

Breville

the Set & Serve™

Instruction Booklet



BRC310

CONGRATULATIONS

on the purchase of your new Breville
the Set & Serve™

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the Set & Serve™
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the Set & Serve™
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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

- Carefully read all instructions before operating and save for future reference.
- Remove any packaging material and promotional labels before using the Rice Cooker for the first time.
- To eliminate choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this appliance.
- The Rice Cooker is not intended to be operated by means of external timer or separate remote control system.
- Do not place the Rice Cooker near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water.
- Do not place the Rice Cooker on or near a hot gas or electric burner, or where it could touch a heated oven. Place appliance at least 20cm away from walls and curtains.
- Do not use on metal surfaces a sink drain board.
- Use only the removable cooking bowl supplied with the Rice Cooker. Do not use a damaged or dented removable cooking bowl. If damaged or dented replace before using.
- Never plug in or switch on the Rice Cooker without having the removable cooking bowl placed inside the outer housing.
- Do not put food or liquid into the outer housing. Only the removable cooking bowl is designed to contain liquid.
- Do not touch hot surfaces; use pot holders to remove the removable cooking bowl and steaming tray.
- Open the lid carefully to avoid scalding from escaping steam.
- Do not allow water from the lid to drip into the housing, only into the removable cooking bowl.
- Always ensure the power is switched off at the power outlet and the cord is unplugged from the power outlet before attempting to move the appliance, when not in use and before cleaning or storing. Allow all parts to cool before disassembling for cleaning.
- To protect against electric shock, do not immerse the outer housing, cord or power plug in water or any other liquid.
- Do not move the Rice Cooker during cooking.
- Do not leave the Rice Cooker unattended when in use.
- Keep the appliance clean. Follow the cleaning instructions provided in this book.
- 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.
- Always have the glass lid placed correctly into position on the Rice Cooker throughout operation of the appliance unless stated on the recipe to have it removed.

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.
- 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.

**SAVE THESE
INSTRUCTIONS**

KNOW

your Breville
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KNOW YOUR BREVILLE THE SET & SERVE™



- A. Cook 'n' Look toughened glass lid**
- B. Stainless steel steaming tray**
Ideal for vegetables, seafood and poultry.
- C. Removable non-stick cooking bowl**
With level indicator.
- D. Cool touch handles**
Slot in the handle holds the glass lid.
- E. Large 7 cup capacity**
Makes up to 17 cups of cooked rice.
- F. Stainless Steel housing**
- G. Soft Selector control**
With READY BELL.

- H. Cook and Keep Warm Lights**
Red COOK light indicates that the Rice Cooker is in the COOK setting. Amber KEEP WARM light indicates that the Rice Cooker is turned ON and has switched automatically to the KEEP WARM setting
- I. Rice cup and serving spoon**

Removable power cord (Not shown)
For serving at the table.

OPERATING

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OPERATING YOUR BREVILLE THE SET & SERVE™

Before first use, remove all promotional labels and any packaging materials and wash the non-stick removable cooking bowl, steaming tray and glass lid in hot soapy water, rinse and dry thoroughly.

HOW TO COOK RICE

1. Use Rice cup provided to measure required quantity of rice (refer to cooking tables on page 13). Always measure level cups, not heaped (Fig 1).

Fig. 1



NOTE

1 level Rice cup = 150 grams uncooked rice

1 level Rice cup uncooked rice = 2 Rice cups cooked rice (approx.)

The maximum quantity of uncooked white rice to be cooked = 7 Rice cup

The minimum quantity of uncooked white rice to be cooked = 2 Rice cup

2. Place measured rice into a separate bowl and wash rice by rinsing with cold water to remove any excess starch. The rice is ready for cooking when water runs clear from the rice.
3. Ensure the exterior of the removable cooking bowl is clean before placing it in the outer housing, this will ensure proper contact with the inner cooking surface. (Fig 2).



CAUTION!

Fig. 2

1. Before starting to cook, clean the bottom of the inner pot and the surface of the heating plate.



2. To ensure the pot is sitting flat on the heating plate, turn the pot clockwise and anti clockwise inside the rice cooker.



3. The pot must be properly positioned inside the rice cooker or the unit will not work and may become damaged.

To reduce the risk of electric shock, cook only in the removable inner pot.

DO NOT IMMERSE THE COOKER IN WATER.

4. Add washed rice to the removable cooking bowl, ensuring rice is spread evenly across the bottom of the bowl and not heaped to one side (Fig 3).

Fig. 3



5. Add water using the following ratios:
White Rice = 1 Rice cup water : 1 Rice cup rice
Brown Rice = 1½ Rice cups water : 1 Rice cup rice
(Refer to table on page 13 for more information)
6. Place glass lid into position.
7. Plug power cord into a 230V or 240V power outlet and then switch the power on at power outlet. The amber WARM light will illuminate.
8. To commence cooking, depress the Selector Control. The red COOK light will illuminate.

OPERATING YOUR BREVILLE THE SET & SERVE™

9. When cooking is complete, the Rice Cooker will automatically switch to the KEEP WARM setting. The amber WARM light will illuminate.
10. Open lid and turn rice over with serving spoon provided. Replace lid and allow rice to stand for 10-15 minutes before serving. This allows any excess moisture to be absorbed, resulting in a fluffier rice texture.

NOTE

Rice can be kept in the automatic KEEP WARM setting for up to 5 hours.

Do not remove glass lid until ready to serve (except for when turning over rice after cooking is complete or as suggested in the recipes).

To stop KEEP WARM setting, switch off at the power outlet and then unplug cord.

IMPORTANT

- *Always place liquid into removable cooking bowl, or be ready to add oil, butter or margarine, before depressing the Selector Control to the COOK setting.*
- *Never try to force the Selector Control to stay in the COOK setting after it has automatically switched to the KEEP WARM setting.*
- *Do not interfere with automatic Selector Control during operation.*
- *To prevent scratching non-stick surface of the removable cooking bowl or steaming tray, always use wooden or plastic utensils.*

WARNING

Always lift and remove lid carefully, angling it away from yourself to avoid scalding from escaping steam.

RICE COOKING TABLES

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RICE COOKING TABLES

The Rice cup provided with your Breville Rice Cooker is used in the following tables.

NOTE

The Rice cup is not a standard metric measuring cup.

1 Rice cup is equal to 150g of uncooked rice and 180ml of water.

1 Australian Standard Metric Measuring cup is equal to 200g of uncooked rice

If your Rice cup is lost or misplaced, use another cup but maintain the same cooking ratios and ensure you do not exceed the 7 cup maximum line in the removable cooking bowl:

White Rice = 1 cup water to 1 cup rice

Brown Rice = 1½ cups water to 1 cup rice

Due to the additional water needed to cook brown rice, some starchy water bubbles may rise to the lid while cooking. For best results, wash rice before cooking and keep warm for 20 minutes after cooking to absorb the remaining moisture.

NOTE

White Rice

UNCOOKED WHITE RICE (RICE CUPS)	COLD TAP WATER (RICE CUPS)	COOKED RICE – APPROX. (RICE CUPS)	COOKING TIME – APPROX. (MINUTES)
2	2	5	20
4	4	9	25
6	6	15	25-30
7	7	17	30-35

Brown Rice

UNCOOKED WHITE RICE (RICE CUPS)	COLD TAP WATER (RICE CUPS)	COOKED RICE – APPROX. (RICE CUPS)	COOKING TIME – APPROX. (MINUTES)
2	3	5	30-35
4	6	10	40-45

RICE VARIATIONS

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RICE VARIATIONS

TIPS

- Add a little extra water for fluffier rice and a little less water for firmer rice.
- Some rice varieties may require more water for cooking, such as wild rice blends, Arborio rice or short grain rice. Follow the directions on the packet or use the brown rice cooking table.

SAVOURY RICE

Prepare rice in the Rice Cooker as specified, substituting all the water with the same quantity of chicken, beef, fish, or vegetable stock.

SWEET RICE

Prepare rice in the Rice Cooker as specified substituting half the water with apple juice, orange juice or pineapple juice. Cooking rice with milk or cream is not recommended as it will burn onto bottom of the removable cooking bowl.

SAFFRON RICE

Add ¼ teaspoon of saffron powder or 2 saffron threads to every 2 cups of water. Use white rice cooking tables. Mix well.

ARBORIO RICE

Arborio rice is short round-grained pearly rice often used for Italian risotto cooking. Use brown rice cooking tables.

JASMINE RICE

Jasmine rice is fragrant long grain rice. Use white rice cooking tables.

BASMATI RICE

Basmati rice is an aromatic long grain rice. Use white rice cooking tables.

WILD RICE

It is not recommended to cook wild rice alone in the Rice Cooker as it requires a substantial amount of water. It is possible to cook wild rice as a blend with white or brown rice.

STEAMING

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STEAMING

Steamed foods retain most of their nutritional value when cooked in the Rice Cooker. Foods may be steamed by placing food in the stainless steel steaming tray over stock or water and covering with the glass lid. Keep the glass lid on while steaming food unless the recipe or chart specifically states to remove the lid. By removing the lid unnecessarily steam is lost and the cooking time will be extended.

1. Measure 3 Rice cups or more of water or stock into the removable cooking bowl. Use up to a maximum of 6 Rice cups of water.
2. Place food to be steamed directly onto the stainless steel steaming tray and insert into the removable cooking bowl. (Refer to the Steaming Charts on the pages 18–20 for approximate cooking times).
3. Place removable cooking bowl with steaming tray into Stainless Steel Housing and cover with glass lid.
4. Plug power cord into a 230V or 240V power outlet and then switch on. The amber KEEP WARM light will illuminate.
5. Push the Selector Control down to begin cooking. The red COOK light will illuminate.
6. When steaming is complete, remove foods from the Rice Cooker. If further steaming is required ensure sufficient water is in the removable cooking bowl. If not, add more hot water or stock.
7. If no further steaming is required, turn the Rice Cooker off at the power outlet and then unplug power cord.
8. Allow to cool before cleaning. When the cooking bowl is removed to discard water the Selector Control will reset to the KEEP WARM position.

NOTE

Do not let the removable cooking bowl boil dry during steaming.

NOTE

Hot liquid can be added during the steaming process.

HINTS AND TIPS FOR STEAMING VEGETABLES

- Smaller pieces will steam faster than larger pieces.
- Try to keep vegetables to a standard size to ensure even cooking.
- Fresh or frozen vegetables may be steamed.
- If steaming frozen vegetables, do not thaw.
- The size and shape of vegetables, as well as personal taste, may call for adjustments to the cooking time. If softer vegetables are required, allow extra cooking time.
- Do not allow water or stock to reach the stainless steel tray. The steaming will not be effective.

WARNING

Always lift and remove the lid carefully, angling it away from yourself to avoid scalding from escaping steam.

STEAMING

VEGETABLES	PREPARATION & TIPS	QUANTITY	COOKING TIME (MINUTES)
Artichoke	remove hard outer leaves & stalk	2 medium	30-35
Asparagus	trim, leave as spears	2 bunches	12-14
Beans	top and tail, leave whole	250g	13-15
Beetroot small-medium	trim, do not break skin	300g	12-13
Broccoli	cut into florets	250g	8-10
Brussel Sprouts	cut a cross in the base	375g	17-19
Cabbage	large pieces	500g	10-12
Carrots	cut into strips	3 medium	14-16
Capsicums	cut into strips	3 medium	14-16
Cauliflower	cut into florets	375g	17-19
Celery	slice into strips	3 stalks	5-6
Chickpeas	soak for 12 hours	1 cup dried	40-45
Corn	whole corn cobs	2 small cobs	20-22
Mushrooms	whole, unwashed	300g	8-10
Onions (pickling)	peeled, leave whole	6 medium	20-25
Snow peas	topped and tailed	250g	4-5
Peas	fresh, peeled frozen	250g 250g	8-10 4-5
Potatoes	all purpose, whole	4(150-180g each)	35-40
Potatoes	new, whole	6 (125g each)	25-30
Sweet Potato Kumera	cut into pieces	300g	20-25
Pumpkin	cut into pieces	300g	20-25
Spinach (English)	leaves and stems cleaned	½ bunch	5
Squash (baby)	topped and tailed	350g	8
Turnips	peeled, sliced & cut to 50g pieces	350g	15-17
Zucchini	sliced	350g	6

STEAMING

HINTS AND TIPS FOR STEAMING FISH AND SEAFOOD

- Season fish with fresh herbs, onions, lemon etc. before cooking.
- Ensure fish fillets are in a single layer and do not overlap.
- Fish is cooked when it flakes easily with a fork and is opaque in colour.

TYPE	SUGGESTIONS AND TIPS	COOKING TIME (MINUTES)
Fish – fillets – whole – cutlets	Steam until opaque and easy to flake. A cutlet is cooked when the centre bone is able to be easily removed	8-10 15-20 8-10
Lobster – tails	Remove underside of shell	18-20
Mussels – in shell	Steam until just opened	12-14
Clams and Pippis	Steam until just opened	8-10
Prawns – in shell	Steam until pink	8-10
Scallops	Steam until opaque	4-6
Oysters – unopened	Steam until the top shell starts to open. If the top shell does not completely open, it will need to be opened with a knife.	10-12

HINTS AND TIPS FOR STEAMING POULTRY

- Select similar sized pieces of poultry for even cooking.
- For even cooking results arrange poultry in a single layer.
- Remove visible fat and skin.
- To obtain a browned appearance, sear the chicken before steaming.
- Check poultry is cooked by piercing the thickest part. The poultry is cooked when the juices run clear.

TYPE	SUGGESTIONS AND TIPS	COOKING TIME (MINUTES)
Breast fillet	Place skin side up	20-25
Drumstick	Place thickest part to outside of the steaming tray	30-35
Thigh fillet	Place thickest part to outside of the steaming tray	18-20

STEAMING

HINTS AND TIPS FOR STEAMING DUMPLINGS

- Fresh or frozen dumplings and savoury buns can be steamed.
- Place small pieces of baking paper, banana, cabbage or lettuce leaves, under the dumplings to avoid sticking to the steaming tray.

TYPE	SUGGESTIONS AND TIPS	COOKING TIME (MINUTES)
BBQ pork or chicken buns	Cook from frozen	10-12
Dumplings – frozen	Separate before cooking	8-10
Dumplings – fresh		5-6

CARE & CLEANING

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CARE & CLEANING

Switch Rice Cooker off at the power outlet and then unplug power cord.

Allow all parts to cool before removing removable cooking bowl. Wash removable cooking bowl, stainless steel steaming tray and glass lid in hot, soapy water, rinse and dry thoroughly.

Breville does not recommend that any parts of your Rice Cooker are washed in a dishwasher as harsh detergents and hot water temperatures may stain or distort the removable cooking bowl and accessories.

Do not use abrasive cleaners, steel wool, or metal scouring pads as these can damage the non-stick surface.

The Stainless Steel Housing can be wiped over with a damp cloth and then dried thoroughly.

NOTE

If rice has cooked onto the bottom of the removable cooking bowl, fill the bowl with hot, soapy water and leave to stand for approximately 10 minutes before cleaning.

CAUTION

To prevent damage to the appliance do not use alkaline cleaning agents when cleaning, use a soft cloth and a mild detergent.

WARNING

Do not immerse the outer housing or power cord in water or any other liquid as this may cause electrocution.

RECIPES

for your Breville
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VEGETARIAN

CAPSICUM FETTA AND OLIVE RICE SALAD

Serves 4 to 6

INGREDIENTS

- 1 Rice cup white rice, washed
- 1 Rice cup brown rice, washed
- 1 Rice cup wild rice mix, washed
- 5 cups/1.25 Litres vegetable stock
- 375g marinated roasted capsicum, finely sliced
- 125g Fetta cheese, diced
- 150g pitted black Kalamata olives
- 2 Tablespoons basil pesto
- $\frac{3}{4}$ cup Caesar salad dressing, prepared
- $\frac{1}{2}$ cup Italian salad dressing, prepared
- 2 Tablespoons sweet Thai chilli sauce

METHOD

1. Place washed rice and chicken stock into removable cooking bowl. Press Selector Control to COOK.
2. Cover with lid and cook until Selector Control switches to WARM. Stir once during cooking.
3. Allow rice to stand, covered with lid, for 10 minutes on WARM.
4. Transfer rice to a large, shallow dish to cool. This helps to keep rice grains separate.
5. In a large serving bowl, toss cooled rice with capsicum, Fetta cheese and olives.
6. Combine pesto, salad dressings and chilli sauce in a screw top jar. Shake well and toss through rice salad just before serving.

Serve chilled.

ORIENTAL WILD RICE SALAD

Serves 4 to 6

INGREDIENTS

- 2 Tablespoons oil
- 2 cloves garlic, crushed
- 4 shallots, thinly sliced
- $2\frac{1}{2}$ Rice cups wild rice mix, washed
- 4 cups/1 Litre vegetable stock
- 200g snow peas, blanched
- $\frac{1}{2}$ cup smoked almonds, halved
- 2 Tablespoons balsamic vinegar
- 3 teaspoons soy sauce
- 1 teaspoon sesame oil
- 2 Tablespoon sweet Thai chilli sauce
- 2 Tablespoons rice wine vinegar

METHOD

1. Place oil into removable cooking bowl. Press Selector Control to COOK. Heat for 1 minute, add garlic and shallots. Cook for 2 minutes, stirring constantly. Add rice, stir to coat with oil.
2. Add chicken stock, cover with lid and cook until Selector Control switches to WARM. Stir once during cooking.
3. Allow rice to stand, covered with lid, for 10 minutes on WARM.
4. Transfer rice to serving dish. Stir in snow peas and almonds.
5. Combine vinegar, soy sauce, sesame oil, chilli sauce and vinegar in a screw top jar and shake well. Toss through salad to serve.

Serve warm.

VEGETARIAN

TURKISH PILAF

Serves 4 to 6

INGREDIENTS

60g butter, melted
1 Tablespoon olive oil
1 Spanish onion, diced
2 cloves garlic, crushed
1 teaspoon lightly crushed cardamom seeds
1 teaspoon ground cumin
1 teaspoon turmeric
1 bay leaf
1 teaspoon salt, if desired
Freshly ground black pepper, if desired
1 teaspoon turmeric
1 teaspoon salt
1 bay leaf
3 Rice cups Basmati rice, washed
6 cups/1.5 Litres vegetable stock
½ cup shelled pistachio nuts, finely chopped
100g chopped dried apricots
100g chopped dried figs
2 Tablespoons chopped fresh coriander

METHOD

1. Place butter and oil into removable cooking bowl. Press Selector Control to COOK. Heat for 1 minute, add onion, garlic, spices, bay leaf, salt and pepper. Cook for 2 minutes stirring constantly. Add rice, stir to coat with oil.
2. Add chicken stock, cover with lid and cook until Selector Control switches to WARM. Stir once during cooking.
3. Stir rice and fold through nuts, apricots, figs and coriander. Replace lid and stand for 10 minutes on WARM before serving.

TOMATO AND ZUCCHINI RISOTTO

Serves 4 to 6

INGREDIENTS

2 Tablespoons olive oil
1 small leek, washed, trimmed and thinly sliced
2 cloves garlic, crushed
1½ Rice cups Arborio rice
440g can diced tomatoes
½ cup/125ml dry white wine
3 cups/750ml chicken stock
½ cup grated Parmesan cheese
1 cup grated zucchini
2 Tablespoons toasted pine nuts

METHOD

1. Place oil into removable cooking bowl. Press Selector Control down to COOK. Heat for 1 minute, add leek and garlic. Cook for 2 minutes, stirring constantly. Add rice, stir to coat with oil.
2. Add tomatoes, wine and stock. Cover with lid and cook until Selector Control switches to WARM. Stir once during cooking.
3. Stir rice and fold in cheese, zucchini, and pine nuts. Replace lid and stand for 10 minutes on WARM before serving.

VEGETARIAN

3 CHEESE RISOTTO WITH GARLIC

INGREDIENTS

60g butter
2 Tablespoons olive oil
1 small Spanish onion, finely diced
2 cloves garlic, crushed
1½ Rice cups Arborio rice
Pinch saffron powder
4 cups/1 Litre vegetable stock
1 teaspoon grated lemon rind
¼ cup grated Swiss cheese
¼ cup grated Parmesan cheese
½ cup Brie cheese, finely chopped
1 Tablespoon snipped garlic chives
Freshly ground black pepper, to taste

METHOD

1. Place butter and oil into the removable cooking bowl. Press Selector Control to COOK. Heat for 1 minute, add onion and garlic. Cook for 2 minutes, stirring constantly. Add rice, stir to coat with oil.
2. Add saffron, stock, and rind. Cover with lid and cook until Selector Control switches to WARM. Stir once during cooking.
3. Stir rice and fold through cheeses, chives and pepper. Replace lid and stand for 10 minutes on WARM before serving.

RISOTTO AL FUNGHI

Serves 4 to 6

INGREDIENTS

40g butter
2 Tablespoons olive oil
1 brown onion, finely diced
150g button mushrooms, sliced
2½ Rice cups Arborio rice
3 cups/750ml vegetable stock
¼ cup grated Parmesan cheese
1 Tablespoon chopped flat leaf parsley

METHOD

1. Place butter and oil into removable cooking bowl. Press Selector Control to COOK. Heat for 1 minute, add onion and mushrooms. Cook for 5 minutes or until the mushrooms are soft, stirring constantly. Add rice, stir to coat with oil.
2. Add chicken stock. Cover with lid and cook until Selector Control switches to WARM. Stir once during cooking.
3. Stir rice and fold through cheese and parsley. Replace lid and stand for 10 minutes on WARM before serving.

VEGETARIAN

WARM GADO GADO

INGREDIENTS

- 1 bunch baby bok choy, trimmed and sliced
- 1 small head broccoli, cut into florets
- 10 snow peas
- 1 carrot, peeled and thinly sliced
- 300g hard tofu, cubed
- 250ml Peanut Sauce (recipe page 32)

METHOD

1. Place half the vegetables and tofu into steaming tray. Place 3 Rice cups of water into removable cooking bowl. Cover with lid and press the Selector Control to COOK. When the water is boiling, place the steaming tray into removable cooking bowl, replace lid and cook for 5-7 minutes. Remove vegetables, keep warm. Repeat steaming with the remaining vegetables.
2. Place the vegetables and tofu onto a serving platter and drizzle with warm Peanut Sauce.

PEANUT SAUCE

INGREDIENTS

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

METHOD

1. Place onion, garlic and ginger into a Breville food processor and process until fine.
2. Heat oil in a saucepan over medium heat. Add onion mixture and gently fry for 3-4 minutes.
3. Add curry powder and soy sauce. Stir well before adding peanut butter, sugar, and chilli paste.
4. Add coconut milk and stir thoroughly until sauce is smooth. Increase the heat then cook for 5 minutes.

CHICKEN

CHICKEN, BASIL AND TOMATO RISOTTO

Serves 4 to 6

INGREDIENTS

2 Tablespoons olive oil
2 Tablespoons butter
1 clove garlic, crushed
1 Spanish onion, finely chopped
2 Rice cups Arborio rice
3 cups/750ml chicken stock
2 x 150g chicken breasts, steamed then thinly sliced
2 tomatoes, diced
½ cup grated Parmesan cheese
2 Tablespoons finely sliced fresh basil leaves
Freshly ground black pepper

METHOD

1. Place oil and butter into removable cooking bowl. Press Selector Control to COOK. Heat for 1 minute, add garlic and onion. Cook for 2 minutes, stirring constantly. Add rice, stir to coat with oil.
2. Add chicken stock, cover with lid and cook until Selector Control switches to WARM. Stir once during cooking.
3. Stir rice and fold through chicken, tomatoes, cheese, basil and pepper. Replace lid and stand for 10 minutes on WARM before serving.

SMOKED CHICKEN AND EGGPLANT RISOTTO

INGREDIENTS

30g butter
2 Tablespoons olive oil
1 small leek, washed, trimmed and sliced
1 clove garlic, crushed
1½ Rice cups Arborio rice
3½ cups/875ml chicken stock
1 teaspoon turmeric
1 teaspoon freshly grated lime rind
250g roasted marinated eggplant, chopped
300g smoked boned chicken breast, skinned and diced
1 Tablespoon finely shredded basil
½ cup toasted pine nuts
Black pepper, to taste

METHOD

1. Place butter and oil into removable cooking bowl. Press Selector Control to COOK. Heat for 1 minute, add leek and garlic. Cook for 2 minutes, stirring constantly. Add rice, stir to coat with oil.
2. Add chicken stock, turmeric and lemon rind. Cover with lid and cook until Selector Control switches to 'Warm'. Stir once during cooking.
3. Stir rice and fold through eggplant, chicken, basil, pine nuts and pepper. Replace lid and stand for 10 minutes on WARM before serving.

CHICKEN

STEAMED CHICKEN BREAST WITH GINGER AND SPINACH

INGREDIENTS

- 1 Tablespoon minced ginger
- ½ bunch coriander finely sliced
- 2 x 150g chicken breast supremes, skin on
- 1 cup/250ml Stones Green Ginger Wine
- 200g baby spinach
- 1 punnet (50g) baby corn
- Soy sauce, for serving

METHOD

1. Combine ginger and coriander. Place half of the mixture under the skin of each chicken breast supreme.
2. Place filled chicken breasts in a single layer into a shallow dish. Pour over ginger wine, cover and marinate for 20 minutes.
3. Place marinated chicken into steaming tray, lined with baking paper.
4. Place 3 Rice cups of water into removable cooking bowl. Cover with lid and press the Selector Control to COOK. When the water is boiling, place steaming tray into removable cooking bowl, replace lid and cook for 10-15 minutes or until chicken cooked when tested. Remove chicken and keep warm.
5. Place spinach and corn into steaming tray.
6. Ensure sufficient water is in removable cooking bowl. Insert steaming tray and replace lid, cook for another 7-10 minutes or until vegetables are cooked.
7. Serve the chicken on top of the vegetables with a drizzle of soy sauce.

SEAFOOD

SEAFOOD PAELLA

Serves 4 to 6

INGREDIENTS

- ¼ cup olive oil
- 1 Spanish onion, diced
- 3 cloves garlic, crushed
- 1 teaspoon freshly grated ginger
- 1½ Rice cups short grain rice, washed
- 4 cups seafood or chicken stock
- 500g mixed seafood (prawns, calamari, octopus, mussel meat, white fish fillet)
- ½ cup roasted red capsicum, peeled and chopped
- 1 Tablespoon fresh lime juice
- 2 tomatoes, diced
- ¼ teaspoon chilli powder
- 2 Tablespoons chopped fresh coriander

METHOD

1. Place oil into removable cooking bowl. Press Selector Control to COOK. Heat for 1 minute, add onion, garlic and ginger. Cook for 2 minutes, stirring constantly. Add rice, stir to coat with oil.
2. Add seafood stock. Cover with lid and cook for 10 minutes. Stir in seafood, capsicum and lime juice. Replace lid and cook until Selector Control switches to WARM.
3. Stir rice mixture and fold through tomatoes, chilli and coriander. Replace lid and stand for 10 minutes on WARM before serving.

SEAFOOD

SUSHI RICE

Serves 4 to 6

INGREDIENTS

- 4 Rice cups short grain white rice, washed
- 4 cups/1 Litre water
- 2 Tablespoons rice vinegar
- 2 Tablespoons caster sugar
- ½ teaspoon salt

METHOD

1. Place washed rice and water into removable cooking bowl. Press the Selector Control down to 'Cook'.
2. Cover with lid and cook until Selector Control switches to WARM.
3. Stir rice, replace lid and stand for 10 minutes on WARM.
4. Transfer rice to a large, shallow dish.
5. Heat vinegar, sugar and salt in a small saucepan over a low heat until sugar dissolves. Sprinkle vinegar mixture over rice, mix well.
6. Use immediately as required in Sushi recipes.

THAT'S THE IDEA™

Some Sushi recipes require the rice to be shaped by hand. To do this, combine 1 Tablespoon rice vinegar with ¼ cup water. Use this mixture to keep hands wet while shaping rice. Any leftover Sushi rice can be frozen.

RECOMMENDED USAGE:

SEAWEED ROLLS:

INGREDIENTS

- 6 sheets Nori seaweed
- Sushi rice
- Wasabi paste, to taste

Add any combination of fillings such as:

- Smoked salmon, thinly sliced
- Japanese pickled ginger and vegetables
- Finely sliced cucumber
- Sashimi salmon or tuna, thinly sliced
- Avocado, thinly sliced
- Cooked asparagus
- Fresh crab, sliced
- Finely shredded lettuce
- Mayonnaise

METHOD

1. Place a sheet of seaweed, shiny side down on a sheet of baking paper or a bamboo rolling mat.
2. Spread a portion of the rice over a third of the Nori sheet, leaving a border.
3. Spread a very thin layer of wasabi paste in a narrow line down the centre of the rice. Top with a selection of fillings.
4. Using paper or mat as a guide, roll up the Nori sheet to enclose the filling. Press to seal the edges.
5. Use a very sharp knife to cut the roll neatly into small portions.
6. Repeat with remaining Nori sheets and filling. Chill until ready to serve.

SEAFOOD

STEAMED WHOLE SNAPPER WITH GINGER AND SHALLOTS

INGREDIENTS

- 1 x 300-400g whole snapper or bream, cleaned and scaled
- 2cm piece fresh ginger, cut into matchsticks
- 1 lime, sliced
- ½ bunch coriander
- 2 Tablespoons soy sauce
- 1 Tablespoon peanut oil
- 3 shallots, finely sliced

METHOD

1. Wash and dry fish. Cut 2 slits at a 45° angle through each side of fish. Into each slit, place some ginger and a slice of lime.
2. Place half of the coriander into the cavity of the fish. Place fish into the steaming tray.
3. Pour 3 Rice cups water into the removable cooking bowl. Cover with lid and press the Selector Control to COOK. When the water is boiling, place the steaming tray into removable cooking bowl, replace lid and steam fish for 15 minutes or until cooked when tested.
4. Remove fish and place onto a serving platter.
5. Combine soy, oil and shallots, pour over the fish.

Serve immediately with steamed jasmine rice.

TIPS

To prevent seafood sticking to steamer tray place small pieces of baking paper, banana, cabbage or lettuce leaves under the fish fillets before steaming.

STEAMED SALMON FILLETS WITH TOMATO AND BASIL SALSA

INGREDIENTS

- 1 Tablespoon olive oil
- 2 shallots, diced
- ¼ cup/65ml white wine vinegar
- 2 ripe tomatoes, diced
- 10 basil leaves, finely sliced
- 1 Tablespoon balsamic vinegar
- 2 Tablespoons olive oil
- 2 x 150g salmon fillets
- Salt and pepper, if desired
- 3 Rice cups fish stock

METHOD

1. Heat a frypan on medium heat, add oil and diced shallots cook for a minute to soften the shallots, add vinegar and let mixture reduce by half. Add tomatoes and bring mixture to the boil, then remove from heat. Cool salsa mixture then add basil, balsamic vinegar, and oil. Mix well.
2. Place salmon fillets into steaming tray and sprinkle with salt and pepper.
3. Place the fish stock into removable cooking bowl. Cover with lid and press the Selector Control to COOK. When fish stock is boiling, place steaming tray into removable cooking bowl, replace lid and cook for 6-8 minutes for medium or 10 minutes for well done.
4. Remove salmon.

Serve hot with tomato and basil salsa and mixed salad leaves.

TIPS

To prevent seafood sticking to steamer tray place small pieces of baking paper, banana, cabbage or lettuce leaves under the fish fillets before steaming.

DESSERT

WILD BERRY RICE

Serves 4 to 6

INGREDIENTS

- 1½ Rice cups short grain white rice, washed
- 2 cups/250ml water
- ¼ cup warmed honey
- 2 Tablespoons butter, melted
- 1 cup/250ml cream
- ½ cup fresh or frozen blueberries
- ½ cup fresh or frozen raspberries
- ½ cup fresh or frozen blackberries
- ½ cup fresh or frozen strawberries
- ¼ cup icing sugar
- ¼ cup/65ml water
- 2 Tablespoons port or sherry

METHOD

1. Place rice and water into removable cooking bowl. Cover with lid and press Selector Control to COOK.
2. Cook until Selector Control switches to WARM. Stir once during cooking.
3. Stir rice and fold in honey, butter, and cream. Replace lid and stand for 10 minutes on WARM.
4. Place blueberries, raspberries, blackberries, strawberries, icing sugar, water and port into bowl of a food processor or blender and process until smooth.
5. Fold berry mixture through rice mixture then transfer to serving glasses.

Serve topped with extra berries and cream if desired.

TROPICAL MANGO RICE

Serves 4 to 6

INGREDIENTS

- 1½ Rice cups short grain white rice, washed
- 1 cup/250ml mango nectar
- 1 cup/250ml water
- 450g can sliced peaches, drained, juice reserved
- 2 teaspoons lime rind
- ½ cup/125ml coconut cream
- ¼ cup passionfruit pulp
- 1 Tablespoon cinnamon sugar

METHOD

1. Place rice, mango nectar, water, and reserved peach juice into removable cooking bowl and stir to combine. Cover with lid and press Selector Control to COOK.
2. Cook until Selector Control switches to WARM. Stir once during cooking.
3. Stir rice mixture and fold through lime rind, coconut cream and passionfruit pulp. Replace lid and stand for 10 minutes on WARM.

Serve warm with peaches and dusted with cinnamon sugar.

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Model BRC310 Issue - A11