 tablespoons
Chicken stock	6 cups/ 1½ litres	8 cups/ 2 litres
Commercially prepared Gnocchi	250g	500g
Sour cream to serve		
Chopped parsley to serve		

1. Place capsicum quarters, skin-side up under a hot grill until blackened. Transfer to a plastic freezer bag until cooked. Peel away the skin and process with the water until smooth.

2. Heat oil in non-stick pan. Cook chicken pieces over a medium heat, until lightly browned on all sides. Place chicken in the Slow Cooker.

3. Add onion to the pan and cook over a medium heat, until just soft. Stir in garlic, paprika, caraway seeds, pepper and tomato paste. Cook for 1 minute. Add the capsicum mixture to heat through.

4. Pour capsicum mixture and stock over chicken in the Slow Cooker. Cover and cook on HIGH 4 hours or AUTO 8-9 hours.

5. Fifteen to twenty minutes before required, add Gnocchi to the soup. Replace cover and continue to cook until Gnocchi has surfaced to the top of the soup.

6. Ladle soup into bowls. Top each serve with sour cream and parsley if required.

Serving Suggestion: Accompany with grated Parmesan cheese and crusty bread.

Potato and Barley Soup

Ingredients	KSC3	KSC4
	3 litre Capacity	4.2 litre capacity
	Serves 4-6	Serves 6-8
Pearl barley	150g	200g

Chicken stock	6 cups/1½ litres	8 cups/2 litres
Oil	1 tablespoon	2 tablespoons
Onion, finely chopped	1 large	2 medium
Garlic cloves, crushed	2	3
Carrots, sliced	1 medium	2 medium
Potatoes, peeled and chopped	200g	300g
Celery stick, sliced	1	2
Bay leaves, halved	1	2
Milk	½ cup/ 80ml	⅔ cup/ 160ml
Butter	20g	40g

Fresh mint, chopped to serve

1. Place the barley with a third of the stock in the Slow Cooker. Cover and cook on HIGH 1-1½ hours, or until just tender.

2. Heat oil in a non-stick pan. Cook onion and garlic over a medium heat, until onion is soft. Add to Slow Cooker with remaining stock carrots, potatoes, celery, bay leaves and milk. Cover and cook on HIGH 3-4 hours or AUTO 9-10 hours.

3. Check soup for seasoning. Add salt and pepper if required. Ladle soup into bowls, sprinkle with mint and serve.

Serving Suggestions: Accompany with commercially prepared herb flavoured croutons.

Chicken with Rosemary Lemon and Garlic

Ingredients	KSC3	KSC4
	3 litre Capacity	4.2 litre capacity
	Serves 4-6	Serves 6-8
Olive oil	2 teaspoons	1 tablespoon
Butter	20g	30g
Chicken pieces, skin removed	1.5kg	2 kg
White wine	½ cup/ 125ml	1 cup/ 250ml
Chicken stock	½ cup/ 180ml	1 cups/ 375ml
Lemon juice	2 tablespoons	3 tablespoons
Cracked black pepper	1 teaspoon	2 teaspoons
Red chillies, finely chopped	2 small	3 small

Grated lemon rind	1 teaspoon	2 teaspoons
Garlic cloves, halved	3	4
Fresh Rosemary, chopped	1½ teaspoons	3 tablespoons

1. Heat oil and butter in a non-stick pan. Cook chicken over a medium-high heat, until lightly browned on all sides.

2. Place chicken, wine, stock, lemon juice, chillies, lemon rind, garlic, rosemary in the Slow Cooker. Cover and cook on HIGH 3-4 hours or AUTO 8-9 hours.

Serving Suggestion: Accompany with oven-roasted potatoes, pumpkin and steamed green beans, if desired.

Chicken with Mushrooms

Ingredients	KSC3	KSC4
	3 litre Capacity	4.2 litre capacity
	Serves 4-6	Serves 6-8
Oil	1 tablespoon	2 tablespoons
Chicken thigh fillets, halved	1.5kg	2 kg
Button mushrooms, sliced	250g	350g
Leeks, sliced	1 small	2 small
White wine	½ cup/ 125ml	1 cup/ 250ml
Chicken stock	1 cup/ 250ml	2 cups/ 500ml
Cracked black pepper	1 teaspoon	2 teaspoons
Salt	½ teaspoon	1 teaspoon
Fresh lemon thyme, chopped	1 tablespoon	2 tablespoons
Plain flour	1 tablespoon	2 tablespoons
Cream	5 tablespoons	½ cup/ 180ml
Sour cream	5 tablespoons	½ cup/ 180ml

1. Heat oil in a non-stick pan. Cook chicken in batches, over a medium heat, until lightly browned on all sides. Place chicken in the Slow Cooker.

2. Top chicken with mushrooms, leeks, wine, stock, pepper, salt and lemon thyme. Cover and cook on HIGH 3-4 hours or AUTO 8-9 hours.

3. One hour before required, stir in blended flour, cream and sour cream. Replace cover and continue to cook.

Serving Suggestion: Accompany with steamed new potatoes.

Gingered Lamb Curry

Ingredients	KSC3	KSC4
	3 litre Capacity	4.2 litre capacity
	Serves 4-6	Serves 6-8
Oil	1 tablespoon	2 tablespoons
Lean lamb, cubed	1.5kg	2 kg
Onions, chopped	2 medium	2 large
Eggplant	200g	300g
Garlic cloves, crushed	2	4
Fresh ginger, grated	1½ tablespoons	2 tablespoons
Red chillies, finely chopped	1 small	2 small
Cracked black pepper	1 teaspoon	2 teaspoons
Salt	¼ teaspoon	½ teaspoon
Ground turmeric	1 teaspoon	2 teaspoons
Commercially prepared green curry paste	2 teaspoons	1 tablespoon
Beef stock	½ cup/ 180ml	1 cups/250ml
Coconut milk powder	1 cup/ 110g	2 cups/ 220g
Boiling water	1 cup/ 250ml	2 cups/ 500ml

1. Heat oil in non-stick pan. Cook meat in batches, over a medium-high heat, until well browned on all sides. Drain on paper towels.

2. Add onion to the pan, cook over a medium heat, until onion is golden brown. Stir in eggplant, garlic, ginger, chillies, pepper, salt, turmeric and curry paste. Cook for 1 minute, or until fragrant. Blend in stock.

3. Place meat and eggplant mixture in the Slow Cooker. Cover and cook on HIGH 4 hours, AUTO 8-9 hours.

4. One hour before required, stir in blended coconut milk powder and water. Replace cover and continue to cook.

Serving Suggestion: Accompany with steamed Jasmine rice.

Sweet Orange Pork

Ingredients	KSC3	KSC4
	3 litre Capacity	4.2 litre capacity
	Serves 4-6	Serves 6-8
Oil	1½ tablespoons	2 tablespoons
Spanish onion, sliced	1 medium	1 large
Lean pork steaks, halved	1.5kg	2 kg
Plain flour	1½ teaspoons	1 tablespoon
Kumera (sweet potato), peeled and cubed	400g	500g
Butter	30g	40g
Ground cumin	1 teaspoon	1.5 teaspoons
Ground cardamom	1 teaspoon	1.5 teaspoons
Ground cloves	¼ teaspoon	½ teaspoon
Ground cinnamon	1 teaspoon	1.5 teaspoons
Fennel seeds	½ teaspoon	1 teaspoon
Brown sugar	3 tablespoons	4 tablespoons
Lemon juice	1½ tablespoons	¼ cup/ 75ml
Sweet sherry	3 tablespoons	5 tablespoons
Orange juice	1 cup/ 250ml	1.5 cups/ 375ml
Chicken stock	1 cup/ 250ml	2 cups/ 500ml
Grated orange rind	2 teaspoons	1 tablespoon

1. Heat half the oil in a non-stick pan. Cook onion over medium heat, until golden brown. Remove onion from pan and set aside.

2. Coat the meat with flour, shake off any excess. Heat remaining oil in the same pan used previously, cook 4 to 5 pieces of meat at a time, over a medium-high heat, until lightly browned on all sides.

3. Place onion, meat and kumera in the Slow Cooker.

4. Place pan over a medium heat, add butter and melt. Stir in cumin, cardamom, cloves, cinnamon, fennel seeds, brown sugar, lemon juice, sherry, orange juice, stock and rind. Stir mixture until heated through.

5. Pour heated spice mixture over the meat and vegetables in the Slow Cooker. Cover and cook on HIGH 4 hours or AUTO 8-9 hours.

Serving Suggestion: Accompany with buttered noodles and salad greens of your choice, if desired.

Lamb Shanks in a Tomato Pesto Sauce

Ingredients	KSC3	KSC4
	3 litre Capacity	4.2 litre capacity
	Serves 4	Serves 6
Olive oil	1 tablespoon	2 tablespoons
French cut lamb shanks, trimmed of any visible fat	4 large	6 large
Spanish onions, sliced	1 medium	1 large
Button mushrooms, sliced	200g	300g
Garlic cloves, crushed	3	4
Canned tomatoes, chopped	400g	800g
Tomato paste	2 tablespoons	3 tablespoons
Pesto	2 tablespoons	3 tablespoons
Red wine	½ cup/ 125ml	1 cup/ 250ml
Sweet sherry or maderia	3 tablespoons	4 tablespoons
Beef stock cubes, crumbled	2	4
Fresh rosemary, chopped	2 teaspoons	1 tablespoon

1. Heat oil in a non-stick pan. Cook two to three shanks at a time, over a medium heat, until well browned on all sides. Drain on paper towels.

2. Add onion to the pan. Cook over medium heat, until onion is just soft. Stir in mushrooms and garlic, cook for 2-3 minutes. Add tomatoes, tomato paste, pesto, wine, sherry, stock cube and rosemary.

3. Place shanks and tomato mixture in the Slow Cooker, Cover and cook on HIGH 4-6 hours or AUTO 8-9 hours.

Serving suggestion: Serve with Mashed Potatoes

Easy Osso Bucco

Ingredients	KSC3	KSC4
	3 litre Capacity	4.2 litre capacity
	Serves 4-6	Serves 6-8
Lean veal shanks, 4 cm thick	8	12
Plain flour	2 tablespoons	3 tablespoons
Olive oil	2 tablespoons	3 tablespoons

Commercially prepared Italian style, tomato cooking sauce	2 cups/ 500g	3 cups/ 750g
White wine	½ cup/ 180ml	1 cup/ 250ml
Caster sugar	1½ teaspoons	2 teaspoons
Cracked black pepper	1½ teaspoons	2 teaspoons
Salt	½ teaspoon	1 teaspoon
Fresh basil leaves, chopped	3 tablespoons	4 tablespoons
Commercially prepared pesto	4 tablespoons	6 tablespoons
Grated lemon rind	2 teaspoons	4 teaspoons

1. Coat the veal shanks with flour, shake off any excess. Heat oil in a non-stick pan over a medium heat. Cook 2 to 3 shanks at a time for 1 minute each side, or until lightly browned. Place browned shanks in the Slow Cooker. Repeat process with remaining shanks.

2. Combine tomato sauce, wine, sugar, pepper, salt and basil, pour over meat in Slow Cooker. Cover and cook on HIGH 3-4 hours or AUTO 8-9 hours.

3. Combine pesto and lemon rind. Just before serving, sprinkle pesto mixture over Osso Bucco.

Serving Suggestion: Serve with Buttered noodles.

Chilli Con Carne

Ingredients	KSC3	KSC4
	3 litre Capacity	4.2 litre capacity
	Serves 4-6	Serves 6-8
Oil	1 tablespoon	2 tablespoons
Lean chuck steak, cut into 2cm cubes	1.5kg	2 kg
Packaged chilli seasoning mix	1½ teaspoons	3 tablespoons
Commercially prepared minced garlic	2 teaspoons	1 tablespoon
Beef stock	1½ cups/ 375ml	2.5 cups/ 675ml
Tomato paste	2 tablespoons	3 tablespoons
Red wine	½ cup/ 180ml	1 cups/ 250ml
Canned Mexican chilli beans	400g	600g
Sour cream to serve		

1. Heat oil in a non-stick pan. Cook meat in batches, over a medium-high heat, until well browned on all sides. Drain on paper towels.

2. Place meat, chilli seasoning mix, garlic, stock, tomato paste, wine and undrained beans in the Slow Cooker. Cover and cook on AUTO 8-9 hours.

3. Spoon Chilli Con Carne into bowls, top with sour cream if required and serve.

Serving Suggestion: Accompany with potato wedges or corn chips.

Vegetarian

Curried Pumpkin with Spinach

Ingredients	KSC3	KSC4
	3 litre Capacity	4.2 litre capacity
	Serves 4-6	Serves 8-10
Butter	30g	40g
Onion, sliced	1 medium	2 medium
Green curry Paste	1.5 tablespoons	2 tablespoons
Coconut milk powder	1 cup/ 110g	2 cups/ 220g
Boiling water	1 cup/ 250ml	2 cups/ 500ml
Pumpkin, peeled and chopped	1kg	1.5kg
English spinach leaves, shredded	10	
Curry leaves, torn	10	
Fresh Kaffir lime leaves, finely shredded	2	3
Flaked almonds, toasted to serve		

1. Melt butter in a non-stick pan. Cook onion over a medium heat, until golden brown. Stir in the green curry paste. Cook for 1 minute or until fragrant.

2. Pour blended coconut milk powder and water into the pan. Stir, over a medium heat, until or ingredients are well blended.

3. Place pumpkin in the Slow Cooker. Add coconut milk mixture. Cover and cook on HIGH2-3 or AUTO 6-8 hours.

4. Half an hour before required, stir through spinach, curry leaves and kaffir leaves. Replace lid and continue to cook until spinach leaves wilt. Serve topped with flaked almonds.

Serving Suggestion: Serve with steamed Jasmine Rice

Chick Pea Curry

Ingredients	KSC3	KSC4
	3 litre Capacity	4.2 litre capacity
	Serves 4-6	Serves 6-8
Dried chick peas	1 cup/ 200g	1.5 cups/ 300g
Vegetable stock	2 cups/ 500ml	3 cups/750 ml
Vegetable oil	1 tablespoon	2 tablespoons
Onion, finely chopped	medium	1 large
Fresh ginger, grated	1 teaspoon	2 teaspoons
Garlic cloves, crushed	2	4
Garam masala	1½ teaspoons	2 teaspoons
Ground cumin	1½ teaspoons	2 teaspoons
Ground coriander	1½ teaspoons	2 teaspoons
Sweet paprika	1½ teaspoons	2 teaspoons
Chilli powder	¼ teaspoon	½ teaspoon
Ground turmeric	½ teaspoon	1 teaspoon
Yellow mustard seeds	1 teaspoon	2 teaspoons
Salt	1 teaspoon	2 teaspoons
Tomato puree	1 cup/ 250ml	2 cups/ 500ml
Coconut cream	3 tablespoons	5 tablespoons

1. Place chick peas with the stock in the Slow Cooker. Cover and cook on HIGH 2 hours, or until just tender.

2. Heat oil in a non-stick pan. Cook onion over a medium heat, until golden brown. Add ginger, garlic, garam masala, cumin, coriander, paprika, chilli powder, turmeric, mustard seeds and salt. Cook 1 minute, or until fragrant. Add tomato puree and coconut cream to onion mixture. Stir, over medium heat, until just warmed.

3. Place tomato mixture in the Slow Cooker, with the chick peas. Cover and cook on HIGH 2-3 hours or AUTO 8-9 hours.

Serving Suggestion: Accompany with stir-fried mixed vegetables of your choice.

Desserts

Lemon and Lime Delicious Pudding

Ingredients	Serves 4-6
Butter	90g
Caster sugar	¾ cup/ 165g
Self-raising flour, sifted	½ cup/ 50g
Grated lemon rind	3 teaspoons
Grated lime rind	3 teaspoons
Lemon juice	1½ tablespoons
Lime juice	1½ tablespoons
Egg yolks	1
Egg whites	2
Milk	¾ cup/ 180ml
Lightly greased, heat proof bowl, to fit	
Slow Cooker	1.5 litre capacity

1. Place butter and sugar in a bowl. Beat until light and fluffy. Mix in flour, lemon rind, lime rind, lemon juice and Lime juice.

2. Combine egg yolks and milk, whisk into butter mixture. Beat egg whites until stiff peaks form, fold into batter.

3. Spoon batter into the prepared bowl. Cover with aluminium foil. Place a cup of water into the Slow Cooker. Add the pudding. Cover and cook on HIGH 3-4 hours.

Serving Suggestion: Dust top of pudding with icing sugar and accompany with cream, if desired.

Chocolate Malt, Self-Saucing Pudding

Ingredients	Serves 4-6
Self-raising flour	¾ cup/ 110 g
Plain flour	¾ cup/ 110 g

Baking powder	¾ teaspoon
Cocoa powder	2 tablespoons
Malted milk powder	2 tablespoons
Caster sugar	¾ cup/ 165g
Milk	¾ cup/ 180ml
Eggs, lightly beaten	1
Lightly greased, heat proof bowl, to fit	
Slow Cooker	1.5 litre capacity

Sauce

Dark chocolate, melted	75g
Hot water	1½ cups/ 375ml
Butter	20g
Brown sugar	¾ cup/ 150g
Cocoa powder	2 tablespoons
Cornflour	1½ teaspoons

1. Sift self-raising and plain flours, baking powder, cocoa and malted milk powders into a large mixing bowl. Stir in sugar. Combine milk and eggs. Stir into the flour mixture. Mix well. Spoon batter into the prepared bowl.

2. To make sauce, place the chocolate water and butter into a saucpan, cook on low heat, stirring until the chocolate and butter melt. Place brown sugar, cocoa powder and cornflour in a mixing bowl. Pour in chocolate mixture. Mix well. Spoon Sauce over batter, in bowl. Cover with aluminium foil.

3. Place a cup of water in the Slow Cooker. Add pudding. Cover and cook on HIGH 3-4 hours

Serving Suggestion: Dust top of pudding with icing sugar and serve with vanilla icecream.



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 terms of 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, ie. 12 months from the original purchase date.

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

For service, spare parts or product information in Australia, please call KAMBROOK on the Customer Service Line (free call) 1800 800 634.

For service, spare parts or product information in New Zealand, please call KAMBROOK New Zealand, Greenmount, Auckland Phone 0800 273 845 Fax 0800 288 513. For spare parts phone 0800 273 845.

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

YOUR PURCHASE RECORD (Please complete)

Attach a copy of purchase receipt here.

DATE OF PURCHASE _____

MODEL NUMBER _____

SERIAL NUMBER (If applicable) _____

PURCHASED FROM _____

Please don't return purchase record unless you are making a claim

KAMBROOK



Kambrook 4 Kingston Town Close Oakleigh, Victoria 3166, Australia
Customer Service Line (free call) 1800 800 634 Customer Service Fax 1800 621 337
Kambrook New Zealand, Private Bag 94411, Greenmount, Auckland, New Zealand
Customer Service Line/Spare Parts 0800 273 845 Customer Service Fax 0800 288 513

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