



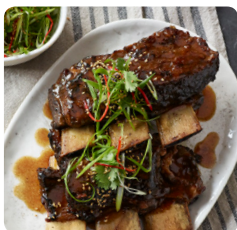
the Searing Slow Cooker™
Sear and slow cook in the same pan

Breville®

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Creamy Pumpkin Soup.



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Creamy Pumpkin Soup



Prep 8 minutes / Cook 2 hours 20 minutes



Serve 4-6



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1 tablespoon vegetable oil

2 tablespoons butter

300g onion, large dice

5 cloves garlic, peeled and chopped

2 teaspoons sea salt

½ cup coconut water

1.8kg pumpkin, peeled, large dice

1 litre chicken stock

Ground white pepper

200ml sour cream

½ bunch chervil

Cracked pepper

Method

1. Use the **MENU** button to select the **SAUTE** function, then select **POWER/START** to start pre-heating.
2. When the pre-heat is complete, add the oil and butter. Once the butter has melted, add the onion, garlic and salt, sauté until the onions are transparent.
3. Add the coconut water, pumpkin and chicken stock. Cancel the **SAUTE** function.
4. Use the **MENU** button to select the **HIGH SLOW COOK** function, then select **POWER/START** to start cooking.
5. Cook for 2 hours or until the pumpkin is tender and cooked through. Once cooked, cancel the function.
6. Remove the ingredients from the slow cooker and allow to cool before using a table blender or stick blender to blend until smooth. Serve with sour cream, chervil and cracked pepper.



Asian Beef Short Ribs



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Asian Beef Short Ribs



Prep 25 minutes / Cook 7-8 hours



Serves 4

1.2kg beef short ribs

¼ cup oyster sauce

½ cup Chinese cooking wine

1 cinnamon quill

2 tablespoons hoisin sauce

1 tablespoon grated ginger

1 stick lemongrass, bruised

15g crushed garlic

1 tablespoon maple syrup

¼ cup beef stock

1 teaspoon sesame oil

Herb Salad

1 shallot, sliced

2 red chillies, finely sliced

½ bunch coriander leaves

1 tablespoon sesame seeds, toasted

Method

1. Place the beef ribs into a large zip lock bag, then add the oyster sauce, Chinese cooking wine, cinnamon quill, hoisin sauce, ginger, lemongrass, garlic and maple syrup. Seal the zip lock bag and shake the bag to thoroughly combine the ingredients.
2. Place the bag into the refrigerator and leave to marinate overnight.
3. Use the MENU button to select HIGH SEAR. Select POWER/START to commence pre-heating the slow cooker.
4. Once the pre-heat is complete, add the sesame oil and beef ribs to the cooking bowl, retaining the marinade in the zip lock bag. Periodically turn the ribs to brown evenly.
5. Once browned, select the CANCEL button. Add the remainder of the marinade. Place the lid on and lock into place.
6. Use the MENU button to select LOW SLOW COOK. Adjust the timer to 7 hours and press POWER/START to start cooking.
7. At completion, if there is too much liquid, select the STEAM function followed by POWER/START and allow the liquid to reduce for 10 minutes, or until it reaches desired level.
8. Gently remove the ribs from the slow cooker and pour the sauce over the top. Serve with the herb salad.



Cajun Lamb Shanks



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Cajun Lamb Shanks



Prep 30 minutes / Cook 6½ hours



Serves 6



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Cajun Spice Mix

- 1 tablespoon vegetable stock powder**
- 1 teaspoon cayenne pepper, ground**
- 2 tablespoons smoked paprika**
- 1 teaspoon ground white pepper**
- ½ teaspoon black pepper**
- 1½ tablespoons garlic powder**
- 1 tablespoon dried oregano**
- 1½ tablespoons onion flakes**
- 2 teaspoons sea salt**
- 2 teaspoons dried thyme**
- 1 tablespoon paprika, ground**
- 1 tablespoon rice flour**

Lamb Shank

- 6 lamb shanks**
- ¼ cup vegetable oil**
- 1 large onion, finely diced**
- 4 cloves garlic, chopped**
- 2 carrots, 1.5cm dice**
- 1 small red capsicum, large dice**
- 2 tablespoons tomato paste**
- 300ml apple juice**
- 800ml beef stock**
- ½ cup French style lentils**
- 100g baby spinach leaves**

Method

1. Place all Cajun spice mix ingredients into a jar and shake to combine.
2. Place the spice mix and lamb shanks into a large bowl and toss thoroughly to coat the lamb shanks.
3. Use the MENU button to select HIGH SEAR, then select POWER/START to start pre-heating.
4. Once the pre-heat is complete, add 3 tablespoons of vegetable oil to the cooking bowl, followed by the lamb shanks. Brown lamb shanks evenly before removing them from the slow cooker.
5. Add 2 tablespoons vegetable oil to the slow cooker followed by the onion, garlic, carrot and red capsicum. Sauté for 5 minutes or until the onion has softened.
6. Add the tomato paste and deglaze with the apple juice. Add the beef stock and French style lentils then return the lamb shanks to the cooking bowl. Place the lid onto the cooking bowl and lock into place.
7. Select CANCEL to stop the HIGH SEAR function. Then use the MENU button to select the LOW SLOW COOK function. Adjust the timer to 6 hours then select POWER/START to commence slow cooking.
8. Throughout the cooking process, skim the fat from the top of the liquid with a ladle, do not stir it through the liquid.
9. When complete, the lamb should be soft and tender. Serve with baby spinach leaves.



Coq Au Vin



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Coq Au Vin



Prep 40 minutes / Cook 1 hour



Serves 4



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1.2kg whole chicken, jointed or 4
marylands
Salt and pepper
5g salted butter
2 tablespoons vegetable oil
200g speck, diced
20g garlic, chopped
10 small French shallots, peeled
250g small Swiss brown mushrooms,
rinsed and whole
150g carrot, diced 1cm

2 tablespoons tomato paste
20g celery, fine dice
10g dried porcini mushrooms, soaked in
150ml hot water
½ cup brandy
1 cup red wine
½ cup chicken stock
10 whole black peppercorns
4 bay leaves
4 sprigs thyme
½ teaspoon brown sugar
2 tablespoons gravy powder

Method

1. Rinse and dry the chicken pieces. Season with salt and pepper.
2. Use the MENU button to select the SAUTE function, then select POWER/START to begin pre-heating.
3. Once pre-heated, add the butter and oil. Once melted, add the chicken pieces with the skin side down first and cook for 2 minutes on each side. Remove chicken pieces from the cooking bowl.
4. Place the speck, garlic, French shallots and Swiss brown mushrooms into the slow cooker and sauté for 3-5 minutes.
5. Add the tomato paste and deglaze with brandy and red wine. Add the carrots, celery, soaked porcini mushrooms and soaking liquid (omitting the last drizzle of the soaking liquid, as it is gritty).
6. Add the chicken stock, peppercorns, bay leaves, thyme and sugar and stir to combine.
7. Place the chicken pieces back into the slow cooker and cancel the SAUTE function.
8. Place the lid onto the cooking bowl and lock into position. Use the MENU button to select LOW SLOW COOK then select POWER/START to start cooking.
9. After 30 minutes to 1 hour, place a thermometer into the thickest part of the chicken to ensure it is thoroughly cooked. The chicken needs to be above 74°C. If not, replace lid and continue cooking until it has reached temperature.
10. Once the chicken is cooked, cancel the cooking function and remove the chicken from the liquid. Add the gravy powder to the liquid and stir to thicken the sauce. Return the chicken to the sauce. Serve.



Pulled Pork Tortillas



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Pulled Pork Tortillas



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 Prep 2½ hours including brining time / Cook 5 hours

 Serves 6–8

Brine

350ml water
50g caster sugar
120g cooking salt

Pork Spice Rub

2 tablespoons brown sugar
1 tablespoon smoked paprika
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon ground black pepper
1 tablespoon fennel seeds, ground
½ teaspoon ground cumin

Pork

1.3kg pork scotch
2 tablespoons vegetable oil
1 tablespoon French mustard
1 tablespoon Worcestershire sauce
1 onion, roughly chopped
300ml apple juice
300ml chicken stock

To Serve

8–10 tortillas
1 baby cos lettuce
1 bunch coriander
250g cherry tomatoes

Method

Brine

1. Place the water and salt into a saucepan and bring to the boil. Remove from the heat and stir in the sugar until dissolved. Let mixture cool and place into the refrigerator.
2. Place the pork neck into the cold brine for 2 hours in the refrigerator.
3. After 2 hours, remove the pork from the brine and discard the brine. Do not rinse the pork.

Pork

4. Place the pork rub spices into a large zip lock bag and shake to mix. Place the pork into the zip lock bag and shake to coat the pork in the spices. Remove the pork from the bag and rub the mustard onto the pork.
5. Use the MENU button to select the HIGH SEAR function, then press POWER/START to start pre-heating.
6. Once the pre-heat is complete, add the oil to the cooking bowl, then add the coated pork and brown all over.
7. Add the onion to the slow cooker and pour the Worcestershire sauce onto the pork. Add the apple juice and stock, then place the lid on the cooking bowl and lock into place.
8. Cancel the HIGH SEAR function, then use the MENU button to select HIGH SLOW COOK. Adjust the timer to 5 hours then select POWER/START to start cooking.
9. When complete, pull the pork apart using 2 forks. Serve with tortillas, baby cos lettuce, coriander and cherry tomatoes.



Steamed Ocean Trout with Teriyaki & Edamame



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Steamed Ocean Trout with Teriyaki & Edamame



Prep 15 minutes / Cook 12-15 minutes



Serves 2



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Dressing

- ¼ teaspoon sesame oil*
- 1 tablespoon grated ginger*
- 3 tablespoons mirin*
- 1½ tablespoons light soy sauce*
- Pinch caster sugar*
- ¼ teaspoon cornflour*
- ¼ teaspoon water*

2 Nori sheets

- 100g frozen edamame beans in pods*
- 2 x 150g ocean trout portions*
- 2 tablespoons sesame seeds, toasted*

Method

1. Place the grated ginger and sesame oil into a small saucepan on a low heat for 2 minutes. Deglaze with the mirin, then add the soy sauce and caster sugar. Strain mixture through a sieve. Combine cornflour and water to make a paste then stir through the hot dressing.
2. Place 1.2 litres of water into the cooking bowl.
3. Place greaseproof paper on the steaming trivet with the 2 nori sheets on top (folded in half). Place the pieces of ocean trout onto the nori sheets and arrange the frozen edamame beans around the trout.
4. Drizzle some of the teriyaki dressing onto the fish and sprinkle with some sesame seeds. Place the steaming trivet into the slow cooker then place the lid on the cooking bowl and lock into place.
5. Use the MENU button to select the STEAM function and adjust the timer to 14 minutes. Select POWER/START to start steaming.
6. When complete, carefully remove the lid and steaming trivet from the slow cooker.
7. Use a spatula to carefully lift the nori sheet and trout from the trivet and place onto a serving plate. Drizzle the teriyaki dressing on the trout and sprinkle with the toasted sesame seeds. To remove the edamame beans from the pods, squeeze slightly and split the side of the pod open. Serve with white rice.



Coconut Crème Caramel



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Coconut Crème Caramel (Dairy free & Gluten free)



Prep 10 minutes / Cook 45 minutes



Serves 4



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Caramel

1 cup caster sugar

½ cup water

Crème

700ml coconut milk

½ cup sugar

5 eggs

1 teaspoon vanilla paste

To serve

250g blueberries

20g coconut shavings

10 lemon balm leaves

Method

1. Prepare 4 x 250ml ovenproof moulds.
2. Place the caramel ingredients into a small saucepan, stir to dissolve the sugar and place onto a medium to high heat, without stirring. Allow to boil until it reaches a light golden colour (about 10 minutes), then remove saucepan from the heat. Once the bubbles subside, pour the caramel between the 4 x 250ml ovenproof moulds and set aside to cool and set.
3. Place the coconut milk into a small saucepan and warm on a low heat until just below boiling point.
4. In a bowl, whisk together eggs and sugar then slowly add the warmed coconut milk. Add the vanilla paste and stir. Skim the bubbles off the top, using a ladle.
5. Place the steaming trivet into the slow cooker and arrange the moulds with the set caramel onto the trivet.
6. Transfer the crème mixture into a jug then gently pour the mix into the moulds.
7. Pour enough water into the slow cooker bowl to reach halfway up the outside of the moulds (approximately 2.5 litres). Place the lid on the cooking bowl and lock into place.
8. Use the MENU button to select the STEAM function then adjust the timer to 45 minutes. Select POWER/START to start steaming.
9. When the water is boiling, unlock the lid-locking clips and lift one side of the lid. Push one of the lid-locking clips in and lower the lid so that is resting on top. This is to allow the excess moisture to escape, so that the crème caramels do not become water logged.
10. Check the crème caramel from 30 minutes to ensure that they are set. They need to still have a wobble. If they are ready, remove from the slow cooker, let cool then place into the refrigerator to set for a minimum of 5 hours.
11. When serving, take the crème caramels out of the fridge 30 minutes prior and run a small knife around the edge of the mould. To tip the crème caramel out, tip the mould upside down onto the serving plate and serve with blueberries, coconut shavings and lemon balm leaves.



Natural Yoghurt with Berries & Lime Zest



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Natural Yoghurt with Berries & Lime Zest



Prep 25 minutes / Cook 8 hours



Makes 3.5 litres



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3 litres full cream milk
1 cup natural yoghurt
150g full cream milk powder
Zest of 1 lime
500g fresh mixed berries

Method

1. *Ensure that all utensils and cooking equipment to be used in making yoghurt have been sterilised.*
2. *Place full cream milk, natural yoghurt and full cream milk powder into a large bowl and mix to combine.*
3. *Transfer mixture into the cooking bowl, place the lid on top and lock into place.*
4. *Use the MENU button to select the YOGHURT function then select POWER/START to start cooking.*
5. *When complete, place the yoghurt into the refrigerator to allow to set.*
6. *Once cold, stir through the lime zest and serve with fresh berries.*
7. *For a thicker yoghurt, drain the cold yoghurt through a muslin cloth, over a large bowl for 2–4 hours in the refrigerator.*