



### Scott Gooding

*Director and founder of SGF*

An exercise specialist of 10 years with a background in exercise science, Scott has operated a successful fitness business in Sydney since 2005. He has published 8 books under the Clean Living Series and is an ambassador for Nature's Way Superfoods and Santa Monica Tourism. He is also the cook on channel 10's Off-Road Adventure Show.



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# Baked Snapper with Fennel & Pistachio Crust

 Prep 15 minutes / Cook 35 minutes

 Serves 2-4



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*1 medium snapper*

*1 bunch dill*

*1 bunch parsley*

*1 bunch coriander*

*2 fennel bulbs - thinly sliced with fronds removed and kept to one side*

*2 punnets medley cherry tomatoes*

*3 lemons*

*3 shallots - roughly chopped*

*½ cup pistachios*

*Olive oil*

*Sea salt*

*Fresh black pepper*

## Method

1. Turn **FUNCTION** dial to **ROAST** setting.
2. Turn **TIME** dial to 35-45 minutes, depending on the size of the fish.
3. Turn **TEMPERATURE** dial to 180°C.  
Press the **START** button.
4. Stuff the cavity of the snapper with herbs and remaining lemon.
5. In a food processor, blend pistachios, fennel fronds and a dash of olive oil. Blend for 30 seconds or so or until fairly smooth - few bigger bits is fine. The mixture should hold together, if too dry, drizzle more olive oil and blend again. Remove from blender and spread across top side of the fish.
6. When preheating has completed, place the baking pan on the wire rack and roast the fish in the oven for 35-45 minutes.
7. Once cooking time has counted down, remove fish from the oven; the fish should be tender and coming away from the bone when tested with the tip of a knife. The topping will bake to a hard crust. Serve.



**Tom Walton**

*Chef & Partner of The Bucket List*

A young chef who's philosophy for local, well sourced produce, extends into health, nutrition and lifestyle. "I want to share with you, my passion for good well sourced food, health and balanced lifestyle. Recipes are humble offerings, not over complicated and focus on seasonal, healthy conscious cooking, eating and living".



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# Braised Lebanese 7 Spice Chicken



Prep 2 hours 25 minutes / Cook 4 hours 10 minutes



Serves 6



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6 chicken marylands  
2 tablespoons baharat or Lebanese 7 Spice Herbies  
1 teaspoon salt  
2 tablespoons olive oil  
2 brown onions, peeled, sliced  
2 clove garlic, finely chopped  
1 teaspoon chilli flakes  
3 cups chicken stock  
Skin from 1 preserved lemon, cut into thin strips  
3 sprigs thyme

## Salad

1 medium turnip, peeled, finely shaved  
1 medium beetroot, peeled, finely shaved  
1 medium fennel, finely shaved  
4 radish, finely sliced  
Heart and inner leaves of 1 bunch celery, finely sliced on an angle  
½ pomegranate, seeds removed  
¼ bunch mint, picked  
¼ bunch dill, picked  
¼ bunch flat parsley, picked  
¼ cup walnuts, lightly roasted, roughly chopped

## Burnt Eggplant

2 medium eggplant  
½ cup tahini  
2 clove garlic, finely chopped  
Juice 1 lemon  
Salt

## Dressing

2 teaspoons pomegranate molasses  
Juice 1 lemon  
3 tablespoons extra virgin olive oil  
1 teaspoon baharat (see below)  
Salt & fresh ground pepper to taste

## Baharat

1 tablespoon black peppercorns  
1 tablespoon cumin seeds  
2 teaspoons coriander seeds  
1 teaspoon whole cloves  
½ teaspoon cardamom seeds  
1½ tablespoons paprika  
1 teaspoon ground cinnamon  
¼ teaspoon ground nutmeg

## Method

1. To marinate chicken, rub chicken with salt, baharat and olive oil. Set aside for at least 2 hours.
2. Turn FUNCTION dial to SLOW COOK setting.
3. Turn TIME dial to 4 hours. Turn TEMPERATURE dial to HIGH. Press the START button.
4. Heat oil in an ovenproof casserole dish over medium/high heat on a stove top for 1 minute. Add marinated chicken in batches. Cook for 3-5 minutes on each side or until browned. Remove.
5. Add onion, garlic and chilli flakes. Cook for 5 minutes or until onion start to soften.
6. Pour in stock and gently scrape the bottom of the pan with a wooden spoon to remove any sediment.
7. Add chicken, preserved lemon and thyme. Cover with foil. When preheating has completed, place casserole dish in the oven for 4 hours or until meat is very tender and coming away from the bones.
8. Meanwhile, place eggplants over a flame, turning occasionally. Cook until skin is charred and flesh is soft.
9. Dunk cooked eggplants into a bowl of cold water and quickly remove the skin. Drain on paper towel. Roughly chop eggplant flesh and place in a bowl. Stir through the remaining ingredients and season with salt to taste.
10. To prepare the salad, gently toss the ingredients together in a bowl.
11. To prepare the dressing, whisk or shake together pomegranate molasses, lemon juice, olive oil, baharat and a little salt in a small bowl or jar. Drizzle over salad just before serving.
12. When chicken is cooked, gently remove from the dish. Skim any fat from the cooking liquid. Return dish with cooking liquid to the stove top and cook for 5 minutes over high heat until it is reduced and thickened slightly to form a glaze.
13. Add chicken to warm and coat in glaze.
14. Season and serve with burnt eggplant and salad.





### **Anthony Puharich**

*Owner of Vic's Meats*



*the Smart Oven™ Pro*

Founder of Vic's Meats, Australia's largest meat wholesaler of premium quality meats, owner of Victor Churchill Butcher and the driving force behind Vic's Meat Market Day. Anthony is also the voice behind "Ask the Butcher", an iPhone application designed to demystify cooking meat at home and soon- to-be a Foxtel TV show.

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# Butterflied Tandoori Spatchcocks



Prep 20 minutes / Cook 45 minutes



Serves 2



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*2 cups of Greek yogurt (natural unsweetened)*

*5cm piece of fresh ginger grated finely*

*1 whole lemon juiced*

*½ cup of olive oil*

*2 tablespoons of Garam masala*

*2 tablespoons ground coriander*

*2 tablespoons ground cumin*

*1 teaspoon chilli powder*

*1 tablespoon ground turmeric*

## Method

1. Mix all ingredients together. Add chicken and coat well in the mixture.
2. Refrigerate overnight.
3. Remove chicken from marinade, wiping off the excess. Place chicken in baking pan.
4. Position wire rack in the bottom rack height position.
5. Turn FUNCTION dial to ROAST setting.
6. Turn TIME dial to 45 minutes.
7. Turn TEMPERATURE dial to 200°C CONVECTION. Press the START button.
8. When preheating has completed, place baking pan on wire rack and roast chicken in the oven for 45 minutes.
9. Once cooking is finished, remove spatchcocks from oven, cover loosely in foil and allow to rest for 10 minutes before carving.

## Tip

Chicken can be cooked straight away in step 1. However, for optimal flavour, marinating overnight is recommended.



### Ming Tsai

*Chef/Owner Blue Ginger and Blue Dragon Wellesley and Boston USA*

Ming Tsai is a pioneer in East-West cuisine. In its first year, Blue Ginger was named "Best New Restaurant" by Boston Magazine, was nominated by the James Beard Foundation as "Best New Restaurant 1998," and in 2002 he was awarded "Best Chef Northeast". His Asian gastropub, Blue Dragon, was awarded one of Esquire Magazine's "Best New Restaurants 2013". Ming also hosts and executive produces the television show, *Simply Ming*, and is the author of five cookbooks.



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# Five Spice Plum Tart



Prep 15 minutes / Cook 16 minutes



Serves 6



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*1 sheet puff pastry, thawed*  
*6 ripe plums, cut into wedges*  
*½ teaspoon five spice powder*  
*2 teaspoons cup castor sugar*  
*Zest of 1 lemon*  
*1 egg*

## Dusting

*1 teaspoon five spice powder*  
*¼ cup icing sugar mixture*

## Method

1. Turn *FUNCTION* dial to *BAKE* setting.
2. Turn *TIME* dial to 1 hour.
3. Turn *TEMPERATURE* dial to 200°C *CONVECTION*. Press the *START* button.
4. Line a baking tray with baking paper. Cut pastry so it forms a large circle. Prick centre of pastry with a fork, to help the crust release steam and become crisp.
5. Put plums into a bowl. Add five spice powder, sugar and lemon. Gently toss to coat plums in the mixture.
6. Pile plums into centre of pastry, leaving a 3cm border around the edge.
7. When preheating has completed, bake tart in the oven for 16 minutes or until golden crisp.
8. Combine five spice powder and icing sugar mixture. Dust through a sieve over the top of the hot tart and serve.



**Simon Johnson**

*Chef and Purveyor of Quality Foods*

Simon Johnson is the leading provider of Australia's finest range of imported and home grown quality food, offering only products of the highest integrity and sourcing goods from quality producers around the world. He opened his first store in Sydney's Pyrmont in 1992 and over the next 24 years was followed by eight stores around Australia including a flagship emporium, the Providores' Market in Sydney's Alexandria. Simon has led the way in creating a quality food culture in Australia.



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# Goats Cheese & Prosciutto Pizza



*Prep 10 minutes / Cook 15 minutes*



*Serves 2-4*



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*1 home made pizza base*

*½ cup good quality succo sauce or tomato passata sauce*

*240g fresh mozzarella, torn into large pieces*

*200g goats cheese, broken into large pieces*

*100g baby roma tomatoes on the vine*

*8 slices prosciutto*

*30g good quality mixed lettuces leaves*

## Method

1. Turn *FUNCTION* dial to *PIZZA* setting.
2. Turn *TIME* dial to 15 minutes.
3. Turn *TEMPERATURE* dial to 210°C *CONVECTION*. Press the *START* button.
4. Put pizza base on a pizza tray.
5. Spread with succo or tomato passata.  
Top with mozzarella, goats cheese and tomatoes.
6. When preheating has completed, place pizza into the oven for 15 minutes.
7. Remove from the oven. Top with sliced prosciutto and mixed lettuce leaves.





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# Lamb Shanks with Ragu



Prep 20 minutes / Cook 35 minutes



Serves 4



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2 tablespoons tallow/ghee

4–6 lamb shanks

4 small brown onions - peeled

700g bottle tomato passata

1 small jar anchovies

200g chopped pancetta

1 bunch parsley - stalks finely chopped

1 bunch oregano - roughly chopped

2 teaspoons rosemary

2 teaspoons chilli flakes

1 large sweet potato - cut into large chunks

## Method

1. Turn *FUNCTION* dial to *SLOW COOK* setting.
2. Turn *TIME* dial to 4 hours.
3. Turn *TEMPERATURE* dial to *HIGH*. Press the *START* button.
4. Heat tallow or ghee in an oven proof casserole dish over medium/high heat on the stove top for 1 minute. Add lamb shanks and cook for 3–5 minutes each side or until browned on both sides.
5. Add onion and cook for 3 minutes or until they start to brown.
6. Pour in passata and gently scrape bottom of pan with a wooden spoon to remove any sediment that has cooked onto the bottom of dish.
7. Add anchovies, pancetta, parsley, oregano, rosemary, chilli rosemary, sweet potato and 1 cup water. Cover with foil.
8. When preheating has completed, place casserole dish in the oven for 4 hours or until meat is very tender and coming away from the bone.
9. Sprinkle with chopped parsley and serve.



### **Karen Martini**

*Award winning chef, restaurateur, author and television presenter*

Karen was the founding chef at the critically acclaimed The Melbourne Wine Room and Sydney's Icebergs Dining Room and Bar. She is the current food editor for The Age's Epicure/ Good Living lift out. Karen is the author of 4 cookbooks and for the last eight years, Karen has been resident chef on Australia's longest running lifestyle television series Better Homes and Gardens.



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# Pork Spare Ribs with Sichuan Pepper



Prep 15 minutes / Cook 2 hours



Serves 6-8



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25g dried shrimp  
200ml Shaoxing wine (Chinese rice wine)  
300ml oyster sauce  
100ml soy sauce  
5 lime leaves  
10cm piece ginger, julienned  
10 cloves garlic, smashed  
2 tablespoons Sichuan pepper  
250ml water  
1 onion, finely sliced  
50g dried shiitake mushrooms  
1 orange, zested and juiced  
2 star anise  
4 red bullet chillies, split  
3 tablespoons honey  
8 pork spare ribs

## Method

1. Turn *FUNCTION* dial to *SLOW COOK* setting.
2. Turn *TIME* dial to 3 hours.
3. Turn *TEMPERATURE* dial to *HIGH*. Press the *START* button.
4. Pound dried shrimp using a mortar and pestle until it resembles a fine powder and looks fluffy.
5. To make the rib sauce, place all the ingredients into a casserole dish and combine well. Toss ribs in the sauce to coat evenly. Cover well with foil.
6. When preheating has completed, place casserole dish in the oven for 3 hours.
7. Take out casserole dish, remove cooked soft ribs and skim excess fat from top of the liquid. Return ribs to the sauce.
8. Serve with steamed long grain rice, simple Asian greens or a fresh zingy Asian-style slaw.



### **Cassandra Michelin**

*Health & Lifestyle Coach*



*the Smart Oven™ Pro*

Cassandra Michelin is a mum on the quest to raise super healthy kids on her urban farmyard on Sydney's Northern Beaches. Passionate about inspiring others, Cass is the creator of #sugarfreeseptember challenge and this year launched her second eBook full of delicious real food recipes. Her goal is to empower mums to enjoy life and have fun while taking control of their health and encourage parents through simple and delicious whole foods, and toxic free living!

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# Pulled Lamb Lettuce Boats



Prep 20 minutes / Cook 6 minutes



Serves 6-8



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*1 lamb shoulder*  
*4 tablespoons honey*  
*1 tablespoon coconut oil*  
*Pinch salt*  
*2 brown onions, chopped*  
*2 large carrots, diced*  
*4 cloves garlic, minced*  
*2 cups bone broth/stock*  
*5 dates*

## Yogurt sauce

*1 cup natural Greek yogurt*  
*Handful of parsley, finely chopped*  
*2 cloves garlic, minced*  
*Pinch salt and pepper*

## Method

1. In a food processor, combine honey, coconut oil, salt, onion, and 4 cloves of garlic to make a marinade. Process until everything is finely chopped.
2. Massage marinade into lamb shoulder and leave covered in the fridge for at least 2 hours.
3. Turn FUNCTION dial to SLOW COOK setting.
4. Turn TIME dial to 6 hours.
5. Turn TEMPERATURE dial to HIGH. Press the START button.
6. Heat oil in an oven proof casserole dish over medium/high heat on the stove top for 1 minute. Add lamb shoulder, cook for 3-5 minutes each side or until browned on both sides.
7. Add onion, carrot, and garlic and cook for 5 minutes or until vegetables start to soften.
8. Pour in the bone broth. Gently scrape bottom of pan with a wooden spoon to remove any sediment that has cooked onto the bottom of dish. Add dates. Cover with foil.
9. When preheating has completed, place casserole dish in the oven for 6 hours.
10. Once cooking time has counted down, remove dish from oven; meat should be tender and coming away from the bone. Pull lamb off the bone, into a dish, draining liquid into a small jug.
11. To make yogurt sauce, combine yogurt, 2 cloves of garlic (crushed), parsley and a pinch of salt and pepper in a small bowl. Mix well.

## To serve

Fill large lettuce leaves up with pulled lamb, cucumber, avocado and yogurt sauce. These are great for the whole family and kids love making their own lettuce 'boats'.





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### Monday Morning Cooking Club

Monday Morning Cooking club is made up of six women who have been cooking together every Monday morning since 2006. They meet to explore heirloom recipes from the Jewish Community. This group of six women cook, test, debate, celebrate and then document the best dishes in what has become the most popular cook book in Australia.

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# Osso Bucco with Lentils



Prep 15 minutes / Cook 8 hours 30 minutes



Serves 4



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1kg veal osso bucco  
2 tablespoons olive oil  
1 onion, finely chopped  
1 carrot, finely chopped  
2 sticks celery, finely chopped  
3 cloves garlic, crushed  
2 sprigs rosemary  
½ bunch thyme  
2 bay leaves  
3 cloves  
1 tin diced tomatoes  
375ml (1½ cups) stock  
1 cup white wine  
250g French-style green lentils  
3 tablespoons olive oil  
Handful chopped parsley

## Method

1. Turn **FUNCTION** dial to **SLOW COOK** setting.
2. Turn **TIME** dial to 8 hours.
3. Turn **TEMPERATURE** dial to **LOW**. Press the **START** button.
4. Heat oil in an oven proof casserole dish over medium/high heat on the stove top for 1 minute. Add osso bucco and sear in batches on both sides until well browned. Remove from the dish.
5. Add vegetables and garlic. Fry until soft, adding more oil if necessary. Add herbs, bay leaves and cloves.
6. Add wine to the pan, and boil for 5 minutes. Add tomatoes, lentils and stock, stir, then return osso bucco pieces to the pan. Push osso bucco pieces and lentils into the liquid to ensure they are almost totally covered. Cover with foil.
7. When preheating has completed, place casserole dish in the oven for 8 hours or until meat is very tender and coming away from the bone.
8. Sprinkle with chopped parsley and serve.



### **Matt Wilkinson**

*Head Chef and Owner of Pope Joan*

Late 2010 saw Matt depart Circa to open the café Pope Joan, in East Brunswick Melbourne, with business partner Ben Foster. With its strong emphasis on locally-grown and seasonal fare, Pope Joan soon became a destination. Three years on and Pope Joan has a fantastic little produce store called Hams and Bacon. Matt has published 2 books "Mr Wilkinson's Favourite Vegetables" and "Mr Wilkinson's Simply Dressed Salads" and has contributed regularly to Delicious Magazine.



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# Smoked Yoghurt & Carrot Salad



Prep 20 minutes / Cook 35 minutes



Serves 4



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150g Greek style yoghurt  
50ml milk  
3 bunch baby carrots, washed leaves left on  
4 tablespoons olive oil  
Pinch salt  
Pepper  
½ cup flat leaf parsley  
4 cloves smoked garlic  
2 tablespoons dukka  
1 tablespoon almonds  
1 tablespoon sultanas  
1 tablespoon grated Parmesan  
100g honey  
2 tablespoons Chardonnay vinegar  
½ tablespoons orange flower water

## Method

1. Turn **FUNCTION** dial to **ROAST** setting.
2. Turn **TIME** dial to 1 hour.
3. Turn **TEMPERATURE** dial to 220°C.  
Press the **START** button.
4. In a bowl, mix together yoghurt and milk to make it looser and easier to spread.  
Set aside.
5. Line a baking dish that fits into the oven with baking paper.
6. Cut tops (leaves) from carrots and set aside.
7. Place carrots into the baking dish and bake for 15 minutes or until slightly crisp.
8. Remove and transfer to a mortar and pestle. Smash tops and parsley together until they start to break up, then add garlic, dukka, almonds, sultanas, Parmesan and a little salt. Smash for a few minutes more until it you have a rough paste.
9. Add oil, vinegar and orange flower water and give a good mix to form a carrot top pesto. Cover and set aside.
10. Season carrots with a little olive oil, salt and pepper. Place carrots into the baking tray and bake for 20-30 minutes or until tender.
11. Add carrots to a mixing bowl. You can slice some in half if you like, then dress the carrots with pesto.
12. Place some yoghurt on a plate, top with carrots and serve.



### **Heston Blumenthal**

*Chef and Owner of the Fat Duck and Dinner by Heston*



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Renowned for his experimental and scientific approach to cooking and gastronomy, he holds multiple honorary degrees in recognition of his scientific approach to cooking, has published several books and television series. He was awarded the OBE (Officer of the Order of the British Empire) in the 2006 Queen's New Years Honours List for his services to the Hospitality Industry.

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# Slow Cooked Lamb Shanks & Giant Couscous Salad



Prep 25 minutes / Cook 4 minutes



Serves 6



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## Spice mix

- ½ teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1 teaspoon ground coriander

## Vinaigrette

- 50ml olive oil
- 1 teaspoon Ras-el-hanout
- 1 tablespoon sherry vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon spice mix

## Lamb

- 1.5 litres lamb stock
- 2 lamb shanks
- 2 sprigs rosemary

## Olive oil

- 200g giant couscous
- 1 onion, peeled and finely diced
- 1½ teaspoon spice mix
- Salt
- ½ tablespoons Ras-el-hanout

## To serve

- 5g parsley leaves
- 5 mint leaves
- 5 large basil leaves
- 1 pomegranate, de-seeded

## Method

1. For the spice mix, simply mix the ground spices together thoroughly, and pass through a fine sieve.
2. For the vinaigrette, heat ½ tablespoon of olive oil in a small saucepan and add ras-el-hanout. Heat gently for 3–4 minutes. Remove from heat and stir in the remaining olive oil. Set aside to cool.
3. Whisk sherry vinegar, Dijon mustard and 1 teaspoon of spice mix together in a small bowl. Slowly drizzle in ras-el-hanout oil while whisking.
4. Turn FUNCTION dial to SLOW COOK setting.
5. Turn TIME dial to 4 hours.
6. Turn TEMPERATURE dial to 160°C. Press the START button.
7. To cook the lamb, heat 1 litre of lamb stock in an oven proof casserole dish over medium/high heat on a stove top for 3 minutes or until it comes to a simmer. Add lamb shanks, cover with foil and cook in the oven for 4 hours or until the lamb is falling off the bone.
8. Remove pan and allow shanks to cool in the liquid. When cool, shred the meat and set aside.
9. Skim any fat from the cooking liquid. Return ovenproof casserole to the stove top and reduce braising liquid to 200ml in a saucepan over high heat.
10. Remove stock from heat and add sprigs of rosemary; allow to infuse for 10 minutes before straining and discarding the herbs.
11. Coat bottom of a saucepan with a thin layer of olive oil and place over medium heat. Add couscous and sauté in oil, stirring constantly, until the grains are golden. Add the remaining 500ml of lamb stock to cover the couscous and bring to a boil. Cook for 6–7 minutes or until couscous is cooked, then drain.
12. In the meantime, heat a thin layer of olive oil in a small frying pan over low-medium heat. Add diced onion and cook for 7–10 minutes. Sprinkle with ½ teaspoon of the spice mix and a little salt.
13. Mix shredded lamb with the reduced stock, then sprinkle meat with ras-el-hanout and the remaining teaspoons of spice mix. Season with salt to taste.
14. When ready to serve, roughly chop herbs and mix them with the drained couscous, meat mixture, half the pomegranate seeds and the sautéed onions. Season to taste. Stir through most of the vinaigrette and pile couscous into a serving bowl. Drizzle with the remaining vinaigrette, and sprinkle with the remaining pomegranate seeds.





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# Beef Chitarnee



Prep 20 minutes / Cook 8 hours 20 minutes



Serves 5-6



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*1kg blade or chuck steak*

*½ cup vegetable oil*

*1kg onions, finely chopped*

*1 red capsicum, finely chopped ½ teaspoon salt*

*1 teaspoon grated fresh ginger 1 teaspoon crushed garlic*

*2 tablespoons ground coriander*

*2 teaspoons ground cumin*

*1 tablespoon paprika*

*1 teaspoon garam masala*

*½ teaspoon ground turmeric ½ teaspoon black pepper*

*500g ripe tomatoes, chopped ½ cup tomato paste*

*1 tablespoon sugar*

*⅓ cup brown vinegar*

*6 fresh curry leaves*

## Method

1. Turn **FUNCTION** dial to **SLOW COOK** setting.
2. Turn **TIME** dial to 8 hours.
3. Turn **TEMPERATURE** dial to **LOW**. Press the **START** button.
4. Cut meat into 5cm cubes and set aside.
5. Heat oil in an oven proof deep pan until hot, then brown the meat in batches. Remove browned meat from pan and set aside.
6. Reduce heat to medium and add onions and capsicum to the pan. Saute for a few minutes, then add salt. Continue cooking for 10 minutes until onions are golden brown.
7. Add ginger and garlic, and cook for a few minutes. Stir to combine all ingredients.
8. Add meat and all spices. Stir to combine.
9. Add tomatoes and tomato paste. Stir well to combine ingredients. Cover with foil.
10. When preheating has completed, place casserole dish in the oven for 8 hours.
11. Remove casserole dish from the oven and place on a heated stove top. Stir through sugar, vinegar and curry leaves and cook for a further 5 minutes. Serve.