

Breville

the Quick Wok™

Instruction Booklet



BEW300

CONGRATULATIONS

on the purchase of your new
Breville Quick Wok™

CONTENTS

- 4** Breville recommends safety first
- 6** Know your Breville Quick Wok™
- 8** Operating your Breville Quick Wok™
- 10** Care & cleaning for your Breville Quick Wok™
- 14** Preparation & cooking techniques
- 18** Special ingredients
- 20** Recipes

At Breville we 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

READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE

- Remove and safely discard any packaging material and promotional labels before using the appliance 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 table, counter or bench top during operation. Ensure the surface is level, clean and free of water.
- Do not use any other temperature control probe or connector. The wok must be used with the Temperature Control Probe provided.
- The appliance is not intended to be operated by means of an external timer or separate remote control system.
- Ensure the wok is completely dry and free of water before adding any oil. When shallow frying, ensure water does not come in contact with hot oil as this will cause the oil to bubble and splatter.
- Avoid the use of extension cords. Serious hot oil burns may result from a wok being pulled off a bench top. Do not allow the cord to hang over the edge of a bench top where it may be grabbed by children, or become entangled by the user. Never leave the wok unattended while in use.
- Do not leave the appliance where children can touch hot surfaces, power cord or any other part of the wok.
- Extreme caution must be used when using the wok for shallow frying or when filled with other liquids. Do not move the wok during cooking and allow it to cool before removing oil used for shallow frying.
- Always lift the lid away from you, when removing from wok, to avoid steam escaping from under the lid.
- Do not place anything on top of the wok when the lid is in position, when in use and when stored.
- Do not leave the appliance unattended when in use. Young children should be supervised to ensure that they do not play with the appliance.
- Do not touch hot surfaces. Use handles.
- Always use the wok on a dry level surface.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- When using this appliance, provide adequate air space above and on all sides for circulation.
- On surfaces where heat may cause a problem, an insulating mat is recommended.
- Do not immerse cord, plug or temperature control probe in water or any other liquid.
- Always insert temperature control probe into probe socket before inserting power plug into power outlet and switching on appliance. Ensure the probe socket is completely dry before inserting the temperature control probe.

BREVILLE RECOMMENDS SAFETY FIRST

- Always turn the temperature control probe to 'MIN', turn the power off at the power outlet, remove the plug, and then remove the temperature control probe before attempting to move the appliance, when the appliance is not in use and before cleaning.
- Do not place hot glass lid under cold water.
- Avoid using on metal surfaces eg: sink, hot plate.
- Do not use harsh abrasives, caustic cleaners or oven cleaners when cleaning this appliance. Follow the cleaning instructions provided in the booklet.
- Any maintenance, other than cleaning, should be performed at an authorised Breville Service Centre.
- Regularly inspect the supply cord, plug, controller and wok for any damage. If found damaged in any way, immediately cease use of the appliance and return the entire appliance to the nearest authorised Breville Service Centre for examination, replacement or repair.
- Children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. To avoid a hazard do not use the appliance if power cord, power plug or appliance becomes damaged in any way. 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.
- 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.
- 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.

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Fully unwind the power cord 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 the power cord, power plug or appliance in water or any other liquid.
- The 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.

SAVE THESE INSTRUCTIONS

KNOW

your Breville Quick Wok™

KNOW YOUR BREVILLE QUICK WOK™



- A. Toughened glass lid**
With adjustable steam vent dishwasher safe.
- B. Premium non-stick cooking surface**
Only suitable heat-resistant plastic or wooden utensils should be used to avoid the surface being scratched.
- C. 2200W butterfly heating element**
The efficient element quickly distributes heat up the walls of the wok bowl
- D. Die-cast wok bowl**
5L capacity ideal for stir fries, steaming slow cooking and deep frying. Retains high, even heat over the entire cooking surface. The heating element is fully sealed, so the wok is dishwasher safe and can be fully immersed in water for easy cleaning.
- E. Quick release removable base**
The dishwasher safe wok bowl can be removed for easy cleaning.
- F. Temperature control probe**
With 10 heat settings for accurate heat control. See guide table below.

WARNING

Never immerse the temperature control probe or power cord in water or any other liquid.

HEAT SETTINGS	FUNCTION	TEMPERATURE GUIDE
Min-4	Keep food warm, slow cooking, sauces, very slow simmering.	Low heat/Slow cook
5-6	Curries, casseroles, pasta rice, browning nuts, steaming	Medium heat
7-High Sear	Shallow frying, sealing meat, stir frying	High heat

NOTE: Heat setting guides given are a guide only and may require adjustment to suit various foods and individual tastes.

OPERATING

your Breville Quick Wok™

OPERATING YOUR BREVILLE QUICK WOK™

BEFORE FIRST USE

Remove and safely discard any promotional packaging material and labels from the wok.

The Quick Release Removable Base can be removed for easy cleaning (see page 10).

Wash wok bowl, base and lid in hot soapy water. Rinse and thoroughly dry.

Do not immerse power cord and/or Temperature Control Probe in water or any other liquid.

NOTE

Before inserting Temperature Control Probe into the wok socket ensure the interior of the socket is completely dry. To do this, shake out excess water then wipe the interior of the socket with a dry cloth.

OPERATING YOUR QUICK WOK™

1. Position wok on the Quick Release Removable Base, ensuring wok is firmly located on the base tray and the base is locked into position.
2. Insert Temperature Control Probe into the socket at the side of the wok. Always insert the Temperature Control Probe into the appliance first, then insert power cord into the power outlet.
3. Insert power cord into a 230/240V power outlet and switch on.
4. Turn Temperature Control Probe Dial to Setting HIGH SEAR and allow wok to preheat for approximately 5 minutes. The thermostat light will illuminate as it is aligned with selected setting indicating the wok is heating.
5. When the wok has reached selected heat setting the thermostat light will go out. The wok is now ready for use. The thermostat light will cycle on and off throughout cooking as the heat setting temperature is maintained by the thermostat.

6. Add food as directed in the recipes. Do not leave plastic cooking utensils in contact with the wok while cooking.

When cooking has finished, turn the Temperature Control Probe Dial to the 'MIN' position on, before switching off at the power outlet. Unplug the power cord from power outlet and leave the Temperature Control Probe inserted in the appliance until cool.

7. The adjustable steam vent on the lid knob can be used to release excess steam built up during slow cooking or to reduce liquids.

NOTE

When stir frying or when a high heat is required, set the Temperature Control Probe Dial to Setting HIGH SEAR and allow thermostat light to cycle on and off several times. This will allow the cooking surface to adjust to a more accurate cooking temperature.

NOTE

Never place oil or food into a cold wok while it is heating, this will give a poor cooking result. Allow the correct temperature to be reached before adding food.

NOTE

The wok must be used with the Temperature Control Probe provided. Do not use any other temperature control probe or connector.



WARNING

Never operate the wok without the quick release removable base correctly positioned.

The wok gets very hot during use, allow all parts to cool before moving, dismantling, cleaning or storing.

CARE & CLEANING

for your Breville Quick Wok™

CARE & CLEANING FOR YOUR BREVILLE QUICK WOK™

Before cleaning, turn Temperature Control Probe Dial to MIN, switch wok off at the power outlet and unplug from the power outlet. Allow the wok to cool down before cleaning. Remove the Temperature Control Probe from the socket of the appliance by depressing the easy release lever on the side of the probe.

TEMPERATURE CONTROL PROBE

If cleaning the Temperature Control Probe and power cord is necessary, wipe with a slightly damp cloth and dry thoroughly.

NOTE

Do not immerse the power cord, power plug or Temperature Control Probe in water or any other liquid.

Storage

Store the Temperature Control Probe carefully. Do not knock or drop the probe as this can cause damage. If damage is suspected, return the entire appliance including the Temperature Control Probe to your nearest Breville Service Centre for inspection and/or repair.

NOTE

For convenient storage of the Temperature Control Probe, line the wok bowl with two sheets of kitchen paper and place the probe on the kitchen paper. This will ensure the probe and power cord do not scratch the non-stick surface.



WARNING

The wok gets very hot during use, allow all parts to cool before moving, dismantling, cleaning or storing.

THE WOK BOWL

Cooking on a non-stick surface minimises the need for oil, food does not stick and cleaning is easier. Any discolouration that may occur will only detract from the appearance of the wok and will not affect the cooking performance. Do not use sharp objects or cut food inside the wok. Use suitable heat proof plastic or wooden utensils.

Cleaning

When cleaning the non-stick surface and exterior of the wok do not use metal (or other abrasive) scourers. Wash in hot, soapy water. Remove stubborn spots with a plastic washing pad or nylon washing brush. Rinse and dry thoroughly. The wok bowl is also dishwasher safe for easy cleaning.

Storage

Do not store any sharp or metal objects on the non-stick surface of the wok bowl.

QUICK RELEASE REMOVABLE BASE

Your wok has a Quick Release Removable Base for easy cleaning. The wok bowl is dishwasher safe. The removable wok base is not dishwasher safe and should be wiped over with a damp cloth, or washed in warm soapy water, rinsed and dried thoroughly.

To remove the base for cleaning

1. Turn wok upside down as shown below. Turn knob in the centre of the base anti-clockwise to release, as shown by the arrow.



CARE & CLEANING FOR YOUR BREVILLE QUICK WOK™

2. Lift the base from wok, lifting over the Temperature Control Probe socket.



3. The Quick Release Removable Base may be wiped clean or washed with warm soapy water, rinsed then dried thoroughly. The Quick Release Removable Base is not dishwasher safe - (only wok bowl is dishwasher safe). Ensure removable wok base is completely dry before re-attaching to the wok bowl.
4. Reposition base to wok, push down on quick release knob and turn clockwise to lock.



STORAGE

The Quick Release Removable Base should be completely assembled on wok bowl before storing.



WARNING

The wok should never be operated without the wok and base completely assembled with the base locked into position.

COOK 'N' LOOK GLASS LID

Wash glass lid in warm soapy water using a soft cloth, rinse and dry thoroughly. The glass lid is dishwasher safe.

NOTE

Take care when the glass lid is hot. Do not place hot lid under cold water or on cold surfaces. This may cause the lid to break.



WARNING

The glass lid has been specially treated to make it stronger, more durable and safer than ordinary glass. However it is not unbreakable. If dropped or struck extremely hard, it may break or weaken, and could at a later time, shatter into many small pieces without apparent cause.

NOTE

Before inserting the Temperature Control Probe into the wok socket ensure the interior of the socket is completely dry. To do this, shake out excess water then wipe the interior of the socket with a dry cloth.

COOKING TECHNIQUES

for your Breville Quick Wok™

PREPARATION TECHNIQUES

The success of any dish depends on careful forethought and preparation. To achieve an authentic Oriental appearance and even cooking results, food should be cut into small, even pieces. This allows food to cook quickly and to be easily picked up with chopsticks.

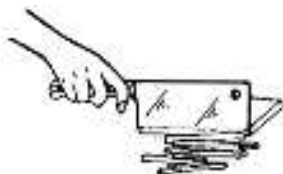
SLICING

A straight slice is used for cutting meats and vegetables. Slices should be of an even thickness. Partially frozen meat will slice more evenly. Slice meat very thinly, across the grain to obtain a more tender result.



MATCHSTICK OR JULIENNE

First slice the vegetables as described above. Then, stack slices and cut again into thin or thick sticks depending on the recipe.



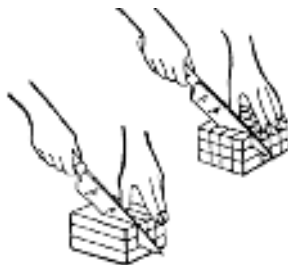
SHREDDING

Used for cutting meats and vegetables. 5mm slices of food should be stacked, then cut again into 5mm sticks. Vegetables such as cabbage and spinach should have their leaves stacked, then rolled up. Cut width ways very finely.



CUBING AND DICING

Used for cutting meats and vegetables. To cube, cut 3cm slices, then stack them on top of one another and slice 3mm thick in the opposite direction. Cut again in the opposite direction forming 3cm cubes. To dice, follow the same directions, making 5mm slices forming 5mm cubes.



STIR FRYING

Recommended temperature setting
HIGH SEAR for stir frying meat and setting 8 for vegetables and seafood.

Stir frying is an energy efficient and healthy way of cooking foods. The benefit of this method is its speed and the flavour result. The non-stick cooking surface on the wok also means that less oil is required for cooking. The cooking action for stir frying is a continual tossing motion to ensure the food is evenly exposed to the heat and cooks quickly and evenly in a couple of minutes.

Recommended cuts for stir frying

BEEF	Lean beef strips prepared from rump, sirloin, rib eye and fillet.
CHICKEN	Lean chicken strips prepared from breast fillets, tenderloins, thigh fillets.
LAMB	Lean lamb strips prepared from fillet, lamb leg steaks, round or topside mini roasts and loin.
PORK	Lean pork strips prepared from leg, butterfly or medallion steaks or fillet.
VEAL	Eye of loin, fillet, round, rump or topside.

COOKING TECHNIQUES

Stir fry tips

- Buy meat strips from your butcher or supermarket, or prepare meat strips from recommended cuts by removing any fat and slicing thinly across the grain (across direction of meat fibres).
- Slicing across the grain optimises tenderness. Cut into very thin strips, approximately 5 to 6cm in length. Partially freeze meat (approximately 30 minutes) to make slicing easier. Ensure meat strips are fully defrosted before cooking.
- Stir fry meat strips in small batches (approx 200 - 300g) to stop meat releasing juice and 'stewing', avoiding tougher meat results.
- When adding meat strips to the wok, the strips should sizzle on the non-stick surface.
- Stir fry meat strips for 1 - 2 minutes. Any longer cooking may toughen meat.
- Remove each batch when cooked and allow wok to reheat before stir frying the next batch. By cooking in small batches the heat of the wok remains constant, ensuring the meat does not release juices and toughen.
- A small amount of oil can be mixed through the meat strips before adding to the wok, together with any other flavouring such as garlic, ginger and chilli. A little sesame oil can also add flavour. Mixing meat with the oil rather than heating the oil separately in the wok eliminates using too much oil.
- Drain thin marinades from meat strips before stir frying to prevent stewing and splatter.
- Peanut oil is traditionally used for stir fry Asian style dishes. However other oils such as vegetable, canola and light olive may be used.
- Do not over fill the wok. If necessary cook in batches and reheat at the end of stir frying. If using this method remember to under cook slightly to not overcook the end result.

- Serve stir fried foods immediately to retain their crisp texture.
- Stir fry vegetables, after searing the meat, in a little oil (or sprinkling of water) until vivid in colour for:

3 MINUTES	onion quartered, broccoli flowerets, carrots sliced, soaked chinese dried mushrooms
2 MINUTES	snow peas, capsicum, sliced zucchinis, sliced water chestnuts, bamboo shoots
1 MINUTE	garlic, minced chilli, minced ginger, minced shallots, chopped bean sprouts

STEAMING

Recommended temperature setting 4-5.

Steamed foods are tender and juicy and retain most of their nutritional value when cooked in the wok.

To steam foods, follow the following procedure:

- Add approximately 2 cups of water or stock to the wok. Place a suitable sized steaming rack into the wok. Liquid should not cover the rack. Cover with lid.
- Preheat wok on heat setting 4 - 5 until liquid simmers. Remove the lid.
- Place foods to be steamed on the steaming rack.
- Cover wok with lid and simmer until food is cooked as desired.

NOTE

A steaming rack is not included with this product and can be purchased separately from homeware shops.

Steaming tips

- If using a metal rack take care not to scratch the non-stick surface.
- Do not allow the water or stock to touch the rack or food.
- Check liquid level occasionally. Add more hot water if further steaming is required.

COOKING TECHNIQUES

- Always lift the lid away from you, when removing from wok, to avoid steam escaping from under the lid.

SHALLOW FRYING

Recommended temperature probe setting 8 – HIGH SEAR.

Shallow fried foods are crisp on the outside and tender and juicy inside when cooked in the wok.

To shallow fry foods, follow the following procedure:

- Place approximately 1 cup or sufficient amount of oil into the wok so that only half of the food is immersed.
- Heat oil on setting 8 - HIGH SEAR until temperature is reached.
- Shallow fry foods in small batches

Shallow frying tips

- When shallow frying, use a small amount of oil to crisp and cook foods.
- Preheat the oil before adding food. Never cover with the lid during heating or cooking with oil as this will cause condensation (water droplets) to drip into the oil and result in bubbling and splattering.
- Do not move the wok during heating or cooking with oil.
- Wipe any moisture from foods before adding to wok to avoid splattering.
- Cook a few pieces of food at a time to ensure crispness.
- Drain cooked foods on kitchen paper to absorb oil.
- Never leave the wok unattended or unsupervised while shallow frying.
- Allow oil to cool completely before removing from the wok.
- Vegetable, peanut or canola oil is recommended for shallow frying.

SLOW COOKING

Recommended temperature probe setting 2-4.

- The wok is ideal for cooking curries and casseroles by allowing less tender meat cuts to be used to obtain a tender result. Less tender meat cuts contain sinew and gristle; these will be broken down during cooking to give a tender result. It is not recommended to cook casseroles and curries with tender meat cuts as they will toughen and shrink during cooking.
- It is recommended during slow cooking to place the lid onto the wok to retain heat. During the cooking process the curry or casserole will boil then cycle off to maintain the temperature. This is normal operation for a probe controlled appliance.

Recommended cuts for slow cooking (braising)

BEEF	diced blade (boneless), chuck, round, shin, silverside
CHICKEN	diced thigh, leg
LAMB	diced forequarter, shanks and neck chops
VEAL	diced forequarter, leg and knuckle (Osso Bucco)
PORK	diced forequarter, leg

Slow cooking tips

- Cut meat into 3cm cubes. Trim any visible fat.
- Use a medium to low heat setting
- Cook for approximately 1½ - 2 hours, stirring occasionally with the lid in position.
- Add soft or quick cooking vegetables such as mushrooms, tomatoes, beans or corn in the last half hour of cooking.
- Thicken towards end of cooking by stirring a little cornflour blended with water, or plain flour blended with margarine or butter. Alternatively, coat meat in plain flour before frying (extra oil may be needed).

SPECIAL INGREDIENTS

Agar-agar

Is made from different types of seaweed. It has excellent setting properties, similar to gelatine and will set at room temperature.

Bok choy

Also known as Chinese chard or Chinese white cabbage, has fleshy white stems and dark green leaves. It has a slight mustard taste. There is also a smaller version called shanghai or baby bok choy.

Bamboo shoots

The young tender shoots of bamboo plants are available in cans. They are mainly used to add texture to food.

Coconut cream and coconut milk

Both coconut cream and milk are extracted from the grated flesh of mature coconuts. The cream is a richer first pressing and the milk the second or third pressing.

Chillies, fresh and dried

Chillies are available in many different types and sizes. The small ones (birds eye or bird peppers) are the hottest. Use tight fitting gloves when handling and chopping fresh chillies as they can burn your skin. The chilli seeds are the hottest part of the chillies so remove them if you want to reduce the heat content of recipes.

Coriander

This is also known as cilantro and Chinese parsley. It is essential to many South-East Asian cuisines. A strongly flavoured herb, use it sparingly until you are accustomed to the unique flavour. Parsley can be used as a substitute; it looks the same but tastes quite different. Coriander is available fresh, ground and in seed form.

Char siu sauce

This is the equivalent of Chinese BBQ sauce.

Crisp fried shallots

These are available from most Asian supermarkets pre-prepared.

Fish sauce

A thin, salty dark brown sauce with a distinctive fishy smell, which is used extensively in Thai and Vietnamese cookery. It is made from small fish that have been fermented in the sun. Fish sauce replaces salt in many recipes.

Garam masala

A blend of spices, usually consisting of some combination of cinnamon, cumin, pepper, cloves, cardamom, nutmeg and mace. It can be bought already blended from supermarkets, but it is best freshly made. It is usually added towards the end of cooking.

Green ginger wine

An Australian made alcoholic sweet wine infused with finely ground ginger.

Hoisin sauce

This sauce is a thick sweet Chinese barbecue sauce made from a mixture of salted black beans, onions and garlic.

Hokkien noodles

Also known as fukkien, these are thick, yellow and rubbery in texture. They are made from wheat flour and are cooked and lightly oiled before being packaged and sold. The noodles need to be broken up before cooking.

Kaffir lime leaves

These are dark green, shiny, double leaves which have a very pungent perfume. They are rather thick and must be sliced very finely for use as a garnish, or added whole in a curry.

SPECIAL INGREDIENTS

Lemongrass

An aromatic fresh herb that is used in curry pastes, stir fries and soups. Trim the base, remove the tough, outer layers and finely slice, chop or pound the white interior. Whole stems can be added to soups or curries. Dried lemon grass needs to be soaked in water, but the flavour of fresh is superior.

Lychees

Delicious fruit with a light texture and flavour, peel away the rough skin, remove the seed and use. They are also available in cans.

Rice noodles

These are fresh white noodles, they do not require a lot of cooking.

Rice wine vinegar

Milder than most western vinegars, it usually has an acidity of less than 4%. It has a mild, sweet, delicate flavour and is made from rice.

Sambal oelek

This is a paste made from ground chillies and salt. This can also be used as an ingredient or an accompaniment.

Tamarind

Tamarind has a fruit, tart flavour and is a large, brown bean like pod. It is available as a dried shelled fruit, a block of compressed pulp or as a puree or concentrate.

Tofu

Tofu, or bean curd, is a high protein, low fat food made from soya beans. It is available in very firm or soft blocks and is either fresh or vacuum-packed. It takes on the flavour of the spices and sauces it is cooked with.

Turmeric

This is best known in its powdered form and is often used to colour food. It has a bitter flavour and it is also available fresh as a root, rather like ginger, which is peeled and then grated and finely chopped.

Szechuan pepper corns

These are available from most Asian Supermarkets and have a slight aniseed taste.

Water chestnuts

Small white crisp bulbs with a brown skin. Canned water chestnuts are peeled and will keep for about 1 month, covered in the refrigerator.

RECIPES

CHICKEN AND SWEET CORN SOUP

Makes 2-4 serves

INGREDIENTS

1 Tablespoon peanut oil
1 clove garlic, crushed
500g creamed corn
150g cooked and shredded chicken meat
4 cups/1L chicken stock
4 egg whites
1 Tablespoon of finely chopped parsley
1 teaspoon ground black pepper
4 green shallots, sliced

METHOD

1. Heat oil in wok on high sear setting.
2. Add oil, garlic, corn and chicken meat and stir fry for 1 minute.
3. Add chicken stock and bring to the boil, reduce the heat to setting 2.
4. Add egg whites and stir to break them up.
5. Sprinkle with parsley and pepper.

Serve with sliced green shallots.

TOM YUM GOONG

(Thai hot and sour prawn soup)

Makes 6 serves

INGREDIENTS

2 Kaffir lime leaves, cut in half
1 stalk lemongrass, bottom third finely sliced
1 teaspoon grated ginger
1 Tablespoon tom yum paste
4 button mushrooms, sliced
8 cups/2L chicken stock
1 tomato, seeds removed and diced
16 medium green prawns, peeled
2 Tablespoons lime juice
Corriander leaves for garnish

METHOD

1. Add first 6 ingredients into wok and heat on high sear, when soup boils, reduce wok to a simmer, setting 2, for 5 minutes to infuse the flavours.
2. Add tomato and prawns, return to the boil, simmer for a further 5 minutes or until the prawns are just cooked, add lime juice and serve.

Serve with coriander leaves.

CHINESE WON TON SOUP

Makes 6 serves

INGREDIENTS

50g dried sliced mushrooms
2 teaspoons grated ginger
6 cups/1.5L chicken stock
200g fresh egg noodles
24 prepared won tons (available frozen from supermarkets)
4 green shallots, sliced

METHOD

1. Place mushrooms into boiling water for 10 minutes then drain.
2. Place ginger and stock into wok and heat on high sear setting to boil, add noodles and won tons, return to the boil.
3. Reduce the heat to setting 2, simmer the soup for 7 minutes to cook the won tons.

Serve with sliced green shallots.

FRENCH ONION SOUP

Makes 6 serves

INGREDIENTS

1 Tablespoon butter
1 Tablespoon oil
6 medium brown onions, finely sliced
1 clove of garlic, crushed
2 Tablespoons of plain flour
1 cup/250ml red wine
1 teaspoon chopped fresh thyme
6 cups/1.25L beef stock
1 Tablespoon brown sugar

METHOD

1. Heat wok on high sear setting, add oil, butter, then onions and garlic. Stir fry onions until they have a golden colour.
2. Add flour and cook for 1 minute.
3. Add wine and thyme and reduce the liquid by half.
4. Add beef stock and brown sugar, bring soup to the boil. Reduce heat to setting 2, simmer the soup for 30 minutes, add salt and pepper if desired before serving.

Serve with cheese croutons.

MOROCCAN PUMPKIN SOUP

Makes 4-6 serves

INGREDIENTS

2 Tablespoons cooking oil
 2 brown onions, finely diced
 2 cloves garlic, crushed
 1 teaspoon ground cumin
 1 teaspoon garam marsala
 1 teaspoons paprika
 ½ teaspoon ground white pepper
 800g butternut pumpkin, peeled and diced
 5 cups/1.25L chicken stock
 300ml sour cream
 ¼ cup fresh coriander leaves, finely chopped

METHOD

1. Heat wok on high sear setting, add oil, sauté onions, garlic, and ground spices for 2 minutes.
2. Add pumpkin to coat with onion and spice mix, then add stock and bring the mixture to the boil.
3. Reduce heat to setting 2, place lid on and cook soup for 20 minutes, with the lid on until the pumpkin is cooked, transfer the mixture to a blender to puree.
4. Return mix to the wok to heat through, check the seasoning before serving.

Serve with a dollop of sour cream and coriander leaves.

CHICKEN (OR PRAWN) LAKSA

Makes 4 serves

INGREDIENTS

2 cups/500ml coconut milk
 ¼ cup Singapore laksa paste
 2 cups/500ml chicken stock
 500g chicken thigh meat, finely sliced
 500g fresh rice noodles
 1 Tablespoon lime juice
 1½ Tablespoons fish sauce

GARNISH

INGREDIENTS

125g bean sprouts
 Coriander leaves
 Mint leaves (Vietnamese if available)
 Fried shallots (available prepared in Asian supermarkets)

METHOD

1. Add coconut milk and laksa paste to the wok and heat on high sear setting, to bring laksa to the boil. Reduce the heat to setting 6 and cook for 5 minutes until the oil rises to the surface.
2. Add stock and chicken and bring noodles to the boil, simmer for 5 minutes, add the lime juice and fish sauce.
3. Place the soup into each bowl and top each with the garnish.

SPICED WOK FRIED NUTS

INGREDIENTS

3 Tablespoons olive oil
250g unsalted cashews
200g salted macadamia nuts
200g unsalted shelled peanuts
1 cup raw pistachios
1 cup blanched almonds
1 teaspoon ground cumin
2 teaspoons ground garam marsala
1 Tablespoon curry powder
½ teaspoon ground chilli powder
1 teaspoon salt

METHOD

1. Heat wok on high sear setting, add the oil then nuts, stir fry until all nuts are golden in colour, remove and drain on paper towelling.
2. Cook spices in the same wok stirring for 1 minute, return nuts back to wok, stir until all nuts are coated.

Serve warm or cold.

STIR FRIED CARAMELISED ONIONS

Makes 4-6 serves

INGREDIENTS

2 Tablespoons olive oil
60g butter
12 spring onion bulbs, halved
6 medium Spanish onions, cut into wedges
2 cloves garlic, sliced
¼ cup brown sugar
2 Tablespoons balsamic vinegar
1 Tablespoon extra virgin olive oil

METHOD

1. Heat wok on high sear setting, add the oil and butter then onions, cook until onions have a golden colour, add the garlic and cook a further 2 minutes, reducing the heat to setting 6.
2. Sprinkle with brown sugar and cook until it has dissolved.
3. Cook for a further 10 minutes, then drizzle with remaining ingredients.

Serve as an accompaniment to grilled meat or fish.

CRISPY TEMPURA VEGETABLES WITH DIPPING SAUCE

Makes 4-6 serves

INGREDIENTS

1kg selection of vegetables
ie: broccoli, florets; eggplant, sliced; carrot, sliced; snow peas; beans, top and tailed; cauliflower, florets; zucchini, sliced; kumera, sliced; green shallot, cut into 5cm pieces

DIPPING SAUCE

INGREDIENTS

½ cup light soy sauce
1 Tablespoon mirin
2 teaspoons hot water

METHOD

1. To prepare dipping sauce place all ingredients into a small bowl and stir, let sauce sit for 10 minutes before serving.

BATTER

INGREDIENTS

1 cup plain flour
¼ teaspoon salt
¼ teaspoon white sugar
½ teaspoon baking powder
1 egg yolk
⅓ cup ice water
Vegetable oil for shallow frying

METHOD

1. Sift flour, sugar, salt and baking powder.
2. In a medium bowl mix together egg yolk and iced water, add flour mix. Do not over mix, leave a few lumps of flour in the batter, as it will help batter to become crispy.
3. Heat wok on setting 8 for 4 minutes with 4 cups of vegetable oil.

4. Dip small batches of vegetables into batter mixture, and then carefully place into hot oil.
5. Shallow fry until golden brown then remove onto absorbent paper. Continue until all vegetables are cooked.

Serve with dipping sauce.

THAI FISH CAKES

Makes 4 serves

INGREDIENTS

400g boneless white fish fillets
(cod or jewfish is preferable)
½ bunch coriander (roots included)
2 x 60g eggs
¼ cup well cooked rice
1 Tablespoon red curry paste
1 teaspoon fish sauce
1 Tablespoon sweet chilli sauce

METHOD

1. Dice fish and finely chop coriander.
2. Place all ingredients into a food processor, blend ingredients using pulse button, until mixture is pureed.
3. To shape fish cakes can be a little difficult, to make it easier, place a little oil onto the palm of your hands before moulding. Shape fish cakes onto a flat round shape 3-4cm wide and place onto a greased tray.
4. Heat wok on setting 8 for 4 minutes with 4 cups/1L of vegetable oil.
5. Place 6-8 fishcakes into oil and shallow fry until golden brown in colour, repeat with remaining fish cakes.

Serve with sweet chilli sauce and lime wedges.

NOTE

Do not cover wok with lid when preheating or shallow frying with oil.

PLUM GLAZED CHICKEN WINGS

Makes 4 serves

INGREDIENTS

- 1kg chicken wings, pinion and wing removed (if desired)
- ½ cup prepared plum sauce
- 1 Tablespoon honey
- 2 Tablespoon sweet Thai chilli sauce
- 2 Tablespoons dark soy sauce
- 1 Tablespoon sesame seeds
- 1 cup/125ml chicken stock

METHOD

1. Place prepared chicken into a large mixing bowl.
2. Combine remaining ingredients and mix well.
3. Marinate and refrigerate for several hours or overnight.
4. Heat wok on a moderate heat setting 6-8, add chicken wings and stir for 5 minutes, add chicken stock and place lid onto wok for 10 minutes to complete the cooking.

Serve with mixed salad leaves.

NOTE

If thicker marinade sauce is required, remove chicken wings when cooked and allow mixture to simmer uncovered on setting 6 for 2-3 minutes or until thickened.

THAI PRAWN AND MANGO SALAD

Makes 4-6 serves

INGREDIENTS

- 1kg green prawns, peeled and de-veined
- 3 Tablespoons light olive oil
- 3 cloves garlic, crushed
- 1 small red chilli, chopped
- 1 Tablespoon chopped fresh coriander root
- 2 mangoes, peeled and chopped (canned mango can be substituted if out of season)
- 1 butter lettuce or green oak, washed
- 4 green shallots sliced in 1cm pieces
- ½ punnet cherry tomatoes cut in half
- ½ cup cashew nuts

DRESSING

INGREDIENTS

- 2 Tablespoons lime juice
- ¼ cup sweet chilli sauce
- 2 teaspoons fish sauce

METHOD

1. Marinate prawns with olive oil, garlic, chilli and coriander root for 20 minutes.
2. Combine all dressing ingredients in a screw top jar and shake to combine.
3. Place lettuce, shallots, tomatoes, and cashew nuts into a mixing bowl.
4. Heat wok on high sear setting.
5. Add prawns and cook for 3-5 minutes until prawns are cooked, then remove. Add to lettuce leaves and pour over the dressing, mix the salad before serving.

Serve with crisp shallots.

SPICY PORK AND CHILLI SALAD

Makes 4-6 serves

INGREDIENTS

2 Tablespoons peanut oil
½ cup peanuts
1 Tablespoon Thai green curry paste
2 cloves garlic, lightly crushed
300g pork mince
1 Tablespoon brown sugar
2 teaspoons fish sauce
1 iceberg lettuce, washed
2 tomatoes cut into wedges

METHOD

1. Heat oil on high sear setting.
2. Add oil, nuts and curry paste and cook for a few minutes.
3. Add pork mince and stir to brown, add brown sugar and fish sauce, stir fry until liquid has evaporated.
4. Arrange lettuce on serving plates and top with tomato, then mince.

MUSSELS WITH TOMATO GARLIC AND WHITE WINE

Makes 4 serves

INGREDIENTS

2 Tablespoons olive oil
2 Spanish onions, finely diced
3 cloves garlic
1 cup/250ml white wine
600ml tomato pasta sauce
1kg fresh mussels, bearded and scrubbed
¼ cup basil leaves, torn
Black pepper, freshly ground

METHOD

1. Heat wok on high sear setting, add oil, onions and garlic and stir fry until the onion is soft.
2. Add wine and reduce liquid by half.
3. Add tomato sauce and bring mixture to the boil.
4. Add mussels then reduce the heat to setting 8, place the lid on and cook until the mussels have opened. Add the basil and pepper.

Serve with crusty bread and extra virgin olive oil.

SALT AND PEPPER CALAMARI

Makes 4-6 serves

INGREDIENTS

- 1kg squid hoods (small)
- 1 Tablespoon szechuan peppercorns, ground
- 2 teaspoons sea salt
- 1 Tablespoon corn flour
- 1 Tablespoon plain flour
- 2 egg whites
- 4 cups sunflower oil for shallow frying
- 3 limes, quartered

METHOD

1. Cut squid hoods open, clean and remove quill from squid hood.
2. Cut shallow diagonal slashes in criss-cross pattern on the inside.
3. Cut into 6cm x 2cm pieces
4. Combine remaining ingredients in bowl.
5. Toss prepared squid in the flour mixture.
6. Heat oil on setting 8 for 4 minutes, then shallow fry squid in 3 batches.
7. Drain on absorbent paper.

Serve with lime wedges and coriander leaves.

NOTE

Do not cover wok with lid when preheating or shallow frying with oil.

SANG CHOY BOW (Chinese lettuce rolls)

Makes 6 serves

INGREDIENTS

- 500g pork mince
- 1 egg yolk
- ½ cup bamboo shoots, finely sliced
- ¼ cup water chestnuts, finely diced
- 3 cloves garlic, finely diced
- 4 shiitake mushrooms, diced
(canned mushrooms are suitable)
- 2 green shallots, finely sliced
- 2 Tablespoons vegetable oil

SAUCE

INGREDIENTS

- 1 Tablespoon soy sauce
- 1 Tablespoon oyster sauce
- 1 teaspoon sesame oil
- 1 Iceberg lettuce

METHOD

1. Combine pork mince, egg yolk, garlic, mushrooms, shallots.
2. Heat wok on high sear setting, add the oil then pork and vegetable mixture and stir fry until the pork is cooked. Add the sauce ingredients and cook for a further minute.
3. Place the mixture into prepared lettuce cups and serve.

THAT'S THE IDEA

To make the lettuce cups, place the leaves over a small rice bowl and cut around the bowl. Store the cups in water to make them crisp.

STEAMED DISHES

STEAMED WHOLE FISH WITH GINGER AND SHALLOT

Makes 4 serves

INGREDIENTS

- 1 x 400-500g whole snapper or bream, cleaned and scaled
- ½ bunch coriander
- 1 lime, sliced
- 1 Tablespoon ginger cut into matchsticks
- 1 stick lemongrass, thinly sliced
- 2 Tablespoons soy sauce
- 1 Tablespoon peanut oil

METHOD

1. Wash and dry fish, cut 2 slits at a 45° angle through each side of the fish to the bones, in each cut place some ginger and a slice of lime.
2. Place ½ the coriander into the cavity of the fish.
3. Place fish onto the steaming rack and place into wok.
4. Pour 2 cups/500ml of water into the wok and heat on high sear setting, when the water is boiling turn the controls to setting 6, place the lid on and steam for 10 minutes or until the fish is cooked.
5. Remove the fish and place onto the serving platter and cover. Clean the wok and heat on high sear setting, add the soy, oil and lemongrass, bring to the boil then spoon over the fish and serve.

Serve with steamed rice.

GADO GADO (Steamed vegetables)

Makes 4 serves

INGREDIENTS

- 1 bunch baby Bok Choy
- 1 small head broccoli cut into florets
- 10 snow peas
- 1 carrot, peeled and thinly sliced
- 300g hard tofu or tempeh

METHOD

1. Place steaming rack into the wok, add 2 cups/500ml of water, and then place the vegetables onto the steaming rack.
2. Heat wok on high sear setting, when the liquid boils place the lid onto the wok and reduce the heat to setting 6, cook for 3-5 minutes or until the vegetables are cooked to your liking.

Serve with peanut sauce.

STEAMED DISHES

PEANUT SAUCE FOR GADO GADO

Makes 4 serves

INGREDIENTS

2cm piece fresh ginger, chopped
1 onion, chopped
1 clove garlic
1 Tablespoon oil
1 teaspoon curry powder
(preferably Malaysian)
1 Tablespoon soy sauce
¼ cup crunchy peanut butter
1 teaspoon chilli paste
2 teaspoons brown sugar
1 cup/250ml coconut milk

METHOD

1. Place ginger, onion and garlic into a food processor and process until fine.
2. Heat wok on a high sear setting, gently fry the onion mixture in oil for 3-4 minutes.
3. Reduce heat to setting 6, add curry powder and soy sauce, and stir well before adding peanut butter, sugar, and chilli sauce.
4. Add coconut milk and stir thoroughly until sauce is smooth. Continue to cook for 2 minutes.

Cook on low heat for 2 minutes.

STEAMED CHICKEN BREAST WITH GINGER AND SPINACH

Makes 4 serves

INGREDIENTS

1 Tablespoon minced ginger
½ bunch coriander, finely sliced
4 x 150-200g chicken breast supremes, skin on
1 cup/250ml Stones ginger wine
200g baby spinach
1 punnet baby corn

METHOD

1. Combine ginger and coriander and place ¼ of the mixture under the skin of the chicken
2. Place chicken breasts into a dish, in a single layer and pour over the ginger wine. Marinate for 20 minutes.
3. Place steaming rack into the wok, add 2 cups/500ml of water, and then place the chicken breasts and baby corn onto the steaming rack.
4. Heat wok on high sear setting, when the liquid boils place the lid onto the wok and reduce the heat to 6, cook for 8-10 minutes or until the chicken is cooked.
5. Remove chicken and cover, place the spinach onto the steaming rack and cook until it wilts.

Serve the chicken on top of the spinach with a drizzle of soy sauce.

KUMERA, ZUCCHINI, BEAN SHOOT AND TOFU

Makes 4 serves

INGREDIENTS

- 1 Tablespoon peanut oil
- 1 medium kumera, peeled and diced
- 1 zucchini, cut into matchsticks
- 1 clove garlic, diced
- 1 teaspoon ginger sliced into matchsticks
- 100g bean shoots
- 150g firm tofu, cut into slices
- 1 teaspoon sesame seeds
- 1 teaspoon sesame oil
- 1 Tablespoon sweet soy sauce

METHOD

1. Heat wok on high sear setting, add the oil then kumera and cook for 2 minutes, add zucchini, garlic and ginger continue to cook for a few minutes to release the aromatics.
2. Add the remaining ingredients, continue to cook for 2 minutes then serve.

Serve with grilled chicken or pork.

SINGAPORE HOKKIEN NOODLES

Makes 4 serves

INGREDIENTS

- 2 Tablespoons peanut oil
- 1 teaspoon crushed garlic
- ½ teaspoon dried chilli
- 2 x60g eggs, lightly beaten
- 1 Tablespoon curry powder
- 100g BBQ pork, finely sliced
- 200g green prawns, peeled and sliced in half
- 1 red capsicum, finely sliced
- 1 medium carrot, finely sliced
- 450g hokkien noodles

SAUCE

INGREDIENTS

- ½ cup chicken stock
- 1 Tablespoon sweet soy sauce
- 1 teaspoons light soy sauce

METHOD

1. Heat wok on high sear setting, add oil then garlic and chilli, stir for 1 minute, add egg, and continue to stir until the egg is cooked.
2. Add curry powder, prawns, pork, capsicum, and carrot, continue to cook for 2 minutes then add the noodles and sauce. Stir until the noodles are heated through.

Serve with toasted sesame seeds.

CHINESE GREEN VEGETABLES

Makes 4-6 serves

INGREDIENTS

- 1 Tablespoon peanut oil
- 1 bunch Chinese green vegetables cut into 5cm pieces washed (bok choy, choy sum or Chinese broccoli)
- 1 teaspoon garlic, crushed
- 2 teaspoons soy sauce
- 2 Tablespoons oyster sauce

METHOD

1. Heat wok on high sear setting, add oil then the remaining ingredients apart from the oyster and soy sauce.
2. When the vegetables have wilted add the oyster and soy sauce, and cook for 1 minute.

Serve as an accompaniment.

THAI CALAMARI WITH RICE NOODLES

Makes 4 serves

INGREDIENTS

- 1kg squid tubes
- 1 Tablespoons of pureed ginger
- ½ bunch of coriander, well washed
- 2 Tablespoon peanut oil
- 1 teaspoon fish sauce
- ½ Tablespoon sesame oil
- 1 red capsicum, cut into triangles
- 1 punnet of baby corn, cut in half
- 1 x 200g packet of fresh rice noodles (sliced into 1cm strips if not already sliced)
- ½ bunch Thai basil leaves

METHOD

1. Cut squid hoods open, clean and remove quill from squid hood.
2. Cut shallow diagonal slashes in criss-cross pattern on the inside of the squid, then cut into small triangles.
3. Place ginger, roots and stems of the coriander and ½ the peanut oil into a food processor to form a paste.
4. Marinate calamari with the paste and add the fish sauce. This mixture can be used immediately or left for 24 hrs.
5. Heat wok on high sear setting, add the remaining oil, add calamari and cook for 2 minutes. Add remaining ingredients and cook until the noodles have heated through.
6. Before serving mix the sesame oil and basil leaves into the stir fry.

Serve with steamed jasmine rice.

GARLIC PRAWNS WITH SNOWPEAS AND OYSTER SAUCE

Makes 4-6 serves

INGREDIENTS

1 Tablespoon peanut oil
1 medium carrot, peeled and finely sliced
150g snowpeas
1 clove garlic, finely sliced
1 teaspoon grated ginger
32 medium green prawns, peeled and de-veined
2 Tablespoons oyster sauce
1 cup green onions, cut into 3cm pieces

METHOD

1. Heat wok on high sear setting, add oil and stir fry the carrots and snowpeas cook for 3 minutes then remove.
2. Add garlic and ginger to the wok and cook for a minute before adding the prawns, cook the prawns until they turn red.
3. Return vegetables to the wok, add the oyster sauce and green onions, cook until the prawns are coated in sauce.

Serve with boiled rice.

SATÉ PRAWNS WITH CHILLI AND CORIANDER

Makes 4-6 serves

INGREDIENTS

32 medium green prawns, peeled and de-veined
1 teaspoon ground coriander
1 teaspoon ground cumin
1 clove garlic, finely chopped
1 small chilli seeds removed, finely sliced
2 Tablespoons light olive oil
1 small brown onion, diced
1 cup crunchy peanut butter
½ cup coconut cream
2 teaspoons soy sauce
1 Tablespoon lemon juice

METHOD

1. Mix prawns with the ground spices, garlic, and chilli.
2. Heat wok on high sear setting, add oil then prawns cook for 2 minutes and remove.
3. Add onion and stir fry until soft, add the peanut butter, coconut cream and soy sauce, bring to the boil, then return the prawns and add lemon juice. Continue to cook until prawns have heated through.

Serve with steamed jasmine rice.

PAD SEE EW

(Thai seafood with rice noodles)

Makes 4-6 serves

INGREDIENTS

1 Tablespoon peanut oil
1 Tablespoon ginger, cut into matchsticks
1 garlic clove, diced
500g mixed seafood (Marinara mix)
2 Tablespoons light soy sauce
1 cup/250ml chicken stock
200g fresh rice noodles, sliced
250g can baby corn

METHOD

1. Heat wok on high sear setting, add oil then ginger and garlic, cook for 2 minutes or until the ginger is fragrant.
2. Add seafood and stir for a few minutes to infuse flavours, add soy and stock then bring the mixture to the boil.
3. Add noodles, corn, and stir to heat through.

Serve with sliced green shallots.

CHILLI CHICKEN WITH SINGAPORE NOODLES

Makes 4-6 serves

INGREDIENTS

6 chicken thighs
1½ cups sweet chilli sauce
1 Tablespoon vegetable oil
½ cup/125ml chicken stock
2 sticks celery, finely sliced
410g can champignon mushrooms
350g packet of fresh Singapore noodles
100g bean shoots

METHOD

1. Marinate chicken in sweet chilli sauce for 2 hours or overnight.
2. Heat wok on high sear setting, add oil and seal chicken thighs on each side.
3. Remove chicken thighs and slice them.
4. Add chicken stock, celery, and mushrooms and bring to the boil. Add noodles and cook for 2-3 minutes to heat through.
5. Return cooked chicken and add bean shoots, heat chicken through and serve.

Serve with naan bread.

LEMON CHICKEN WITH GARLIC AND GINGER

Makes 4 serves

INGREDIENTS

600g chicken breast fillets, sliced into strips
2 egg whites, lightly beaten
1 teaspoon finely chopped minced ginger
1 clove garlic, crushed
1 Tablespoon cornflour
1 cup/250ml peanut oil
1 cup fresh lemon juice
¼ cup white sugar
1 Tablespoon corn flour
2 Tablespoons water

METHOD

1. Toss chicken strips into egg white, ginger, garlic and cornflour, and mix well. Refrigerate for 1 hour.
2. Heat wok on high sear setting, add oil and individually add chicken strips, cook in small batches until golden, then remove.
3. Add lemon juice and sugar to wok and bring the mix to boil, then add corn flour mixed with water. Reduce heat after corn flour has been added to setting 8.
4. Return chicken to wok and stir to coat in the lemon sauce.

Serve with fried or boiled rice.

SZECHUAN PORK WITH THAI RICE STICK NOODLES

Makes 4 serves

INGREDIENTS

150g rice stick noodles
2 Tablespoons soy sauce
1 Tablespoon dry sherry
1 teaspoon chilli paste
½ teaspoon garlic
1 teaspoon sugar
½ cup/125ml beef stock
2 Tablespoons peanut or vegetable oil
250g pork fillet sliced in 1cm rounds
2 green shallots, sliced
1 teaspoon grated ginger
½ cup sliced water chestnuts
1 punnet baby corn, sliced in half

METHOD

1. Place noodles into a bowl of boiling water, to soften for 5 minutes. Drain noodles and cut to approximately 5cm lengths, using kitchen scissors.
2. Combine next 6 ingredients in a small bowl.
3. Heat wok on high sear setting, add oil and stir fry the pork for 3–4 minutes.
4. Add green shallots, ginger, and water chestnuts, and corn, cook for a further 30 seconds.
5. Add soy mixture and drained noodles, reduce the heat to setting 8, cook until the liquid has almost absorbed but still moist.
6. Taste and adjust the seasoning, if desired.

Serve with steamed Chinese green vegetables.

THAI BEEF WITH BABY SPINACH

Makes 4-6 serves

INGREDIENTS

- 1 Tablespoon peanut oil
- 2 cloves garlic, finely sliced
- 1 Tablespoon ginger, finely diced
- 2 brown onions, sliced
- 2 red capsicums, cut in strips
- 1 Tablespoon peanut oil
- 750g lean beef strips
- 150g baby spinach
- ¼ cup mint leaves
- ½ cup roasted cashews
- 1 Tablespoon lime juice
- 2 teaspoons fish sauce
- 2 Tablespoons sweet Thai chilli sauce
- 1 teaspoon lemon grass, thinly sliced

METHOD

1. Heat wok on high sear setting, add oil and stir fry garlic, ginger and onions, cook for 2 minutes then add the capsicum. Cook for a further 2 minutes then remove.
2. Add remaining oil then stir fry beef in small batches for 1-2 minutes.
3. Remove when cooked and allow wok to reheat before stir frying next batch.
4. Add all remaining ingredients to the wok, including beef.
5. Reduce to a medium heat, setting 8, until spinach has softened.

Serve with coconut rice.

MONGOLIAN LAMB WITH CAPSICUM

Makes 4-6 serves

INGREDIENTS

- 750g lamb, cut into strips
- 1 Tablespoon light soy sauce
- 1 Tablespoon rice wine
- ½ teaspoon salt
- 1 teaspoon sugar
- 1 Tablespoon soy sauce
- 1 Tablespoon rice wine
- 1 Tablespoon sesame oil
- 2 Tablespoons peanut oil
- 2 cloves garlic, diced
- 1 brown onion, diced
- ½ bunch shallots cut into 2cm pieces
- 1 red capsicum, sliced

METHOD

1. Place lamb into a bowl and mix with light soy and rice wine, let this marinate for 30 minutes.
2. While meat is marinating place the next 5 ingredients into a screw top jar and shake to make the sauce.
3. Heat wok on high sear setting, add oil, then remaining vegetables, stir fry for 2 minutes then remove, add meat and cook for 2 minutes then add sauce, bring the mixture to the boil, return the vegetables to heat through.

Serve with steamed rice.

TERIYAKI BEEF WITH ZUCCHINI

Makes 4-6 serves

INGREDIENTS

750g beef strips
¼ cup soy sauce
1½ Tablespoons mirin
2 teaspoons sake
2 teaspoons caster sugar
2 Tablespoons peanut oil
1 carrot, finely sliced
1 zucchini, cut into batons
150g spinach leaves

METHOD

1. Place beef strips into a bowl, add soy, mirin, sake and sugar, marinate for 4 hours.
2. Heat wok on high sear, add peanut oil and ⅓ of the beef strips quickly cook to seal the beef and remove. Complete the process with all the strips.
3. Add carrot and zucchini, cook for 2 minutes, add the beef then spinach. Stir fry until the spinach has wilted.

Serve with steamed new potatoes.

PEKING DUCK WITH SHITAKE MUSHROOMS

Makes 6 serves

INGREDIENTS

1 Tablespoon peanut oil
1 carrot cut into matchsticks
½ cup beef stock
½ cup Chinese BBQ sauce (Char Siu Sauce)
1 can shitake mushrooms sliced
1 small can water chestnuts sliced
1 teaspoon grated ginger
1 Peking duck, de-boned and shredded (already cooked)
100g snowpeas
100g beanshoots
2 teaspoons sesame oil

METHOD

4. Heat wok on high sear setting, add oil and saute carrots for 1 minute, add stock and sauce and bring the liquid the boil.
5. Add the remaining ingredients and cook until the duck is heated through, add the sesame oil and serve.

Serve with boiled noodles.

CHICKEN AND TOMATO RISOTTO

Makes 4 serves

INGREDIENTS

60g butter
2 Tablespoons olive oil
1 Spanish onion, chopped
1 clove garlic, crushed
1½ cups arborio rice
5 cups/1.25L chicken stock
2 tomatoes, chopped
1 Tablespoon chopped basil
½ cup freshly grated Parmesan cheese
Black pepper, freshly ground

METHOD

1. Heat wok on high sear, add butter and oil.
2. Stir fry onion and garlic until softened.
3. Add rice and stir until all grains are covered in butter mixture. Stir through stock. Bring to the boil, continually stirring.
4. Reduce to setting 6, continue to stir, placing the lid on until the stock has been absorbed. Some additional stock or water may be required, depending on rice types.

CHICKEN, ENGLISH SPINACH AND PINE NUT RISOTTO

Makes 4-6 serves

INGREDIENTS

250g pine nuts
2 Tablespoons olive oil
2 Tablespoons butter
1 bunch of English spinach, picked and washed
2 cups arborio rice
2 cloves garlic, crushed
6 cups/1.5L chicken stock
500g roasted chicken, shredded (approximately 1 small roast chicken)
2 Tablespoons pesto

METHOD

1. Heat wok on high sear, add pine nuts and toast until golden in colour, then remove.
2. Add oil and butter. Lightly sauté spinach then remove.
3. Add rice, stir until all rice is coated in oil.
4. Add garlic and chicken stock. Bring the risotto to the boil.
5. Reduce to setting 6, continue to stir, placing the lid on until the stock has been absorbed. Some additional stock or water may be required, depending on rice types.
6. Stir through remaining and prepared ingredients, heat through and serve.

Serve with freshly grated parmesan cheese.

NASI GORENG

(Indonesian fried rice)

Makes 4 serves

INGREDIENTS

- 1 Tablespoon peanut oil
- 1 teaspoon crushed garlic
- ½ teaspoon dried chilli
- 3 x 60g eggs, mixed together
- ½ cup cooked chicken breast, diced
- 12 medium green prawns, peeled and diced
- 3½ cups cooked jasmine rice (cool)
- ½/125ml cup water
- ¼ cup chopped green shallots
- 2 Tablespoons soy sauce
- 1 Tablespoon sweet soy sauce

METHOD

1. Heat wok on high sear setting, add oil, garlic, and chilli and cook for 2 minutes add the mixed egg and stir to cook through.
2. Add chicken and prawns, add rice and water, and cook until rice is hot and glowing.
3. Add shallots, soy and sweet soy sauce, cook for a further 1 minute before serving.

Serve as an accompaniment or as an entree.

THAI GREEN CHICKEN CURRY

Makes 6 serves

INGREDIENTS

- 1 Tablespoon vegetable oil
- 1 brown onion, diced
- 1 teaspoon crushed garlic
- 1 teaspoon diced ginger
- 1½ Tablespoons Thai green curry paste
- 800g chicken thighs, diced
- 1 cup/250ml chicken stock
- 2 x 400g cans coconut cream
- 200g bamboo shoots
- 1 punnet cherry tomatoes
- ½ cup coriander leaves

METHOD

1. Heat wok on high sear setting, add oil and onion cook until the onion is translucent.
2. Add garlic, ginger and curry paste, cook until the oil separates from the curry paste.
3. Add chicken and toss in paste mix, add stock and half the coconut cream bring the curry to the boil then reduce the heat to setting 2-4.
4. Cook the curry with the lid on for 20 minutes, or until the chicken is cooked, add the remaining ingredients and cook for 5 minutes.

Serve with steamed jasmine rice.

INDIAN EGGPLANT CURRY

Makes 6 serves

INGREDIENTS

12 small eggplants, diced
2 Tablespoons madras curry powder
1 teaspoon sea salt
2 Tablespoons peanut oil
1 small onion, diced
1 teaspoon crushed garlic
1 teaspoon diced ginger
1 Tablespoon fish sauce
2 tomatoes, diced
200ml yoghurt

METHOD

1. Mix eggplants with half the curry powder and add sea salt, sit for 20 minutes in a colander.
2. Heat wok on high sear setting, add oil, onion, remaining curry powder, and add garlic, ginger, cook for 2 minutes, add eggplant and stir fry, until well browned.
3. Add fish sauce and tomatoes, reduce heat to setting 6, cook until the eggplant is cooked, stir through the yoghurt, do not let the curry boil, as the yoghurt will split.

Serve with steamed basmati rice.

BEEF ROGAN JOSH CURRY

Makes 6-8 serves

INGREDIENTS

2 Tablespoons peanut oil
1½ kg diced chuck steak
1 brown onion, diced
2 garlic cloves, diced
2 Tablespoons Rogan Josh curry paste
2 x 400g cans diced tomatoes
4 cups/1L beef stock

METHOD

1. Heat wok on high sear, add oil and then 500g of meat at a time to seal then remove. Repeat until all the meat is cooked.
2. Add onion and garlic, cook for 2 minutes before adding curry paste. Mix curry paste and onions together.
3. Add tomatoes and stock and bring to the boil, add meat. Reduce heat to setting 2-4, place lid on, with the steam vent open, and cook for 1 hour.

Serve with yoghurt and steamed basmati rice.

NOTE

While cooking wet dishes with the lid on, the wok will turn on and off during the cooking process as the unit is thermostatically controlled.

MOROCCAN LAMB TAGINE

Makes 6-8 serves

INGREDIENTS

2 Tablespoons peanut oil
2 brown onions, diced
500g lamb, diced (1.5cm)
1½ teaspoons cumin
1½ teaspoons ground black pepper
1½ teaspoons ground coriander
1½ teaspoons salt
1 teaspoon paprika
1 teaspoon ground ginger
1 teaspoon turmeric
1 teaspoon cinnamon
1 Tablespoon peanut oil
1 small can chickpeas
2 x 400g cans diced tomatoes
2 sticks celery, diced
½ cup/125ml red lentils
½ cup tomato paste
1 teaspoon minced garlic
5 cups/1.25L water

METHOD

1. Heat wok on high sear, add oil and stir fry onion until soft add meat and seal.
2. Place all ground spices and extra oil into wok and cook for 2 minutes to release the flavours of the spices.
3. Add remaining ingredients and bring to the boil, reduce the heat to a simmer setting 2-4, place the lid on and cook for 1 hour.

Serve with steamed cous cous.

BLACK RICE PUDDING

Makes 4 serves

INGREDIENTS

1 cup of Black Glutinous Rice
5 cups/1.25L water
2-4 cinnamon sticks (optional)
2 teaspoons vanilla essence
200 grams palm sugar (or brown sugar)
400ml tin of coconut milk
½ cup dried coconut
1 mango sliced

METHOD

1. Soak rice in 2 cups/500ml water for 6-12 hours.
2. Add to wok 3 cups/750ml water, cinnamon sticks and vanilla essence. Add pre-soaked rice (rinsed from soaking water and heat wok on setting 6, cook for approx 40 minutes (or until rice is soft) stirring often with the lid on.
3. Remove the cinnamon sticks.
4. Add coconut milk and brown sugar and continue to cook on setting 4 for 20 minutes.

Serve with sliced mango or fruit puree.

SPICED FRUIT FLAMBÉ

Makes 4 serves

INGREDIENTS

50g butter
2 bananas, peeled and sliced
1 green apple, cored, peeled and sliced
10 strawberries hulled, halved
1 small can peach slices drained
1 Tablespoon cinnamon sugar
1 Tablespoon Kirsch
3 Tablespoons dark Rum

METHOD

1. Heat wok on setting 10, add butter and melt, add fruit and cook for 2 minutes.
2. Add cinnamon sugar and kirsch and rum, cook for a further 2-3 minutes to infuse the alcohol into the fruit.

Serve with ice cream and toasted waffles.

Breville

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BEW300 Issue - A11