

# Breville

## Avance Slow Cooker

Instructions and Recipes

To suit all BSC300 and BSC300W models



Inspiration. Every day.™

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# Congratulations

on the purchase of your new Breville Avance Slow Cooker

# Breville recommends safety first

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

## IMPORTANT SAFEGUARDS FOR YOUR BREVILLE SLOW COOKER

- Carefully read all instructions before operating the Breville Avance Slow Cooker for the first time and save for future reference.
- Remove and safely discard any packaging material and promotional labels before using the slow cooker 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 appliance near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water and other substances.
- Do not operate the slow cooker on a sink drain board.
- Do not place the slow cooker on or near a hot gas or electric burner, or in a heated oven.
- Position the slow cooker at a minimum distance of 20cm away from walls and provide adequate space above and around all sides for air circulation.
- The temperature of accessible surfaces will be high when the slow cooker is operating and for some time after use.
- Do not touch hot surfaces. Allow the slow cooker to cool completely before moving or cleaning any parts.
- Use only the removable crockery bowl and lid supplied. Do not use any other bowl inside the metal housing.
- Never plug in or switch on the slow cooker without having the removable crockery bowl placed inside the metal housing.
- Do not place food or liquid into the metal housing. Only the removable crockery bowl is designed to contain food or liquid.
- Never operate the slow cooker without food and liquid in the removable crockery bowl. Ensure the removable crockery bowl is at least  $\frac{1}{2}$  to  $\frac{3}{4}$  full of food and/or liquid before switching on the appliance.
- Do not use a damaged or cracked removable crockery bowl. Replace before using.
- Always have the glass lid positioned correctly on the removable crockery bowl throughout operation of the appliance unless stated in the recipe to have it removed.
- The glass lid has been specially treated to make it stronger, more durable and safer than ordinary glass, however it is not unbreakable. If struck extremely hard, it may break or weaken, and could at a later time shatter into many small pieces without apparent cause.
- Extreme caution must be used when the appliance contains hot food and liquids. Do not move the appliance during cooking.
- Do not touch hot surfaces. Use handles to move slow cooker and dry oven mitts to remove the removable crockery bowl when hot.
- Do not place the removable crockery bowl, when hot on any surface that may be affected by heat.
- Avoid sudden temperature changes. Do not place frozen or very cold foods into the removable crockery bowl when it is hot. Do not place removable crockery bowl when hot into cold water.
- The removable crockery bowl is not suitable for storing food in the freezer.

# Breville recommends safety first continued

- Do not use the removable crockery bowl in a conventional oven or microwave oven.
- Do not place the removable crockery bowl onto a hot gas or electric burner.
- Avoid scalding from escaping steam when removing the glass lid from the removable crockery bowl when hot by carefully lifting the lid angled away from yourself.
- Do not allow water from the lid to drip into the stainless steel housing, only into the removable crockery bowl.
- Do not attempt to operate the slow cooker by any method other than those described in this book.
- Always ensure the slow cooker is properly assembled before operating. Follow the instructions provided in this book.
- The appliance is not intended to be operated by means of an external timer or separate remote control system.
- Do not place anything, other than the lid, on top of the slow cooker when assembled, when in use and when stored.
- Always switch the slow cooker to the 'Off' position, then switch off at the power outlet, then unplug and allow to cool, if appliance is not in use, before cleaning, before attempting to move the appliance, disassembling, assembling and when storing the appliance.
- Keep the slow cooker clean. Follow the cleaning instructions provided in this book.



**CAUTION: HOT SURFACES DURING AND AFTER USE.**

## IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Unwind the power cord fully before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces, or become knotted.
- To protect against electric shock, do not immerse power cord, plug or stainless steel housing in water or any other liquid.
- 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.
- 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. Misuse may cause injury.
- It is recommended to inspect the appliance regularly. To avoid a hazard, do not use the appliance if the power cord, power plug or appliance becomes damaged in anyway. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.
- 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.

# Know your Breville Avance Slow Cooker



- 1. Tempered domed glass lid**  
allows the food to be monitored during cooking
- 2. Dishwasher Safe 'Cook and Serve'**  
Removable crockery bowl
- 3. Compact 5 litre capacity**
- 4. Cool touch handles**
- 5. Power light**
- 6. Temperature control dial**  
with Low, High and Auto Settings
- 7. Wrap around element (not shown)**  
Ensures even heating throughout the cooking process

# Operating your Breville Avance Slow Cooker

## BEFORE THE FIRST USE

Before first use, remove all packaging material and promotional labels and wash the removable crockery bowl and glass lid in hot soapy water, rinse and dry thoroughly.

## BROWNING BEFORE SLOW COOKING

Pre-browning meat and poultry, prior to slow cooking, seals in the moisture, intensifies the flavour and provides more tender results, whilst producing richer flavours in other food, 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. Use a non-stick frypan to reduce the amount of oil required.

## HOW TO SLOW COOK

1. Before placing the removable crockery bowl in the metal housing, ensure the exterior of the bowl is clean. This will ensure proper contact with the inner cooking surface.
2. Place the prepared food into the removable crockery bowl, ensuring denser foods are spread evenly across the bottom of the bowl and not heaped to one side. Ensure the food and/or liquid fills at least  $\frac{1}{2}$  to  $\frac{3}{4}$  of the removable crockery bowl. Place the glass lid into position.
3. With the temperature control dial turned to the OFF position, plug the Avance Slow Cooker into a 230V or 240V power outlet and switch the power on at the power outlet.
4. Set the temperature control dial to the desired setting, or as recommended in the recipe section.
5. When cooking is complete, turn the temperature control dial to the OFF position, switch off at the power outlet and then unplug.
6. Allow the Avance Slow Cooker to cool completely before cleaning and storing.

## IMPORTANT

- Always use the Avance Slow Cooker on a dry, level surface.
- Never operate without food and liquid in the removable crockery bowl.
- Never operate without the removable crockery bowl positioned in the metal housing.
- Always have the glass lid firmly in position on the removable crockery bowl throughout operation of the appliance unless where stated in a recipe to have it removed.
- Always use dry pot holders or oven mitts when removing the removable crockery bowl when hot.
- Do not place the removable crockery bowl when hot on any surface that may be affected by heat.



**ALWAYS LIFT AND REMOVE THE GLASS LID CAREFULLY AND ANGLED AWAY FROM YOURSELF TO AVOID SCALDING FROM ESCAPING STEAM.**

# A Beginner's Guide to Slow Cooking

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

Following is a guide to help simplify the process of slow cooking, allowing you to obtain maximum satisfaction from your Avance Slow Cooker.

We have also included helpful hints and recipes for successful slow cooking.

## PREPARING MEAT AND POULTRY

Select the leanest cuts when purchasing meat. Trim the meat or poultry of any visible fat. If possible, purchase chicken portions without the skin. Otherwise, the slow cooking process will result in extra liquid being formed from the fat as it melts.

For casserole type recipes, cut the meat into cubes, approximately 2.5cm to 3cm. Slow cooking allows less tender cuts of meat to be used. The bones can be left on meat or poultry if liked and will help to keep meat tender during cooking.

## PREPARING VEGETABLES

Vegetables should be cut into small even-sized pieces to ensure more even cooking. Frozen vegetables must be thawed before adding to other foods cooking in the Avance Slow Cooker.

When cooking vegetables and meat together in the Avance Slow Cooker, the vegetables can cook at a slower rate than the meat. To gain the best results, position the vegetables on the base and sides of the Avance Slow Cooker and place the meat on top.

## PREPARING DRIED BEANS AND PULSES

If time permits, overnight soaking of dried beans and pulses is preferable. After soaking, drain and place in the removable crockery bowl of the Avance Slow Cooker and cover with sufficient water to reach double their volume. Cook beans on the High setting for 2-4 hours or until tender. Pre-soaked beans and pulses will cook a little faster.

## USING THE TEMPERATURE CONTROL SETTINGS

This Slow Cooker has three settings: Low, High and Auto. Use the recommended guidelines offered in the recipe to determine cooking time and heat setting. Dishes can be prepared well in advance of mealtime and cooking time regulated so that food is ready to serve at a convenient time.

It is almost impossible to overcook in the Avance Slow Cooker particularly when using the Low setting. A general rule of thumb for most slow cooked meat and vegetable recipes is:

LOW	6 to 10 hours
HIGH	3 to 4 hours
AUTO	4 to 6 hours



# A Beginner's Guide to Slow Cooking continued

Ensure the food and/or liquid in the recipe fills at least 1/2 to 3/4 of the removable crockery bowl. When food is cooking in your Avance Slow Cooker, most moisture is retained. So when you are adapting your favourite traditional recipes to this Slow Cooker, simply halve the amount of liquid and increase the cooking time.

The following is a guide to adjusting your favourite recipes:

Traditional Cooking Time	Slow Cooker Cooking Time		
	LOW	HIGH	AUTO
35 to 60 minutes	6 to 10 hrs	3 to 4 hrs	4 to 6 hrs
1 to 3 hours	8 to 10 hrs	4 to 6 hrs	6 to 8 hrs

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

Note

High humidity, altitude, cold tap water, ingredients and minor fluctuations may slightly affect the cooking times in the Avance Slow Cooker.

Note

## LOW SETTING

The Low setting gently simmers food for an extended period of time without overcooking or burning. No stirring is required when using this setting.

## HIGH SETTING

The High setting is used when cooking dried beans or pulses and will cook food in half the time required for the Low setting. Some foods may boil when cooked on the high setting, so it may be necessary to add extra liquid.

This will depend on the recipe and the amount of time in which it is cooked. Occasional stirring of stews and casseroles will improve flavour distribution.

## AUTO SETTING

The Auto setting will begin cooking on High and then will shift to Low after approximately 2-4 hours of cooking time for added ease and simplicity.

## ADAPTING LIQUID AMOUNTS

When food is cooking in your Avance Slow Cooker, most moisture is retained. To allow for this when using traditional recipes it is advisable to halve the liquid content.

However, after cooking if the liquid content is excessive, remove the lid and operate the Avance Slow Cooker on the High setting for 30-45 minutes or until the liquid reduces by the desired amount. Alternatively, the liquid can be thickened by adding a mixture of cornflour and water.

## STIRRING THE FOOD

Little or no stirring is required when using the Low setting. However, stirring the food when using the High setting ensures even flavour distribution.

## SUITABLE MEAT CUTS FOR SLOW COOKING

**Beef** Beef chuck, skirt, round steak, boneless shin (Gravy) beef, bone-in-shin (Osso Bucco).

**Lamb** Lamb shanks, drumsticks (frenched shanks), neck chops, boned out forequarter or shoulder.

**Veal** Veal diced leg, shoulder/ forequarter chops and steaks, neck chops, knuckle (osso bucco)

**Pork** Pork leg steaks, diced belly, Diced shoulder, Boneless loin chops

## ROASTING IN THE SLOW COOKER

Roasting meats in the Avance Slow Cooker creates tender, flavoursome results. The long, slow, covered cooking process breaks down and softens the connective and muscle tissue within the meat, making it easier to slice. Cheaper cuts of meat can be used to provide perfect results when cooked by this method.

Meat will not brown during the Slow Cooking process, so for browner results, sear in a frypan before roasting

The addition of liquid is not required for roasting.

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 released throughout the cooking process.

## SUITABLE CUTS FOR ROASTING

**Beef** Blade, Rump, Rib Roast, Sirloin, Fresh Silverside, Topside.

**Lamb** Leg, Mid Loin, Rack, Crown Roast, Shank, Shoulder, Mini Roasts.

**Veal** Leg, Loin, Rack, Shoulder/Forequarter.

**Pork** Loin, Neck, Leg. Remove Skin And Fat, Racks

## POT ROASTING

The addition of liquid is required for pot roasting.

Place sufficient liquid into the removable crockery bowl to cover up to a third of the meat. Meat will not brown during the pot roasting process. For browner results, sear in a frypan before pot roasting.

## SUITABLE CUTS FOR POT ROASTING

**Beef** Beef topside, blade, silverside roasts, rolled brisket.

**Lamb** Forequarter, Shank, Shoulder.

**Veal** Shoulder/Forequarter

**Pork** Loin, Neck

# Hints and Tips

## HINTS AND TIPS

- Always thaw frozen meat and poultry before cooking.
- Trim all visible fat from meat or poultry.
- Meat and poultry require at least 6-7 hours of cooking on Low setting.
- Ensure that the food or liquid to be cooked fills at least 1/2 to 3/4 of the removable crockery bowl.
- On completion of cooking, if there is too much liquid, remove the lid, turn the temperature control dial to the High setting and cook for 30-45 minutes or until the liquid reduces to the desired amount. **Alternatively, the liquid can be thickened by adding a mixture of cornflour and water and cooking on High Setting without the Lid until sauce has thickened.**

## DO'S

- Always thaw frozen meat and poultry before cooking
- Do ensure the removable crockery bowl is at room temperature when placing into the metal housing prior to cooking.
- Do avoid extreme temperature changes to the removable crockery bowl and glass lid. Handle the removable crockery bowl and glass lid with care.
- Do use dry oven mitts when lifting the crockery bowl containing hot liquids.
- Do place the removable crockery bowl onto a heat proof placemat when serving from the removable crockery bowl at the table.
- To keep foods warm for serving, turn control to the Low Setting until ready to serve.

## DON'TS

- Do not place removable crockery bowl or glass lid into or under cold water while still hot.
- Do not use the removable crockery bowl or glass lid if chipped or cracked.
- Do not operate the Avance Slow cooker without the removable crockery bowl in position.
- Do not place a hot removable crockery bowl onto a wet surface.
- Do not cook with frozen meats or poultry.

## NEVER

- Place water or other liquids into the metal housing of the Avance Slow Cooker.
- Immerse the metal housing, power cord or plug of the Avance Slow Cooker in water.
- Touch hot surfaces with bare hands.

# Care & Cleaning

## CLEANING

- Before cleaning, switch the temperature control dial to OFF, switch off the Avance Slow Cooker at the power outlet and then unplug.
- Always allow the Avance Slow Cooker to cool before cleaning.
- To remove stubborn, cooked-on foods in the removable crockery bowl, soften by filling with warm, soapy water and allow to soak for 20-30 minutes. Remove by lightly scrubbing with a soft nylon kitchen brush.
- The removable crockery bowl and glass lid can be washed in hot, soapy water using a mild household detergent. Rinse and dry thoroughly.
- Do not use abrasive cleaners, steel wool, or metal scouring pads as these can damage the surfaces
- The removable crockery bowl and glass lid are dishwasher safe, however care should be taken not to chip or crack the crockery bowl or lid.
- The metal housing can be wiped over with a soft damp cloth and then dried thoroughly

## STORAGE

Ensure the Avance Slow Cooker is switched off, cooled and cleaned before storing. Store upright with removable crockery bowl and the lid in position. Do not store anything on top.



**CAUTION: DO NOT IMMERSE METAL HOUSING, POWER CORD OR PLUG IN WATER OR ANY OTHER LIQUID AS THIS MAY CAUSE ELECTROCUTION.**



# Recipes

Delicious recipes from Breville



# Soups

## CREAMY TOMATO AND LENTIL SOUP

Serves 8-10

2 tablespoons olive oil  
2 medium Spanish onions, peeled and sliced  
4 garlic cloves, peeled and crushed  
3 teaspoons minced chilli  
6 cups / 1 1/2 litres tomato puree  
6 cups / 1 1/2 litres beef stock  
1/2 cup tomato paste  
1 1/2 tablespoons brown sugar  
1 1/2 cups / 300g red lentils  
1 1/4 cups / 330ml cream  
1/3 cup sun-dried tomato pesto, for serving

1. Heat oil in a non-stick pan. Cook onion over a medium heat until golden brown. Add garlic and chilli, cook for 1 minute.
2. Place onion mixture in to the removable crockery bowl. Stir in tomato puree, stock, tomato paste, brown sugar and lentils.
3. Cover with lid and cook on Low setting 6-8 hours, Auto setting 5-7 hours or High setting 4 hours.
4. Stir in cream 1/2 hour before end of cooking. Replace lid and continue cooking.
5. Ladle soup into serving bowls and top each serve with 2 teaspoons sun-dried tomato pesto. Serve hot with crusty bread.

## CAJUN KUMERA SOUP

Serves 8-10

2 tablespoons vegetable oil  
8 bacon rashers, rind removed and chopped  
2 large onions, sliced  
1 tablespoon Cajun seasoning  
1/2 teaspoon fennel seeds  
4 garlic cloves, peeled and crushed  
2kg kumera, peeled and diced  
8 cups / 2 litres chicken stock  
1 x 300g can red kidney beans, drained and rinsed  
Sour cream, for serving

1. Heat oil in a non-stick pan. Cook bacon and onion over a medium heat, until onion softens and is light golden brown. Add Cajun seasoning, fennel and garlic, cook for 1 minute.
2. Place kumera into the removable crockery bowl. Add bacon mixture and stock. Cover with lid and cook on Low setting 6-8 hours, Auto setting 5-7 hours or High setting 4 hours.
3. Stir the soup at 1 hour before the end of cooking and mash the kumera. Stir in the kidney beans. Replace the lid and continue cooking.
4. Ladle soup into serving bowls and top each serve with sour cream if desired. Serve hot.

**Measurements used are Australian Standard Metric Cups and Spoons.**

**Note**

## CHAR-GRILLED CAPSICUM AND GNOCCHI SOUP

**Serves 8-10**

4 red capsicums, trimmed and quartered  
2 yellow capsicums, trimmed and quartered  
1 cup / 250ml water  
2 tablespoons olive oil  
1kg chicken tenderloins, diced  
2 onions, peeled and chopped  
4 garlic cloves, peeled and crushed  
2 tablespoons paprika  
2 teaspoons caraway seeds  
3 teaspoons cracked black pepper  
1/3 cup tomato paste  
10 cups / 2 1/2 litres chicken stock  
500g pre-prepackaged gnocchi  
Sour cream, for serving  
Chopped parsley, for serving

1. Place capsicum quarters, skin-side up under a hot grill until the skins blister. When cool peel away the skin and discard. Process capsicum flesh and water in a food processor or blender until smooth.
2. Heat oil in a non-stick pan. Add chicken pieces and cook over a medium heat until golden brown. Place chicken into the removable crockery bowl.
3. Add onion to the non-stick pan, cook over a medium heat until soft. Stir in garlic, paprika, caraway seeds, pepper and tomato paste, cook for 1 minute. Add capsicum mixture and stir until heated through.
4. Pour combined mixture and stock over chicken in the removable crockery bowl. Cover with lid and cook on Low setting 8-10 hours, Auto setting 5-7 hours or High setting 4 hours.
5. Stir gnocchi into the soup 15-20 minutes before end of cooking. Replace the lid and continue cooking until gnocchi has risen to the top of the soup.
6. Ladle soup into serving bowls and top each serve with sour cream and parsley if desired. Serve hot.

## FIERY THREE BEAN CHOWDER

**Serves 8-10**

2 tablespoons oil  
2 large onions, peeled and chopped  
4 garlic cloves, peeled and crushed  
2 small red chillies, finely chopped  
1 tablespoon ground cumin  
2 teaspoons ground coriander  
1/3 cup tomato paste  
1 x 800g canned tomatoes, chopped  
6 cups / 1 1/2 litres vegetable stock  
1 x 200g can diced capsicum, drained and rinsed  
1 x 420g can corn kernels, drained  
1 x 420g can butter beans, drained and rinsed  
2 x 440g cans red kidney beans, drained and rinsed  
1 x 125g can soya beans, drained and rinsed  
Sour cream, for serving  
Grated Cheddar cheese, for serving  
Chopped Jalapeno peppers, for serving

1. Heat oil in a non-stick pan. Add onion and cook over a medium heat until soft. Stir in garlic, chillies, cumin and coriander, cook for 1-2 minutes. Add tomato paste and half the tomatoes. Stir, over a medium heat, until warmed.
2. Place tomato mixture into the removable crockery bowl. Add remaining tomatoes, stock, capsicum, corn, butter beans, kidney beans and soya beans. Cover with lid and cook on Low setting 6-8 hours, Auto setting 5-7 hours or High setting 3-4 hours.
3. Ladle soup into serving bowls. Top each serve with sour cream, cheese and Jalapeno peppers if desired. Serve hot.

## BARLEY SOUP WITH SUGARED PARSNIPS

Serves 8-10

1 1/2 cups / 300g pearl barley  
10 cups / 2 1/2 litres chicken stock  
2 tablespoons oil  
2 large onions, peeled and finely chopped  
4 garlic cloves, peeled and crushed  
2 medium carrots, peeled and sliced  
3 medium (400g) potatoes, peeled and chopped  
2 celery sticks, sliced  
2 bay leaves, halved  
3/4 cup / 190ml milk  
2 tablespoons butter  
4 parsnips, cubed  
1 teaspoon brown sugar

Pepper and salt, for seasoning  
Chopped fresh mint, for serving

1. Place the barley with 3 1/2 cups of the stock into the removable crockery bowl. Cover with lid and cook on High setting 1-1 1/2 hours or until just tender.
2. Heat oil in a non-stick pan. Add onion and garlic and cook over a medium heat until onion is soft.
3. Add onion mixture to the cooked barley into the removable crockery bowl, stir in remaining stock, carrots, potatoes, celery, bay leaves and milk. Cover with lid and cook on Low setting 6-8 hours, Auto setting 5-7 hours or High setting 3-4 hours. Remove bay leaves before serving.
4. Just before serving, melt butter in a non-stick pan. Cook parsnip for 1 minute, stir in sugar and cook until parsnip is golden brown and tender.
5. Season soup with salt and pepper, ladle soup into serving bowls and top with parsnip. Sprinkle with mint if desired. Serve hot.

## CHICKEN WITH ROSEMARY LEMON AND GARLIC

Serves 8-10

1 tablespoon olive oil  
2 tablespoons butter  
2.5kg chicken pieces, skin removed, bone in  
1 cup / 250ml white wine  
1 1/2 cups / 375ml chicken stock  
1/3 cup / 85ml lemon juice  
2 teaspoons cracked black pepper  
3 small red chillies, finely chopped  
2 teaspoons grated lemon rind  
6 garlic cloves, halved  
1/4 cup chopped fresh rosemary

1. Heat oil and butter in a non-stick pan. Cook chicken over medium heat until golden brown.
2. Place chicken, wine, stock, lemon juice, pepper, chillies, lemon rind, garlic and rosemary in the removable crockery bowl. Cover with lid and cook on Low setting 8-10 hours, Auto setting 6-8 hours or High setting 4-5 hours.
3. Serve hot accompanied with oven-roasted potatoes, pumpkin and steamed green beans.



## CHICKEN CACCIATORE

### Serves 8

2 tablespoons olive oil  
16 small chicken drumsticks (skins removed)  
2 large onions, peeled and sliced  
4 garlic cloves, peeled and crushed  
1 x 750ml Italian-style tomato cooking sauce  
20 Kalamata olives, pitted  
1/2 cup / 125ml white wine  
1 cup / 250ml chicken stock  
125g button mushrooms, quartered  
2 tablespoons fresh basil leaves chopped  
1 tablespoon fresh rosemary, chopped  
1 tablespoon sugar

1. Heat oil in a non-stick pan. Add chicken drumsticks in batches and cook over medium heat until lightly browned. Place chicken in the removable crockery bowl.
2. Place onion and garlic into the non-stick pan and cook over medium heat, until onion is soft. Stir in tomato sauce, olives, wine, stock, mushrooms, basil, rosemary and sugar.
3. Pour combined mixture over the chicken in the removable crockery bowl. Cover with lid and cook on Low setting 8-10 hours, Auto setting 6-8 hours or High setting 4-5 hours.
4. Serve hot accompanied with crusty bread, pasta and salad of your choice.

## CHICKEN WITH MUSHROOMS

### Serves 8-10

2 tablespoons oil  
2.5kg chicken thigh fillets, diced  
250g button mushrooms, sliced  
2 small leeks, trimmed and sliced  
1 cup / 250ml white wine  
2 cups / 500ml chicken stock  
2 teaspoons cracked black pepper  
1 teaspoon salt  
2 tablespoons fresh lemon thyme, chopped  
2 tablespoons plain flour  
3/4 cup / 190ml cream  
3/4 cup sour cream

1. Heat oil in a non-stick pan. Add chicken in batches and cook over a medium heat until lightly browned. Place chicken into the removable crockery bowl.
2. Top chicken with mushrooms, leeks, wine, stock, pepper, salt and lemon thyme. Cover with lid and cook on Low setting 8-10 hours, Auto setting 6-8 hours or High setting 4-5 hours.
3. Blend flour, cream and sour cream together and stir into chicken mixture 1 hour before end of cooking. Replace lid and continue cooking.
4. Serve hot accompanied with steamed baby new potatoes and asparagus spears.

## BURMESE CHICKEN

**Serves 8-10**

2 tablespoons oil  
2 large onions, peeled and chopped  
1/4 cup lemon grass stalks, finely sliced  
2 bay leaves  
2 small red chilli, finely chopped  
8 garlic cloves, peeled and crushed  
1 1/2 tablespoons fresh ginger, peeled and grated  
3 teaspoons ground turmeric  
1/2 teaspoon ground cardamom  
1 teaspoon ground cinnamon  
1/2 teaspoon ground cumin  
1/2 teaspoon ground coriander seeds  
1/2 teaspoon ground ginger  
1 teaspoon salt  
1 teaspoon cracked black pepper  
2.5kg chicken thigh fillets, diced  
2 cups / 500ml chicken stock  
Chopped fresh coriander, for serving

1. Heat oil in a non-stick pan. Add onion and cook over medium heat until soft. Stir in lemon grass, bay leaves, chilli, garlic, ginger, turmeric, cardamom, cinnamon, cumin, coriander, ground ginger, salt and pepper, cook for 1 minute. Add chicken and stir to coat with onion mixture.
2. Place chicken mixture and stock into the removable crockery bowl.
3. Cover with lid and cook on Low setting 8-10 Hours, Auto setting 6-8 hours or High setting 4 hours. Remove bay leaves before serving.
4. Serve hot sprinkled with coriander if desired and accompanied with steamed rice and Cucumber Raita.

## BEEF RENDANG

**Serves 8-10**

2 tablespoons oil  
2.5kg lean gravy beef (shin), cubed  
2 large onions, peeled and chopped  
2 tablespoons ground cumin  
2 teaspoons ground cinnamon  
1/2 teaspoon ground cloves  
2 strips of lemon rind  
1/2 cup Rendang curry paste  
2 cups / 500ml beef stock  
2 cups / 500ml coconut milk  
1/4 / 60ml cup lemon juice  
1 1/2 tablespoons tamarind pulp  
1/4 cup / 40g brown sugar

1. Heat oil in a non-stick pan. Add meat in batches and cook over medium heat until well browned. Drain on paper towel.
2. Add onion to the non-stick pan, cook until lightly browned. Stir in cumin, cinnamon, cloves, lemon rind and curry paste, cook for 1 minute. Pour in stock, stir and cook until just heated through.
3. Place meat and onion mixture into the removable crockery bowl. Cover with lid and cook on Low setting 8-10 hours, Auto setting 6-8 hours or High setting 4-5 hours.
4. Combine coconut milk, lemon juice, tamarind pulp and brown sugar, and stir into meat mixture 1 hour before end of cooking. Replace lid and continue cooking.
5. Serve hot accompanied with steamed rice and pre-packaged naan bread.

# Beef, Pork, Veal & Lamb continued

## GINGERED LAMB CURRY

**Serves 8-10**

2 tablespoons oil  
2.5kg lean lamb, cubed  
2 large onions, peeled and chopped  
400g eggplant, diced  
4 garlic cloves, peeled and crushed  
1/4 cup grated fresh ginger  
2 small red chillies, finely chopped  
2 teaspoons cracked black pepper  
1/2 teaspoon salt  
2 teaspoons ground turmeric  
1 tablespoon green curry paste  
1 1/2 cups / 375ml beef stock  
2 cups coconut milk powder  
2 cups / 500ml boiling water

1. Heat oil in a non-stick pan. Add meat in batches and cook over a medium heat until well browned. Drain on paper towel.
2. Add onion to the non-stick pan, cook over medium heat until onion is golden brown. Stir in eggplant, garlic, ginger, chillies, pepper, salt, turmeric and curry paste, cook for 1 minute. Blend in stock.
3. Place meat and eggplant mixture into the removable crockery bowl. Cover with lid and cook on Low setting 8-10 hours, Auto setting 6-8 hours or High setting 4 hours.
4. Blend coconut milk powder and water, stir into meat mixture 1 hour before end of cooking. Replace lid and continue cooking.
5. Serve hot accompanied with steamed jasmine rice and salad.

## SWEET ORANGE PORK

**Serves 8-10**

1/4 cup / 60ml cup oil  
2 large Spanish onion, peeled and sliced  
2.5kg lean pork steaks, halved  
1/4 cup / 40g plain flour  
600g kumera, peeled and diced  
2 tablespoons / 40g butter  
2 teaspoons ground cumin  
2 teaspoons ground cardamom  
1/2 teaspoon ground cloves  
2 teaspoons ground cinnamon  
1 teaspoon fennel seeds  
1/2 cup / 85g brown sugar, firmly packed  
2 tablespoons lemon juice  
1/2 cup / 125ml sweet sherry  
2 cups / 500ml orange juice  
2 cups / 500ml chicken stock  
1 tablespoon grated orange rind

1. Heat half the oil in a non-stick pan. Add onion and cook over medium heat until golden brown. Remove onion from pan and set aside.
2. Coat the meat with flour, remove any excess. Heat remaining oil in the non-stick pan, cook meat in batches over a medium heat until lightly browned.
3. Place onion, meat and kumera into the removable crockery bowl.
4. Melt butter in non-stick pan, stir in cumin, cardamom, cloves, cinnamon, fennel seeds, brown sugar, lemon juice, sherry, orange juice, stock and rind, cook over medium heat until heated through.
5. Pour spice mixture over the meat and vegetables in the removable crockery bowl. Cover with lid and cook on Low setting 8-10 hours, Auto setting 6-8 hours or High setting 4-5 hours.
6. Serve hot accompanied with buttered noodles and salad greens.

# Beef, Pork, Veal & Lamb continued

## LAMB SHANKS IN A TOMATO, PESTO SAUCE

### Serves 8

- 2 tablespoons olive oil
- 8 large French-cut lamb shanks, trimmed of fat
- 2 medium Spanish onions, peeled and sliced
- 400g button mushrooms, sliced
- 4 garlic cloves, peeled and crushed
- 1 x 800g can tomatoes, chopped
- 1/3 cup tomato paste
- 1/3 cup sun-dried tomato pesto
- 1 cup / 250ml red wine
- 1/3 cup / 90ml sweet sherry
- 4 beef stock cubes, crumbled
- 1 tablespoon fresh rosemary, chopped

1. Heat oil in a non-stick pan. Add lamb shanks 2-3 at a time, cook over medium heat until well browned. Drain on paper towel.
2. Add onion to the non-stick pan, cook until onion is soft. Stir in mushrooms and garlic, cook for 2-3 minutes. Add tomatoes, tomato paste, pesto, wine, sherry, stock cubes and rosemary, stir and cook for 1-2 minutes.
3. Place shanks and tomato mixture in to the removable crockery bowl. Cover with lid and cook on Low setting 8-10 hours, Auto setting 6-8 hours or High setting 4-6 hours.
4. Serve hot accompanied with mashed potatoes, char-grilled eggplant and zucchini.

## TAGINE OF BEEF

### Serves 8-10

- 2 tablespoons olive oil
- 2.5kg lean gravy beef, cubed
- 2 large onions, peeled and sliced
- 6 garlic cloves, peeled and crushed
- 1/4 cup Moroccan seasoning
- 1 tablespoon ground cinnamon
- 2 cups / 500ml beef stock
- 2 strips lemon rind
- 2 cups / 250ml tomato puree
- 1 cup dates, seeded and halved
- 1/4 cup honey
- 3/4 cup fresh parsley, chopped
- 1/2 cup flaked almonds, toasted

1. Heat oil in a non-stick pan. Add meat in batches and cook over a medium heat until well browned. Drain on paper towel.
2. Add onion to the non-stick pan, cook until golden brown. Stir in garlic, Moroccan seasoning, cinnamon, stock, lemon rind and tomato puree.
3. Place meat and onion mixture in the removable crockery bowl. Cover with lid and cook on Low setting 8-10 hours, Auto setting 5-7 hours or High setting 4-5 hours.
4. Stir in dates and honey 1 hour before end of cooking. Replace lid and continue cooking.
5. Spoon Tagine into serving bowls, top with parsley and almonds.
6. Serve hot accompanied with steamed cous cous, baby carrots, cauliflower florets and green beans.

# Beef, Pork, Veal & Lamb continued

## CORNED SILVERSIDE WITH BALSAMIC PLUM GLAZE

### Serves 8-10

2.5kg lean corned silverside  
1/4 cup brown sugar  
1 1/2 tablespoons Balsamic vinegar  
3 fresh mint sprigs  
1 medium onion, peeled and studded with 4 cloves  
2 medium carrots, peeled and roughly cut into chunks  
3 cups / 750ml water  
8 peppercorns

### Balsamic Plum Glaze

3/4 cup / 190ml beef stock  
1/4 cup plum jam  
1 1/2 tablespoons Balsamic vinegar  
3 teaspoons sugar

1. Place meat, sugar, vinegar, mint, onion, carrot, water and peppercorns into removable crockery bowl. Cover with lid and cook on Low setting 10-12 hours, Auto setting 6-8 hours or High setting 6-7 hours.
2. To make Plum Glaze, place stock, jam, vinegar and sugar into a non-stick pan. Cook over a medium heat until mixture has reduced to a syrup consistency.
3. Remove meat, cover with foil and allow to stand for 10 minutes before slicing. Discard water and vegetables.
4. Serve hot meat slices with Balsamic Plum Glaze accompanied with boiled potatoes, stir-fried carrots, parsnips and snow peas.

## MOROCCAN VEAL

### Serves 8-10

2 tablespoons oil  
2.5kg lean veal leg, diced  
1 large onion, peeled and sliced  
4 garlic cloves, peeled and crushed  
3 teaspoons ground ginger  
2 teaspoons ground turmeric  
3 teaspoons sweet paprika  
1/2 teaspoon cayenne pepper  
2 teaspoons ground cumin  
2 teaspoons ground coriander seeds  
1 tablespoon ground cinnamon  
4 cups / 1 litre beef stock  
200g pitted prunes  
1/3 cup honey  
1 tablespoon grated orange rind  
1/3 cup fresh mint, chopped

1. Heat oil in a non-stick pan. Add meat in batches and cook over a medium heat until well browned. Drain on paper towel.
2. Add onion to the non-stick pan, cook until golden brown. Stir in garlic, ginger, turmeric, paprika, pepper, cumin, coriander and cinnamon, cook for 1 minute. Blend in stock.
3. Place meat and onion mixture into removable crockery bowl. Cover with lid and cook on Low setting 7-8 hours, Auto setting 5-8 hours or High setting 4 hours.
4. Stir in prunes, honey and orange rind 1 hour before end of cooking. Replace lid and continue cooking.
5. Spoon into serving bowls, top with mint. Serve hot accompanied with steamed cous cous.

# Beef, Pork, Veal & Lamb continued

## EASY OSSO BUCCO

### Serves 8

16 lean veal shanks, 4cm thick  
1/3 cup / 50g plain flour  
1/4 cup / 65ml olive oil  
1 x 750ml Italian-style tomato cooking sauce  
1 cup / 250ml white wine  
2 teaspoons caster sugar  
2 teaspoons cracked black pepper  
2 teaspoons salt  
1/3 cup fresh basil leaves chopped  
1/2 cup pesto  
1 tablespoon grated lemon rind

1. Coat the veal shanks with flour, remove any excess. Heat oil in a non-stick pan. Add 2 to 3 shanks at a time and cook over medium heat until lightly browned. Place browned shanks in the removable crockery bowl. Repeat with remaining shanks.
2. Combine tomato sauce, wine, sugar, pepper, salt and basil. Pour mixture over shanks in removable crockery bowl. Cover with lid and cook on Low setting 8-10 hours, Auto setting 5-8 hours or High setting 3-4 hours.
3. Combine pesto and lemon rind. Sprinkle pesto mixture over Osso Bucco just before serving.
4. Serve hot accompanied with pre-packaged gnocchi and steamed mixed green vegetables.

## LAMB SHANKS WITH RED LENTILS

### Serves 8

1 cup / 200g red lentils  
2 cups / 500ml beef stock  
2 tablespoons oil  
8 large French-cut lamb shanks, trimmed of fat  
1 large onion, peeled and sliced  
4 garlic cloves, peeled and crushed  
1 1/2 tablespoons Vindaloo curry paste  
3 cups / 750ml tomato puree  
2 tablespoons lemon juice

1. Place lentils and stock into removable crockery bowl. Cover with lid and cook on High setting 1-1 1/2 hours or until tender.
2. Heat oil in a non-stick pan. Add the shanks two at a time and cook over medium heat until well browned. Drain on paper towel.
3. Add onion to the non-stick pan, cook until golden brown. Stir in garlic and curry paste, cook for 1 minute. Gradually stir tomato puree into onion mixture, cook until just warmed.
4. Place lamb shanks and tomato mixture into the removable crockery bowl with lentils. Cover with lid and cook on Low setting 8-10 hours, Auto setting 6-8 hours or High setting 4-6 hours.
5. Stir in the lemon juice just prior to serving.
6. Serve hot accompanied with pita bread, mango chutney and tomato and onion salad.

## CHILLI CON CARNE

**Serves 8-10**

2 tablespoons oil  
2.5kg premium beef mince  
1/4 cup pre-packaged Chilli Con Carne seasoning mix  
1 tablespoon fresh minced garlic  
3 cups / 750ml beef stock  
1/3 cup tomato paste  
1 1/2 / 375ml cup red wine  
2 x 420g cans Mexican Chilli Beans  
Sour cream, for serving

1. Heat oil in a non-stick pan. Add beef mince in batches and cook over a medium heat until well browned. Drain in paper towel.
2. Place meat, chilli seasoning mix, garlic, stock, tomato paste, wine and undrained beans into the removable crockery bowl. Cover with lid and cook on Low setting 8-9 hours, Auto setting 5-8 hours or High setting 4 hours.
3. Spoon Chilli Con Carne into serving bowls, top with sour cream if desired.
4. Serve hot accompanied with potato wedges and avocado salad.

## CHILLI BEAN AND VEGETABLE COMBO

**Serves 8-10**

1/3 cup / 90ml olive oil  
600g baby eggplant, thickly sliced  
2 large onions, peeled and chopped  
6 garlic cloves, peeled and crushed  
2 large red capsicum, trimmed and chopped  
1 x 800g can tomatoes, chopped  
1/2 teaspoon cayenne pepper  
2 small red chillies, finely sliced  
400g zucchini, sliced  
300g kumera, peeled and cubed  
1 x 420g can chick peas, drained and rinsed  
1 x 750g can red kidney beans, drained and rinsed  
1/3 cup fresh parsley, chopped

1. Heat half the oil in a non-stick pan. Add eggplant in batches and cook over medium heat until golden brown. Remove from pan and place in the removable crockery bowl.
2. Heat remaining oil in non-stick pan, add onion, garlic and capsicum and cook until onion softens. Add tomatoes, cayenne pepper and chillies. Cook for 1 minute.
3. Place tomato mixture, zucchini, kumera, chick peas, kidney beans and parsley into the removable crockery bowl. Cover and cook on Low setting 5-6 hours, Auto setting 3-5 hours or High setting 2-3 hours.
4. Serve hot with crusty bread rolls.

## CURRIED PUMPKIN WITH SPINACH

**Serves 8-10**

2 tablespoons oil  
2 medium onions, peeled and sliced  
4 garlic cloves, peeled and crushed  
3 teaspoons fresh ginger, grated  
3 small green chillies, finely sliced  
1 1/2 teaspoons ground coriander  
1 1/2 teaspoons ground cumin  
1 1/2 teaspoons brown mustard seeds  
1 1/2 teaspoons ground turmeric  
2 cups coconut milk powder  
2 cups / 500ml boiling water  
1.5kg pumpkin, peeled and chopped  
10 English spinach leaves, shredded  
10 curry leaves, torn  
3 fresh Kaffir lime leaves, finely shredded  
Toasted flaked almonds, for serving

1. Heat oil in a non-stick pan. Add onion and cook over medium heat until golden brown. Stir in garlic, ginger, chillies, coriander, cumin, mustard seeds and turmeric. Cook for 1 minute.
2. Pour blended coconut milk powder and water into onion mixture. Stir over a medium heat until all ingredients are well combined.
3. Place pumpkin into the removable crockery bowl. Add the coconut milk mixture. Cover with lid and cook on Low setting 5-6 hours, Auto setting 4-6 hours or High setting 3-4 hours.
4. Add spinach, curry leaves and kaffir leaves 1/2 hour before end of cooking. Stir well. Replace lid and continue cooking until spinach is soft.
5. Serve hot topped with flaked almonds and accompanied with Lebanese bread and salad of your choice.

## SPICY MIXED DHAL

**Serves 8-10**

1 cup / 200g yellow split peas  
1 cup / 200g red lentils  
1 cup / 200g brown lentils  
4 cups / 1 litre vegetable stock  
2 tablespoons oil  
1 1/2 tablespoons black mustard seeds  
2 teaspoons brown mustard seeds  
2 large onions, peeled and sliced  
8 garlic cloves, peeled and crushed  
2 tablespoons fresh ginger, grated  
2 teaspoons ground cumin  
1 1/2 tablespoons ground coriander seeds  
2 teaspoons ground turmeric  
4 small red chillies, chopped  
1 x 800g can tomatoes, chopped  
2 cups tomato puree  
2 teaspoons cracked black pepper  
2/3 cup / 170ml cream  
1/3 cup fresh coriander, finely chopped

1. Place yellow split peas, red and brown lentils, and stock into removable crockery bowl. Cover with lid and cook on High setting 1-1 1/2 hours or until just tender.
2. Heat oil in a deep pan. Add black and brown mustard seeds and cook over low heat until they start to pop. Add onions, garlic and ginger, cook over medium heat until onion is light golden brown.
3. Stir in cumin, coriander seeds, turmeric, and chillies. Cook for 1 minute. Add tomatoes, tomato puree, and pepper, stir and cook until just warmed.
4. Pour tomato mixture over lentils in the removable crockery bowl. Cover with lid and cook on Low setting 8-9 hours, Auto setting 6-7 hours or High setting 4-5 hours.
5. Stir in cream 1/2 hour before end of cooking. Replace lid and continue cooking.
6. Spoon into serving bowls, top with coriander.
7. Serve hot accompanied with steamed brown rice and Cucumber Raita.



## VEGETABLE PRIMAVERA

**Serves 8-10**

1/4 cup / 60ml olive oil  
8-10 medium (1kg) desiree potatoes, peeled and quartered  
1kg pumpkin, peeled and sliced  
600g kumera, peeled and cut into 3cm lengths  
2 large red capsicum, quartered  
20 large garlic cloves, unpeeled  
1 1/2 teaspoons sea salt  
1/4 cup / 60ml olive oil, extra  
1 tablespoon Balsamic vinegar  
Grated Parmesan cheese, for serving

1. Place oil in a large freezer bag. Add potatoes, pumpkin, kumera and capsicum. Shake vegetables in bag until well coated with oil.
2. Place vegetables into the removable crockery bowl. Add garlic cloves and sprinkle with salt.
3. Cover with lid and cook on Low setting 5-6 hours, Auto setting 4-6 hours or High setting 2-3 hours.
4. Remove garlic cloves and squeeze the pulpy flesh into a bowl. Mash with a fork and combine with extra oil and vinegar.
5. Arrange vegetables on a serving plate, drizzle with garlic mixture and sprinkle with Parmesan cheese.
6. Serve hot with crusty bread rolls.

## CHICK PEA CURRY

**Serves 8-10**

2 cups / 400g dried chick peas  
4 cups / 1 litre vegetable stock  
2 tablespoons vegetable oil  
2 medium onions, peeled and finely chopped  
2 teaspoons freshly grated ginger  
4 garlic cloves, peeled and crushed  
3 teaspoons garam masala  
3 teaspoons ground cumin  
3 teaspoons ground coriander  
3 teaspoons sweet paprika  
1/2 teaspoon chilli powder  
1 teaspoon ground turmeric  
2 teaspoons yellow mustard seeds  
2 teaspoons salt  
2 cups / 500ml tomato puree  
1/2 cup / 125ml coconut cream

1. Place chick peas and stock into the removable crockery bowl. Cover with lid and cook on High setting 2 hours or until tender.
2. Heat oil in a non-stick pan. Add onion and cook over medium heat until golden brown. Add ginger, garlic, garam masala, cumin, coriander, paprika, chilli powder, turmeric, mustard seeds and salt, cook for 1 minute. Stir tomato puree and coconut cream into onion mixture, cook until just warmed.
3. Pour combined mixture over the chick peas in the removable crockery bowl. Cover with lid and cook on Low setting 6-7 hours, Auto setting 4-6 hours or High setting 2-3 hours.
4. Serve hot accompanied with stir-fried mixed vegetables.

# Accompaniments

## CUCUMBER RAITA

2 Lebanese cucumbers, peeled and finely chopped  
250ml plain yoghurt  
1 teaspoon cumin  
1 teaspoon grated fresh ginger  
Salt and pepper, if desired

1. Combine all ingredients. Serve chilled.

# Desserts

## PEARS WITH CHOCOLATE PRALINE CREAM

**Serves 8**

3 cups / 750ml water  
1 1/2 cups / 375g sugar  
8 firm ripe pears, peeled  
600ml cream  
2 x 35g Scorched Peanut Chocolate bars, crushed  
Pureed fresh berries, for serving

1. Place water and sugar in the removable crockery bowl. Cover with lid and cook on High setting for 1 hour or until the sugar dissolves. Stir once during this time.
2. Cut the pears in half, remove the cores and place into the removable crockery bowl. Cover with lid and cook on Low setting 4-6 hours. Turn the pears once during cooking. Remove pears, using a slotted spoon. Drain on paper towel and chill.
3. Whip the cream until thick. Lightly fold half the crushed confectionery bars through the cream.
4. Arrange two pear halves on each serving plate, top with cream mixture, sprinkle with remaining crushed confectionery bar and drizzle with pureed berries if desired.
5. Served chilled.

**It is not recommended to use the High or Auto setting on these dessert recipes.**

**Note**

## LEMON AND LIME DELICIOUS PUDDING

Serves 8

180g butter  
1 1/2 cups / 330g caster sugar  
2/3 cup / 100g self-raising flour, sifted  
1 1/2 tablespoons grated lemon rind  
1 1/2 tablespoons grated lime rind  
1/4 cup / 60ml lemon juice  
1/4 cup / 60ml lime Juice  
4 x 60g eggs, separated  
1 1/2 cups / 375ml milk  
Sifted icing sugar, for serving  
Thickened cream, for serving

1. Cream butter and sugar in a mixing bowl until light and fluffy. Fold in flour, lemon rind, lime rind, lemon juice and lime juice.
2. Combine egg yolks and milk, whisk into flour mixture to form a smooth batter. Beat egg whites until stiff peaks form, fold into to batter.
3. Pour batter into lightly-greased heat proof pudding bowl. Ensure the pudding bowl is a suitable size and type to fit the removable crockery bowl. Cover the pudding bowl with aluminium foil and secure with kitchen string.
4. Place 1-2 cups water into the removable crockery bowl. Add prepared pudding bowl. Cover with lid and cook on Low setting 5-6 hours. Check water level throughout the steaming process.
5. Spoon pudding onto serving plates, dust with icing sugar and a swirl of cream.
6. Pudding can be served hot or cold.

**A 2.5 litre heatproof pudding bowl suitable to fit the shape of the removable crockery bowl is required for the recipes on this page. Do not allow the pudding bowl to touch sides of crockery bowl**

**Note**

## CHOCOLATE MALT SELF-SAUING PUDDING

Serves 8

1 1/2 cups / 225g self-raising flour  
1 1/2 cups / 225g plain flour  
1 1/2 teaspoons baking flour  
1/3 cup cocoa powder  
1/3 cup malted milk powder  
1 1/2 cups / 330g caster sugar  
1 1/2 cups / 375ml milk  
3 x 60g eggs, lightly beaten

**Sauce**

150g dark chocolate, chopped  
3 cups / 750ml hot water  
2 tablespoons butter  
1 1/2 cups / 255g brown sugar, firmly packed  
1/3 cup cocoa powder  
1/4 cup cornflour

**Water, for steaming**

Thickened cream, for serving

Extra malted milk powder, for serving

1. Sift self-raising flour, plain flour, baking powder, cocoa and malted milk powder into a large mixing bowl. Stir in sugar. Combine milk and eggs. Stir into the flour mixture. Mix well.
2. Pour batter into a lightly greased heat proof pudding bowl. Ensure the pudding bowl is a suitable size and type to fit the removable crockery bowl. Set aside.
3. Stir chocolate, water and butter in a saucepan over a low heat until chocolate and butter melt.
4. Combine brown sugar, cocoa powder and cornflour in a mixing bowl. Stir in hot chocolate mixture. Mix well. Spoon Chocolate Sauce over batter in the heat proof pudding bowl. Cover the pudding bowl with aluminium foil and secure with kitchen string.
5. Place 1-2 cups water in the removable crockery bowl. Add prepared pudding bowl. Cover with lid and cook on Low setting 5-6 hours. Check water level throughout the steaming process.
6. Spoon pudding onto serving plates, drizzle with Chocolate Sauce, add a swirl of cream and dust with extra malted milk powder.
7. Serve hot.

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